

Hansti Duniya





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LET US PONDER OVER

Thinking is an essential part of our lives. Every thought leads to a chain of thoughts. Some people are in the habit of thinking too much over any matter. As little children we never felt bad if anybody said something negative about us. Any disturbance in the mind would be short lived. As we grow older and the mind develops, thoughts start crowding our mind. We continue mulling over small incidents and coming to conclusions. These create hindrance in our day to day working and we waste a lot of our energy and time.

In this context, a boy got so distraught with this habit that he would continue to think about any remark or incident for long. How to answer back or teach someone a lesson. He would remain so much engrossed in this process that he could not do his work properly. It spoilt his relationships with his friends. It is not just about this person rather all of us face this situation and become the victim sometimes or the other. To get a solution for this problem, the boy approached his teacher.

The teacher came to the class, called the boy and asked him to hold a glass of

water in his hand. The boy could hold it very easily. He was told to hold the glass for the entire period while the teacher carried on with his teaching. The boy could hold the glass for a few minutes but became restless after that. He was wishing to get rid of the glass. He was in fact cursing the teacher. As the class got over the teacher called the boy and asked him to place the glass back on the table. The boy told the teacher that his hand had become stiff and was aching. How about holding the glass for the entire day, asked the teacher. "Sir! It is going to be a torture ", said the boy. The teacher said, "This is the solution for your problem."

The teacher added, "Problems are a part and parcel of life. It is important to think about them. But if we continue to hold them in our mind, they will trouble us all the more. If we spend all our time thinking about them, our time and energy shall get consumed by that. Don't let the problem take control of your life. We must think but wisely. Thinking is essential because it is said ' Think before you leap. Let us utilize our energy and time for carrying out constructive things. Learn from incidents and others instead of wasting energy. Let us work to raise our level.

— *Vimlesh Ahuja*

SAMPURAN AVTAR BANI

IK TU HI NIRANKAR 180

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

THOU FORMLESS ONE 180

Hindus, Muslims, Sikhs and Christians,
all are human beings alike;

The Gita, the Vedas, Adi Granth and the
Quran, all testify the One Alone.

There is only one common denominator
for all, and this is the only self-same God;

All are beggars at the same
door, and there is only one Giver, and one
Lord.

There is only one creator of the universe,
who makes all to dance like puppets;

He instills life in models of clay and
makes them play different roles.

He makes the Moon and the Sun shine to
illumine the world;

He Himself is the sole ruler who
commands the universe.

If a man comes to know as to who is the
player and whose play is this;

Avtar says, such a person then
enjoys every moment and every breath of
his life.

EYES ARE PRECIOUS

The most beautiful things in life can be witnessed by us through our eyes. This is true, that our eyes are very precious, but our tears are also very significant. Now they must also be saved, since their absence leads to a state of 'dryness' in the eyes.



According to doctors and scientists of America, increasing pollution has made our eyes its victim. Other than pollution, computer, air conditioner and other things are also adding to the problem of dryness of eyes, the problem of eyes' dryness is increasing by the day.

Due to pollution people experience inflammation of eyes, irritation, itchiness etc. Many people experience this problem more while returning from office in the evening and getting stuck in traffic jams.

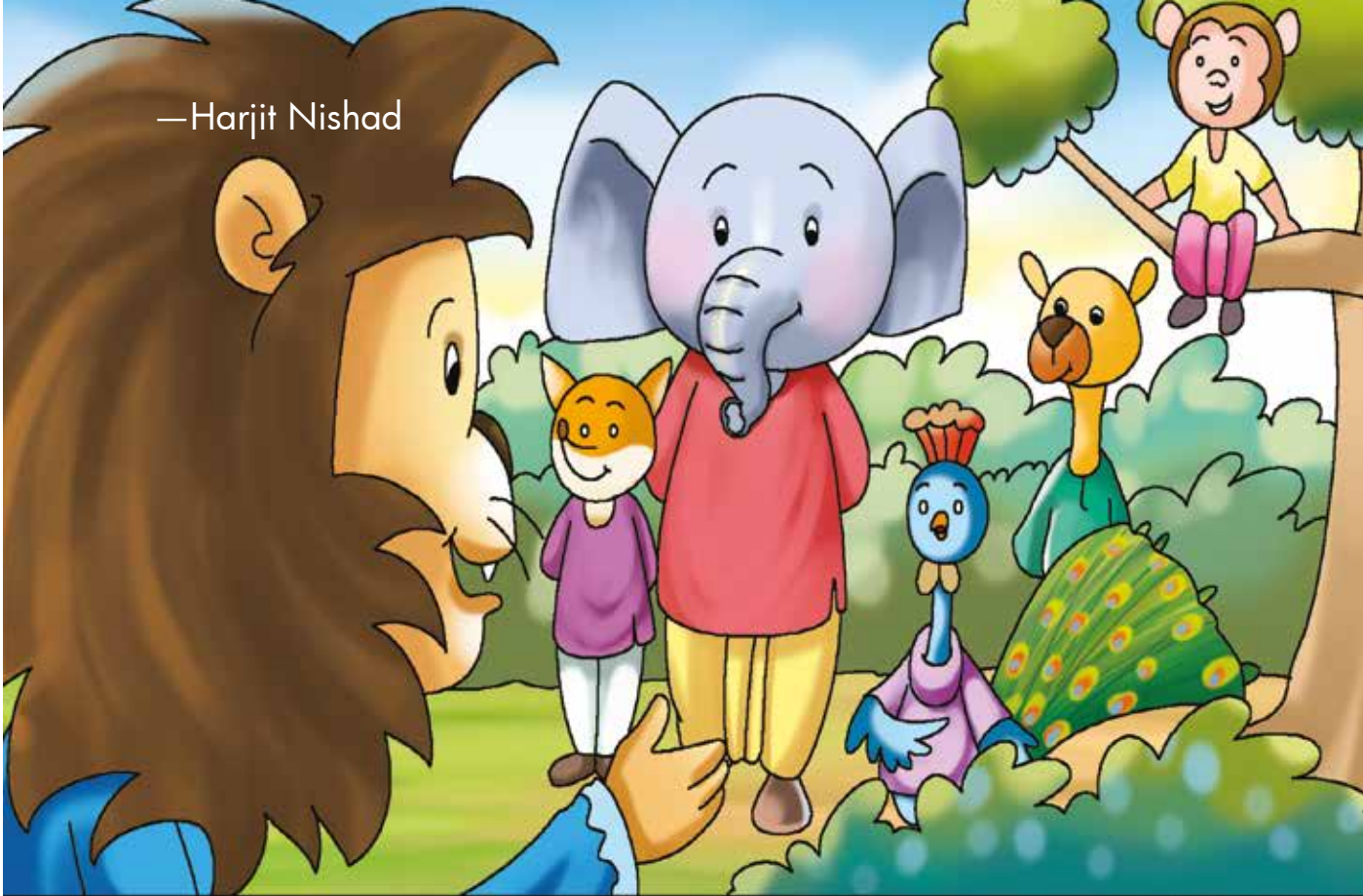
Increasing age and, excessive use of medicines also leads to the symptom of 'dryness'. Some people have this symptom of dry eyes since birth.

Some people feel that an external speck of dust has entered their eyes and is disturbing them. Some experience itchiness and inflammation while some can't bear light. Some experience heaviness of eyelids while others feel pain in their eyes. These are all symptoms of dryness in eyes.

Sometimes a person does not have sufficient tears in his eyes or sometimes they are equal to none. The phenomenon of eyes not getting soaked in itself is called 'dryness'. In fact a layer of tears is immediately formed as soon as one blinks. This protects the eyes from dust and keeps them lubricated.

Dryness can be aggravated by pollen and grains and is also caused by deficiency of vitamin A. In the absence of timely medical help a wound can result in the eyes which can deteriorate to an ulcer harming the retina (the screen in eye). It may result in blindness.

Those who watch too much T.V. or work on computers also complain of dryness of eyes; because frequently blinking of eyes decreases in front of T.V. or computer screen. The minimum frequency required is once in 20 seconds. ❖



CELEBRATION OF SPRING IN SUNDERVAN

Festival of spring (Vasant Utsav) has been organized in Sundervan. There is joy all around. Freezing cold has gone. The clear fresh water in the river right in the middle of Sundervan is flowing slowly and majestically. The little fishes in groups and the big ones are independently swimming in the river. The entire forest is blooming with blue, green, yellow, pink and red flowers. Butterflies, honey bees and bumble bees are hovering over the flowers. Honey bees are carrying the honey to their hives.

The groups of monkeys are playing randomly in the jungle. Kaloo the monkey is biggest of all. He looks like their leader. Peacocks are dancing on the other side of the forest. Deer are grazing and groups of rabbits are playing around their holes.

Shersingh the king of the forest has invited everyone in the huge ground close to thick trees for celebrating the Spring Festival. Places have been earmarked for sitting for everyone. All the arrangements are being done under

the guidance of 'Vikram' the bear. The elephants shall clean the jungle by clearing away the long hanging vines from big trees. The giraffe and camel shall clear the jungle of the thorny bushes. Crows and parrots have been entrusted with the job of inviting all the animals. The monkeys shall pluck the flowers and the squirrels shall make garlands from them. Everyone is earnestly performing its duty so that all the arrangements make the celebration joyful and no link in the series remains weak. The residents of Sundervan are trying to make the arrangements better than other jungles and are working hard for it.

It is noon time and the sun is right above the head. The festival is just about to begin. The king Sher Singh took his seat on the thorn and declared the festival open. The program coordinator announced the order of activities. The first performance was by 'Champu' the peacock and party. It was a beautiful dance displaying their beautiful feathers. Everyone including rhinoceroses, elephants, monkeys, and bears applauded by giving them a big round of applause. It was followed by a hilarious dance by 'Sheru' monkey and party. Next link in the chain was a 'Bhangra' dance by ducks, herons and

cranes of the pond 'Neelanchal'. Every one appreciated the beautiful dance. Looking at the beautiful performance, 'Dhenchu' donkey and his friends also came uninvited on the dance floor. No one liked their dance and everyone jeered at them. They also said that they had never seen such an ugly performance and it should be immediately stopped. "

'Motu' elephant who was conducting the programme showed his annoyance at their uninvited performance and told them to leave the dance floor by showing them red card.

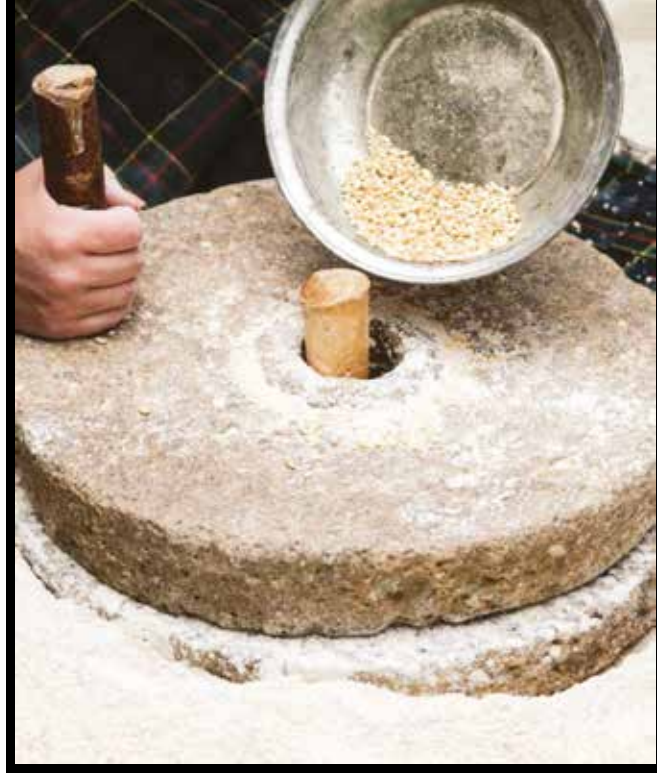
'Lambu' the camel and 'Tendhu' giraffe took over and presented a beautiful 'Jhumru' dance.

The atmosphere again became joyful. After this performance 'Motu' the elephant declared the completion of the festival. The queen honey bee distributed honey to all and Mangal the elephant distributed sweet sugar canes.

Finally the king 'Sher Singh' described about the 'Spring Festival' and inspired everyone to live always in harmony, cooperation and love as this day. Everyone started for home as the evening set in.

Moral : Arrangements for any programme are always done by teamwork.





Honesty Has No Match

The incident relates to the period when Abdul Gaffar Khan, known as the Frontier Gandhi, was lodged in Dera Ismail Khan Jail. British Government had sentenced him with rigorous imprisonment and each day he had to grind 20 KG wheat grains. Inability to grind so much wheat daily, invited punishment from the treacherous constables. The concerned Officer, in charge of Food Grains Grinding Management, could not tolerate this unbearable state of Frontier Gandhi. So one day the Officer mixed up 10 KG wheat grains with 10 KG wheat flour. Henceforth, he quietly murmured in the ears of Gaffar Khan, "When a Senior Officer comes this way, start grinding. There is half the weight of wheat flour in the fixed assignment of wheat grains. So there will be no difficulty for you to grind." Abdul Gaffar Khan, thanking the Officer for his benevolent offer, returned the wheat flour and said, "Misleading the Senior Officer may diminish my body's agony, but who will rid my soul off the dirt of dishonesty?"



Poem by : H. S. Rice



The Gift of Friendship

FRIENDSHIP is a PRICELESS GIFT
that cannot be bought or sold.

But its value is far greater
than a mountain made of gold
For gold is cold and lifeless,
it can neither see nor hear.

And in the time of trouble
it is powerless to cheer

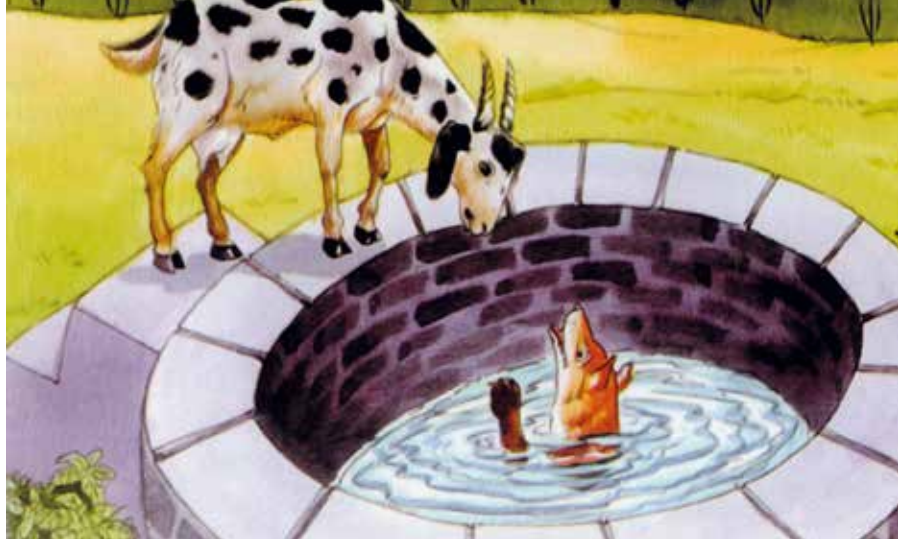
It has no ears to listen.
no heart to understand.

It cannot bring you comfort
or reach out a helping hand
So when you ask God for a GIFT.

be thankful if he sends
Not diamonds, pearls or riches,
but the love of true friends.

— Vineet Nair

THE FOX AND THE GOAT



Once a fox was roaming in search of food near a village. It was going to be nightfall. Unluckily the fox fell into an old well. He tried his best to come out but the well was fairly deep. So, he could not come out. The fox stopped trying any more and decided to wait for the day to break. He hoped that some animal would come that way to help him get out of the well.

Next morning, a goat passed by the well. She chanced to peep into the well and saw the fox therein.

"What are you doing there, Mr. Fox?" asked the goat.

"I came down to drink the sweet cool water of the well" replied the fox, "you may also come down and enjoy it."

"But how shall we get out of the well?" asked the unsuspecting goat.

"It is so very easy. I'll help you to get out. Don't worry at all," assured the fox.

Taken in by the words of the cunning fox, the goat jumped into the well. When she had enjoyed the cool water, she said to the fox, "Let's now get out of the well."

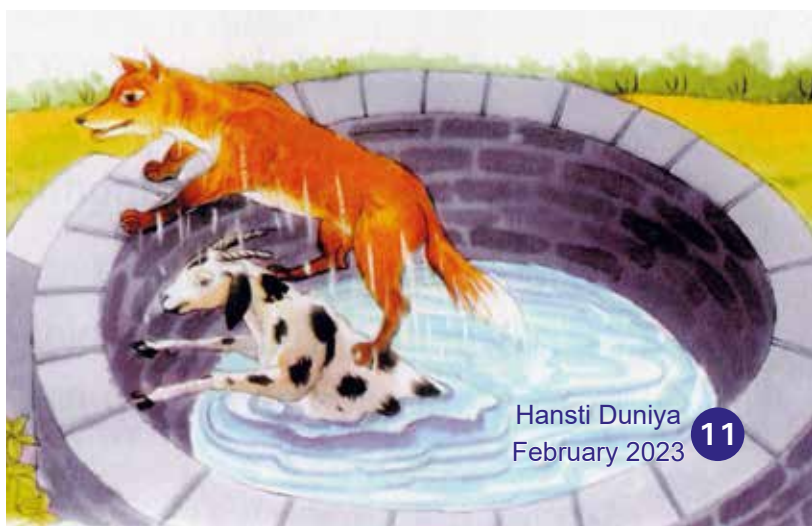
"Sure," stand on your hind feet against the wall of the well. I shall climb up your back and get out. Then I shall draw you also out." said the fox cunningly.

The goat could not see through the trick of the cunning fox. She stood on her hind feet against the wall. The fox climbed up her back and jumped out of the well.

The cunning fox took to his heels leaving the goat in the well to her fate. Now the goat repented on her folly.

Moral :

Never trust a cunning fellow.



GRANDPA

Story & Illustration — Ajay Kalra



Once, a merchant went out to a city for business.

No sooner did the merchant set out on his journey back to his village, than it started raining heavily.





The merchant thought of spending the night at an inn in the city.

On reaching the inn, he started knocking at the door.



After a long wait, the watchman answered from inside- I am sorry to say that the door key is lost. Now the door can be opened only with a silver-key.

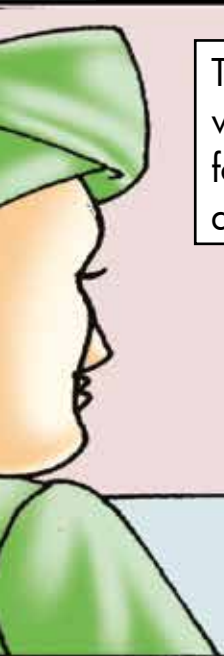




The merchant at once understood what the watchman wanted. He pushed a silver-coin into the room.



Soon the door was flung open.




The merchant requested the watchman to fetch some food for him from the bazar and the watchman left.




After the watchman went out, the merchant bolted the door from inside.






Having returned with food, the watchman knocked at the door.



There came a voice from inside the door can only be opened with a silver-key.



The watchman had to return the coin.

So, dear children! "Tit for tat". It does happen, be it in any shape, but it happens must.



HARD WORK is THE KEY TO SUCCESS

As the examination days were approaching, anxiety level of Raju was rising. He had not studied at all throughout the year. He had not even touched the books. He was not at all concerned with teacher's advice nor did he listen to anybody at home. After returning home, from school he would just go out for playing and come back late in the evening. In the morning he would get up late and hurriedly get ready and reach the school late.

He was not able to understand as to how he could face the examinations. Suddenly he recalled that there was a temple of goddess 'Saraswati' uphill. He thought of pleasing the goddess 'Saraswati' (goddess of learning). He

thought gods and goddesses can be pleased by merely praying and they grant the wish.

He started visiting the temple every morning. He would garland the idol, light the incense sticks, ring the temple bell and pray for some time. He was sure that the goddess 'Saraswati' would definitely help him and he would pass in the examination. His prayers would not get wasted.

Examinations had started and he was not able to perform. He was certain that some miracle would happen and he would pass. But his result was just the opposite. Most of the students of his class passed; very few failed. He was one of them who had failed. He really got upset.

— Asha Kapoor

Walnuts

'Walnuts' yes you heard it right- are rated as the healthiest nuts. This supernut with many health benefits grows best in cool climatic conditions, however they cannot tolerate any frost. Very hot weather is not acceptable either.

They grow best in permeable, rich, alluvial soil. High humidity and high water table block the intake of oxygen by roots hence growth of trees stops. Alkaline soil is not acceptable while very very little acidity in soil shall be fine for them.

China and US grow 3/4th of the world's walnut. In India walnut is grown in Jammu and Kashmir, Uttarakhand, Himachal Pradesh and Arunachal Pradesh. Jammu and Kashmir out of these are at number one.

Health benefits :

Walnuts can be easily incorporated into our diet as they can be eaten as such or added to many different foods. Despite being high in fat they have a number of health and weight benefits.

1. Chronic conditions related to heart and blood vessels commonly called cardiovascular diseases can be controlled by regular intake of this nut.
2. Walnuts have several bioactive compounds like phytosterols, omega 3 fatty acids and various antioxidants that can help keep cancer away.

He had prayed a lot. How did the goddess of learning not help her.

He went to the temple in the evening and spoke to the goddess, "you have not heeded to my prayer. How come you are the goddess of learning?"

He reached home grudgingly. He ate little food and slept off. He met the goddess 'Saraswati' in his dreams. She said "My dear child! You shouldn't have been angry with me. The books that you never read are my abode. I dwell in the hearts of diligent scholarly people. You found out a short cut for passing in the examination. You wasted your time by visiting me time and again. You wished to please me without perseverance but I help those who help themselves. Some people don't work but just try to please the gods and goddesses. Remember only hard work is the key to success.

Raju got up from his sleep. He saw out from the window. The sun was rising.

He said – Now onwards I shall work hard and pass in the examination.





3. Coincidentally the cover of walnut resembles the human brain. Studies have shown that this healthy nut can help with age related decline in brain function. It can also slow down the. progress of alzheimer's disease.
4. Omega 3 fatty acids that are essential for healthy eyes are contained in walnuts. Therefore they protect the eyes from a variety of vision problems.
5. Walnuts are a rich source of serotonin, a chemical in the brain that helps as a mood booster making us feel calm and relaxed.

6. It can control diabetes. Walnuts are rich in dietary fibres that take a lot of time to digest. So sugar is released slowly in the blood.

7. Walnuts are rich source of mineral copper which is known to improve bone density. It also helps in maintaining collagen which helps in forming our bone. Minerals magnesium and manganese contained in this precious nut improve bone health.

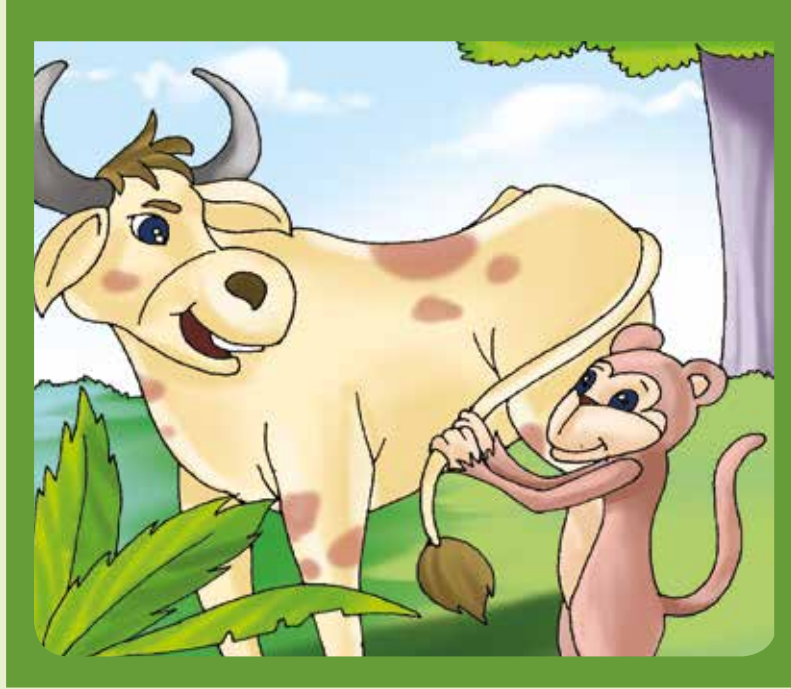
8. Adding walnut oil to salad can make us feel full. This helps the body fight its craving for fats, hence it can help in maintaining weight.

9. Walnut oil can help fight Insomnia (loss of sleep) and induce a good night sleep.
10. Walnut oil can reduce wrinkles thus delaying aging. It can fight hair loss and even promote hair growth.
11. The richest source of antioxidants among all the nuts, they boost immunity.

Allergies :

- ❖ Some people are allergic to walnuts and must avoid them completely.
- ❖ Absorption of minerals like zinc and iron can decrease if the diet is not balanced.





— Rajender Nishesh

It is Never Too Late...

Golu the monkey was very naughty. Every day he was upto some new mischief. Troubling the birds and animals of the jungle had become a part of his routine. He would all the time be thinking of new tricks for troubling others. He would hit the hare 'Balu' with a pebble or hang himself with "Neelu" buffalo's tail. Sometimes he would just ride 'Sheru' dog's back. He had different tricks for troubling all the animals. All the animals had nick named him as 'Ganda' Golu. He would get vexed by this nick name.

He would steal mangoes from Bholu bear's orchard when the mangoes

ripened. He would also spoil the trees. He ate fruit's in all seasons, broke the branches and threw them down. He also targeted nests of birds and broke their eggs. All the animal and birds were too upset with him. They tried to counsel him but he paid no heed.

Once his mischief was just too lousy. He dug a deep pit with the help of his mischievous friends and covered it with dry grass. He thought someone or the other would fall into it and he would clap and enjoy. But as luck would have it, no animal crossed that place for many days. He had also forgotten the exact location, where he had dug the pit. One

The Devotion of Upmanyu

Ayodh Dhaumya was a great Vedic teacher. One of his disciples was Upmanyu. Upmanyu was a healthy and talented boy. His job was to take the cows of his Guru's hermitage for grazing. During those days disciples used to serve the Guru while being in the hermitage. They also used to go out for 'Bhiksha' (sacred alms) in the village or town and offer it to the Guru. Whatever the Guru returned, the disciple used to eat and satiate his hunger.

Upmanyu also used to follow the code of conduct of the hermitage but the 'Guru' never returned anything to him out of the offering. He would keep everything with him. But Upmanyu never said anything.

One day the great Guru asked Upmanyu, "Whatever alms you bring, I keep the entire thing. I don't give anything to you. But you still look healthy." What do you eat?"

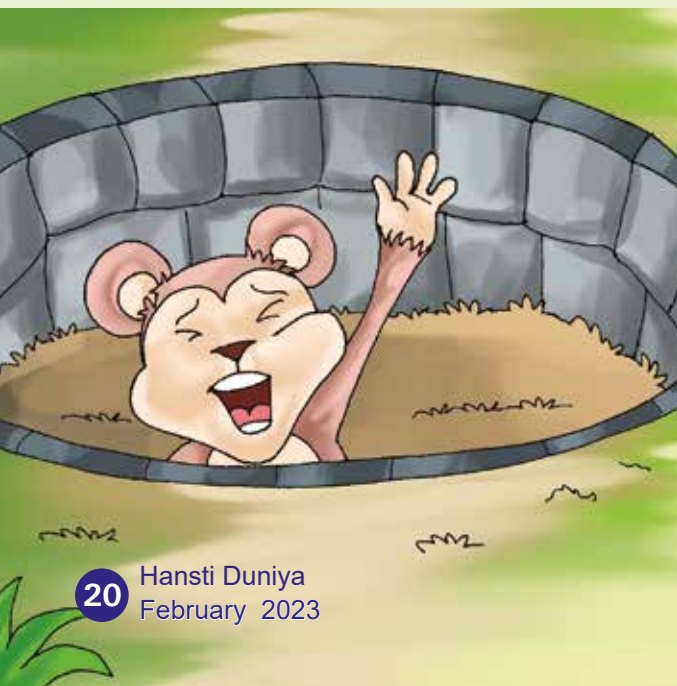
Upmanyu said, "I go the second time for alms and that is enough to satiate my hunger."

day as he was crossing that place, he accidentally fell into the pit and wounded his leg badly. He started crying with pain. All the animals said, "As you sow, so shall you reap".

But Sher Khan wanted to mend him. He said, "Brthern ! Golu is still childish. He is therefore upto mischief's. If we give him a chance, he can mend his ways. It is never too late to mend.

When the animals listened to Sher Khan 'Chheil' the dog fox and his companions helped him out of the pit. 'Meeku' rabbit bandaged the wound. Meeku had recently finished studies in medicine. He was also given milk with turmeric.

Golu had heard that punishment was a must for a mischief but the conduct of other animals gave him the much needed awakening. He vowed never to trouble anyone in future.





This is not right. The people, who give alms, find it difficult and also many more disciples who go and ask for alms may remain deprived”, said Guru Ji.

Upmanyu accepted his mistake and promised never to repeat it. After a few days Guru Ji asked again, “what have you been eating now a days?”

Upmanyu said, “I drink cows' milk when I take them for grazing”

Guru Dhaumya ji said angrily, “All the cows in the hermitage are mine. Without my permission drinking their milk is sin.” Upmanyu stopped drinking milk.

After a few days the teacher again met him. Upmanyu told him that he used to swallow the froth that the calves threw out.

The teacher said, “These generous calves throw out large quantities of froth

out of compassion for you. You are in fact standing in the way of their full meals. It is wrong for you.”

Without any thing to eat life became difficult for this little boy.

Finally one day oppressed by hunger Upmanyu ate the leaves of ‘Sodom Apple (Aak). He became blind by the poison of leaves. Unable to see anything, he fell in a dry well.

The cows returned to the hermitage in the evening without Upmanyu. The teacher got worried. “I stopped all food for Upmanyu. May be he is upset with me.” He left for the jungle along with other disciples and started calling Upmanyu, “Son Upmanyu! Where are you?”

The teacher heard Upmanyu’s voice, “Sir I am here in the well.”

The teacher went to the well and asked Upmanyu as to how it happened. Upmanyu told him the reason. The teacher told him to glorify the twin Ashwins, the physicians of gods to restore his eyesight. Directed by the teacher, Upmanyu prayed before the twin Ashwins.

The result came that very moment. The twin Ashwins appeared before the boy and said, "We are pleased with you. Here is a cake for you. Take and eat it."

Upamanyu said, "No! I cannot eat this cake without offering it to my teacher."

Ashwins told him, "Formerly, your teacher had invoked us and we had given him a cake like this and he had eaten it without offering it to his master. Upmanyu reflected, "A disciple must not do, what his teacher does, but should only do what his teacher asks him to do. The twin Ashwins said, "We are pleased with you. Your eye sight will be restored. your master's teeth are that of black iron while you will have that of gold."

The twin gods brought him out of the well. The teacher embraced him and said, "I was testing you. you have passed. I shall teach you all the scriptures and you will become a great saint. Thus a great sage was born.



— H. S. Nirman

The Entire Humanity

The entire humanity
is my dear family

And everyone belongs to me.

The planet earth, a common home
for everyone to live here,
happily and peacefully.

The entire...

Our father God is one and
the same always.

He is the source like the sun
All of us are like the rays.

The entire humanity...

Different faces in the hostel
are alike to warden.

Different colours of the flowers
beautify the garden.

The entire humanity...

When everyone belongs to me
Why should I ever dare to hate?

Why ignore anyone?

Why should I ever discriminate?

The entire humanity...

Abraham Lincoln



Abraham Lincoln, 16th president of the United States from 1861-1865 was born on February 12, 1809 in Larue County, Kentucky, in USA in a log cabin to parents who could neither read nor write.

Lincoln was self educated. He educated himself by reading borrowed books and did not have the opportunity to go to college. He had to work constantly to support his family. As a young adult he worked as a store keeper, soldier, surveyor and postmaster.

In 1831 he moved to the town of New Salem, Illinois, where he joined the job of a clerk in a general store. There he came to know about local people all around because of his ability to read and write. He also became popular among the young because of his good nature and integrity.

There he contested for the seat of state legislature as an independent candidate. He lost the seat and started concentrating on studying law on his own. He got his license for practicing law in 1867 and handled routine legal work for small fee to supplement his meagre salary.

In 1834 he won the seat of state legislature. In 1860 he took over the office of president. Lincoln's 1863 'Emancipation Proclamation' gave legal freedom to 3.5 million slaves then held at Confederate territory (US states that warred against the United States during the American Civil War). He was also actively involved in the amendment in U.S. constitution which made slavery unconstitutional.

Abraham Lincoln is held in high regards for his accomplishments and personal characteristics. He is remembered fondly because of his character qualities. He was not born with these qualities rather practiced and honed them slowly. He learned from his mistakes. Even as president he treated others with honesty, humility, courage, justice and grace. He believed that all people deserve equal treatment. Honesty, leadership, hard work, empathy, humility, courage and responsibility are some of the virtues that he always worked on. These character qualities of a president who rose from poverty to such a high position must be amalgamated into every society. ❖

THE CLEVERNESS OF CHUNMUN

Hasmukh kangaroo lived in the most beautiful house in Atlanta. There was green grass the kangaroo had two little ones. A small bird Chunmun, a butterfly 'Rangeeli' and a moth named 'Manmauji' also lived in the garden.

These three were good friends. Chunmun had built a small nest in a small corner of Hasmukh's house and sunlight would enter the room from that corner. After the evening the three friends would meet on that corner and chat endlessly. This way the life of these friends was being spent happily.

One day from somewhere a wild

spider managed to come from that window. It spun a web in around that window. Now the moth got thinking, from where to go out, on one side there was a web of the spider and on the other, the wire mesh. It was impossible to go out from the mesh and crossing net of the spider would endanger his life. The spider was waiting for the time 'Manmauji' would be caught in the web.

Just then Manmauji saw 'Rangeeli' the butterfly fluttering its wings enjoying over the flowers. Manmauji called her and apprised her of his problem. Rangeeli sympathized with her but





showed her helpless and said that she could not smash the web and if she attempted she would herself get caged there.

Seeing Manmauji sad Rangeeli consoled him and said don't worry, I will just find Chunmun the bird.

She is clever, surely she will find a way out of this problem.

Rangeeli set out to find Chunmun. It didn't take much time for her to find the bird. Rangeeli told her about Manmauji's problem and the atrocity of the spider. Chunmun then thought of something and said, "come lets take a look and then we will find solution."

Chunmun and Rangeeli flew and entered the room. Kangaroo 'Hasmukh' and his kids had gone somewhere outside then. Chunmun thought that even if the web is torn apart once, the spider shall remake it, so a

permanent solution must be found.

She saw, that there was an important paper lying on the table which belonged to Has Mukh. Chunmun picked that paper and threw it over the web. The paper got stuck there. Just the Has Mukh came and started looking for that paper. Manmauji went and hid inside the hole of the window.

Has Mukh just then saw the paper in the web which was spun over there. He picked the paper from there and started muttering, "There is so much dirt around the house. There are small spider webs all around." He took a broom from the room. As he brought the broom, he swept away the web and threw the spider out.

This way Chunmun's intelligence solved Manmauji's problem. The three friends then lived happily ever after.



Fairies And The Pool

Long time ago, five fairies happily lived in the lake of heaven. They would sometimes get bored with routine activities and wished to visit the Earth. But the Queen fairy controlled them so they were helpless.

One day when the fairy queen was fast asleep they transformed themselves into five lotus flowers and came out of the lake. Then, they flew down to the Earth along with clouds. As they reached the Earth they held each other's hand and started dancing. They were one beautiful than the other.

Since the fairies had seen the Earth for the first time, they were fascinated by the visuals here and loved each and everything. They were strolling around and enjoying. Suddenly they heard the ringing of the bell of heaven. It meant the door of heaven was about to get closed. As they heard the bell they reluctantly went back to heaven.

Now they frequently started visiting the Earth in the guise of lotus flowers. Sometimes they used to become water lilies. This became their routine. Once it didn't rain on the Earth for quite

sometime. All the creatures on the Earth became restless. The fairies became upset looking at bad conditions on the Earth. They thought of stealing one pot each full of magical water from the lake of heaven to protect the lives of creatures on the Earth.



One morning five of them carried one pot of magical water each and started towards the Earth with clouds. There was a loud thunder sound. They looked back. The queen of the lake along with its soldiers was coming to catch hold of them. The fairies got frightened and changed themselves to lotus flowers and hid between the leaves of the lotus flowers.



The queen had seen them doing this. When she shouted loudly, the fairies came back to their real self. The queen ordered the soldiers to catch hold of them and put them behind the bars in heaven.

The fairies begged the queen's pardon and requested her to leave them on the Earth for ever. The Queen refused. She told the soldiers to confiscate the golden pots along with magical water.

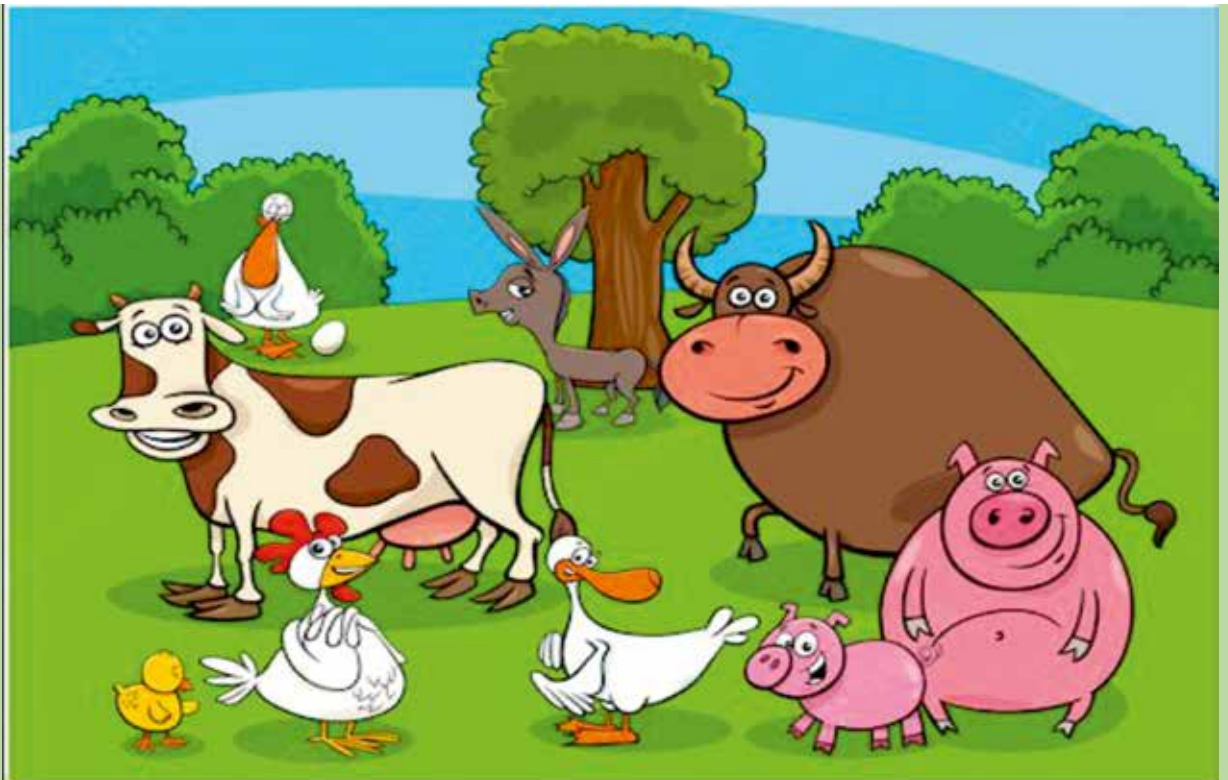
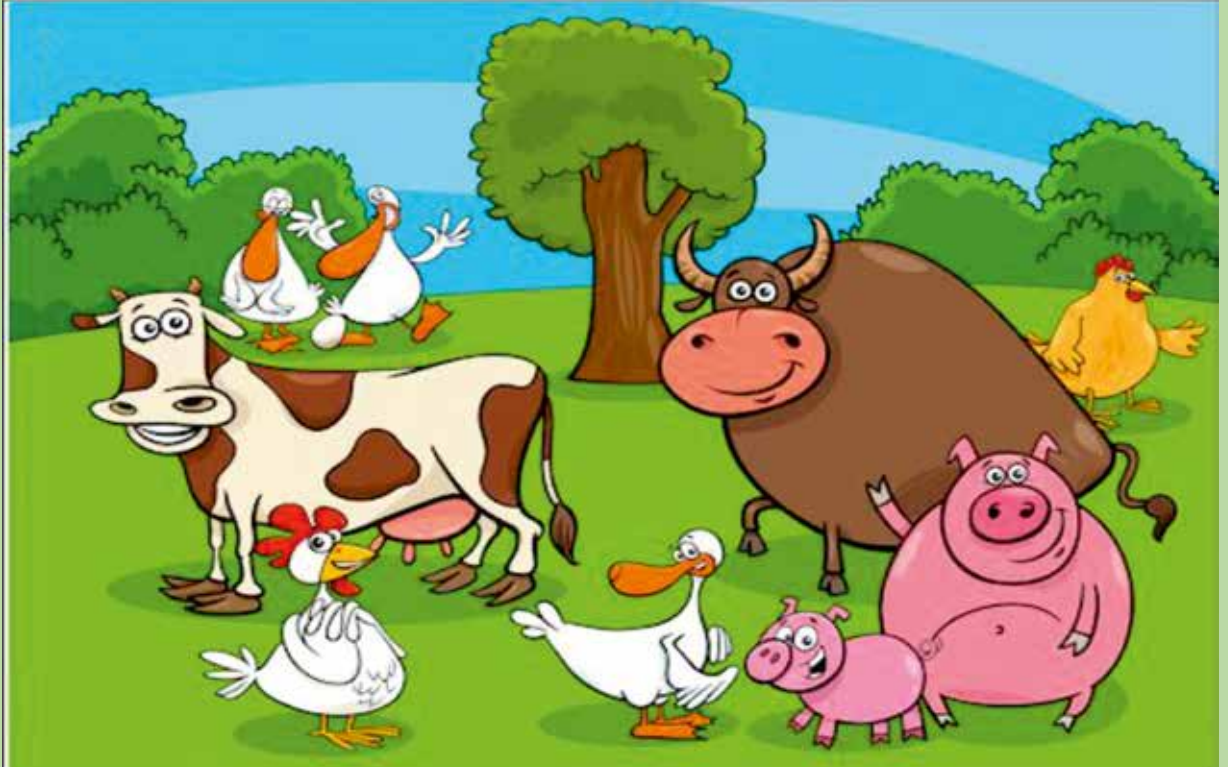
Before the soldiers could follow the queen's orders the fairies ran fast. The

soldiers followed them. The fairies threw the water and the pots on the Earth. The places where the pots fell, became five ponds of sweet water.

It was enough to make the queen angry. She cursed them, "Go and be ponds on the Earth- Heaven will not accommodate you any more. Next moment the fairies got transformed into five ponds and flowers of lotus adorned them. From that time onwards the fairies are here on Earth as ponds and have been working incessantly for the wellbeing of its creatures.



Find the 10 Differences





—Radhelal Navchakr

IMPORTANCE OF HOMELAND

Jawali was a hermit. He was sent to heaven to reward his austerity. gods landed on earth on a plane and escorted him there.

Jawali thought after taking a round of the entire heaven? "This is not the right place for me". He requested the gods "please send me back to the earth"

"Why, what's the problem here?" astounded God's asked him.

"Actually there is no provision of enlightenment here or of service." Hermit Jawali replied.

But there is no dearth of luxuries and pleasures here". gods tried luring him with the pleasures of heaven.

"Yes, there is no dearth of pleasures in heaven"

"So what?"

"There is no way for an activity here. It's there on the earth since it is the field of action. A worker finds satisfaction in his work, there is no such provision here. Jawali added and requested again to be sent back to earth. Our work place is indeed far better than heaven. The gods perceived his conviction and sent him back to earth where he happily continued with his good work.



THE INTELLIGENT LAD

A young intelligent lad was having a walk along a canal. Suddenly, he heard a faint voice calling him. It seemed to be coming from under a tree.

The lad went up to the nearest tree and found a bottle there. It had a tiny man-like creature inside it. The creature begged the lad to let him out. The unsuspecting lad removed the cork of the bottle and a puff of thick smoke came out of it. Soon it took the shape of a fearful genie.

"Who are you?" asked the lad.

"I'm a genie. A magician had shut me up in this bottle. But I'm free now. So, I'll eat you up," roared the genie.

"I can't believe you. You are so big in size. How can you get into this small bottle?," argued the lad.

"Why not! I'll prove it now and here." Saying the genie entered the bottle like before.

The intelligent lad at once put the cork back in its place and the genie was shut in the bottle once again.

Seeing this, the genie again begged, "Let me out please. I won't harm you at all."

"How can I believe you? I saved your life and you were going to eat me up," retorted the lad.

The genie promised under oath, "I'll not even touch you. Also, I'll give you a magic dagger that will heal all wounds and turn everything into gold through a mere touch."

The lad freed the genie and got the dagger. In no time, he was a famous rich man.

Moral : Presence of mind pays in danger.



Riddles



— Shivani

- (1) I have no bed to sleep or no palace to live. I don't have a single coin then also I am known as king?
- (2) What is the best month for a parade?
- (3) What is always coming but never arrives?
- (4) What starts with T, ends with T and is full of T ?
- (5) What two keys cannot open any door?
- (6) What is as big as an elephant, but weighs nothing at all?
- (7) What is the best cure for dandruff?
- (8) What belongs to you, but mostly used by others?
- (9) What goes up and down a hill but never moves?
- (10) Patches over patches, but no stitches?
- (11) If we say MUMMY they come together and go apart when we say 'DADDY'?
- (12) What room has no floor, ceiling, windows or doors?
- (13) What is it that is always before you, but you cannot see?

1- Lion 2- March 3- Tomorrow 4- Tea - Pot 5- Donkey and Monkey 6- The shadow of an elephant 7- Baldness 8- Your name 9- Road 10- Cabbage 11- Lips 12- Mushroom 13- Future

Answers

—Praveen



National Science Day

February 28 is celebrated as National Science Day in India. Sir C.V. Raman won the Nobel Prize for his discovery of the Raman effect in 1928. To honor this great scientist the National Council for Science and Technology in 1986, requested the Government of India to designate 28th February as National Science Day which was accepted. First National Science day was celebrated on February 28, 1987.

Various themes had been taken up to celebrate National Science Day in the previous years depending upon the requirement of time. Science for Nation

Building, Science and Technology for Sustainable Future, Understanding the Planet Earth, Clean Energy Options and Nuclear Safety are some of these themes.

Theme of National Science Day 2023 is 'Global science for Global Wellbeing'. People and scientists from India and abroad can work together for the wellbeing of mankind under this vast theme.

Global Science focuses on how we use resources and how this affects the environment. We learn to apply Science and Technology to gain a

sense of responsibility for managing our resources and learn about new environmental issues that our society is facing.

Throughout India at schools, colleges, medical, technical and Research institutions, public speeches, radio, television, scientific films, Science exhibitions, discussions, Quiz Contests and many other events are held on National Science Day to-

- ❖ Raise awareness of the value of Science and Technology in everyday living.
- ❖ Inspire and encourage youth to develop interest in science.
- ❖ Recognise all the activities, projects and achievements in the field of technology that help humanity.
- ❖ Provide opportunities to scientifically inclined individuals in India.
- ❖ Encourage Technology and Science.
- ❖ Showcase all accomplishments in Science for the well being of humans.

LET US BE A PART OF ANY OF THESE ACTIVITIES TO CONTRIBUTE OUR BIT AS GLOBAL CITIZENS



—Mahipal Singh



WHAT ARE THE BENEFITS OF PEANUTS

- ❖ Prevents cancer
- ❖ Prevents gallstones
- ❖ Fights anxiety and depression
- ❖ Prevents diabetes
- ❖ Helps during pregnancy
- ❖ Good for children
- ❖ Prevents Alzheimer's
- ❖ Clears the skin
- ❖ Prevents premature aging
- ❖ Prevents hair fall
- ❖ Improves scalp health
- ❖ Helps with weight management
- ❖ Improves scalp health
- ❖ Helps with weight management
- ❖ Improves memory



Kitty

Story & Illustration
— Ajay Kalra



Mom! I am hungry.

I shall prepare 'Poha' for you.

No! I want to eat pizza.

Kitty Insisted.



Mom! Give me money. I shall purchase pizza.

Finally mom had to give money.

Night time

Mom cooked potatoes, pulses and 'Roti' at dinner.

Kitty! Don't insist! Eat your food.

Mom! I don't want to eat all this. I want to eat burger and a cold drink.



Kitty stealthily threw the food in a flower pot.



Next Day

Kitty! Drink milk I shall just come back.

No! I don't want to drink milk.



As the mother left,
Kitty threw the milk
out of the window.



Mom! Bye! I
am leaving
for school.



While cleaning the house,
mother saw the food in the
flower pot. She
understood that Kitty had done it.



Evening time.

Kitty! Let us sow a plant.

Yes mom! I shall help you.

Mom started pouring cold drink in the flowerpot.

Mom! What are you doing? Cold drink will destroy the plant. Please water it.

But Kitty! You drink cold drinks and eat burger and pizza. If cold drink can destroy the plant, it can spoil your health too.

Mom! I have understood. Now onwards I shall eat homemade food.

The Pencil

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 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. 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 HimA 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.

Moral:

"Put others before yourself, and you can become a leader among men."

THE WISE FARMER

A farmer had a strong young ass. He looked after it very carefully. Some thieves had their eyes on the hefty ass. They were looking for a chance to steal the ass and sell it at a good price in a far-off place.

The farmer let the ass loose for grazing grass every day. One day, the thieves found the ass unguarded

The farmer took a strong stick in his hand and ran after the thieves, Soon he overtook them and waved his stick in the air. Then he said, "Leave my ass alone or I shall do what my father did."

The thieves got afraid and handed over the ass to the farmer. But they wanted to know what the



and took it away. A friend of the farmer saw them stealing the ass. He ran to the farmer and told him what had happened.

farmer's father had done after all. They decided to ask the farmer about it.

One of the thieves said to the



farmer, "Your ass is now with you, sir. Will you kindly tell us what your father did?"

The farmer gave out a loud peal of laughter to hear the question. The thieves were even more surprised to see the farmer laughing loudly.

The farmer gazed at them. Wonder was written large on their faces. So, he stopped laughing and became serious. He said, "Listen carefully. When the ass of my father was stolen and he could not find it, he bought a new ass. And this ass is that very ass."

The thieves also broke into laughter and went away praising the farmer's wit.

Moral :

Wisely used wit can achieve goals. ❖

Poem : Sunishth Chawla, U.S.A.

TREE



How useful
are the trees,
Providing shade,
fruit to men;

Superb is greenery
and Oxygen.
Make living on earth
Like heaven.

Without trees,
There never be.
Healthy environment;
Pollution free.

Trees serve us
In every aspect.
Without expecting
Reward or respect.

This story by Naveesh Nagi S/o Dr. Amandeep Singh,
Nirankari Colony, Delhi - 110009 has been adjudged
the best. Congrats to him.



Zali and Mali were 2 monkeys living in Vandavan jungle. They would think of new mischief every day. When the season of mangoes fruit came, they would become all the more excited and more mischievous. However in the current season, the harvest of mangoes was not same as last year, so Zali and Mali had to work harder.

One day both of them climbed the mango tree and gathered sweet mangoes from there, meanwhile suddenly the black langoor came there and started jumping from one branch to another. Seeing this, Zali and Mali got very scared. Leaving such sweet mangoes on the branch, they thought that running from there would be better for them.

Many children today are also like that, they act more mischievous than they should according to their age. The monkeys in this story are also and but troubling other people because of their naughty behavior. Kids can play and enjoy their evening games, but they should avoid breaking window panes and playing beyond the designated schedule given by their parents. It is very important to keep oneself away from danger while avoiding conflicting situations.

Zali and Mali were waiting for the black monkey to leave the tree so that they could return and do their mischiefs on the tree. Even the children do the same thing. The moment their parents give them more freedom, they also return to their playgrounds, playing more than the time schedule, breaking house windows with cricket balls.





Laughing Time

Patient : Has the doctor not sent sleeping pills yet?

Nurse : Not yet.

Patient : Please get them soon. I'm feeling very sleepy. I can no longer stay awake waiting for them.

Lovely : Mintu! This green colored sweet is very tasty. Where did you buy it from?

Mintu : A year before when I brought it from Delhi, it was white in color. I don't know how it turned green.

One day an elephant while going for a bath, crushed some of the ants. Some ants managed to mount on his trunk. The queen ant said, " push him hard into water. He must be drowned to death.

A very fat landlord caught hold of a thief and sat on him. The thief became breathless. The landlord called his helper and said, " Go and call the police ."

Helper : I'm not able to locate my slippers.

Thief : Please wear mine but go fast.

The candidate while delivering his speech said, " One must stand on one's own feet. "

A woman quickly stood up and shouted, "I have been trying for so long but the policeman is forcing me to sit down. "

Teacher: Chintu! What is your father's name?

Chintu : Mam! My father's name is papa.



Teacher : What is meant by pain in the neck.

Student : Sir! Neck pain. What is difficult about it.

Meenu : How do actors remain cool?

Sheena : They have many fans.

Ram : (to owner of restaurant) I can't see potatoes in the potato curry.

Owner: No surprise! Can you see Kashmir in 'Kashmiri Pulao' (rice dish made in Kashmir)

A cricket match was going to be held.

Sonu : Can you see, how brave is uncle! Both his legs are plastered and he is in the field.

Mintu : No my friend, they are leg guards.

Mother: Son! Why don't you study? You don't even open your book.

Son : I open the face book every day.

Mohan : Obesity is a big problem nowadays. No eating out.

Sohan : No issues! Get it packed and eat at home.

Kashi : (looking at the dining table where one dish had been kept) Reena! You said there shall be two options.

Reena : It is still the same. Eat it or not.



Two friends were talking, having good time.

Guddu : Bittu! When there was no mobile, how could people give a missed call?

Raju : I think a hiccup was taken as a missed call during those days.

Environment In Danger

It was one very peculiar night,
A dream flashed across my sight,

Which in the beginning,
Was full of happiness and fun;

But in the end there was only
Sadness and scorching sun

I stopped, looked and saw,
Affable nature in rags,

Whose affluence was deteriorating
By Pollution and plastic bags.

There was a complaining world,
Of plants and trees,

Who had once lived a life,
Of calm and peace,

People were cutting trees,
And Setting up industries,

Just for their own foolish needs,
Just for their own greeds

Environment was crying,
Save me, save me, don't treat me such

But no one was thinking about the after math.
Oh! My mother earth, Oh! My mother earth!

What has happened to you,
Why? Why? You have turned from black to blue



Do YOU Know?

Q. What is a glacier?

A. A glacier is moving 'river' of ice. Glaciers are found in polar regions and in high mountains, wherever more snow falls in winter than is lost through melting and evaporation in summer. The icy mass creeps slowly downhill. Glaciers shape landscapes, When a glacier reaches the sea in very cold regions, huge blocks of ice break off to form floating icebergs. The largest icebergs in the world are found in the ocean around Antarctica.

Q. Why are high mountain tops covered in snow?

A. High mountain tops are surrounded by very cold air. For every 1,000 metres in height, the temperature falls by 5 degrees Celsius. The highest mountains are snow-covered all year round. The highest mountains in the world are found in long ranges such as the Himalayas (Asia), the Andes (South America), the Rockies (North America) and the Alps (Europe.)

Q. How can we tell stalactites from stalagmites?

A. Stalactites and stalagmites form inside limestone caves. The water that drips steadily from the roof contains a mineral called calcite. The water dries, but the calcite remains and slowly builds into a column. Stalactites grow downwards, from the cave roof. Stalagmites grow upwards, from the cave floor. Sometimes the two columns meet to form a pillar.

RESULT FOR THE MONTH OF December 2022 ISSUE

CONSOLATION ENTERIES

Sadhik Mehra

Age-10

25-A, Sector- 5,
Karnal (Haryana)



Neeta Kapoor

Age-06

700 Sainik Colony
Faridabad (Haryana)



Neha Singh

Age-10

Village + Post - Karvee
Distt. Azamgarh (U.P.)



Himanshu (Mumbai)

Kavita (Delhi)

Rekha (Delhi)

Pratiksha (Noida)

Manoj (Dehradun)

Reema (Baksar)

Neelam (Noida)

Jaspreet Kaur (Delhi)

Rahul (Delhi)

Shivani Chauhan (Kanpur)

Chirag (Delhi)

Pinku (Banglore)

Pooja (Noida)

Vaishali (Mumbai)

Aarti (Noida)

Reetika (Kanpur)

Chandni (Delhi)

Sonam (Chandigarh)

Colour it for February Issue

On page 48, a beautiful picture is given; colour it and send it to us latest by **March 20, 2023**. Office address: HANSTI DUNIYA, Nirankari Complex, Near Nirankari Sarover, Nirankari Colony. Delhi - 110009

The result will appear in April 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



Maze



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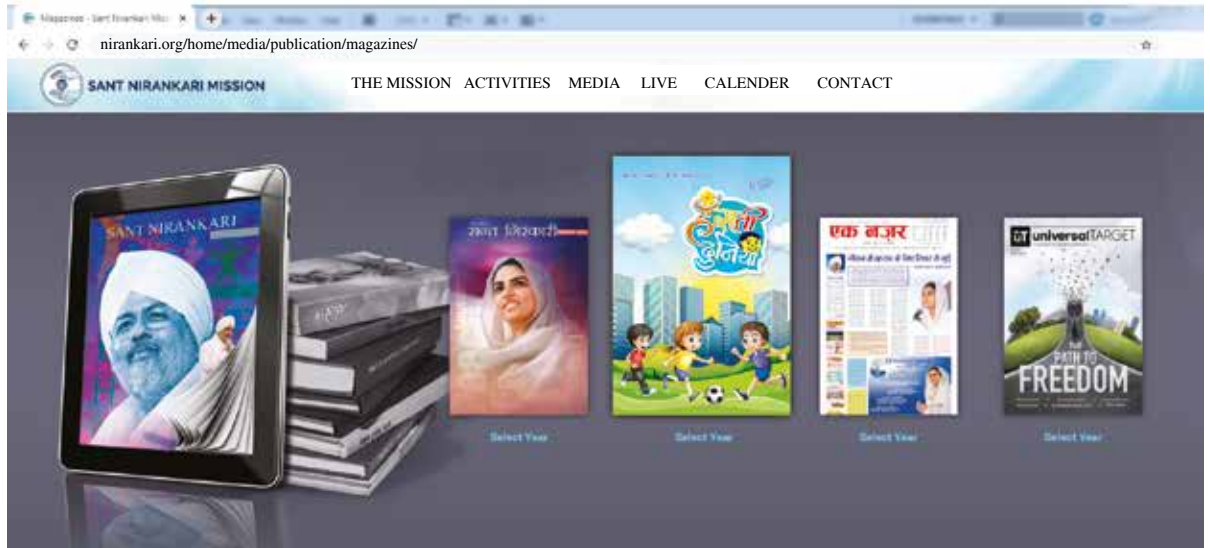
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