

Hansti Duniya

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Hansti Duniya

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Editorial

Refine skills can reform you

The other day teacher was doing an exercise on antonyms. He asked the antonyms of some words like hope, trust and satisfied. The children gave correct answers like hopeless, distrust and dissatisfied. The teacher praised all the children and asked as to who all were dissatisfied. Almost everyone raised hand. They all told different reasons for their dissatisfaction.

On the average all the children wanted to top the class and supersede each other. They expected their friends to be nice to them. They wished to be wealthy. They also said that they were worried whether they would be able to achieve all this.

Mostly people have these things in their minds. The teacher continued- Man is dissatisfied because, he wants more than what he has. A student is not happy even if he tops the class. A rich man is not content with the amount of money he has. Desire for money remains a constant. The teacher gave an example- Once a man was in a disturbed state of mind. He continued to tell everyone that he lost Rs. 5 Lac in his business. He felt miserable all the time. A well-wisher went to enquire about his well being to his place.

His wife explained that her husband was expecting a profit of ten lacs. He had a profit of five lacs so according to his calculation, he lost five lac rupees. That is why he is disturbed and upset.

Hearing the explanation some children started laughing and some became serious. Every one took a lesson according to his understanding of things.

Friends! Do we also make such assumptions? If not met with, these cause sadness. No one can stop us from dreaming but we have to be prepared to face the reality. When we depend on others we disregard ourselves and hurt our self-esteem. When we don't trust ourselves and doubt our capabilities, we become dependent on others. Dependence on others results in disrespect towards oneself. We must enhance our capabilities and capacity, broaden our vision, refine our skills and think positive. This will help us become well groomed individuals.

— Vimlesh Ahuja

SAMPURAN AVTAR BANI

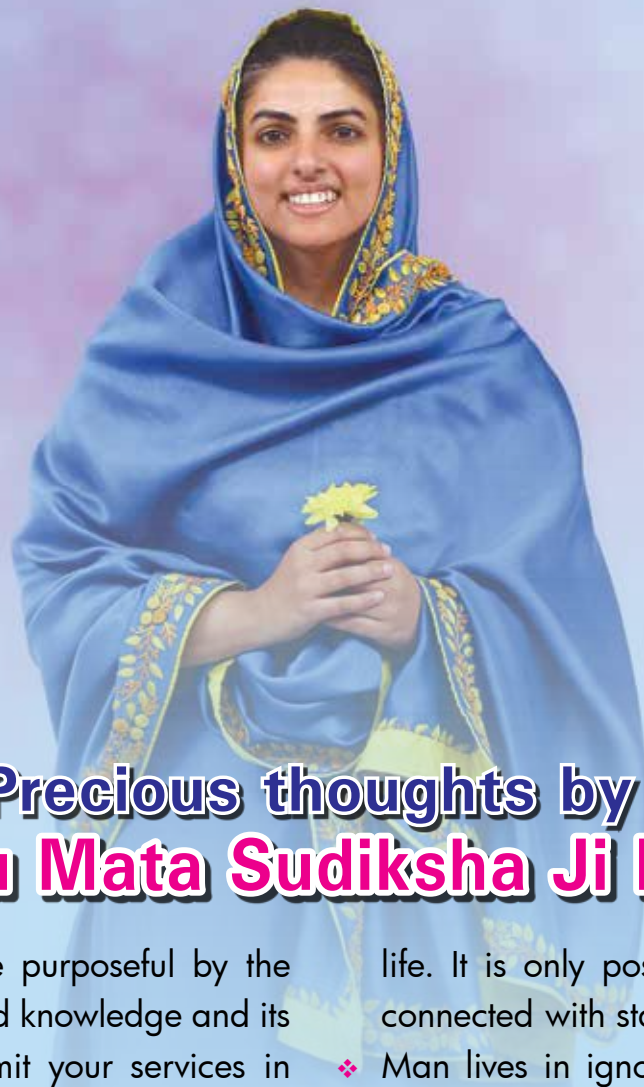


IK TU HI NIRANKAR 184

GUR TON BE-MUKH HOVE JEHDA ETHE OTHE DHOI NA;
GUR TON BE-MUKH HOVE JEHDA IZZAT TE PAT KOI NA.
GUR TON BE-MUKH HOVE JEHDA JAMMDA MARDIA REHNDA EY;
GUR TON BE-MUKH HOVE JEHDA HAR DAM DUKHDE SEHNDA EY.
GUR TON BE-MUKH HOVE JEHDA, MAYA VICH GALTAN PHIRE;
GUR TON BE-MUKH HOVE JEHDA BANIA OH SHAITAN PHIRE.
GUR TO BE-MUKH HONA LOKO IS TON VADDA PAP NAHIN;
JEKAR SATGUR DE HO RAHIEY ROG SOG SANTAAP NAHIN.
LAKH CHAURASI KAT KE VI OH BEMUKH HUNDA MAF NAHIN;
AVTAR GURU DI SHARAN LAE BIN LEKHA HONDA SAF NAHIN.

THOU FORMLESS ONE 184

The one who turns away his face from the True Master, finds no refuge here and hereafter;
The one who turns away his face from the True Master, has no honour and respect.
The one who turns away his face from the True Master, is subject to births and deaths:
The one who turns away his face from the True Master, keeps on suffering all the time.
The one who turns away his face from the True Master, remains engulfed in the world of materialism (Maya):
The one who turns away his face from the True Master, behaves like a devil.
O' people, there is no greater sin than turning one's face away from the True Master:
If we remain ever devoted to the True Master, there will be no malady, sorrow and suffering.
A self-willed person is not forgiven even after passing through the cycle of 84 lakh births and deaths;
Avtar says, the account is not cleared without seeking shelter of the True Master.



Precious thoughts by **Satguru Mata Sudiksha Ji Maharaj**

- ❖ Life shall become purposeful by the confluence of God knowledge and its application. Submit your services in discipline and decorum.
- ❖ Narrow mindedness limits our open heartedness.
- ❖ Narrow-mindedness affects our thought process and mental capability also. Our narrow mindedness doesn't like large hearted people. We have to broaden our thought process and heart too.
- ❖ Accept changes in life spontaneously. We must keep our mind peaceful and stable despite ups and downs of life. It is only possible if we remain connected with stable 'Nirankar'.
- ❖ Man lives in ignorance and accepts baseless things without applying his mind and wisdom. Saints guide the man towards the path of Truth.
- ❖ Piety is spontaneously flowing with flow. It is a simple path wherein one moves forward spontaneously sans ego, free of bondages and remains in a blissful state.
- ❖ Nirankar rids us of all bondages, misconceptions, doubts and superstitions. It is the light of Truth that rids us of darkness of ignorance.

Do You Know?



Q. How can an iron ship float?

A. Hollow object has low density because it is mostly filled with air. Even a ship will float in water because of the air inside it. However, if the ship is holed, water pours in and pushes the air out. The overall density of the ship becomes greater than that of water and the ship sinks.

Q. How can objects float in air?

A. Air is fluid, like water, but it has such a low density that few objects will float in it. Hydrogen gas is lighter than air, so a balloon filled with hydrogen is less dense than air and will rise upwards. Eventually, it will reach a height where the air is

so thin that the hydrogen no longer has a lower density, and can rise no higher.

Q. Why do things fall to Earth?

A. Gravity is a force which pulls us, and everything else, towards the Earth. Gravity is what makes rain fall downwards and not upwards. Gravity explains why if you throw a ball into the air, it will fall back to Earth again.

Gravity is one of many forces which acts on objects on Earth. A plane flying through the atmosphere is thrust forward by its engines, but held in place above the ground by air pressure under its wings acting against the pull of gravity. ♦



OUR AIM - A HAPPY LIFE

—V.C. Ahuja

Everything in this world is convertible, that means every subject matter undergoes constant change. We too are no exception. But there are matters which do not change, though the possessor of such matters keeps on changing. For example, there is a position and a person is selected for it. He performs his work diligently and honestly. Still, after some time either that person gets promoted or is transferred or resigns or retires. The position, however, gets filled by another person. Therefore, the position remains occupied, though the occupants of the position keep on changing.

Similarly, as you all know that when our 'Hansti Duniya' started, Rev. Bhupendra 'Bekal', Rev. Vinay Joshi

were appointed as its editors. Slowly, with their sincere, intelligent and wise approach, the publication and its theme became popular and reached all over the world. The world presently, this task is being shouldered by Sh. Vimlesh Ahuja. In the same way, there will be another editor in coming future. But 'Hansti Duniya' will continue and so will be its continued progress.

All of us were children earlier; then we grew and attained youth and acquired education. Then our families were formed, children were born, new relatives came in life and departed. Later, we further grew and entered into elderly phase of life, etc. However, in spite of these bodily and intellectual changes, we were the same as earlier. That 'I' remained as it was. And this

'I', which witnessed the childhood, youth and other states of life, remained static. It was a witness to every change, for example, my height, form, colour, life style, etc., Without having undergone any change.

Dear friends! This ever changing nature leaves an impact on us. However, this nature is under the control of the Almighty. This Super Element, or the Super Soul, or God, or Nirakar is immutable.

Friends! Now that the format (frame) of 'Hansti Duniya' is being changed; in-as-much as its colours, materials are being changed. In coming time, there will be many changes in future, but what will not undergo any change is its aim of spreading inspiration among children (and elders) all over. Till the time we are associated with it, the 'Hansti Duniya' Family will continue to spread the fragrance of Truth. It will continue to put in its best to open the blocked minds through its beautiful songs, poems and other articles. The efforts will continue to ensure that each fellow being lives happy and ever smiling. And this is what our endeavour and aim is. ♦

Health benefits of Dates

— Rubi Rai



1. Promotes Health
2. Helps in Weight Loss
3. Anti-Depressant
4. Heart Health
5. Boosts Energy
6. Healthy Bones
7. Prevents Hair Loss
8. Anti-Ageing Benefits
9. Aids Digestion
10. Improves Brain Functionality
11. Reduces Risk of Cancer
12. Can Protect Your Kidneys
13. Improves Your Skin
14. Reduces the Chance of Getting Night Blindness
15. Dates are Excellent Sweeteners



KALU

THE GOOD NEIGHBOUR

—Harish Kumar Popli

Minni dove and Kalu crow were neighbours. They had nests on a neem tree. Kalu was simple and humble creature, whereas Minni was very arrogant and proud. Minni did not like to have friendship with anyone. Kalu was keen on having friendship and good neighbourly relations with Minni but she had no regard for him. She did not want Kalu's children to play with her children.

One day Kalu's children came near the nest of Minni to play with her children. Minni was feeding her children at that time. On seeing Kalu's children, she lost her temper and shouted at Kalu's children, "Get out

from here. Don't ever come near my nest again."

When Kalu heard about this, he came to Minni. "Minni, dear sister, it is perfectly alright if you do not want to be our friend. But the children are innocent. You should not prevent them from playing with each other," said Kalu. Minni replied angrily, "You eat rubbish and tell lies. I don't want my children to mix up with you dirty folks and pick up wrong habits. Keep your children with you and do not let them come here again."

Kalu felt greatly hurt on hearing Minni. However he kept his cool and said "It is neighbors alone who come

to your rescue in time of need. It is therefore important that we stay as good neighbors and face any future trouble jointly. Kalu flew away saying this.

One day Kalu and his wife saw a snake crawling towards Minni's nest. Minni shrieked on seeing the snake and got frightened. Her children also woke up and started crying. Kalu and his wife pounced upon the snake and killed it with their beaks.

Minni was wonder struck. She realised that if Kalu and his wife had not come to their rescue, surely she and her children would have been dead. She immediately went to Kalu's house and apologized for her past behaviour. She said, "Dear brother Kalu, kindly forgive me. I was a fool for not having paid attention to your good advice. Now I know the advantages of keeping good neighborly relations."

Kalu and his wife were very happy on hearing this from Minni. Thereafter they started living as friends and good neighbours. Kalu taught a good lesson to Minni through his helpful actions. ♦

THE FOUNDATION STONE SING THE SONG OF FOUNDATION STONE



The stone that buried to earth,
to shape a vivid building for world.
The stone that yield for a lovely tower
The stone that corpse below seven-hands
to form for the world a strong thick-wall
The stone that accepts blind well
to make his companion breath in air,
The stone that accepts the darkness
to make his companion dance in light,
We must thank to the Foundation Stone,
Because of it the world is able
to see the beautiful creation.
—Miss Rajan Taunk

Grandpa

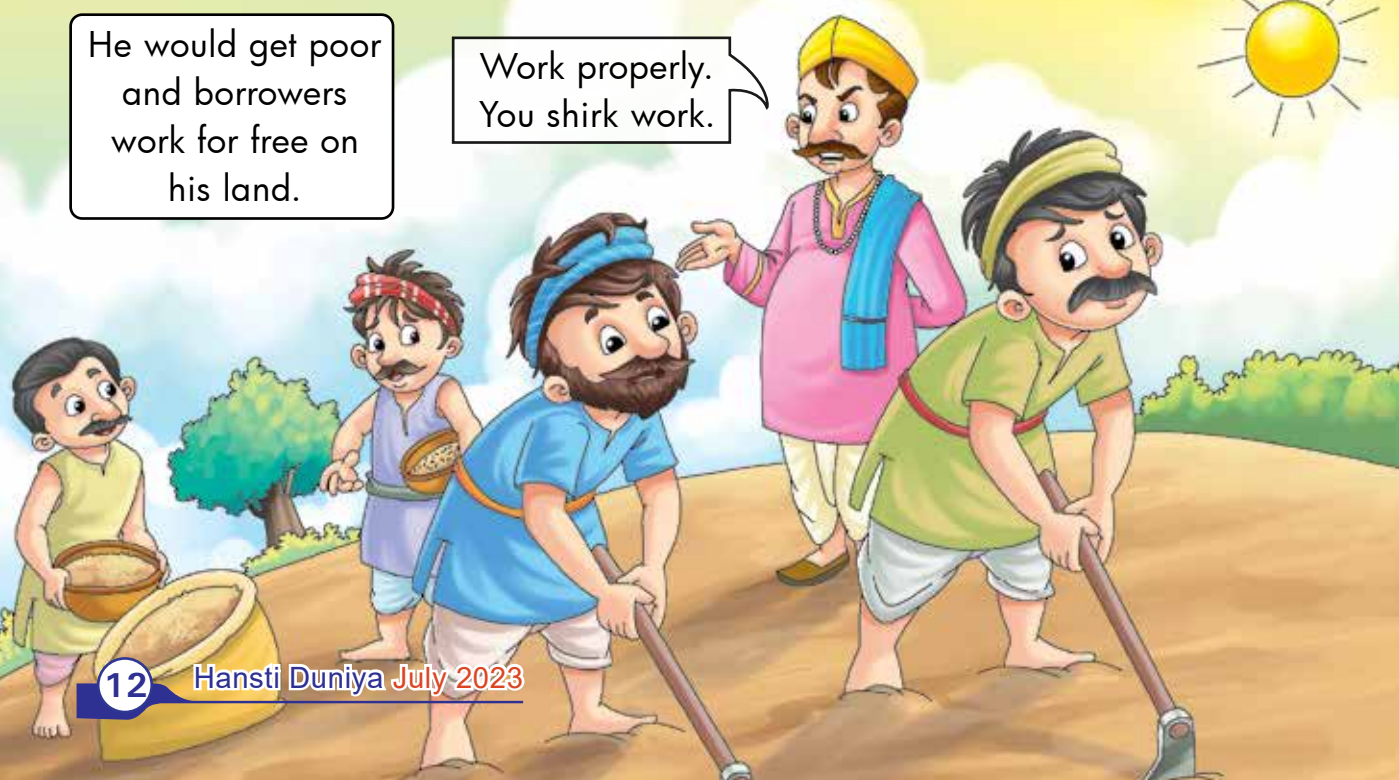
Story & Illustration : Ajay Kalara

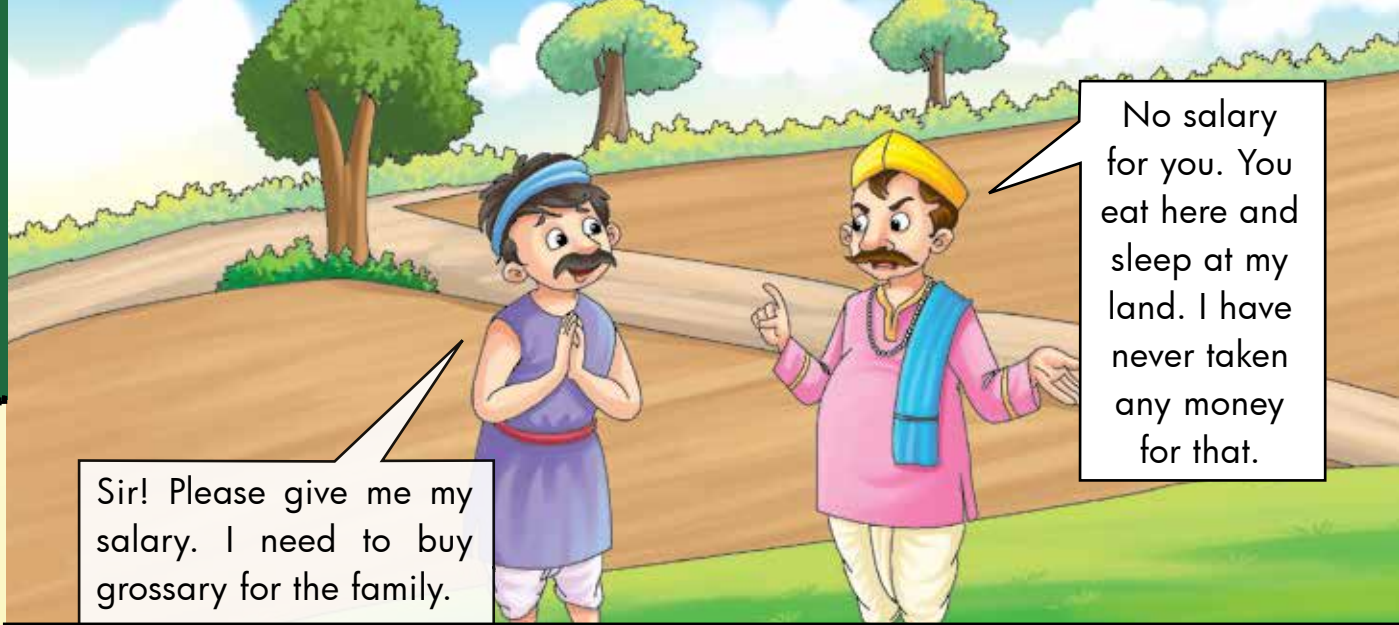
A money lender named Ram Singh lived in Samastipur village. He was dishonest and greedy.



He would get poor and borrowers work for free on his land.

Work properly. You shirk work.





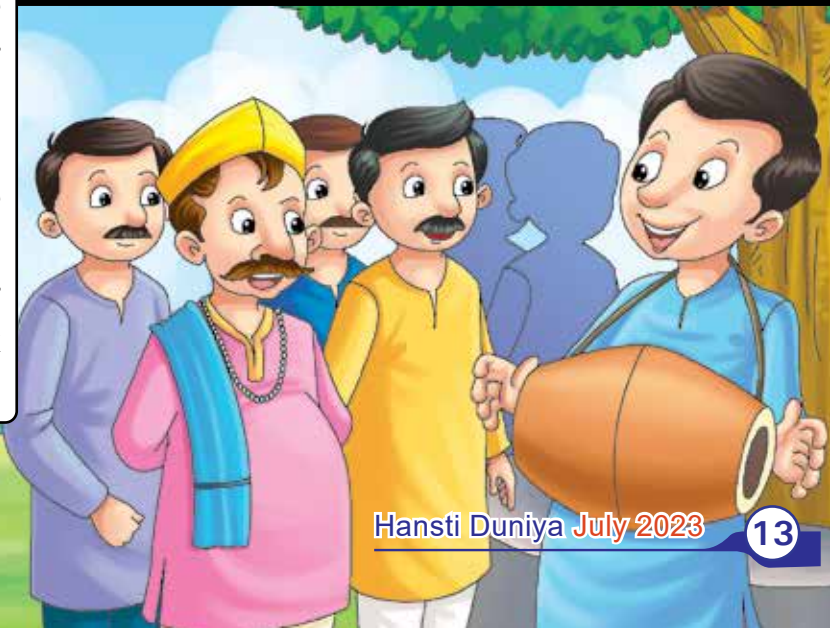
Sir! Please give me my salary. I need to buy grossary for the family.

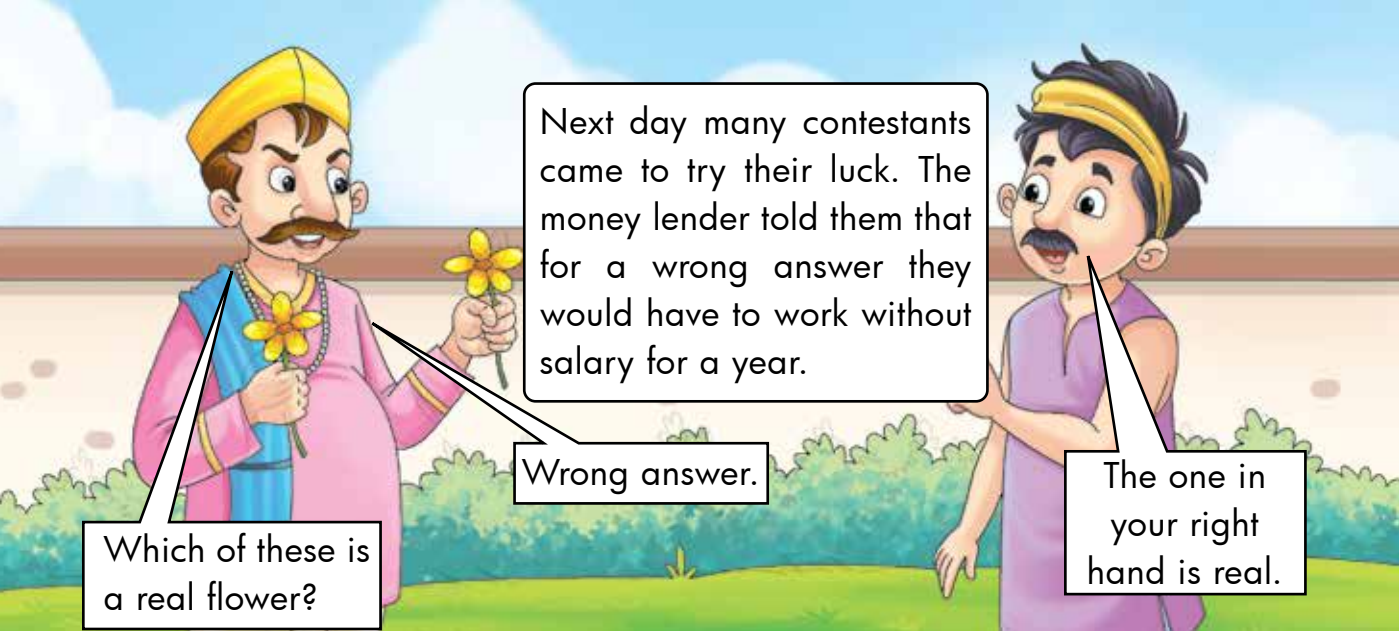
No salary for you. You eat here and sleep at my land. I have never taken any money for that.



If everyone asks for salary, I shall run into losses.

The money lender made an announcement that anyone who would be able to answer his question correctly shall be given free grossary for a year and for a wrong answer that person will have to work for a year without salary.



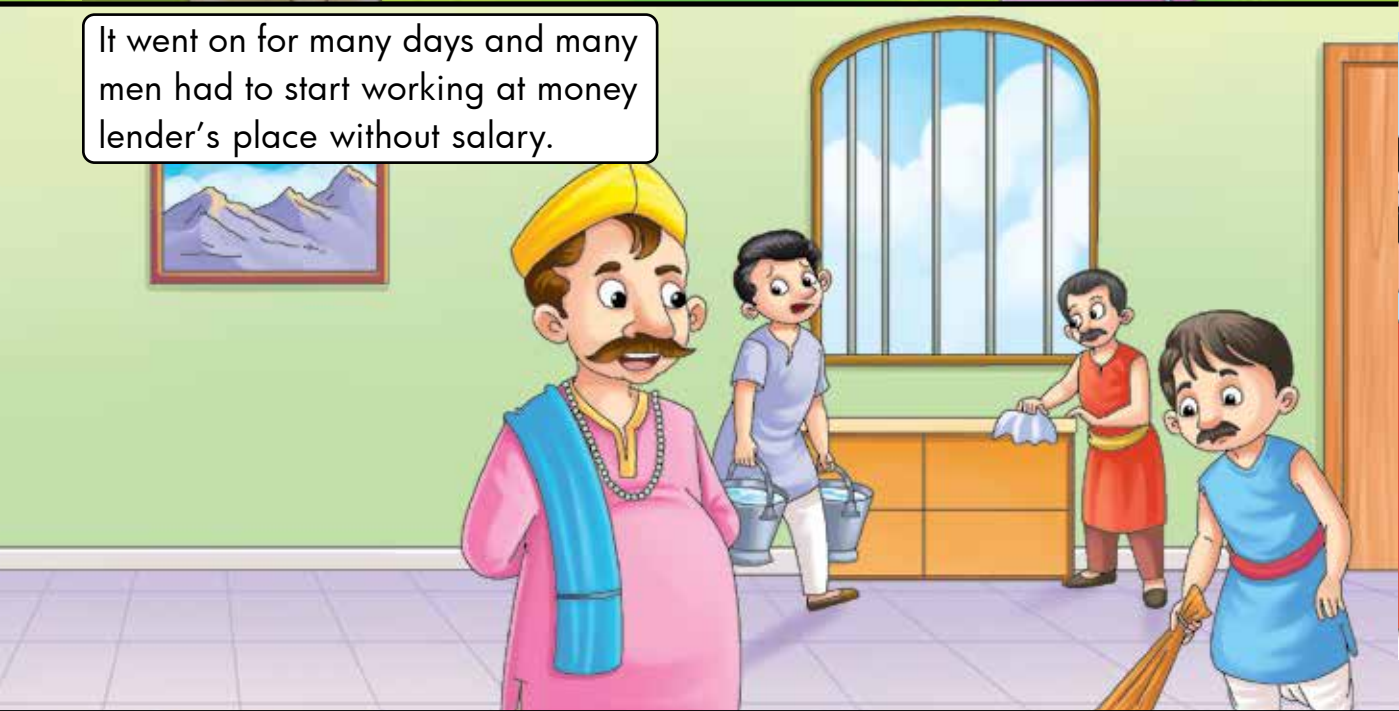


Next day many contestants came to try their luck. The money lender told them that for a wrong answer they would have to work without salary for a year.

Which of these is a real flower?

Wrong answer.

The one in your right hand is real.




It went on for many days and many men had to start working at money lender's place without salary.



One day fifteen year old Mohit came for the contest.

Sir! If I lose, I shall work for free and if I win you will have to free all the helpers.


Okay.




Tell me which flower out of these two is real?

I shall answer after five hours.

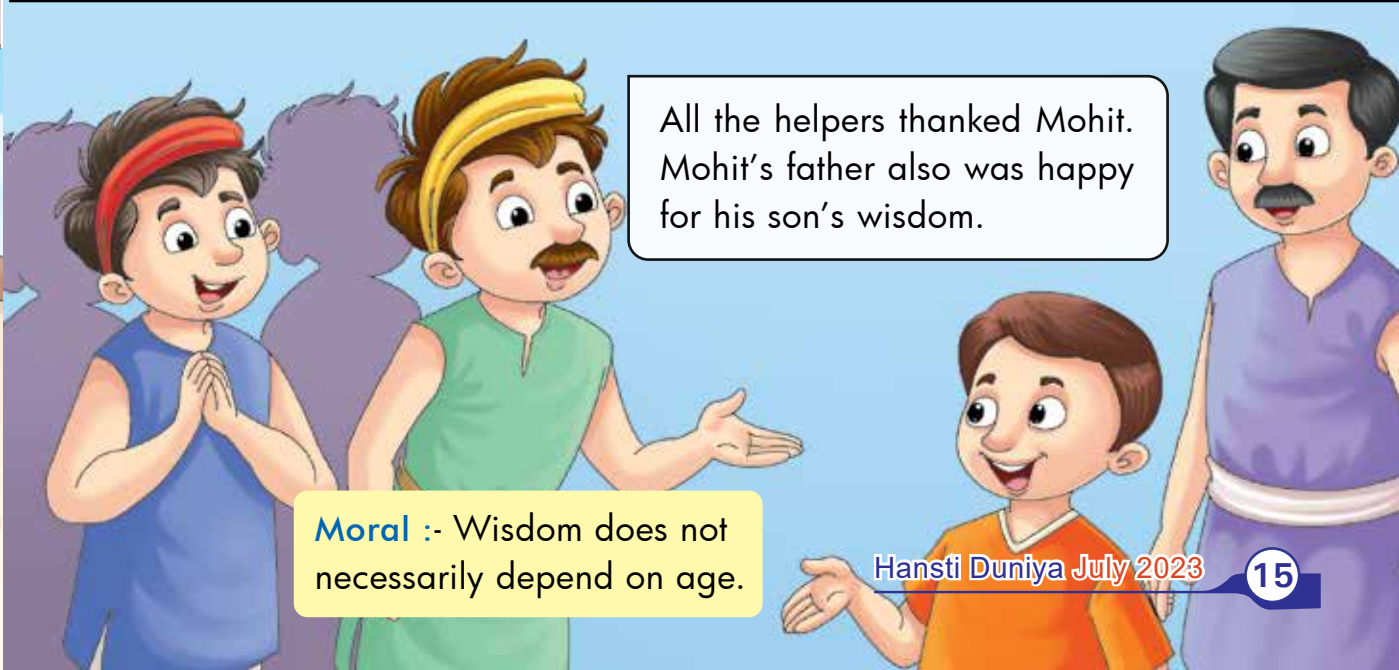
After five hours.



The flower in your left hand is real because it has shrivelled.



I admit my defeat and free all the helpers.



All the helpers thanked Mohit. Mohit's father also was happy for his son's wisdom.

Moral :- Wisdom does not necessarily depend on age.

A FRIEND LIKE THIS

—Roopnarayan Kabra

Anil was a student of class 9. Arun was his classmate. Both were good friends but both were different by nature. Arun was hard working and disciplined. He would always stand first in his class. All the teachers were happy with his work and nature.

Anil was very careless. He did not have any interest in studies. Neither would he study nor would he be regular to class. Everyday his parents would have cut a sorry figure in front of his teachers. He did not believe in studying but in cheating. His friend Arun, would

explain to him a lot but he would not listen to anything he said.

Final exams arrived. It was English exam, he did not know anything, he tore papers from guide books and requested some of his friends to help him in the exam.

That day Mr. Saxena was on invigilation duty. He was very strict by nature. Seeing him on duty he felt helpless and all his preparations for cheating got waste.

The same way Anil could not do any cheating in Maths and Social Science.



In Science he was caught cheating and his paper was cancelled. As a result he failed in the examination. Anil was depressed and started ignoring Arun. One day Arun went to his house and asked, "Why have you started feeling so unhappy? This is the result of not studying and depending on cheating. See I am your friend, not just your classmate and shall stay that way. Stop being sad and disappointed, decide firmly to work hard and study a lot. I will help you out in studies. I have full faith in you . You shall stand first in the class."

Anil understood clearly. He had already faced hardship. "Arun you are so helpful, you have given me a ray of hope, I shall work hard in future" said Anil.

Anil started following everything in the class. He was regular to class and would regularly do his homework. His preparation was good for annual exam and he stood first in the class. Arun was extremely happy with this that Anil stood first in the class.

Anil's parents and teachers were all praise for the change in him. On receiving prize on Annual Prize distribution day he said, "the credit of my success goes to Arun who despite my failure guided and consoled me and motivated me to work hard . He also helped me out. May God bless everyone with a friend like Anil." ♦



MANGO JUICE

— Rajkumar Jain 'Rajan'

**Bear in the market
Wants to get the vegetable
But comes back
with Mango!**

**It was but,
Sweet smell,
Forced him say
Bango...!**

**You too, can Baby or man
Have it one
Say to none
I could not taste
All least one.**

One step towards changing the World

—Taruna, Faridabad

Once upon a time, there was an old man who used to go to the ocean to do his writing. He had a habit of walking on the beach every morning before he began his work. Early one morning, he was walking along the shore after a big storm had passed and found the vast beach littered with starfish as far as the eye could see, stretching in both directions.

Off in the distance, the old man noticed a small boy approaching. As the boy walked, he paused every so often and as he grew closer, the man could see that he was occasionally bending down to pick up an object and throw it into the sea. The boy came closer still and the man called out, "Good morning! May I ask what it is that you are doing?"

The young boy paused, looked up, and replied "Throwing starfish into the ocean. The tide has washed them up onto the beach and they can't return to the sea by themselves," the youth

replied. "When the sun gets high, they will die, unless I throw them back into the water."

The old man replied, "But there must be tens of thousands of starfish on this beach. I'm afraid you won't really be able to make much of a difference."

The boy bent down, picked up yet another starfish and threw it as far as he could into the ocean. Then he turned, smiled and said, "It made a difference to that one!"

We all have the opportunity to help create positive change, but if you're like me, you sometimes find yourself thinking, "I'm already really busy, and how much of a difference can I really make?" I think this is especially true when we're talking about addressing massive social problems like tackling world hunger or finding a cure for cancer, but it pops up all of the time in our everyday lives, as well. So when I catch myself thinking that way, it helps to remember this story. You might not



be able to change the entire world, but at least you can change a small part of it, for someone.

They say that one of the most common reasons we procrastinate is because we see the challenge before us as

overwhelming, and that a good way to counter that is to break the big challenge down into smaller pieces and then take those one at a time—like one starfish at a time. And to that one starfish, it can make a world of difference. ♦

Thoughts

- ❖ Service is sweat that can be enjoyed by the performer only.
- ❖ The youth will become energetic by uniting with God-Almighty.
- ❖ A devotee is like a blooming flower and devotion is its fragrance.
- ❖ A gold coin doesn't lose its value by falling into the mud, similarly the value of dust never rises by flying high in the sky, rather it falls into our eyes only.
- ❖ Our life will become pious, only when our mind becomes so.

THE END OF LIFE'S JOURNEY OF A BANYAN TREE

—Ankushree

Monu was very sad. He had not eaten anything since morning. Monu's mother was worried for him.

When Monu's mother asked, he said, "No sparrow, maina or crow have visited our courtyard for two days. Sometimes even squirrels used to come here. Probably they are upset with us."

It was a Sunday, so a holiday. Monu's father was at home. He was listening to the conversation between mother and son. He came out in the courtyard.

"No more sparrows now. May be we shall not be able to see the squirrel here again," said Monu's father.

But why? Why won't they visit our compound? Asked Monu.

There was an old banyan tree close to Monu's house. One could make out the tree from a distance. So many birds had built their nests on the tree. Sparrows, mainas, crows and herons had their rest place there. Eagles, vultures and squirrels all lived on that huge tree. Thousands of different sized insects also had their houses there.

Not just for insects, birds and animals, the old banyan tree was useful for humans too. A platform had been constructed under the banyan tree. People would rest for a while there in scorching heat or rain before continuing their journey.

One day someone eyed that banyan tree. The tree was sold for a petty amount of money. Monu's father said, "The buyer had no interest in the greenery of the tree. He was not concerned with its pure air or shade". "What was his interest?" asked Monu. "Only wood."



That is why he got it cut," said Monu's father.

Monu ran towards the banyan tree. It was lying on the ground. Some men were hitting it hard with their axes. The places where it was hit were bleeding with white liquid. A milky liquid was flowing out of the wounds. The banyan tree looked like a huge old wounded man lying on the ground, with blood oozing out of his wounds. Monu felt the tree was moaning.

All the creatures living on the tree were feeling miserable. Monu could not stand there for long. He came back with a depressed mind. He was very sad. He couldn't decipher as to why trees should be cut. He asked his father to explain it to him.

Trees give us fire wood, fodder, fruits, flowers and seeds etc. But when we cut the trees we are no more able avail these things. When we cut a tree these things are obtained once for all. Never again. Trees make the environment green. They purify air. They provide coolness to eyes and also help the families and society grow at large economically. They are saviours of environment.

"So what is our responsibility," Monu was curious to know.

Papa said, "We must plant trees to replace the greenery. Forests are



required for our earth's health", father added. Many people are planting trees for being self-reliant in fire wood, fodder, fruits and seeds etc. Trees are to be cut for paper industry. Eucalyptus, bamboo and pine trees are grown for commercial purpose.

Monu was aware of trees but had no idea about their usefulness for environment and commerce. Papa I am so glad because of this knowledge of trees and environment", said Monu.

Papa said, "Knowledge is helpful only if it is put to use. Now you are aware of the trees and their use, make use of this knowledge".

Monu decided, "Sure! I shall plant at least ten trees this rainy season and help the environment."

Other students of the school followed suit and started planting trees.

Moral : Save trees, save humanity. ♦

LAZINESS-SLOTH

A farmer had three sons. They were apparently lazy. He tilled and cultivated a piece of land. Over the years he bought an adjacent plot. He told his three sons that he was going on pilgrimage. In the adjacent plot, he said, there was a box of treasure. No sooner did he leave, than the three sons divided the new plot and dug all over in their respective area. When the father returned in the beginning of June, they told him no treasure was found. He told them to wait. Since the field was well dug, he got them to sow seed and tend to it. With the harvest, he sold all the produce and got a large sum. He put the money in an old box and presented it to his sons. "Here is the treasure you have dug and found."

By this ruse he made his sons give up their laziness and earn their living. What is laziness? It is to be unwilling to work or do the job entrusted to you. It is unwillingness to work. To be idle means to have nothing to do. Those who shirk work, remain idle. Other suitable words are indolent and slothful. All these indicate a frame of mind— it is a kind of culture or upbringing to avoid work.

Such people become procrastinators— postpone work on any flimsy excuse. This laziness of mind can be seen in their bearing, dressing and the kinds of work they do. To be lazy or idle is different from being jobless. A person may be thrown out of work due to closure of the place of work; or no job being available. They want to work; but none is to be found. For a lazy or idle person work is available but they try to avoid it. Our bodies secrete hormones that regulate the fats of our body. Some people tend to be bulky— it is a matter of medical attention and accepting what is given by nature and family traits. But there is a kind of bulkiness that is due to lack of exercise and activities—it is overweight which is unhealthy and a sign that activity is avoided. Such bulky people tend to be easy going and lazy. One practical way is to programme activities and exercises that keep the body fit and agile. Motivation also helps; never put off what you can do today. Giving yourself a goal or setting an objective for yourself, can keep you on your toes. Very often idleness or laziness



is the source of vices. When you put off your studies and do not tackle your daily homework, you tend to cheat in the examination; you were lazy and did not prepare yourself. So you are ready to use unfair means.

Laziness does you no good, It will not provide you food; People around will despise you; it is not a surprise! Laziness is quite a sin, from none will you applause win. Work is worship, work is prayer; Makes you happy; well you'll fare!

You hear the phrase "busy as a bee." Very slowly but very steadily the bees build their hives and store a lot of honey. Can you name any other living being that is always busy? Time and tide wait for no person. The lesson is that if you waste time or are lazy or idle, that time is lost. It is not a question of being always doing something! Rest and relaxation are important. They help the body recuperate and work better. What is wrong is long periods or bouts of idleness and laziness. Just doing nothing

for long periods, of making as little effort as possible, makes a person lazy and easy-going. You must demand from yourself a certain standard, a certain work-culture or you will cause a lot of harm to your future. "Oh, I wish I studied more; if I did I would not have failed in the class." This is wishful thinking! Do now what you would have done then and all will be well.

The English essayist Charles Lamb worked in the India Office in London. This is what he wrote to a friend when he was to retire. "I will not go back to that prison. I am free, free as air! Would that I could sell you some of my leisure. The best thing a person can do is – NOTHING. Good work is second

to it." But two years elapsed and Lamb changed his mind. Time was heavy on his hands-he did not know how to pass time. He did not keep fit. And what was worse he fell into the bad habit of taking opium. To the same friend he wrote "I had a wrong notion so far. It is really unfortunate to be without work. I must assure you no work is worse than over-work. The mind preys on itself-the most unwholesome of foods."

Doing nothing is dangerous. Keep a goal or plan and try to achieve it. Gainful employment keeps you out of mischief. Relaxation is quite different from being idle or lazy. Laziness and idleness bring discontent and unhappiness. ♦

— Courtesy: Towards The Light





QUIZ

1. What country has the highest life expectancy?
2. Name the national fruit of India.
3. Name the national tree of India.
4. Name the national game of India.
5. Name the densest jungle in the world.
6. Name a flower containing carbohydrate used for making clothes.
7. Who wrote Mahabharata?
8. Which is the longest river on the earth?
9. Which is the largest desert in the world?
10. Which acid is present in curd?

1.Monaco 2.Mango 3.Banyan. 4.None 5.Amazon rainforest
6.Cotton 7.Maharishi Veda Vyasa 8.Nile 9.Sahara 10.Lactic acid

Quiz Answers

Yoga

A science for all

— Nehal

Yog is essentially a spiritual discipline based on a science, which focuses on bringing harmony between mind and body. It is an art and science of healthy living. The word 'Yog' is derived from the Sanskrit root 'Yuj', meaning 'to join' or 'to unite'.

The science of yog has its origin thousands of years ago, long before the first belief systems were born. In the yogic lore, Lord Shiva is seen as the first yogi or Adiyogi, and the first Guru or Adi Guru. Presence of Yog is available in folk traditions, Indus valley civilization, Vedic and Upanishadic heritage, Buddhist and Jain traditions, Darshanas, epics of Mahabharat and Ramayana and other ancient texts. Though Yog was being practiced in the pre-Vedic period, the great Sage Maharshi Patanjali systematized and codified the then existing practices of Yog, its meaning and its related knowledge through his Yog Sutras.

Few important yog asans mainly for children are as follows:

Surya Namaskar

Surya namaskar consists of total 12 Asana, whereby each pose has its own benefits. This yog helps in enhancing flexibility, concentration, strength and also helps cure lifestyle diseases such as blood pressure, sciatica, structural imbalances, and so on. The twelve postures not only help regulate body movement but also in regulating breath with each posture.

Chakra Asana

Chakra asan, is an important asan which helps strengthen abdomen, arms, legs and other body muscles. It also maintains spine health and flexibility of thighs and glutes. It requires balance, agility, focus and strength all at the same time, engaging several body muscles at the same time as the entire body is inverted and balanced upon the four limbs.





White Cloud and Bunty

— Dr. Ghamandi Lal Aggarwal

The white cloud peeped through the window. Bunty was quietly sitting on his bed. The cloud did not feel good when he looked at Bunty. He called Bunty and said, "Bunty! Why, are you sad?"

Bunty looked around but there was no one. The cloud again called, "Look here outside your window upwards. I am here, your friend."

Bunty looked through the window in the sky. A white cloud was smiling. Bunty wished the cloud 'Good Morning'. 'Morning', the cloud replied. Suddenly, the cloud became thoughtful. Bunty too became attentive. He asked the cloud, "Are you okay?"

"Yes! But something is troubling me always," replied the cloud. "What is the matter?" "Bunty said anxiously

"Your casual behaviour? Do you recall what you had done yesterday? You misplaced grandfather's spectacles. So he had to face a lot of problem. You also hid mom's saree in old clothes and took sister's notebook from bookshelf and placed it in the bedroom: Grandfather, mother and sister were greatly disturbed because of your casual behaviour," said the cloud. "So, what should I do? You can punish me", Bunty said sadly.

"No! I want to give you a chance to improve yourself. I shall keep a watch on your activities," said the cloud warning Bunty.

"Okay! said Bunty. He asked for some details about clouds.

"How are clouds formed" asked Bunty. The cloud replied, "Water from rivers, ponds, lakes and oceans gets heated up because of sun's heat and changes to steam. Then clouds are formed.

Bunty felt good by this information. He still had questions in his mind.

Bunty asked further, "How many types of clouds are there?"

The cloud laughed. Oh! I am not as simple. Based on their height from the ground clouds are of four types : High level Clouds (5-13 Km) : cirrocumulus, cirrus and cirrostratus, Mid Level clouds

(2-7km) : altocumulus, altostratus, nimbostratus, low level clouds (0-2km): stratus cumulus, cumulonimbus and stratocumulus, (18km) : cumulus and cumulonimbus.

"Wow, Excellent! I have a doubt", said Bunty.

"What is that", asked the cloud.

"Why don't you fall down on earth?" Asked Bunty.

The cloud said, "Hot air because of evaporation of water fills our body so we continue to fly in air. We do come down during rains but again go up after rain.

"Which type of clouds cause rain? Please tell me this", asked Bunty.

"Nimbostratus cause snow and hailstorms", explained the cloud and disappeared.

Bunty got up from the bed. He decides to stop being careless and be a good boy. He went to his grandfather, touched his feet and received blessings.

Grandfather was leaving for a walk. Bunty also joined him. As they went ahead, children in the park were playing very carefully. They were not casual but were enjoying the game. Bunty learnt a lesson. They went inside the park. The gardener was watering the plants very earnestly. Bunty and grandfather returned after an hour.



Mother asked Bunty to do some chores which Bunty finished carefully. He assured his mother that he had improved and would stop being casual. He carefully picked up grandfather's cup-plate and also cooperated with his sister.

Bunty was being obedient in the school too. He did not hide anybody's notebook nor did he misbehave in a game. Teachers and his class fellows were amazed. He finished his home work in the evening ate his dinner and slept off.

Next morning, Bunty got up cheerfully and finished up his daily tasks carefully. Almost a week passed. Bunty waited

for the white cloud, every day. Today the white cloud came to meet him finally. He smiled and said to Bunty, "Friend! You did what you had said. Now you have become responsible and nice, see who is accompanying me?"

Oh! It was a black cloud full of water. "Are you going to bring rain today?" asked Bunty.

So! It started raining. Bunty went out and enjoyed the rain for long. The cloud was happy. Bunty had given joy to the clouds and vice versa.

The cloud being a good friend, did not let Bunty wander about. Mom was also grateful to the cloud. ♦

The Patriot

— Shivcharan Chauhan

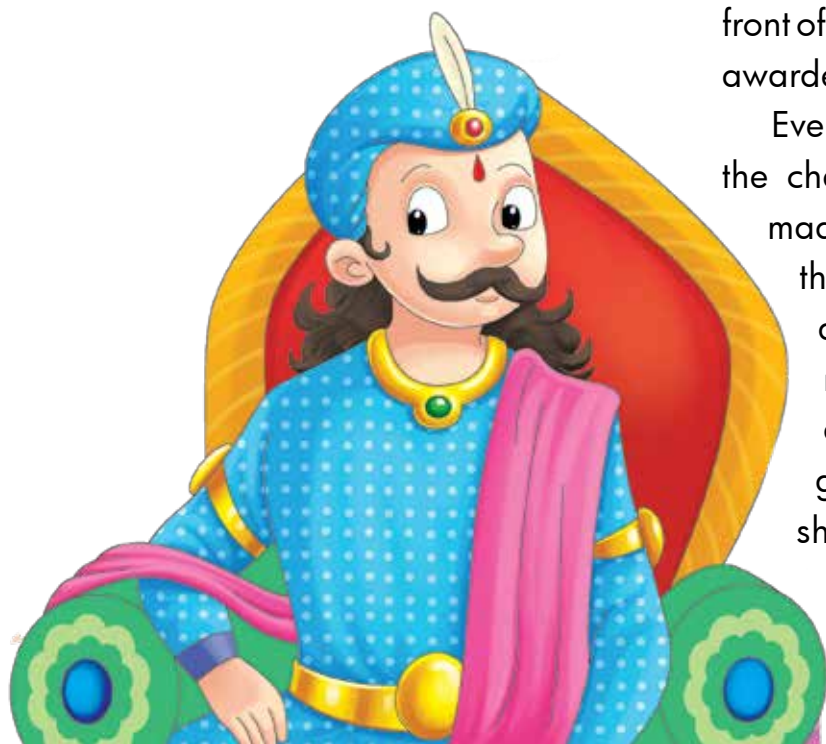
The king Krishnadev Rai ruled the state of Vijay Nagar. He was brave and King Chandershekhar ruling a neighbouring state was his friend.

Ruler of Tanjore state Veershekhar attacked Chander Shekhar Veershekhar was from Chola dynasity. He did not like the popularity and fame of Vijay Nagar. So he became a rival of Krishnadev Rai who also belonged to Chola dynasity. When the King Krishnadev Rai came to know of Veer Shekhar's attack on Chandershekher, he called his commander

Nagma Rav Naik and sent him to help Chandershekhar. Nagma Rav successfully defeated Veershekhar. But his mind became corrupt when he saw the affluence of Chandershekhar. He jailed Chandershekhar and himself became the king. Chandershekhar's son managed to run away. He told the king Krishnadev about Nagma Rav's misdeed. Krishna Dev Rai became furious on hearing the commander's mischief. He announced in the state that anyone who would bring the commander dead or alive in front of him shall be appropriately awarded.

Even after a week no body accepted the challenge. Finally Krishnadev Rai made an annoucnment in his court that he himself would go and arrest him. Suddenly a young man came in the court and announced – My Lord! I shall go and arrest the commander. I shall bring him dead or alive in front of you.

The king was taken aback because the young man was commander's son. The king





said, "Young man think twice before you make the commitment."

"Yes my Lord! I am the son of my country. My relationship with my father comes later. I have been fed by the land of this country. Therefore I can sacrifice my life for my mother land", said the young man.

The king agreed. He sent the young man escorted by the army.

When Nagamarav saw that his own son along with army had come to arrest him, he sent a messenger to

tell him that he had done it for his son only because he would inherit the thorn after him.

The son Vishwanath Rav sent a reply- My loyalty is first towards my motherland. Father and son relationship comes later. You have been unfaithful to your master and the mother land. You have lost the right of being called my father. You better surrender immediately.

Nagmarav tried hard to convince his son but in vain. Finally the armies

of father and son had a deadly war. Both of them came in front of each other with swords in their hands. Nagmarav was very brave but was finding it difficult to defeat his own son. Finally the father lost and the son chained him and produced him in front of the King Krishnadev Rai.

The King Krishnadev Rai was much pleased with Vishwanath Rav and said, "Your act will be an example in history. You have shown loyalty to the country. I can give you this throne as a prize."

Vishwanath Rav touched the king's feet and said, "I don't need the throne. You may please forgive my father. He

had wandered from his path."

The King was surprised. The son who was ready to kill his father was begging for his freedom.

Krishnadev Rai became thoughtful and said, "Because of your loyalty I forgive your father. You will be my defence minister."

When Vishwanath Rav untied his father, father became emotional. "Nagmarav embraced his son and said," Normally father guides his son to follow the righteous path but here it has been just the opposite. I am blessed."

Every one applauded father and son.◆

Mother

Poem : Puneet Khara

O! my dear loving mother
Like you there is no other.
You are the greatest lover,

Of me and my brother
About difficulties you never bother
Even in bad times you are sincere.
I promise never to put you to tears
May you live for thousands of years.



Mango

Health Benefits

—Praveen



- 1. Prevents Cancer:** Research has shown antioxidant compounds in mango fruit. These have been found to protect against colon, breast, leukemia and prostate cancers. These compounds include quercetin, oqueritrin, astragalin, fisetin, gallic acid and methylgallat, as well as the abundant enzymes.
- 2. Lowers Cholesterol:** The high levels of fiber, pectin and vitamin C help to lower serum cholesterol levels, specifically Low-Density Lipoprotein (the bad stuff)
- 3. Clears the Skin:** Can be used both internally and externally for the skin. Mangoes clear clogged pores and eliminate pimples.
- 4. Eye Health:** One cup of sliced mangoes supplies 25 percent of the needed daily value of vitamin A, which promotes good eyesight and prevents night blindness and dry eyes.
- 5. Alkalizes the Whole Body:** The tartaric acid, malic acid, and a trace of citric acid found in the fruit help to maintain the alkali reserve of the body.
- 6. Helps in Diabetes:** Mango leaves help normalize insulin levels in the blood. The traditional home remedy involves boiling leaves in water, soaking through the night and then consuming the filtered decoction in the morning. Mango fruit also has a relatively low glycemic index (41-60) so moderate quantities will not spike your sugar levels.
- 7. Improves Digestion:** Papayas are not the only fruit that contain enzymes for breaking down protein. There are several fruits, including mangoes, which have this healthful quality. The fiber in mangos also helps digestion and elimination.
- 8. Remedy for Heat Stroke :** Juicing the fruit from green mango and mixing with water and a sweetener helps to cool down the body and prevent harm to the body.
- 9. Boosts Immune System :** The generous amounts of vitamin C and vitamin A in mangoes, plus carotenoids keep your immune system healthy and strong. ♦



Kitty

Story & Illustration : Ajay Kalara



Mom! I want to bathe in rain. It's raining heavily.



No child! You will fall sick, if you bathe in rain.



What to do? I really feel like bathing in the rain. I shall go out without informing mother.





I shall call up Monty, Moli and Chintu.



Kitty! We have come. Let us go out.



Wow! We will bathe in rain.

But I enjoy bathing in rain. I shall not go back.

We should not bathe for long, otherwise we shall fall sick.



Let us float paper boats in water.



Oh Kitty! What are you upto?
I shall fall down in water.



Chintu fell down in
water, wow! Great.



Kitty! You have pushed me down in . Its not right.



Wait! I shall teach you a lesson.



Oh! I fell down.

Thud



Oh! Kitty fell down in water. Great, Oh Kitty you are sneezing.



I had told you not to go out in rain. You have fallen sick.

Acharya Bhanubhakta

— Nehal Khatri

About 13.5 million Nepali speaking population owe their language development and promotion to Acharya Bhanu Bhakta, popularly known as 'Adi Kavi' (literal meaning the first poet). He was the first poet to write in Nepali language and popularizing the



Nepali language. Every year 'Bhanu Jayanti' is celebrated as a cultural festival on his birth anniversary as a mega event. He will always be remembered for uniting the Nepali speaking population and bringing Nepali literature in the forefront.

Adi Kavi was born in the Tanahu district in The Kingdom of Nepal on 13th July, 1814. He received his primary education in Sanskrit language from his home town by his grandfather and for his higher education, he was

sent to Varanasi.

He was inspired by a Ghansi (grass cutter), who was working in the scorching heat to build a well for the passers, so that he could give back to the society. The grass cutter's determination moved him and

inspired him to do something for the society and be remembered for it.

In early days Ramayana and other literary works were available only in Sanskrit language and only the elite classes had access to the religious scriptures. But, Bhanubhakta Acharya changed this Meta and started writing in Nepali language, which helped popularize the language and Nepali literature as a whole. He is well known to translate the epic

Ramayana into Nepali, as he wanted it to be available to everybody. He himself was a staunch devotee of Lord Ram. He wrote two masterpieces Bhanubhaktey Ramayana and another was a letter he wrote in verse form to regain his freedom from imprisonment, where he was falsely put for a misunderstanding in signing of papers. The letter not only helped him regain his freedom but also turned out to be masterpiece. He is also renowned for his 'Ghashi Kavitas'. Initially his works were overshadowed by other poets and writers, but post his death, his manuscripts were found by Moti Ram Bhatta, who published his works in Banaras.

Acharya Bhanubhakta died in the year 1868 at the age of 53 in Setighat in The Kingdom of Nepal. He continues to live on in the form of his poetry and is the most renowned poet of Nepali language of all times. ♦



BROTHERS

— Joginder Singh

For men to be brothers
Is what the world needs,
No matter what your
Colour, caste or creed.

We're here thro' our Father's love,
Who gave to us the peaceful dove.
God doesn't want His sons to die
By guns or bombs that drop
From the sky
To satisfy man's greedy whim,
That's why the world is looking grim.

There's plenty to share
For all mankind;
Let's give to our children
More peace of mind,
That they may grow up
Unselfish and kind.
To love one another
Is our Father's plan,
Greatest gift He gave To man.

Find 10 Differences





This story by

Rubi Kumari D/o Sh. Ratnesh

Village : Sarganha Sagar, Post : Ramgarh, Distt. Azamgarh (UP.)
has been adjudged the best. Congrats to her.



Real vs Illusion

Kiara had a brother named Shona. Both of them came from an ordinary not too well to do family. They always dreamt of a big house, cars, gardens and luxuries. Their obsession for luxuries was a little too much.

One day Kiara found a magical book. As she opened first page she was in a beautiful house. She was curious, so she opened the second page. She was sitting in a big car. On the third page she met a prince. She was playing with the prince and her brother. Her joy knew no bounds. When she opened the fourth page the writer of the book had written that You are in a dreamland. This is not real. For changing dreams into reality one has to work hard and earn these things. There is no short cut to success in life. You have seen people with amenities but not the struggle that they have gone through, so it is time for you to study. Study hard and taste success.

Moral : Hard work is the key to success.

RESULT FOR THE MONTH OF May 2023 ISSUE

Naitik Gupta

Age-07

87-A, LIG, DDA Flats
Rajouri Garden,
Delhi-110027



Mivaan Chalotra

Age-06

792-A Block,
Surya Enclave
Jalandhar (Punjab)



Aakanksha S. Durgari

Age-11

Flat No.6, Ganesh Complex
Gandhi Nagar, Gujrat



CONSOLATION ENTERIES



Sharayu

(Golandaji Hill,
Mumbai)

Ankita (Mumbai)

Chunnu (Delhi)

Roopa (Mumbai)

Sonam (Kanpur)

Neeta (Noida)

Chirag (Kanpur)

Neetu (Dehradoon)

Savita (Dehradoon)

Sandeep (Jhunjhunu)

Radha (Delhi)

Aarti (Allahabad)

Neetu (Mumbai)

Lakshita (Delhi)

Colour it for July Issue

On page 44, a beautiful picture is given; colour it and send it to us latest by **August 20, 2023**. Office address: HANSTI DUNIYA, Nirankari Complex, Near Nirankari Sarover, Nirankari Colony. Delhi - 110009

The result will appear in September 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

5 TIPS

for staying healthy in summer

—Hariom Khatana

1. Stay cool and hydrated: When you sweat, your body loses water. So, in summer, it is important to drink plenty of water. Don't wait until you are thirsty to have a glass of water. Keep yourself hydrated by drinking at least eight to nine glasses of water a day. Apart from water, make sure that you also consume juices, lassi, coconut water and shakes. Do not hesitate in carrying bottles of liquids with you if you are going out for a long duration.

2. Protection against the Sun: The sunlight is quite strong in the summer season. So, avoid going out in the sun during the peak of the noon. Also, protect yourself from overexposure to sunlight by wearing a hat. In order to protect your eyes from the harmful effects of the sun, wear sunglasses.

3. Dress appropriately: Wear loose-fitted clothing to keep yourself cool during the heat. Avoid synthetic clothes as they do not let the body perspire. During summer season, choose light colours as they reflect more heat than they absorb.



4. Enjoy nature's bounty: All essential nutrients are required in the summer months, particularly those minerals which are lost in the sweat. Eating lots of fresh seasonal fruits in the form of salads daily nourishes the body. You must include milk, cereals, pulses and foods, such as watermelon, yogurt, berries and curd in your diet.

5. Take care of food : Preservation of food is a must during the hot weather as it gets stale too easily if precautions are not taken. It may cause food poisoning, diarrhoea and vomiting. Do not keep food out in open unattended for long as the bacteria multiply quickly during hot climate. ♦



Laughing Time

A guy goes to the doctor and says 'doctor I 'm really worried about my friend, he thinks he's a hen"

Doctor : "Well have you taken him to see a psychiatrist?", and the guy says, "Don't be stupid, we need the eggs"

One morning, a girl says to her mum, "Does God use our bathroom?" Her mum replies, "No dear, why do you ask?" The little girl says, "Well, every morning daddy says 'Oh God, are you still in there "

Can you swim? Sometimes. What do you mean by "sometimes"? Only when I'm in the water.



A man in a hurry taking his 8 year old son to school, made a turn at a red light where it was prohibited. "Uh oh, I think I just made an illegal turn " the man said. "It's okay, Dad",-- the boy said. "The police car right behind us did the same thing."

Some tourists in the Chicago Museum of Natural History were marveling at the dinosaur bones. One of them asked the guard, "Can you tell me how old the dinosaur bones are?" The guard replied, "They are 3 million, four years, and six months old." "That's an awfully exact number," says the tourist. "How do you know their age so precisely?" The guard answered, "Well, the dinosaur bones were three million years old when I started working here, and that was four and a half years ago."



A mechanic, an engineer and a computer scientist are travelling together in a car, when the motor suddenly fails. The mechanic and engineer each try various techniques to restart the car... "Pump the accelerator a couple of times", says the mechanic. "No," replies the engineer, "turn the ignition key without touching the pedal..." The car refuses to start. After the failure of several more attempts, the computer scientist confidently announced his solution. "Let's all get out of the car, then get back in."

Neetu : Would you like to play with our new dog?

Ritu : He looks very fierce. Does he bite?

Neetu : That's what, I want to find out..

Roopa : How come you have come from the operation theater without getting operated?

Shruti : Nurse was time and again saying, "Don't worry. It's a simple operation. Have faith.

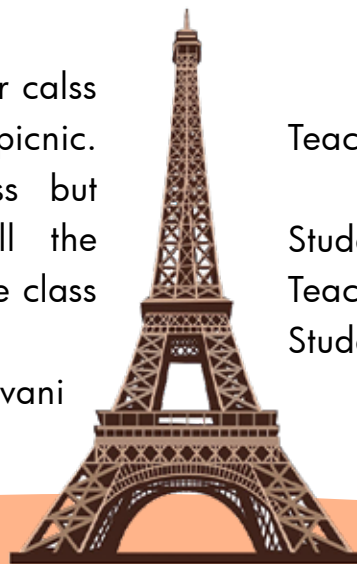
Roopa : She was right.

Shruti : She was saying it to the doctor.

Tony : Tomorrow your class is going for a picnic.

Moni : Not the class but of course all the Children of the class are going.

—Shivani

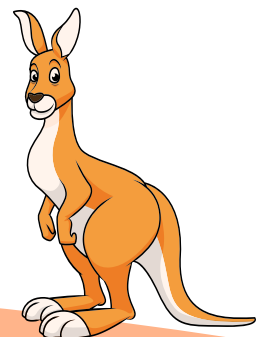


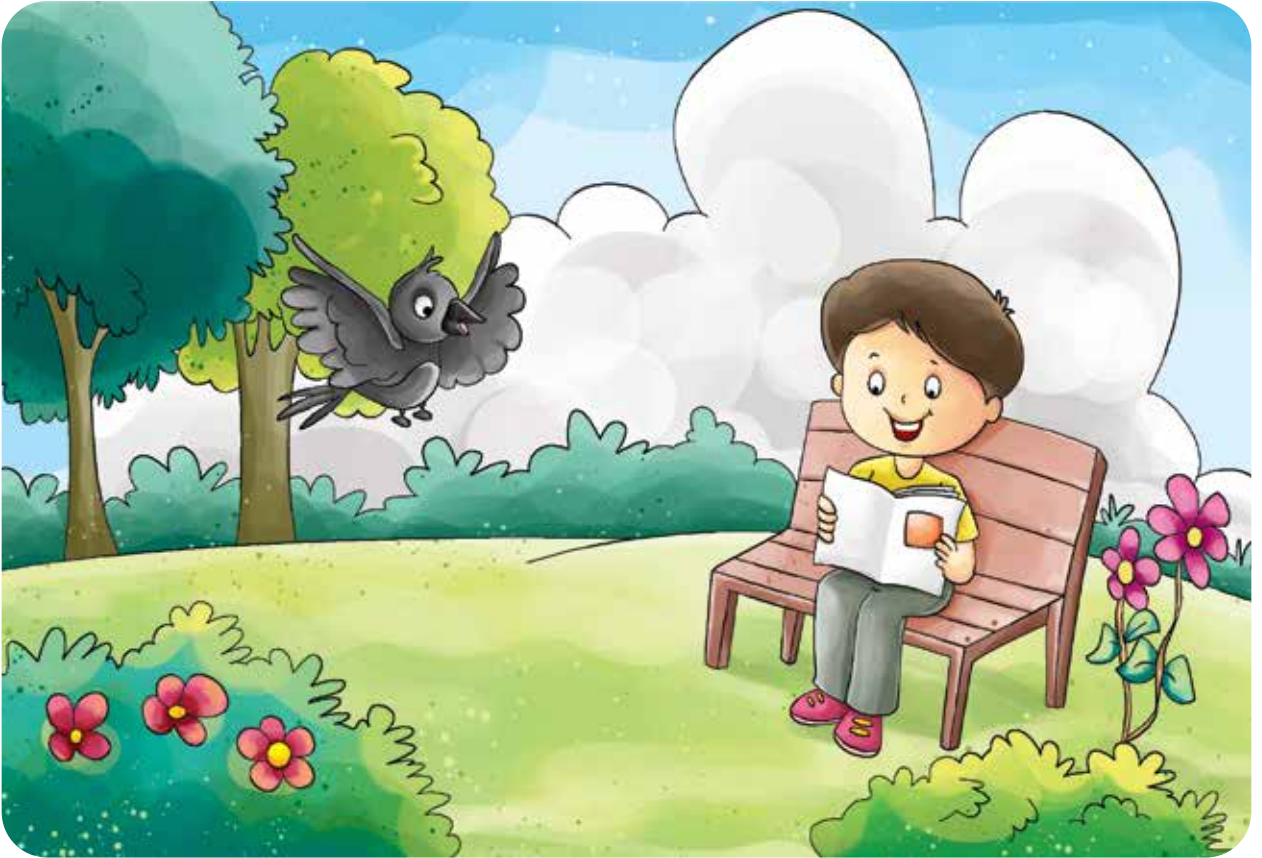
Teacher : Can a kangaroo jump higher than Eiffel Tower?

Student : Yes Sir

Teacher : Why?

Student : Because the Eiffel Tower can't jump.





The Wise Crow

— Sankal Chand Patel

It was Sunday. The school was closed. Ramesh was reading a book in the garden. Flowers in the garden were spreading sweet fragrance. The sparrows were jumping from one tree to another and enjoying.

Ramesh saw a bird with a piece of bread in its beak. It was trying hard to break the piece of bread. Despite best effort it could not break the bread because it was dry and hard. It rubbed

the bread against a stone but in vain. Finally it left the bread there and flew off.

A maina came. It also took the piece of bread in its beak and tried to eat it. But the bread did not break. It took the bread on a stone and rubbed it against the stone. The piece of bread did not break. It was surprised at the hardness of bread. Finally it also left the piece there and flew off.

A crow silting on the tree was watching all this. It came down and looked at the piece of bread, took it in its beak and tried to break it, but to no avail.

What to do? He spoke to himself.

The crow looked around. There was a pot of water at a distance. It dipped the bread in water. He felt the bread. It had softened a little. He gained some confidence. He dipped it again in water. It became soft like rubber. The crow became happy. It dipped it in water for the third time. The bread became very soft. The crow pressed the piece of bread under its feet and started cutting it. The bread was soft and the crow enjoyed eating it. After finishing the bread, it went up to the water pot and drank water. He flew away happily.

Ramesh was admiring the crow for its wisdom. He told the incident to his sister.

Moral : Where there is a will there is a way. ♦

The Cloud

—Dr. Parshuram Shukla

In the blue sky
The clouds are hovering,
As if they are eager
To burst for showering

At times, they look like
Coming down on earth
And to quench its thirst.
There's no water's dearth.
Flying over the Orchards
With coquetry they run,
And over the rocks
They make lot of fun

They help barren fields
To lash with crop green
The dancing of Peacocks
Gives us wonderful scene.

MAZE

HELP ME TO REACH THE STAR





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