

Vol. 37 | No. 04 | April 2023

₹ 15/-

Hansti Duniya





Hansti Duniya

• Vol. 37 • Issue No.04 • April 2023 • Page 52
(A Monthly for Children's Mental Development)
Published in English, Hindi, Punjabi and Marathi

Printer & Publisher Raj Kumari
On behalf of Sant Nirankari Mandal (Regd.)
Delhi-110009, printed at HT Media Limited
Plot No. 8, Udyog Vihar,
Greater Noida - 201306 (U.P.)
and published at
Sant Nirankari Satsang Bhawan,
Sant Nirankari Colony, Delhi - 110009

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kids.nirankari.org

Subscription Details

Country	1 Year	3 Year	5 Year	11 Year
India/Nepal	₹ 150	₹ 400	₹ 700	₹ 1500
U.K.	£ 15	£ 40	£ 70	£ 150
Europe	€ 20	€ 55	€ 95	€ 200
U.S.A.	\$ 25	\$ 70	\$ 120	\$ 250
Canada/Australia	\$ 30	\$ 85	\$ 140	\$ 300

Other countries: Equivalent to U.S. Dollars as mentioned above

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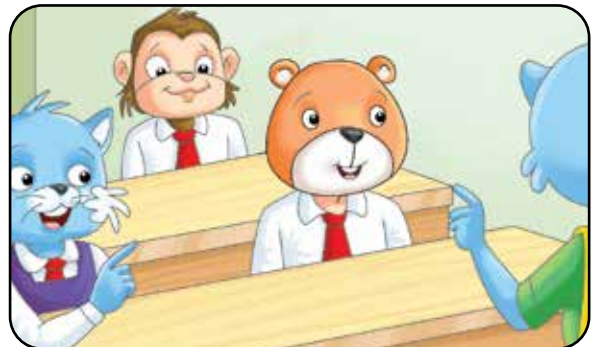


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DETERMINATION

Almost everyone wants to progress, rise in life, go ahead of others and gain proficiency. He also wishes to portray himself more competent and worthy of respect and position than others. Rarely people may be different.

A child came for studies in a 'Gurukul'. He studied hard according to Guru's instructions. Guru was also passionate about his teaching. One more child came to the 'Gurukul' and Guru started teaching him too. The second child started progressing faster than the first one. The first child complained to the Guru that he paid more attention to the new child than him. The Guru looked at the child and narrated an incident.- A traveller was going towards his destination. It was summer season and he felt thirsty. He searched for water and could locate a well. But there was no bucket or rope. He looked around but could not find anything. He moved ahead. After a while another person came there. He was also looking for water. He too was thirsty. He saw that the well did have water but there was no means to take

the water out. When he searched, he could find a broken bucket, but there was no rope. He took the long grass and made a rope with its help, took out water and quenched his thirst. Guru Ji said, "Tell me who was thirstier"? The child replied, "Of course the second one" Guru ji said, "This is the answer to your question. Whosoever is more keen to study shall progress faster and become more capable."

Friends! If we want to touch heights in life, we must be determined, put in effort and act. We must have the thirst to know knew things. Some people consider that they know everything. But this is never the case that one would know everything. Knowledge becomes an inseparable part of a being. A person proficient in something shall always be needed and shall progress. Instead of finding faults, it is better to enrich oneself and stay happy.

Satguru Baba Gurbachan Singh Ji always taught us this. He blessed us with 'Hansti Dunia'. We are grateful to him from the core of our heart and bow down in gratitude".

—Vimlesh Ahuja

SAMPURAN AVTAR BANI



IK TU HI NIRANKAR 181

KAKHAN DI OH KULLI CHANGI JIS VICH GURMUKH REHND A EY:
GURMUKH DA HAR BOL HAI CHANGA GALL JO GUR DI KEHND A EY.
THAN SUHAVA DHARAT SUHAVI JITHE GURMUKH BEHND A EY:
GURMUKH DA HAR KAMM PAVITTAR JO KUJH DEND A LEND A EY.
MAIHLAN DE VICH REH KE MANMUKH MOH MAYA NAAL KARD A PREET;
JO NA DHIAVE NIRANKAR NOON DHARTI NOON VI KARE PLEET.
DHAN DAULAT NAL CHAIN NA MAN NOON RO RO JANDA JEEVAN BEET;
MANMUKH DI EY HAR SHAI JHOOTHI JHOOTHE NAGME JHOOTHE GEET.
GURMUKH DA HAR KAMM PAVITTAR MANMUKHAN DIAN KARAN TON:
KAHE AVTAR IK VANAJ HARI DA CHANGA KULL VAPARAN TON.

THOU FORMLESS ONE 181

That thatched hut is fine in which a devotee dwells;

Every word of a devotee is auspicious as he says what the True Master says. That place and the spot is blessed where a devotee sits;

Every act of a devotee is auspicious and whatever his dealings are.

Even while living in palaces, a self-willed person is enamoured by lust and greed;

He who does not remember the Formless One -Nirankar, only defiles the earth.

Worldly riches and wealth do not provide the peace of mind, and the whole life is spent bewailing;

Everything belonging to the self-willed is false, and so are his songs and hymns.

Every act of a devotee is sacred as compared to the acts of the self-willed;

Avtar says, the single trade of God is better than all other trades.



PRECIOUS THOUGHTS

by **BABA GURBACHAN SINGH JI**

- ❖ Only an obedient son, (Gursikh) is a beloved of father (Satguru) otherwise capabilities really don't matter.
- ❖ A mother, unmindful of the filth spread by the child cleanses him. In the same way we should also not dwell upon anyone's short comings.
- ❖ Our actions must match our words. This is the virtue of a true saint.
- ❖ If we are blessed with the capacity to quench someone's thirst, it must be done with respect and love. There is no need to publicize.
- ❖ We should abstain from the feeling of doership.
- ❖ All our actions should be pure. This is how transformation in the world can be brought about.
- ❖ A man of integrity and human values has truly imbibed all religions.
- ❖ Shun ego first of all. Ego is the mother of many evils.
- ❖ When we use body, mind and wealth with the spirit of surrender to God, shall these bring positive outcomes.
- ❖ By shunning ego and vices, one can get transformed into a saint.
- ❖ After realization of God if one acts in its awareness, he can change the world's scenario.
- ❖ We must always remain conscious, abstain ourselves from evils and conduct as a devotee.
- ❖ Service done to publicize is not fruitful. Service must be rendered earnestly.

Compiled by: Sumesh Nishad

— H.S. Nirman

PRAYER

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

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

We have before us, our childish vanity.
You have before you, the entire humanity.
Please take care of us wherever you are,
You are with us in the form of Nirankar,
"Namaskar, Namaskar, Namaskar."
All of us say, "Namaskar."



TRAFFIC RULE

Red Light, Red Light
What do you say?
I say stop, stop right away.

Yellow light, Yellow light
What do you mena?
I mean wait, wait
till the light turns green.

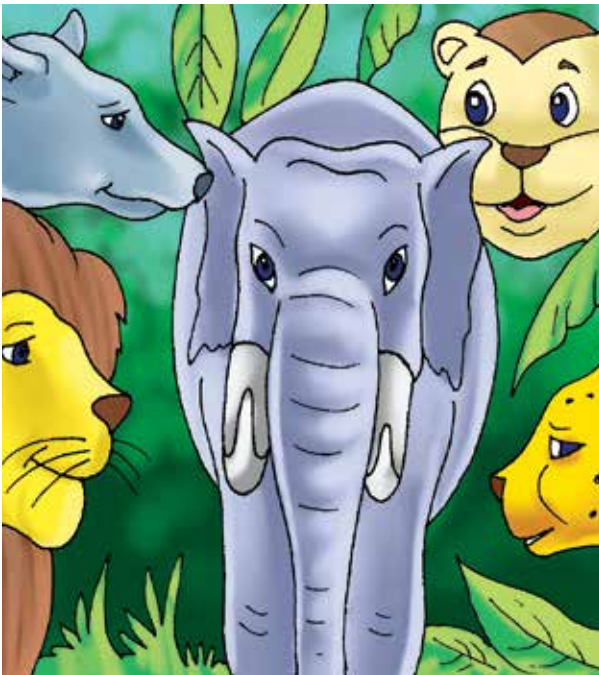
Green light, Green light
what do you say?
I say go, go right.

Google world

The GENEROSITY of Chichi

— Neena Singh Solanki

Squirrel Chichi lived in a hollow of banyan tree in the forest Surbhit. Her three children also lived with her. Her house was popular in the entire forest. There was a lot of space in the hollow of banyan tree. She had laboured hard to build four rooms in the house. In one room she would store grains; in the second room she had laid soft grass for sleeping. In the third room children played the whole day.

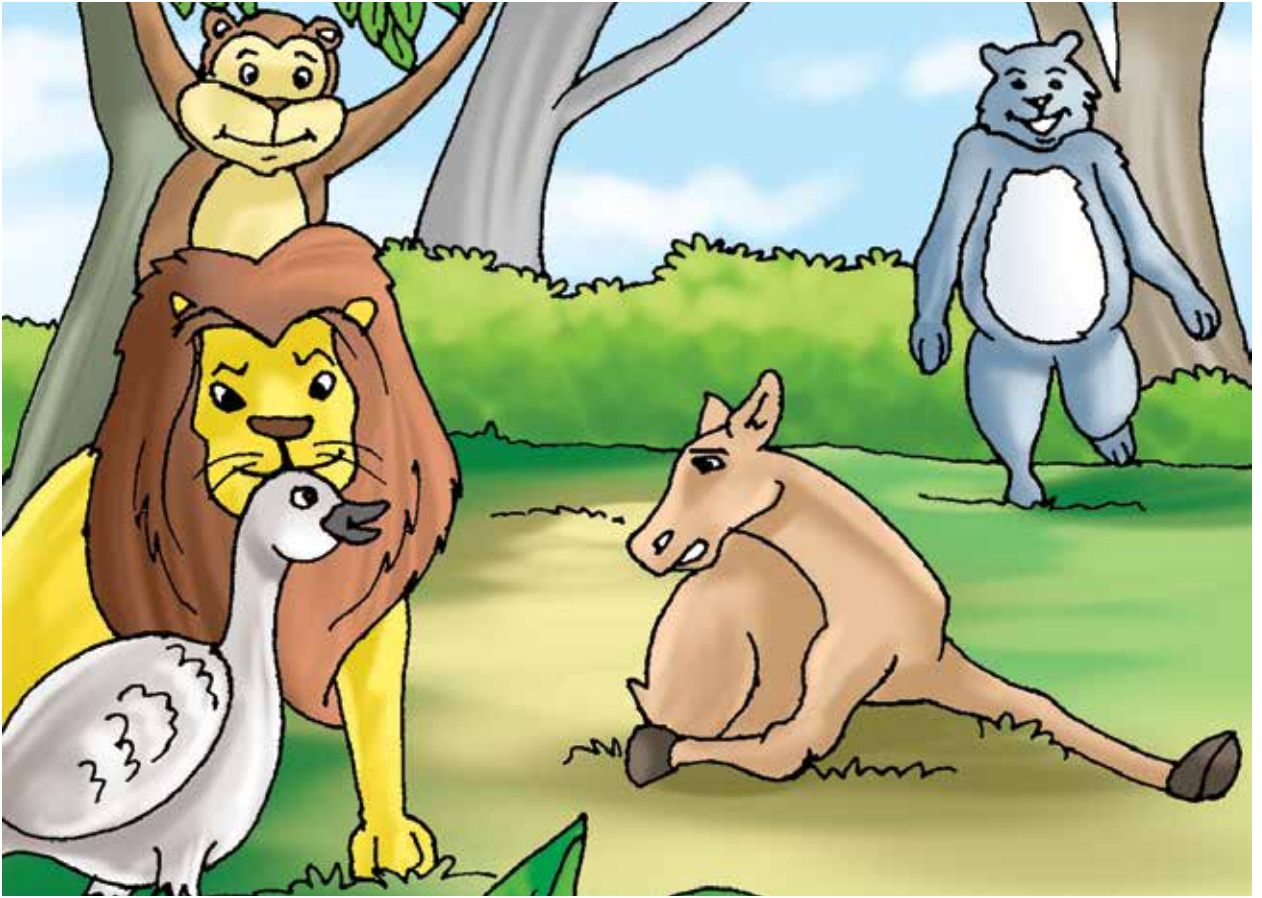


Children of Tinni sparrow and Minmin Maina of neighbourhood also joined them while playing. In the fourth room she used to chat with her friends Tinni, Minmin, Taitai parrot and Gutru pigeon. Sometimes they chatted for long hours. They all liked her house. Whosoever felt hungry would straight go to Chichi's house? She would get them seated, give food to eat and talk nicely.

Chichi used to start collecting grains before the onset of rainy season. She would go to far off places in search of grains. She cautioned the children before going in search of grains. When she would get to know the store house of grains she would carry the load the whole day. She would only stop at the onset of evening. She would store the grains at the right place, fondle her children and feed them well.

This year also, despite less yield she had collected enough grains like before. Rainy season was soon expected.

One morning the weather became bad. It was cloudy. Strong winds were blowing away the clouds. Suddenly it started raining. It was dark all around. Strong winds and rain became a storm. All the animals of Surbhit forest started running around for safe places. Many trees got uprooted. Chichi gathered courage and invited all the birds to her house. Her house in the strong banyan



tree hollow was out of danger. Tinni, Minmin, Taitai and many other friends came to Chichi's house with their children. They all heaved a sigh of relief inside the house. Chichi welcomed them and fed them to their fill. Weather became clear after many days Chichi entertained the guests all these days and gave them enough to eat. When the weather was fine the guests wanted to take leave. Tinni said, "But for you we would have been in very bad shape."

No one can be a better friend than you", Minmin confirmed what Tinni had said. Taitai said, "We shall never be

able to forget your kindness. If ever you need us, we shall stand by you."

Gutru became emotional and said, "We shall not be able to pay you back. But for you, our children would not have survived."

Chichi heard them all and said smilingly, "There is nothing to be grateful for. It was my duty. A friend in need is a friend indeed."

Minmin's Children said, "Aunt Chichi! We were very comfortable here. We are not feeling like going. Everyone laughed at children's innocence and left for their respective homes.

Always REMEMBER

Poem : Suresh P. Idnani (Pune)

Always remember to forget
The things that made you sad
But never forget to remember
The things that made you glad.

Always remember to forget
The friends that proved untrue.
But don't forget to remember
Those that have stuck by you.

Always remember to forget
The troubles that have passed away.
But never forget to remember
The blessings that come everyday.



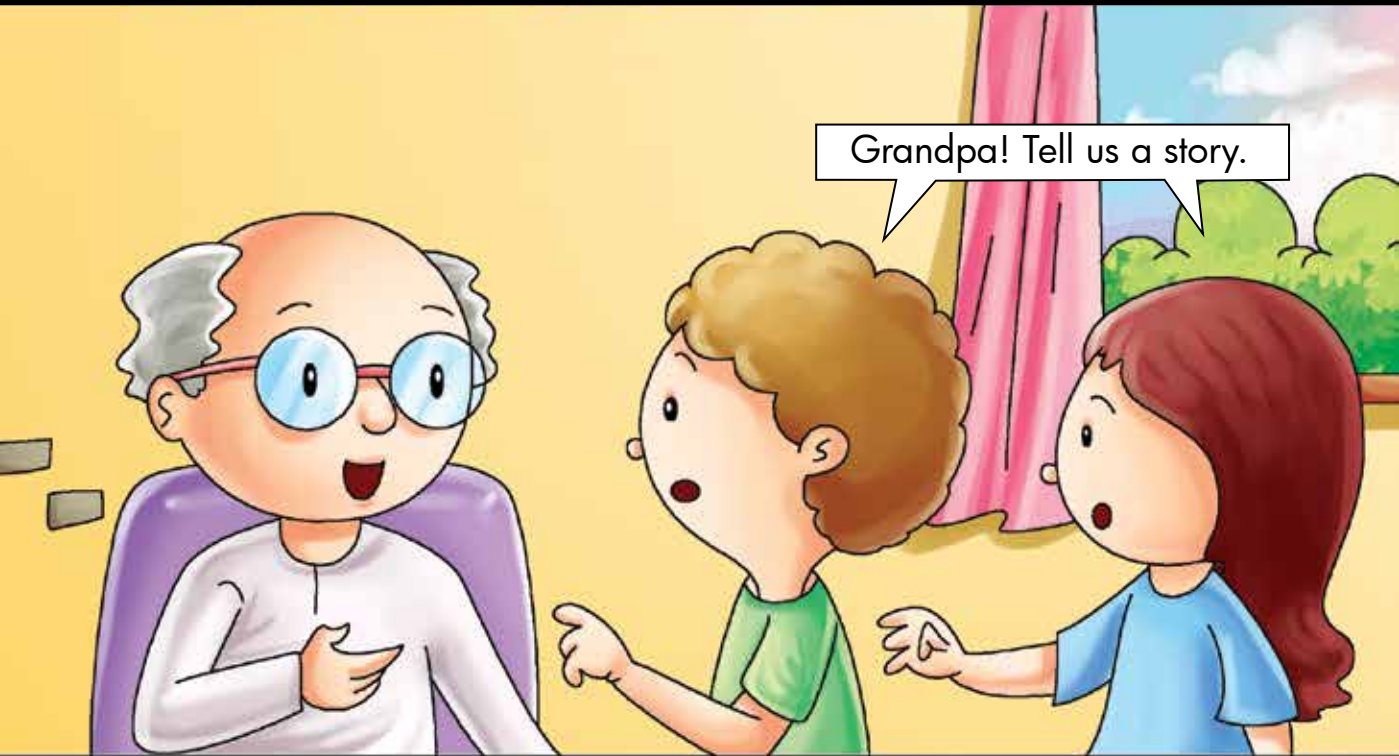
WHAT is Life?

Neha Nagpal

- ❖ Life is a duty – Fulfil it with devotion.
- ❖ Life is a challenge – Face it.
- ❖ Life is a journey – Complete it.
- ❖ Life is a boon – Accept it.
- ❖ Life is a game – Play it.
- ❖ Life is a song – Sing it.
- ❖ Life is special – Sing its glory.
- ❖ Life is a pledge – Comply with it.
- ❖ Life is a secret – Unfold it.
- ❖ Life is a puzzle – solve it.
- ❖ Life is an opportunity – Make good use of it.
- ❖ Life is a passion – Experience it.
- ❖ Life is an emotion – Feel it.
- ❖ Life is a harsh truth – Battle it out.
- ❖ Life is a flower – Spread the fragrance.
- ❖ Life in an Ocean – Cross it.
- ❖ Life is a lamp – Keep the lights on.
- ❖ Life is a promise - Fulfil it.

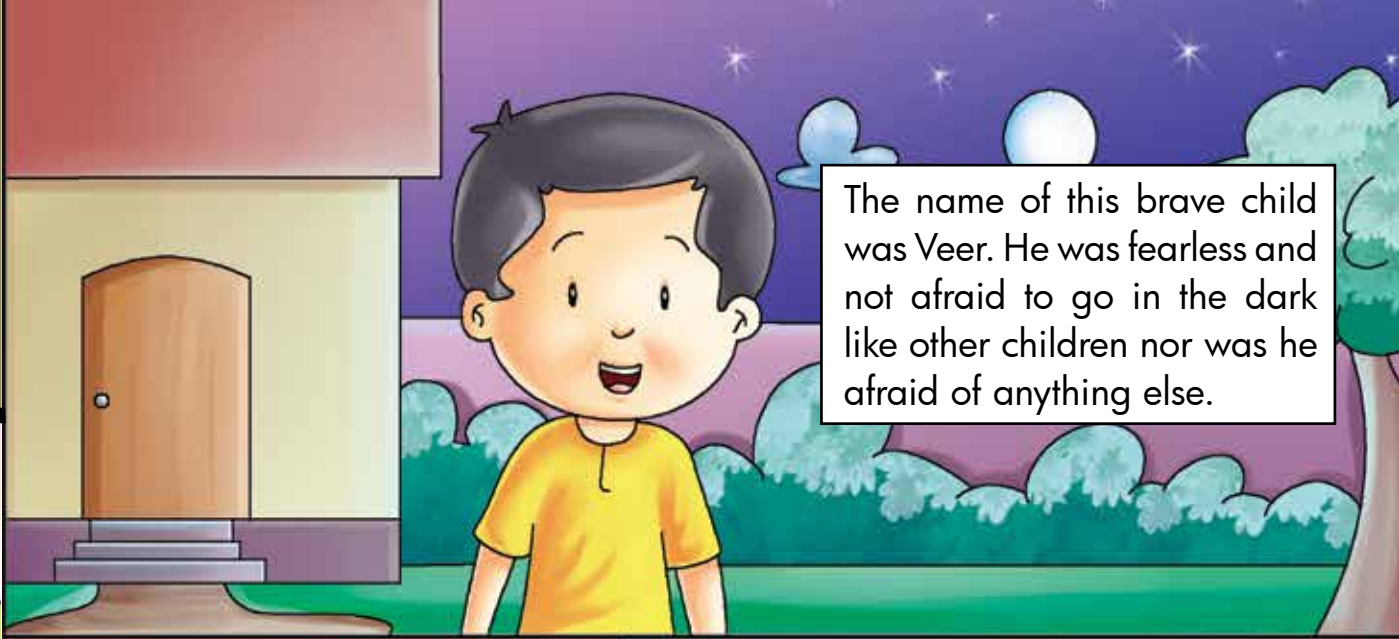
GRANDPA

Story & Illustration — Ajay Kalara

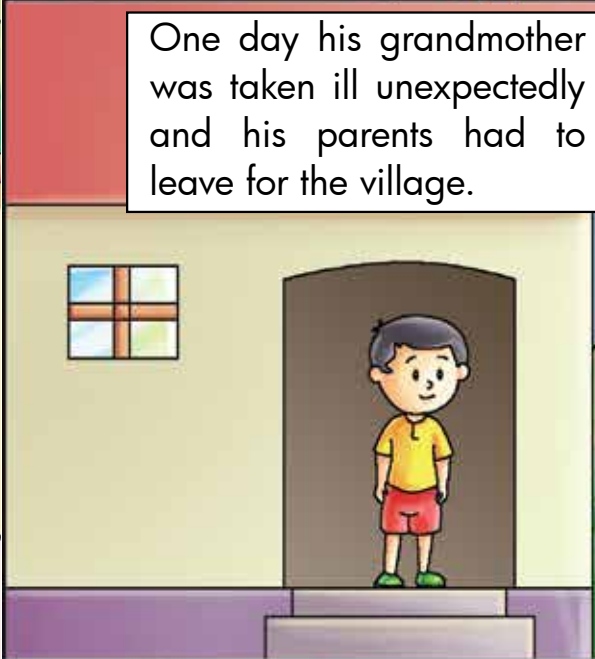


OK Children! I shall tell you the story of a brave child.





The name of this brave child was Veer. He was fearless and not afraid to go in the dark like other children nor was he afraid of anything else.

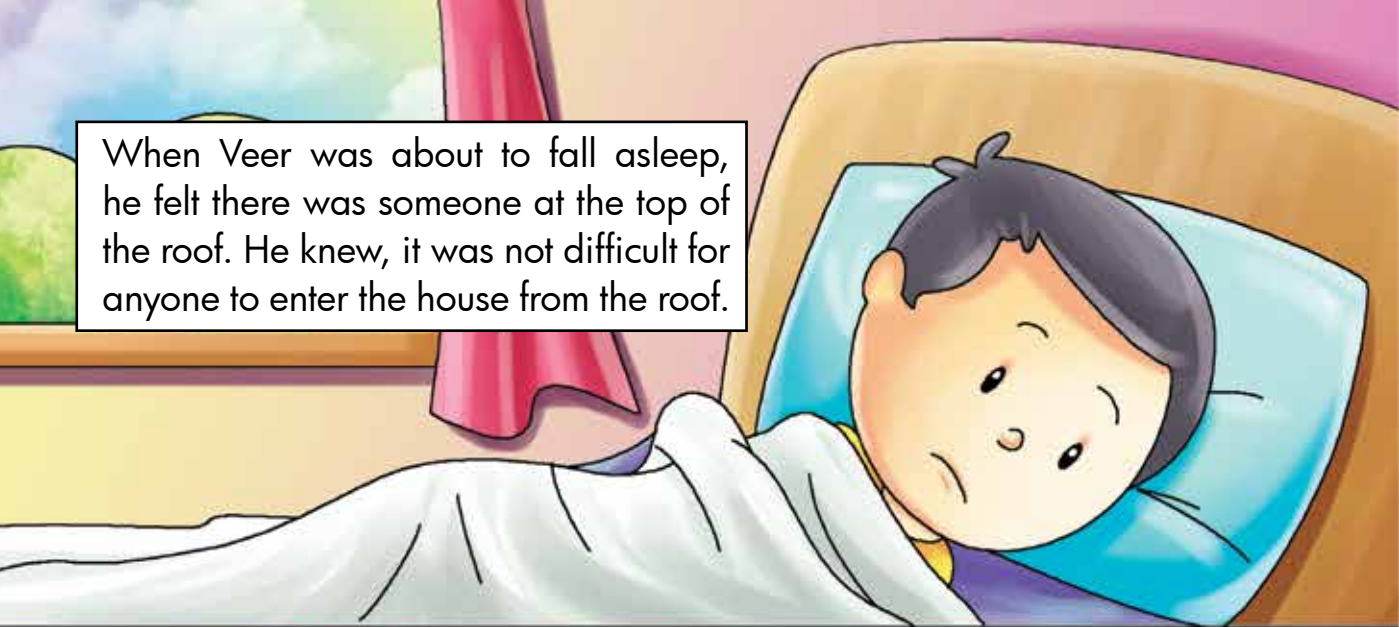


One day his grandmother was taken ill unexpectedly and his parents had to leave for the village.

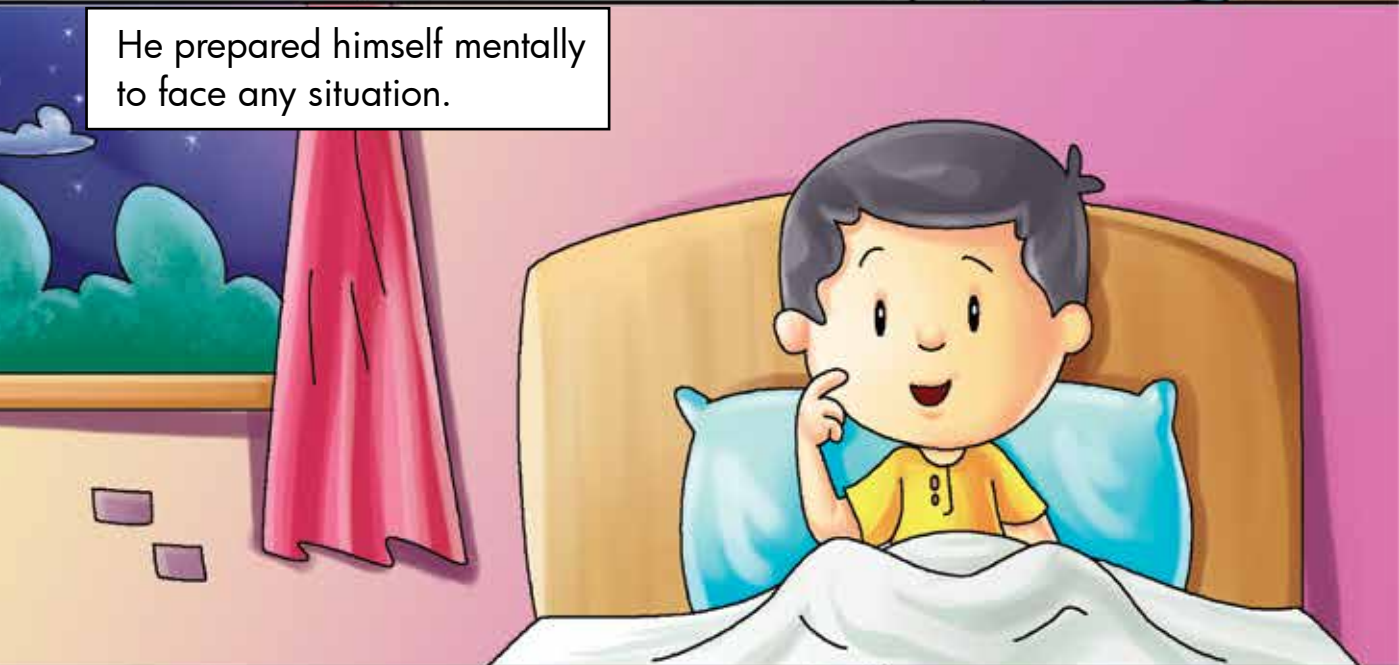


He couldn't accompany his parents, as his exams were approaching. Parents had no alternative, so they left him back at home.

When Veer was about to fall asleep, he felt there was someone at the top of the roof. He knew, it was not difficult for anyone to enter the house from the roof.



He prepared himself mentally to face any situation.



He went to the kitchen and filled red pepper powder in a small polythene and sat hiding under the stairs. As soon as the thieves entered, he quickly threw the red pepper powder in their eyes. The thieves were taken unaware.



Vow! Veer was really intelligent and sharp.

Yes! The thieves were crying in pain and Veer called up the police.

He also locked the thieves in the room lest they should run away.

Vow! Grandpa, we can also win over our fear, use our wisdom and do these kind of fearless things and win prizes.

Yes Children!



Earth Day 2023

— Harjit Nishad

There is enough on Earth for everybody's need, but not enough for everybody's greed. (Mahatma Gandhi)

We are trying hard to decode other planets for possibilities of life. But our Earth is the only place that can harbor life. We need to save it from and for the species that claims to be the most intelligent on the earth. (Human beings)

Senator Gaylord Nelson (USA) in (1970) created 'Earth day' as a way to create awareness about deteriorating condition of the Mother Earth. Most important concerns are overpopulation, loss of biodiversity and depleting quality of environment.

Every year on April 22 'Earth Day' marks the anniversary of the birth of this modern environmental Movement.

It is immensely important to celebrate Earth day each year because it recognises the harm humans are capable of causing.

The first thing we need to understand is that we have one Earth and it's our job to make sure it stays clean and healthy. We need to know how Earth is suffering. Understanding is the first step in raising the next generation of environmentally

conscientious citizens. Earth day is just the right opportunity to educate and motivate ourselves for making a difference in the world.

Don't let April 22 come and go without having a conversation about Earth Day. Theme this year is 'Invest in our planet'. It is a continuation of last year's theme. The conversation can revolve around the areas that guide us and others about management of resources and waste, that can lead to conservation of biodiversity.

Before starting big things we must at least start small, with Rs for waste management. These remind us of the importance of reducing our waste production on a daily basis and how we can avoid our contributions to the landfill sites.

- 1. Refuse**
- 2. Reduce**
- 3. Reuse**
- 4. Recycle**
- 5. Recover**

Refuse:

- ❖ Those materials specially plastics which are one time use. For example:



water bottles at gatherings. Offer a jug of water with a glass. One can take the required amount of water for drinking.

- ❖ Buy coffee in a reusable container.

Reduce:

There is no need to manage waste because every thing is taken care of at the source. Remember recycling is not done without an impact on the environment. That is why recycling should be the last option .

- ❖ You can reduce waste by reducing the amount of things you buy.
- ❖ Opt for bulk products, thus limiting the packaging needs.
- ❖ Look into the library before you purchase a book to read.

- ❖ Read emails on the monitor rather than printing them.
- ❖ Unsubscribe to useless paper publications. Give priority to electronic publications.
- ❖ Print back to back.

Reuse :

- ❖ Re purpose glass, plastic and cardboard containers.
- ❖ When not in need of anything, donate it to give it a second life.
- ❖ Old newspapers can be recycled by giving to a scrap dealer.
- ❖ Put reusable bags back in the car to be used for the next purchase.
- ❖ Give away furniture and appliances that you don't need anymore.
- ❖ Reuse folders, envelopes and paper clips.

Recycle:

Before you throw away something think about whether it can be recycled or repurposed .

- ❖ Give old polythene bags to vegetable vendors.
- ❖ Used polythene bags can be used in trash bins instead of using new ones.

Recover:

It is giving value to a material believed to be waste.

- ❖ The best example is composting. It transforms our food and vegetable waste into rich food for plants.

Very simple things everybody can do to replenish and avoid depletion of natural resources:

a) Plant trees: They use carbon dioxide and release oxygen for people to breathe. They also provide shelter and food for animals such as squirrels and owls. Their shade can even reduce the need for air conditioning.

b) Turn off the light: Electricity comes from fossil fuels, (coal,oil or natural gas) wind, water, Sun and even elephant dung. No matter from where it comes conserve by using only what you need.

c) Limit water usage: only one percent of available water can be used by humans. Turn off taps while brushing your teeth. Wash your car with a bucket of water instead of using a pipe.

d) Sensitise people: by holding seminars, workshops or presentations or arranging field trips to power stations, land fills and dump yards.

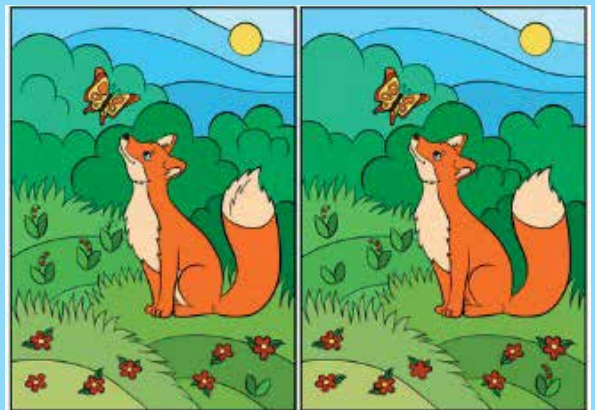
Earth Day should not be limited to a single day but utilised to educate people about being responsible citizens. It is not just about e-waste or plastic bottles. it is about every little effort for the health of our planet.

It is a reminder that no matter how much we refuse, reduce, reuse and recycle we can always do more with very little effort.

Earth Day is a day for all of us to remember the environment in our busy lives. It reminds us to continue to do the little things that will help our planet survive. Remember its a marathon that we have to continue running.

Start your journey today. ❖

Find 12 Differences





The Golden Swan

—Raj Kumar Jain Rajan

Long time ago a king named Vikram Singh ruled in Surya Nagar. There was a beautiful garden in his palace. A blue lake filled with clean water adorned the garden. A large number of swans with golden feathers lived in the lake.

The swans used to give one golden feather to the king every day. He would store them with his valuables.

One day a huge swan with golden feathers came from somewhere to the blue lake. As he was about to jump in water, the swans residing there said, "We shall not let you enter the lake. We pay the price of staying here. We give a feather to the king every day."

The new swan said, "Don't get disturbed, I shall also give a feather when my turn comes."

"No! We shall not let you enter the lake", all the swans spoke together.

The big swan became angry and things took an ugly turn." OK! If I cannot stay here, I shall not let you also stay here," said the big swan.

"My Lord! The swans living in your lake are not letting me stay there. If I stay there, it will benefit you too. My feathers are biggest of all.

When I told them that I shall complain to the king against them, they said they did not care about the king", "the big swan provoked the king.

When the king heard this, he became very angry. - "The swans in my blue lake can be that daring".

The king immediately called for the soldiers and told them to kill all of them. "I don't need them anymore. I have a bigger swan."

As soon as the soldiers got orders they ran with their swords to kill the swans. when the swans saw the soldiers coming to them with weapons they became suspicious. An old swan said, "Let us all fly off. This is the only way to save ourselves."

All the swans flew off together to the sky. The blue lake was left with no swans. The soldiers described the things to the king.

The king was very happy. He said to the big swan, "Now the entire lake is for you."

The big swan said, "Excuse me. I am not happy with your justice. If a bigger swan than me comes here in future, you will kill me too.

After saying this he flew off. The king lost all the swans because of his greed.

Moral: Greediness is a curse. ❖



Dance

I am a dancer.

I don't dance because I want to.

I dance because I need to.

I tell a story by the moments of my body.

I dance because I get this amazing feeling

Through the movement of my arms and
the rhythm of the music.

I dance because it makes me happy.

I am artist and athlete dreamer.

I am a dancer.

Google World

Black Pepper



—Praveen

A salt and black pepper dispenser mostly adores dining table or kitchen shelf of every household. History reveals that this hot spice is at least 4000 years old. Before petroleum got its name as black gold, black pepper was called by the name 'Black Gold'.

Vietnam is known to produce 34% of total world's black pepper. Indonesia comes at number two while India is number three when it comes to producing this 'King of Spices'. In India it's grown in Kerala, Karnataka and Tamil Nadu.

Black pepper can be grown from seeds or cuttings. During the months February-March, secondary shoots are

cut from the vines and cutting with 2-3 nodes are planted in the field with rich soil. Proper support for the growing vine must be provided. Frequent watering and enough shade are necessary. Fruition may start after 2-5 years and may continue upto 40 years.

Black Pepper is a climber that can reach a height of almost 10 meters. The fruits sometimes called peppercorns become yellow red when ripe. They contain only one seed. They are picked when they begin to turn red, immersed in boiling water for about 10 minutes and then dried in the sun for 3-4 days.

Black Pepper vs white pepper

Black Pepper is prepared by cooking the somewhat unripe fruit (berry) which has a very thin cover.

White pepper is obtained by removing the outer cover of the fruit and is just the seed. It is less pungent than its black counter part.

Health Benefits:

It is more popular for its flavor in our dishes than its medicinal uses. Still its health benefits cannot be undermined. Some of its important medicinal values are as follows:

- ❖ **Can cure cancer:** Antioxidant piperine present in black pepper can fight with free radicals causing cancer thus helping keep cancer at bay.
- ❖ **May help functioning of brain:** Studies reveal that black pepper can protect against degenerative diseases of brain like alzheimer's and Parkinson disease.
- ❖ **Helps control blood sugar:** Piperine found in black pepper helps in lowering blood sugar level. But it must be consumed in moderation.
- ❖ **Helps in digestion :** It can relieve flatulence and stimulate secretion of gastric juices.

- ❖ **Helps in absorption of nutrients:** can help absorption of Calcium and Selenium.

- ❖ **Treats skin problems:** Black Pepper is known to control acne and prevent vitiligo (discoloration of skin)

- ❖ **Helps with fat loss :** It improves metabolism that helps in shedding fat.

- ❖ **Fights inflammation:** Chronic inflammation which can be the underlying cause of arthritis, diabetes and heart disease may find this remedy helpful.

- ❖ **Treats cough and cold:** May give relief from nasal congestion and cough and cold.

(Black pepper, a pinch of turmeric and 2-3 drops of honey when mixed well and consumed with warm water can help in cough and cold.)

(Black pepper tea prepared by boiling together black pepper and ginger and adding lemon and honey can be helpful for coughs and throat.

Side Effects:

- ❖ When it comes in contact with skin, it causes itching, burning sensation and redness.
- ❖ It might slow blood clotting.
- ❖ Black Pepper if taken in excess might increase the risk of bleeding.



RIDDLES

1

What has a bark, but no bite?

6

It looks like a little prince and wears many layers of clothes. Guess what is it?



2

What is it which is of the size of an elephant but has no weight?

3

What occurs once in every minute, twice in a moment and yet never in thousand years?



4

Before the mother was in this world, the son could be found sitting on the roof.

5

What can you serve, but never eat?



- Answers:
1. Tree
 2. Shadow of elephant
 3. The letter M
 4. Fire, smoke
 5. A tennis ball
 6. Onion

The Flower Spoke

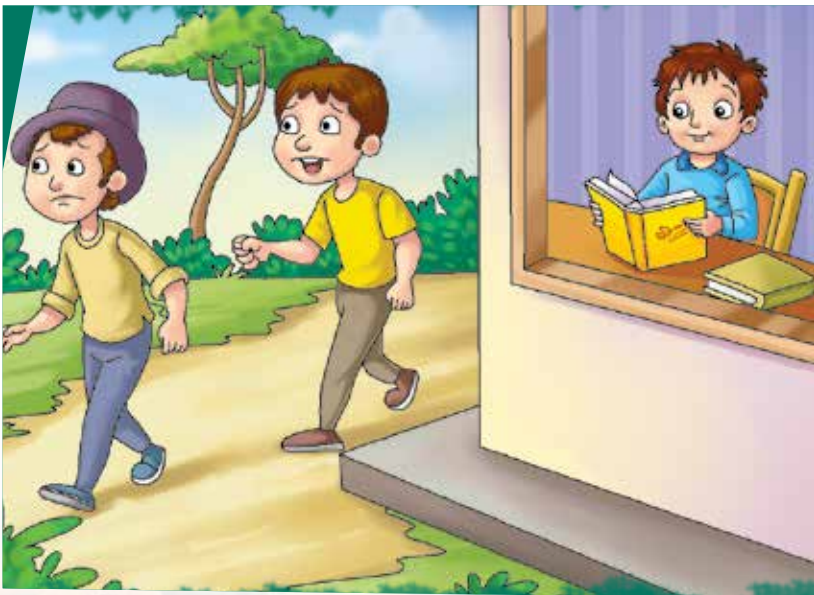
—Dr. Darshan Singh

Sohan was not at all interested in studies. He would always be waiting for holidays. He would visit his maternal aunt or grandmother or his paternal uncle during the holidays. There he would watch cartoon films along with his cousin for hours. Last year he could hardly scrape through his class five exams. He would avoid going for a tuition thinking that he would be enslaved for two hours every day. The teachers would ask him, “With this kind of temperament how will you reach higher classes. Sohan would sometimes think about Mohan who

was very good at studies. He was his friend living in the neighbourhood. They studied in the same school but were in different sections.

There was a small garden in their school. Marigold, rose and jasmine etc flowers of that garden spread their fragrance in the school atmosphere. The gardener Shraavan took very good care of the garden. But Sohan would stealthily enter the garden, pluck flowers and break open the petals. He would keep the petals in his book. He had a misconception that this way the goddess of knowledge would be pleased with him and make him knowledgeable and intelligent. The gardener had caught him many times plucking the flowers and also scolded him. The principal had been informed about his mischief but he paid no heed.

Once the gardener was on leave. Sohan wandered towards the garden. He





looked at a big rose flower. He quickly plucked it, kept it in his pocket and came to his room. He took out the old petals from his books and started keeping the rose petals there. Meanwhile Mohan came there. When he saw Sohan busy in that act he asked him, "What are you doing?"

"Oh! You are unaware of it?"

"No."

"You don't know even this much that, placing flower petals in the books makes you knowledgeable?"

"Knowledgeable?" Mohan laughed and said, "You are ignorant. This way one has never become knowledgeable. We can only gain knowledge by hard work, not by shirking work. Had this been true the copies and books of weak students would have been filled with flower petals? This is a misconception.

Did you not read the notice outside the garden – "Plucking the flowers is a crime."

"Crime! No, it brings good luck, to keep flowers in the books when we do this, our brain starts functioning. OK! Let's talk something else. It's enough for you that I like flowers", said Sohan.

"If you like flowers, you should all the more not pluck them", said Mohan.

"It is not an issue. Flowers are meant to be plucked. Shraavan everyday plucks flowers and decorates them in a flower pot in the principal's office. They look beautiful in a flower pot. Dinesh sir's coat is adorned by a flower. Ministers are garlanded for their welcome...."

Please stop! You don't have any feeling for mother nature. Whenever somebody crosses a garden, flowers welcome them with their sweet fragrance.

They are all the more relevant in today's polluted atmosphere.

"Oh Mohan! Leave it. You are after my life. Let us discuss something else. Did you watch the serial Harry Potter the previous night?" said Sohan.

Mohan did not reply, He probably got upset with Sohan.

Both of them left for their home when the school closed! Sohan had a very strange dream at night.

He found himself at a lonely place where there was no plant or tree. He was unable to breathe because of

petals you had kept in your books. I have a question?

Sohan was taken by a surprise. "Question? What question?"

The rose flower said, "Do you hate nature?"

"Nature! I love nature"

"Am I not a part of nature?"

Sohan was quick to reply, "No doubt you are a part of nature."

"Then why did you pluck me?"

"I wanted to keep your petals in my books and note books."

The rose flower laughed. Sohan felt its laughter was weird. The flower said, "You kept my petals in your books and notebooks but why?"

"I wish to be good at studies. I have heard that keeping feathers of peacocks and flower petals in the books makes one good at studies. I couldn't get peacock's feathers so I thought of placing the petals....."

The rose flower remained quiet for a moment then said, "Remember one thing, no one ever gains knowledge by placing the flower petals and feathers of peacock in books. If you really are keen to be good at studies, I can tell you a trick."

"Trick," Sohan got excited. "I want to know this trick by all means".

The flower said, "It is already with you."



pollution. He was breathless and was worried about his survival.

Sohan was in a pensive mood sitting on a big stone. He saw a shadow that transformed into a rose flower!

"What? Rose Flower"

Yes! I am the same rose flower whose



"With me? Sohan looked at his hands and then into his pocket. I have no trick?"

The petals of flower started laughing. The flower said, listen to me carefully. The trick is not in your pocket, it is in your books. How you go about knowing the trick is upto you. I promise if you are able to track it in the books you will become good at studies. I shall see you some other day." Suddenly the petals shrivelled and the flower vanished.

Suddenly Sohan heard "Get up Sohan. It's time for school."

Sohan got up rubbing his eyes due to this sudden voice. The mom fondled

his head. Sohan got up and started for a walk. He had a bath, ate his breakfast and left for school. He was visualising the flower seen in the dreams, "Listen to me. The trick is not in your pocket, it is hidden in your books. How you have to find it is up to you. But if you find it, you will go a long way in the field of studies." He opened every single page of books and notebooks but couldn't find the magic.

The magic can only be reached through hard work, perseverance and discipline, someone spoke in his heart.

Slowly he unravelled the mystery. He prepared a time table and started

following that for his studies. He stopped wasting his time and fixed a time for playing too.

Days passed. Parents started appreciating him when they saw him taking interest in studies.

This time he was happy during his exams. "Mom! Just wait for my result this time."

He was really successful with third position in the class.

When children were returning home after declaration of result, he felt as if the rose flower in the garden had stopped him. Sohan went towards the flower and started looking at it with love. He felt it was the same flower that he had seen in the dream.

"I have found the magic," said Sohan.

Suddenly he heard a voice, "and the magic is hard work and discipline."

When Sohan looked back, he saw Mohan.

Both of them embraced each other. The rose started swaying its head joyfully.

Sohan felt as if the flower was asking, "Now you will not place me in your books?"

Sohan saw some thorny bushes and placed them around the rose plant to safeguard it.

Mohan felt, Sohan and the rose flower were both expressing gratitude to each other. ❖

EVERY EXPERIENCE BRINGS OUT SOMETHING GOOD

Poem : Rajan Sachdeva (USA)

Every experience brings
out something Good,
Good Times become
GOOD Memories,
Bad Times become
GOOD Lessons.
We can always
gain something from
our experiences

We Never Lose,

If we plant honesty,
we will reap trust.

If we plant goodness,
we will reap friends.

If we plant humility,
we will reap greatness.

If we plant Seva (Service)
we will reap happiness.

If we plant Sumiran
(meditation) we will reap
"Everlasting Peace"



The Power of Insight

—Archana Jain

A customer bought a whole sale pack of soap from a reputed company in Japan. He complained that one of the box in the carton was empty. On analysis by the officers, it was found that some boxes did remain empty due to some malfunctioning in the assembly line.

A capable engineer was given the job of finding the boxes that remained empty out of thousands of boxes. The engineer after thinking very deeply asked the company to set a high resolution X-ray machine in the assembly. 2-3 workers operated it and a man very minutely observed the monitor so that any empty box may not enter the carton. Despite fixing the machine because of the high speed at the assembly line the empty boxes couldn't be tracked.

In the meanwhile a very junior employee of the company told the company to fix a high power industrial fan on the assembly line. When the boxes containing soap crossed the high power fan, the empty boxes flew off towards a side. This is how a difficult problem became easy. ❖

KITTU'S FEAR

—Dr. Kusum Rani

Tina duck laid five eggs this summer. After a few days little ducklings came out. Tina and Paplu had made their

house in the hollow of a tree. They felt safe their from predators. They both used to bring food for the kids from the pond. Children grew a little older. It was time to teach them some life skills. Tina and Paplu decided to take them along outside the house.

Paplu said, “Kids are three weeks old now. They have little wings, we need to escort them to the pond.”

“You are right. It is becoming difficult for us to gather food for them. If they

also accompany us, they will manage some food for themselves. We shall not have to bring food for them to our nest.

“They are very young, we shall have to protect them? This risk will always be there. We shall have to be alert.”

“Right! We shall take them along today itself. Paplu and Tina explained few things to kids and Paplu jumped from the tree.



Four children followed their father and jumped down. The first touch of ground was nice. Little Kittu was afraid. He kept sitting there. Paplu said, "Nothing to worry. We are with you."

"Papa! I am scared"

"Don't be scared. We are birds. We are not heavy. You are a baby. You can easily jump down. You will not get hurt!"

"What if I get hurt?"

"Trust your parents. Jump down fearlessly. Kittu closed his eyes and jumped down. His siblings could safely jump down. But he got stuck in a branch. He shouted, "Save me."

Tina said. "Open your eyes. You are stuck in a small tree's branch. Raise your wings. You will safely come down."

Kittu followed his mother's advice and jumped down.



Tina and Paplu were happy to see their babies walking on the ground. They were walking carefully towards the pond. Kittu was scared. Many ducks and other water birds were already swimming in the pond. Weather was pleasant. They were enjoying in water and looking for food also. Tina and Paplu started swimming.

Four kids followed their parents and came down in water. Tina and Paplu were guarding them. Kittu was scared.

He was not getting down in water.

Tina said, "Don't be scared. Look! Your siblings are swimming comfortably and enjoying."

"Mom! I am fine here."

"Don't be afraid. Just try and you will succeed. You just jumped from the tree. Did you get hurt?"

"Mom! That was ground not water. What if I get drowned?"

"Ducks can swim. They know how to swim from birth. They don't get drowned. Trust us. If you stay alone outside, you are in danger" said Tina.

Kittu moved forward several times but went back, due to fear. He was walking along the side of the pond. Tina and Paplu also had to move inside water along the side. They coaxed him hard to get into water but he couldn't gather courage and kept looking at them standing at the side.

Crow blacky sitting at the tree was eyeing him. He was waiting for an opportunity to attack little Kittu. He was looking around. As soon as Tina and Paplu moved a little inside the pond along with kids, Blacky attacked Kittu. Kittu had luckily seen him. As he saw death approaching him, he quickly jumped into water, speaking Mom, mom'.

Blacky didn't succeed in his attempt. Suddenly when Tina saw Kittu in water, she said, "What happened? Why are you scared? You were refusing to enter the water."

"Mom! Just now the crow sitting on the tree attacked me."



Thankfully you survived his attempt. You jumped into water because of him. Otherwise you would have been standing there only."

"Mom! I am scared."

"Nothing to be scared. We are water birds. We spend most of our time in water. Still if you are scared, ride my back. You can enjoy a ride," said Tina.

He quickly rode Mom's back. Tina and Paplu were moving forward in water along with kids. The other kids were tired too.

"You also sit at our back," said Paplu. The other four kids also rode the backs of Tina and Paplu. They were enjoying the joy ride. After a while Kittu was a little relaxed and he jumped into water. He was also enjoying swimming in water. Tina and Paplu were guarding them. It was game for them. They swam for some time, then rode their parents' backs.

In a few days they became proficient in hunting food for themselves.



Kittu said "Swimming in water is real fun. Mom please forgive me. I did not obey you."

"Never mind. All children are not alike. Thanks to Blacky because of whom you jumped into water. Now you are enjoying swimming in water."

Tina and Paplu were relaxed now. They would go out in the pond along with kids to look for food. After eating they returned home. Kittu did not trouble them any more.





KITTY

Story & Illustration: Sachin

Children! Who will tell us the rules of traffic today?

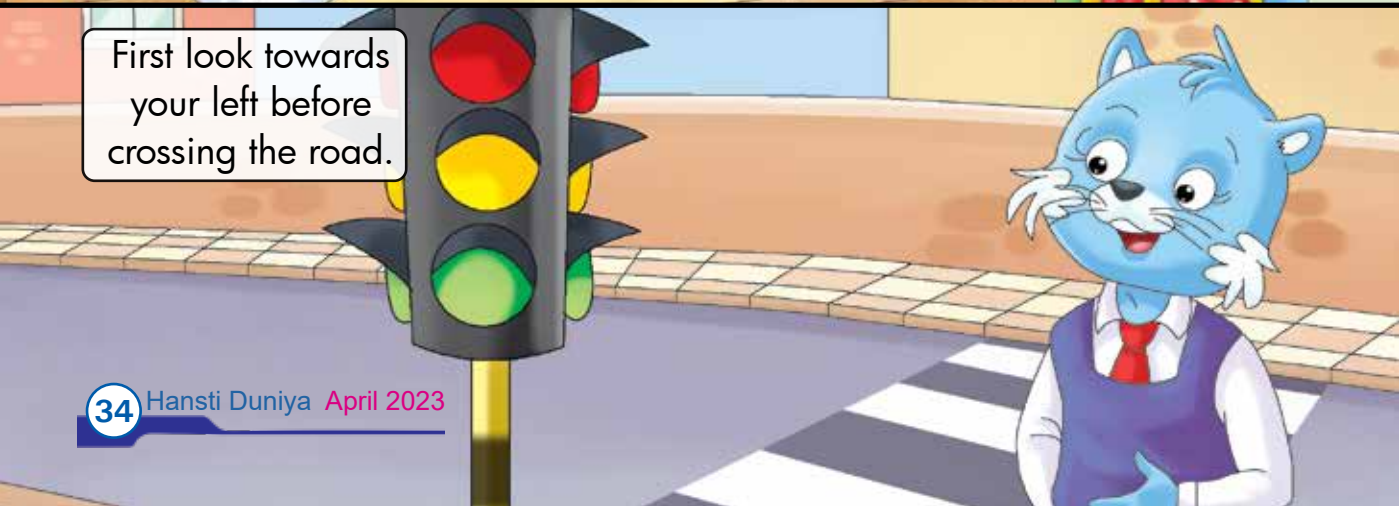


Madam! I shall tell.

Ok!



First look towards your left before crossing the road.





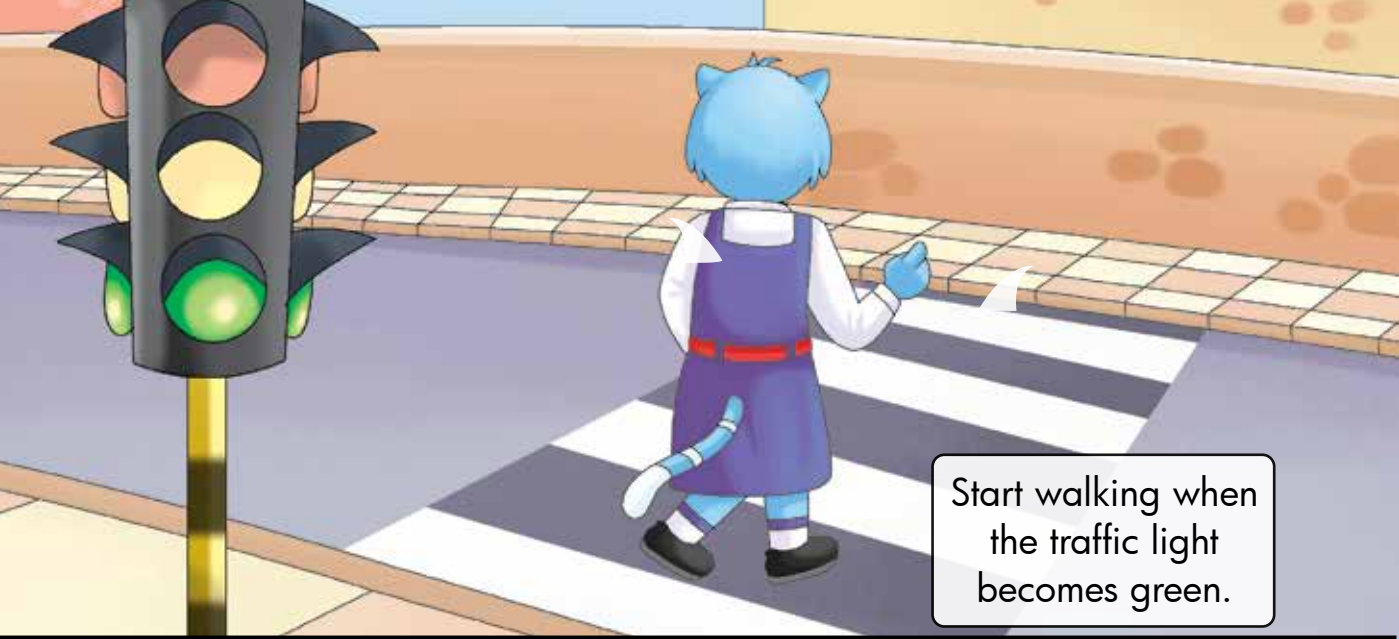
Then look towards your right.



Stop at the red light.



Get ready when the light becomes yellow.



Start walking when the traffic light becomes green.



Walk in your lane.



Walk on the foot path.

Help the old and specially abled cross the road.



Good Kitty! It was good information.



All the children clap for Kitty.



MAHAVIR JAYANTI

—Asha Kapoor

Mahavir Jayanti will be celebrated on April 4, 2023 this year. Mahavir Jayanti is one of the most auspicious day for Jains. It is celebrated to honour the birth of Lord Mahavir. Lord Mahavir was the 24th Tirthankara (A saviour who has succeeded in crossing over life's stream of rebirths and has made a path for others to follow) of Jainism.

In art the Tirthankara is represented either standing stiffly in the pose known as 'Kayotsarga' or seated cross legged on a lion thorne in the posture of meditation, 'dhyanamudra'. The images are made up of marble or metal, cold surface denoting detachment from life.

Lord Mahavir was born in the early part of the 6th century BCE (Before the Common Era) into a royal Jain family in Kundalagrama (Bihar). His father was king Siddharth and mother Queen Trisala. They were devotees of the 23rd Tirthankar Lord Parshwanath.

At the age of 30 Lord Mahavir left his home, abandoned all luxuries and

worldly pleasures in search of greater Truth to attain 'Nirvana' (spiritual awakening). He spent 12 years in exile as an ascetic (a practice of not giving in to one's desires especially as a means of religious discipline). After nearly 12 years of meditation he attained 'Kevala Jnana' (spiritual awakening). He was given the name Mahavir because he was calm and peaceful against all unbearable hardships, meaning very brave and courageous. He was also called 'Jina' which means to conquer because he won over all his worldly desires.

Lord Mahavir spent the next thirty years travelling bare foot preaching the 'Truth' he had realised. He propagated Jainism following the footsteps of his predecessor Lord Parshwanath. He developed a fivefold path for all the followers.

Ahimsa- Non injury to living beings.

Asteya- Not to steal.

Brahmcharya – celibacy

Satya- To speak harmless truth only.

Aparigraha- Non possession.



The great Mauryan king Chandragupta Maurya became a Jain and propagated Jainism in Karnataka.

Mahavir Jayanti is celebrated to spread peace, harmony and teachings of Lord Mahavira. Temples are decorated with flags. Devotees visit Jain temples, pray, fast and offer food and clothes to the needy. Donations are made to stop animal killings. Lectures on teachings of Lord Mahavir are held. Mass prayers and meditations are carried out. A procession is taken

out with Lord Mahavir's idol on a chariot (Rath Yatra). People recite religious songs on the way. A statue of Lord Mahavir is given a ceremonial anointment (ritual application of oil to the head or body of a person, an almost universal practice in the history of religions) called the Abhishek.

Lord Mahavir achieved 'Maha nirvana' (Salvation) at the age of 72 at the sacred town of Pawapur or Pave in the Bihar state. Diwali in Jainism marks the anniversary of 'Nirvana'.



Do You Know?

Q. What do the kidneys do?

A. The kidneys are a pair of very hard- working filters. They purify the blood, taking out waste substances and making sure that useful substances are kept in. The kidneys produce urine, a fluid that contains waste substances filtered from the blood. Urine is passed to the bladder, where it is stored until it leaves the body through a tube called the urethra.

Q. Why do we need vitamins and minerals?

A. Although we need only tiny amounts of vitamins and minerals, they are essential for many functions in the body. Lack of the mineral iron, for example, leads to a shortage of red blood cells, causing anaemia. Vitamin B helps wounds to heal and keeps the gums healthy. Calcium and vitamin D help to make bones strong. Vitamin D is found in fish and cheese and is made by the skin in sunlight.

Q. What is a balanced diet?

A. A balanced diet is one that supplies the different types of foods that you need in the right amounts - not too much and not too little of each. It gives you the raw materials and energy for a healthy, active life. The amount of food you need each day depends on your age, size and sex, as well as your general level of activity. A tall teenage boy who plays a lot of sport will need a lot more food each day than a short elderly woman. In general, adult men need more food- energy than women.



This story by **Navdesh s/o** Sh. Navdesh Ajay Rajguru,
Near Burari School, Kamalpura Burari Delhi -110084 has been
adjudged the best. Congrats to him.



TITU TIGER AND CHINTU CHIMPANJI



Titu tiger and Chintu chimpanji were playing in the Vandanan jungle. Once Chintu Chimpanji goes to a different jungle. There he didn't know anyone so he decided to go back to his own Vandanan jungle. Finally Chintu Chimpanji found his jungle. He looked here and there- Titu tiger was not in the jungle.

After sometime, Titu came to the jungle. Chintu Chimpanji said to him, "I was looking for you. ha ha ha." "Wow and I was looking for you ha ha ha that's a joke", Titu tiger said after a while. Titu tiger brought food to eat. They ate food and after that they played. After playing they got hungry. So Chintu Chimpanji went to find food. He saw 4 apples. He went there and brought 4 apples and they both happily ate the apples. Here I stop my story. I say goodbye to all my friends who are reading my story.





PASTE
YOUR
PHOTO

Name :

Father's Name :

Address :

.....

.....

Mobile No.

Look at the Picture and Complete the Story

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

Add.: Patrika Vibhag, Sant Nirankari Mandal, Sant Nirankari Colony, Delhi-09

E-mail : editorial@nirankari.org

(The best story would be published in Hansti Duniya, June 2023

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RESULT FOR THE MONTH OF February 2023 ISSUE

CONSOLATION ENTERIES

Sona

Age-12

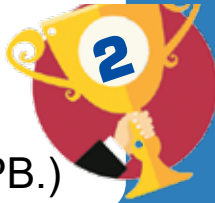
521, Netaji Nagar Palani
Distt. Dindigu, Tamil Nadu



Simaran Kaur

Age-11

D/o G.S. Bhatti Advocate
New Judicial Complex
Dasuya, Distt. Hoshiarpur (PB.)



Kunal Anil Kukmar

Age-12

Nanak Naga, Nimwadi Camp
Akola (MAH.)



Aniket (Delhi)

Rinku (Allahabd)

Khushi (Delhi)

Aarti (Dehradun)

Neetu (Mumbai)

Aarti (Delhi)

Seema (Delhi)

Chirag (Kanpur)

Pinku (Noida)

Pooja (Noida)

Vaishali (Bengaluru)

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Reema (Baksar)

Neelam (Delhi)

Kavita (Kanpur)

Chandni (Delhi)

Sonam (Mumbai)

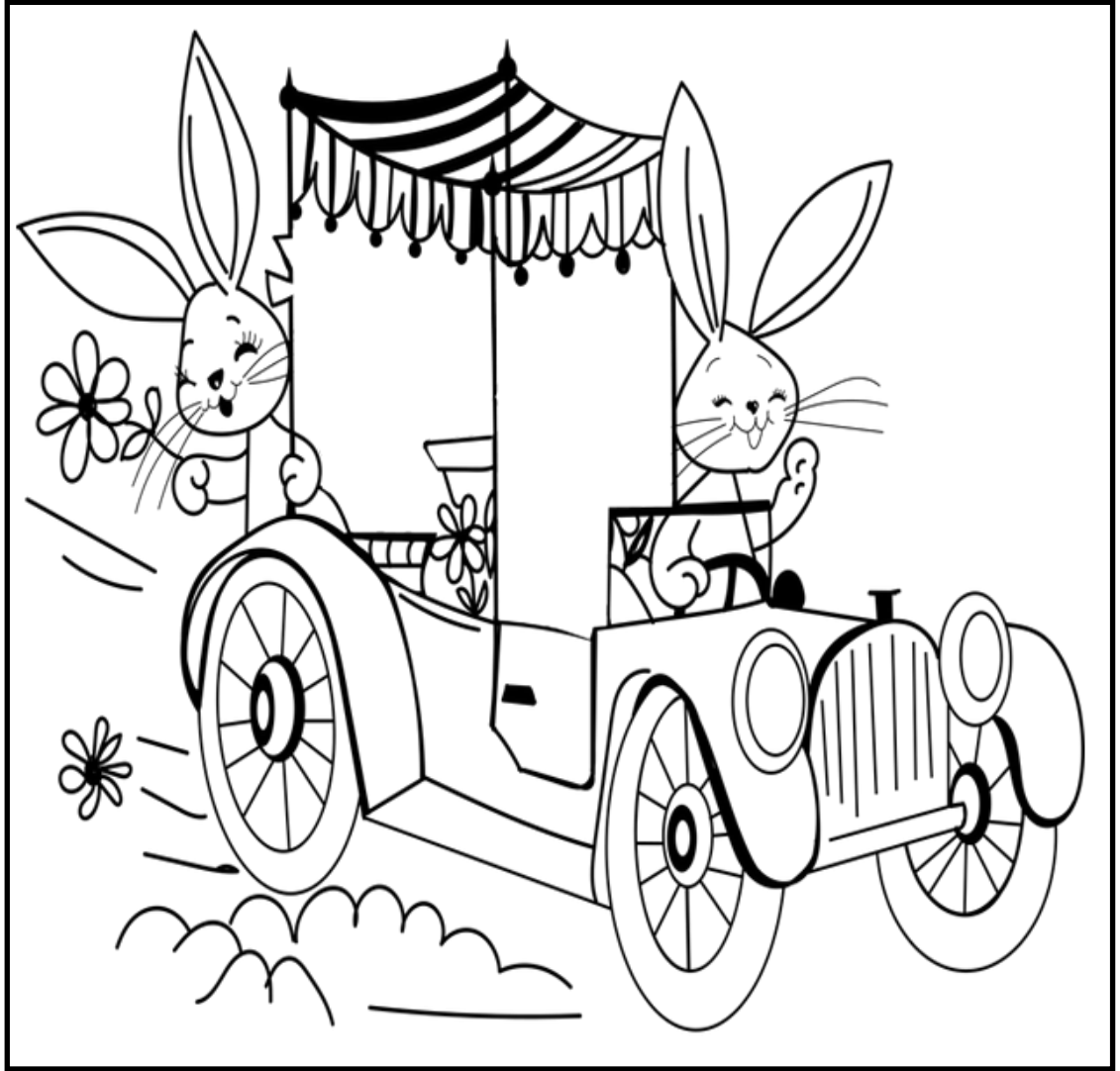
Roopa (Kanpur)

Colour it for APRIL Issue

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

The result will appear in June 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



THE NEW SESSION OF **School**

—Rajat Kapoor

The new session of school
has to start soon.

Kids are excited
to see the new classroom
New things to learn.
When new session resumes

All parents are thinking,
To buy the new books,

books have fancy covers
and they have a new look

Knowledge is important
New class will bring joy

Education is for all
Whether girl or a boy
Now children read books
and books are the new toys



Laughing Time

A boy was crying on a highway. A man stopped and said, "Why are you crying?"

The boy said, "I have lost my five rupee note. When I shall go home, my mother shall beat me?"

The kind person consoled him and gave him a five rupee note and said, "Stop crying now."

The boy continued to cry.

The kind man asked, "Why are you crying now?"

The boy said, "My mother will scold me telling that I should have told you about ten rupees instead of five."

Chintu was continuously looking at a piece of ice.

Pappu : What are you observing?

Chintu : I am trying to locate the place from where it is leaking.



Happy : Why do people say that dreams seen during day time don't become true. But I saw a dream during day time and it became true.

Bunty : Is it?

Happy : Yesterday, I was dreaming in the class that the teacher was scolding me when I opened my eyes he was scolding me in reality.

Employer : We need a house help who doesn't spend much.

Helper : Sir! I used to wear my master's clothes because I did not want to buy clothes for myself.

—Silpa (Allhabad)





Teacher : Can you tell a place where despite many people around, you feel lonely.

Student : Examination Hall.
It started raining.

Monu : It seems the sky has got a hole. Suddenly the lightning struck.

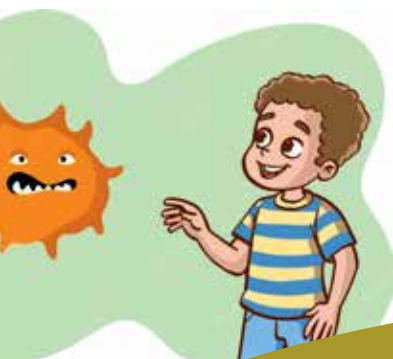
Sonu : No worries. The hole is getting welded.

Master : (To helper). I have told you many times never to bring ration from that shop. The shopkeeper pulls the wool over your eyes.

Helper : Sir I close my eyes at that time.

Sohan : What is the remedy for worms in teeth?

Mohan: Eat biscuits and milk for four days, then milk only on fifth day. Sohan ate biscuits and milk for four days and drank milk alone on fifth day. The worms came out and said, "No biscuits today?"



Chona : Mom! You were always worrying about a plate, lest it should break.

Mother : What happened ?

Chona : Nothing to worry now. It fell down and broke.

A person from the interview board asked, "What is the difference between newspapers and radio?"

Mr Sharma: A dog cannot hold the radio the way it holds a newspaper.



Rohan : Doctor! I want a cosmetic surgery done on my face. Change it completely.

Doctor : Pay my fees in advance. I may not be able to recognise you later.

—Gurcharan Anand
(Ludhiana)



ALBERT EINSTEIN

Albert Einstein is one of the most famous and influential physicists of all time. The German-born scientist was only 26 years old when, in 1905, he changed the world of physics with his groundbreaking special theory of relativity, embodied by the famous equation $E = mc^2$. It changed the world's understanding of space and time, essentially replacing Isaac Newton's long-running pioneering theories from 200 years earlier.

In 1921, Einstein won the Nobel Prize for physics while still living and teaching in his native Germany.

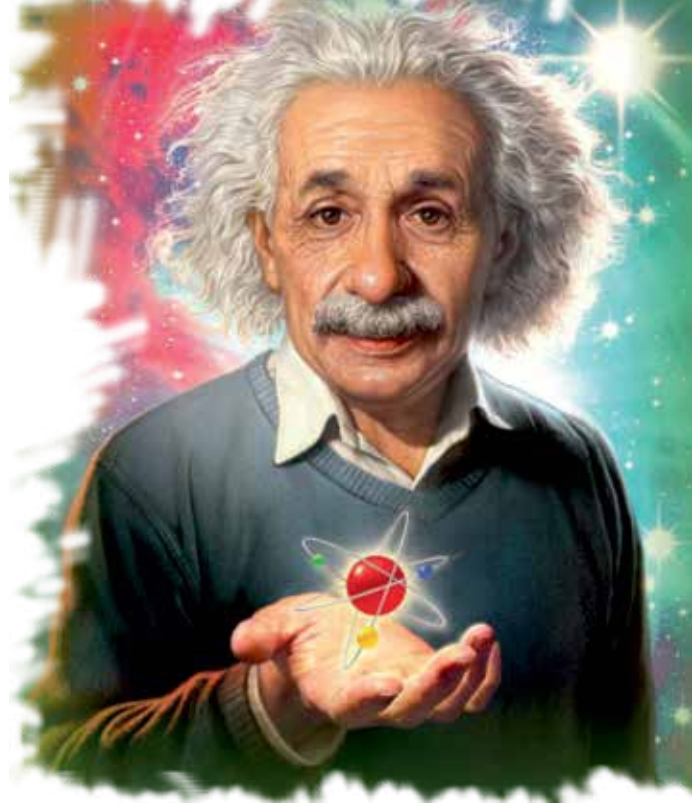
Not long after, in 1933, he moved to the United States to take a position at Princeton, where he taught until 1945. While his discoveries made him a

famous name in the physics community, Einstein is remembered and revered for more than his scientific contributions. Throughout his life, the great thinker didn't shy away from advocating for various social and political issues; throughout his work, he applied creativity, curiosity, humanity, and philosophy to everything he did.

"I was particularly won over by his sweet disposition, by his general kindness, by his simplicity, and by his friendliness," French physicist Louis de Broglie once said about his peer. "I shall always remember the

enchantment of all those meetings, from which I carried away an indelible impression of Einstein's great human qualities."





Einstein continued to work — and to share his wisdom, his wonder, and his compassionate insights — until his death in 1955 at age 76. Here are 13 quotes that illustrate the mind and humble heart of the once-in-a-lifetime scientist. Imagination is more important than knowledge. Knowledge is limited. Imagination encircles the world. I believe in intuitions and inspirations. I sometimes feel that I am right. I do not know that I am.

Try to become not a man of success, but try rather to become a man of value.

Although I am a typical loner in daily life, my consciousness of belonging to the invisible community of those who strive for truth, beauty, and justice has preserved me from feeling isolated.

I have no special talents. I am only passionately curious.

The most beautiful thing we can experience is the mysterious. It is the source of all true art and science. He to whom this emotion is a stranger, who can no longer pause to wonder and stand rapt in awe, is as good as dead: his eyes are closed.

Study and in general the pursuit of truth and beauty is a sphere of activity in which we are permitted to remain children all our lives.

Only a life lived for others is a life worthwhile.

Life is like riding a bicycle. To keep your balance you must keep moving.

Be a loner. That gives you time to wonder, to search for the truth. Have holy curiosity. Make your life worth living.

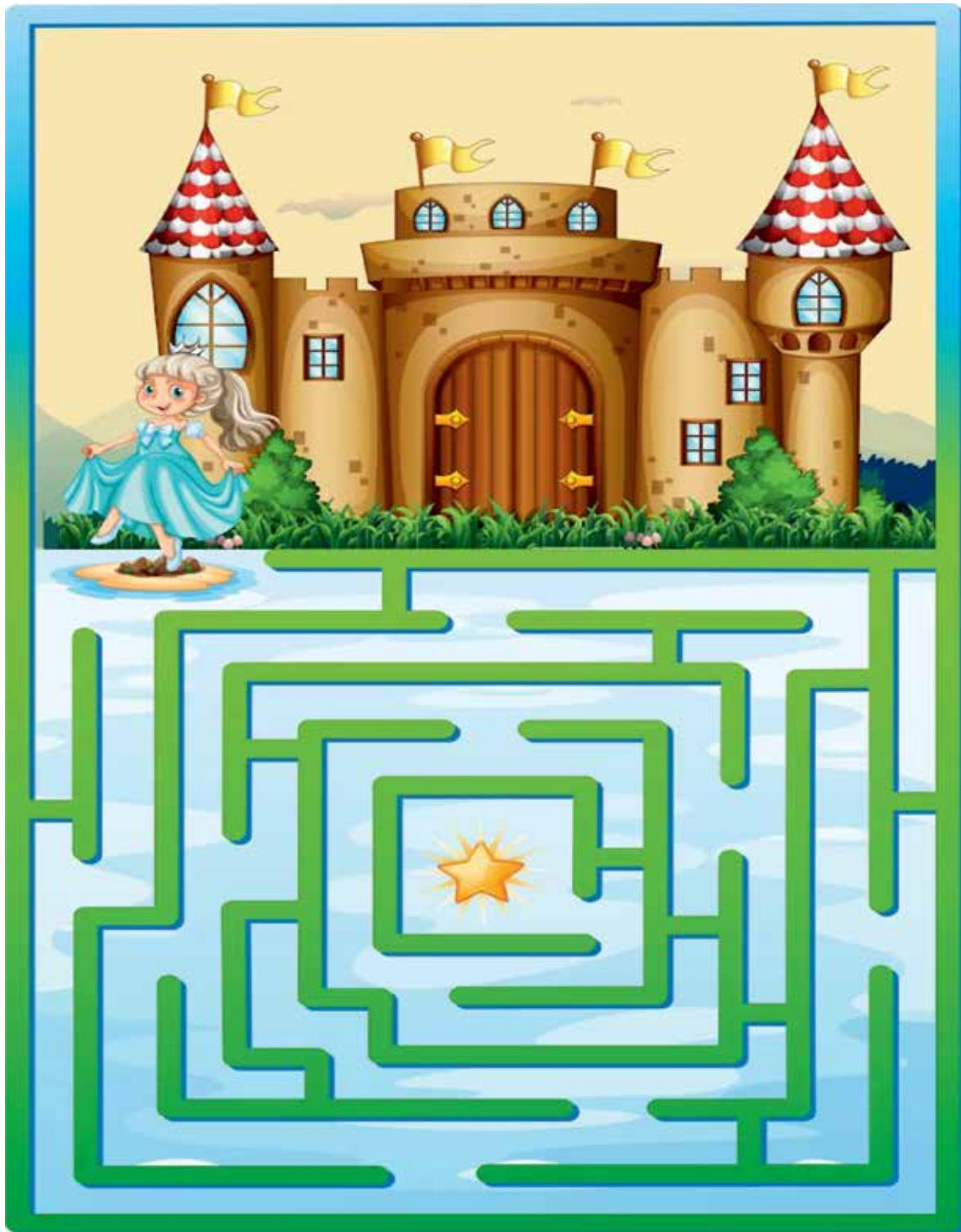
Nothing truly valuable arises from ambition or from a mere sense of duty; it stems rather from love and devotion towards men and towards objective things.

I am happy because I want nothing from anyone. I do not care about money. Decorations, titles, or distinctions mean nothing to me. I do not crave praise. The only thing that gives me pleasure, apart from my work, my violin, and my sailboat, is the appreciation of my fellow workers. I never think of the future. It comes soon enough.

—C.L. Gulati

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Posted at LPC Delhi RMS, Delhi-110006, Prescribed Dates 10th & 11th Date of Publication: 7th & 8th, Same Month

Registered with the : Delhi Postal Regd. No. DL (N)/186/2021-2023
Registrar of Newspaper : Licence No. U (DN)-21/2021-23
For India Under Number 47383/1988 : Licenced to post without Pre-payment



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