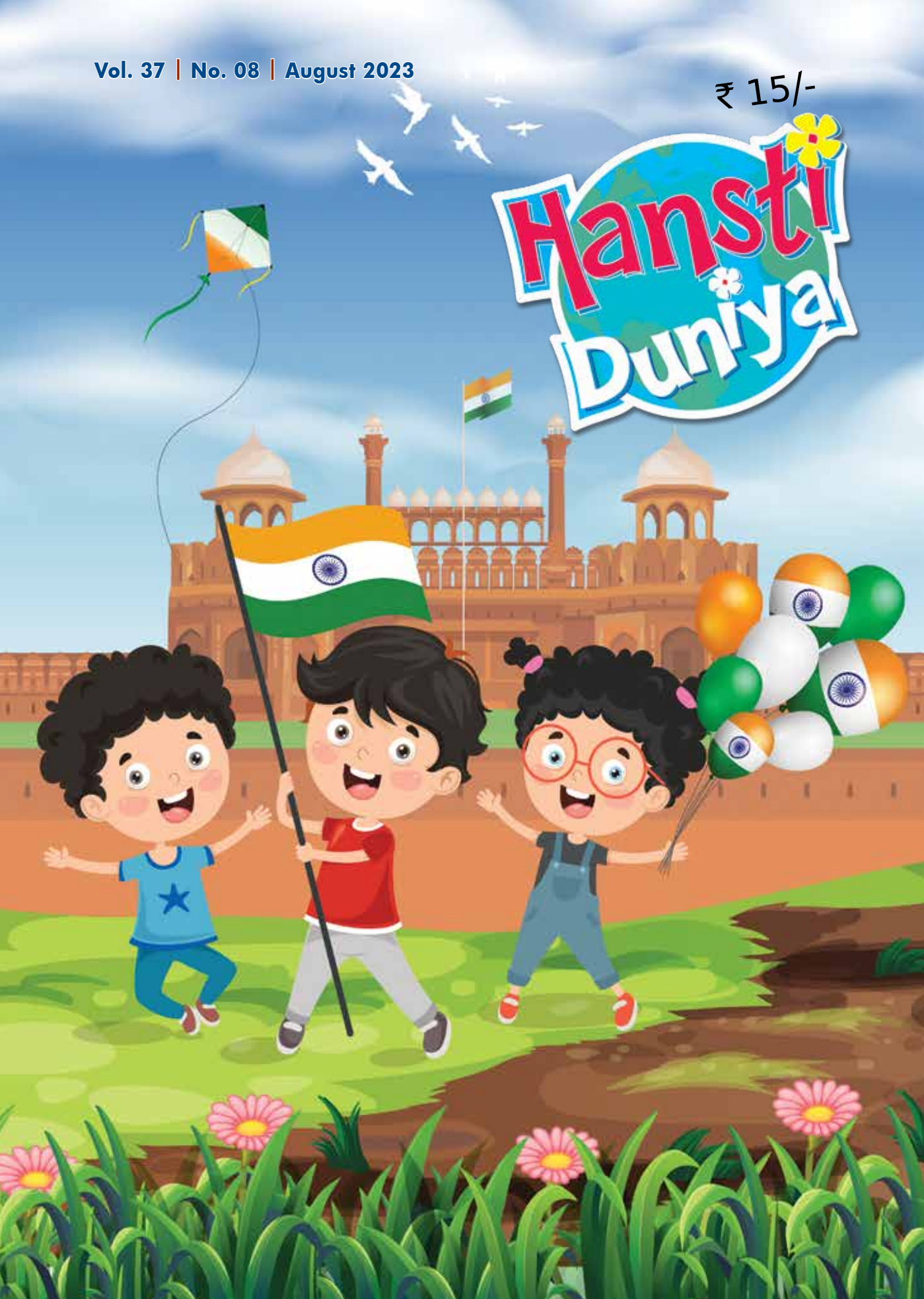


Hansti Duniya





Hansti Duniya

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Editorial

The World of Hansti Duniya

In 1973 Baba Gurbachan Singh Ji the then Satguru blessed the editorial board by starting a magazine to brighten the future of children. Every one worked and the magazine was named 'Hansti Duniya'. The first issue was published in 1973 for the months October-December as a quarterly.

Baba Gurbachan Singh Ji was very sensitive about children's future. He understood that children are the foundation stone of our future. Children like wet clay can be easily moulded by good education, values, etiquettes and spirituality from very childhood. Children are attracted by short stories, poems and jokes and learn easily from picture stories. This can act as a foundation for children's mind growing in the right direction, development of moral character, harmonious communication, physical hygiene, mental health and respect for elders.

He also wished the elders to be affectionate to children the way they wished for themselves. 'Hansti Duniya' was also instrumental in developing liveliness, fearlessness, self-confidence and being adventurous.

In 2023 Hansti Duniya has completed its fifty year. I have been associated with Hansti Duniya from the time it started. There were changes i.e. it became monthly from quarterly. The size and colour scheme has changed while new pictures and columns have been added.

Friends! This magazine reached lacs of people and it has transformed their lives. As time passed value systems have changed because of this magazine. We need to continue this effort. We have to first change ourselves. The change in our conduct and behaviour must affect every single person so that they also change their conduct and an environment of love and peace is created in the whole world.

The entire Hansti Duniya family and mankind are grateful to Baba Gurbachan Singh Ji the architect of this magazine for gracing us with this blessing.

— Vimlesh Ahuja

SAMPURAN AVTAR BANI



IK TU HI NIRANKAR 185

GURUMUKH DIAN NAZARAN ANDAR SONA MITTI IK SMAN.
GURMUKH DE LAYEE IKO JAHE NE DHAN HEEN ATE DHANVAN.
GURUMUKH DE LAYEE IKO JAHE NE HARA KH SOG TE MAAN APMAAN.
GURMUKH DE LAYEE IKO JAHE NE DUKHAN SUKHAN DE BHUGTAN.
GURMUKH DE LAYEE IKO JAHE NE KULL DUNIA DE SABH INSAN;
GURMUKH DE LAYEE IKO JAHE NE RAJA HOVE JAAN DARBAN.
APNE GUR DE CHARNAN DA HI GURMUKH RAKHDAI SADA DHIAN;
GURMUKH PAL PAL MOOHON AKHE JO KUJH HAI TERA BHAGWAN.
GURMUKH DE JO DARSHAN KAR LAE USDA HONDA EY KALYAN;
AVTAR EHO JAHE GURMUKHAN TON JIND JAAN KARE QURBAN.

THOU FORMLESS ONE 185

To a devotee, gold and dust are just the same;
To a devotee, both the rich and the poor are just the same.
To a devotee, weal and woe, honour and dishonour are just the same;
To a devotee, pleasure and pain are just the same.
To a devotee, all the people of the world are just the same;
To a devotee, the king and the gateman are just the same.
A devotee always concentrates on the holy feet of his True Master;
A devotee affirms at every moment that everything belongs to God.
The person who meets such a devotee gets redeemed;
Avtar says, I sacrifice my all unto such devotees.



Precious Words of Baba Avtar Singh Ji Maharaj

- ❖ Where there is mention of God, there lies true happiness.
- ❖ The first trait of a devotee is humility.
- ❖ The building of humanity can not exist by removing the foundation of mercy.
- ❖ We shouldn't feel jealous of others rather love all.
- ❖ The true religion is humanity and no religion can be saved by eliminating humanity.
- ❖ A person regularly attending saints' congregation remains alike during ups and downs and happiness and sorrows of life.
- ❖ The anger always causes downfall of a person.
- ❖ The God's remembrance has been considered as the means of permanent happiness.
- ❖ Discretion and wisdom are achieved through association with truth only.
- ❖ The devotees always imbibe the knowledge of truth in their hearts.
- ❖ The devotee always keeps Guru on high pedestal.
- ❖ Realizing God in each and every human being, love all and pray for the welfare of all.
- ❖ God is always alike and stability comes to our life also after knowing Him.
- ❖ Satsang is the food for our mind, without which our mind becomes weak.
- ❖ Saints' satsang is a must for spiritual strength.
- ❖ Make your vision large to turn blind eye to shortcomings of others.

Precious Words of Nirankari Rajmata Ji



- ❖ Truth is God only.
- ❖ Always keep company of the gentle persons.
- ❖ Anger converts a man to an animal.
- ❖ Satguru is a link between man and God.
- ❖ Association with truth is a great fortune.
- ❖ Satsang means association with truth or association with God.
- ❖ God realization is achieved through the company of saints.
- ❖ The garland of humanity is impossible without the thread of God.
- ❖ The heart full of devotion becomes generous.
- ❖ Saints' congregation dispels the ignorance.
- ❖ The first sign of being religious is to live in harmony and act like humans.

The Divine Words of Mata Savinder Hardev Ji Maharaj



- ❖ Where faith, devotion and feeling of surrender is the adornment of a devotee, the important part of devotion is his consciousness also.
- ❖ A devotee knows what things he has to imbibe in his life and what others to shun.
- ❖ The wisdom is in learning new things on daily basis and also in un-learning some bad things.
- ❖ The saints know that we are to unite with God Almighty through God realization.
- ❖ Wherever the saints go, they carry the fragrance of their devotion along with and they make the entire world fragrant through their fragrance. They spread the teachings of Satguru everywhere.



Activity Sustains Life

—Sita Ram Gupta

Thick clouds covered the sky. It was drizzling. A peacock was happily dancing. His feathers looked like a rainbows. A passer-by was enjoying the same. Suddenly the peacock looked at the man. He had a bag in his hand. The peacock asked the man as to where he was going and what did he have in his bag?

The man said that he was going to the market and his bag was full of grains. "I shall sell these grains to buy a beautiful feather of a peacock" and decorate my house", added the person.

When the peacock heard this he said, "Look my feathers are beautiful.

I have to wander around searching for grains, I shall give you my beautiful feather. The man was happy. He gave the grains to peacock and took away a beautiful feather to his place.

It became a routine. The man would come every day with grains and took away a beautiful feather from the peacock. The peacock was equally happy. He did not have to wonder around for grains the entire day.

He would enjoy the grains and rest the whole day.

Gradually the number of feathers became less. Finally no feather was left, now the man stopped bringing the

grains. The grains that the peacock had in store were also finished. When the peacock got hungry he thought of looking for grains all around. He tried to fly but in vain. There were no feathers and he looked ugly without feathers. He had become fat because of inactivity.

The peacock had in fact sold of his beauty, the strength to fly, Industriousness and playfulness for grains that he got sitting at home. He had to stay thirsty and hungry. He couldn't dance because he neither had energy nor feathers. He felt miserable. Because of weakness, disrespect and deprivation he had an untimely death.

Why this happened? The reason was lack of activity. The peacock is admired for its feathers and dance not for being lazy. Activity is a must for all creatures including human being. Whenever we stop doing our duty and tasks assigned to us by nature we have to face adversity. We shouldn't sell our beauty, art, capabilities and morality under the influence of greed. If we work we can earn our living as well as a disease free healthy life. Not comfort but activity sustains our life. ❖

Moral : Work is worship.

POEM



Be The Pride of Nation

— Hari Prasad Dharmak Vishal

To study, attention
pay o children,
Together all do
play o children.
Never quarrel
with each other,
Love everyone
as thy brother.
Education makes
truly one great,
So, never depend
on thy fate.
Like great martyrs
be a patriot,
To save thy nation
Make thy lot.

Raksha Bandhan

— Nehal Khatri, Gangtok, Sikkim



In our lifetime we maintain several relations, however the relationship between a brother and sister is a precious one. They might fight every day, not share a piece of chocolate, but the bond is one to be cherished. Raksha Bhandhan is celebrated as festival of peace and harmony. On this day the sister ties a thread or a bracelet on her brother's wrist and in return the brothers promise to be the sister's protector for their entire life. Rakhsa translates to 'protection' and Bandhan translates to 'bond', thus this explains the meaning of this festival. The thread is a pious symbol of being someone's protector.

Raksha Bandhan is celebrated by Hindus as per the Hindu calendar in the Sawan month which generally falls in the month of August as per the lunar calendar on the full moon day, hence it's also called Rakhi Purnima.

According to the Indian traditions, this thread was not only tied around the wrists of Brothers by their sisters but also in ancient times the contemporary priests tied this guarding thread to the wrists of their kings. As per the Hindu mythology, Lord Indra's wife, Sachi tied a bracelet to Lord Indra to protect her from the evil king Bali. As time passed the tradition transformed and in the present times the festival is celebrated to signify unity and sanctity of brother sister relationship.

In 1905, during partition Rabindranath Tagore used this occasion to signify the centuries old bond between the Hindus and Muslims.

This festival is not only celebrated in India but also in other countries like Mauritius, Nepal, UAE, etc. Thus Festival of Raksha Bandhan symbolizes the ideal of Universal Brotherhood and also immortalizes the Indian culture. This Festival of Rakhi transcends the barriers of caste, creed and religion and is based on pious sentiments. ❖



QUIZ

1. During a tennis match 'love' means how many points?
2. Who is the father of geometry?
3. Who was known as iron man of India?
4. Alexander Fleming is popular for discovering which medicine?
5. What type of material is used to cover tennis ball.
6. Raja Ram Mohan Roy was responsible for discovering which medicine?
7. Which is the largest glacier of India?
8. Which is the most widely spoken language of the world?
9. Agra is situated at the bank of which river?
10. Which plant grows in deserts?
12. What room has no floor, ceiling, windows or doors?
13. What is it that is always before you, but you cannot see?

.....
1. Zero 2. Euclid 3. Sardar Patel 4. Penicilline 5. Felt 6. Sati
7. Siachen 8. English 9. Yamuna 10. Cactus 12. Mushroom 13. Future

Answers

Grandpa

Story & Illustration : Ajay Kalara

A washer man had a pet dog and a donkey. The donkey did some errands and the dog guarded the house at night.



Oh! The food is too little.
The master is a miser.

I am so tired.
Very little
grass.

One day a thief was trying to sneak in the washer man's house.

Friend! Look the thief is trying to sneak.

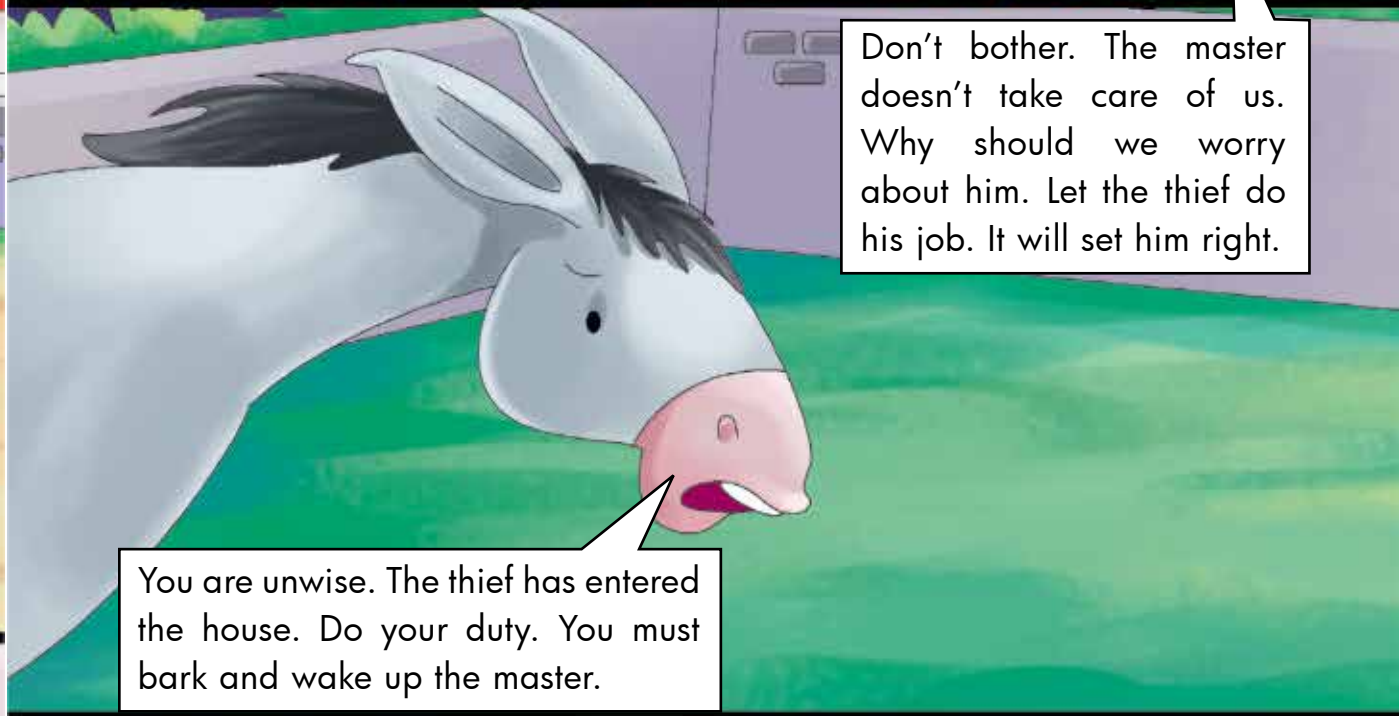


I have already seen.
Let me sleep.



The dog did not budge.

I doubt your faithfulness. The thief is trying to sneak in and you are not barking. Wake up the master.



Don't bother. The master doesn't take care of us. Why should we worry about him. Let the thief do his job. It will set him right.

You are unwise. The thief has entered the house. Do your duty. You must bark and wake up the master.



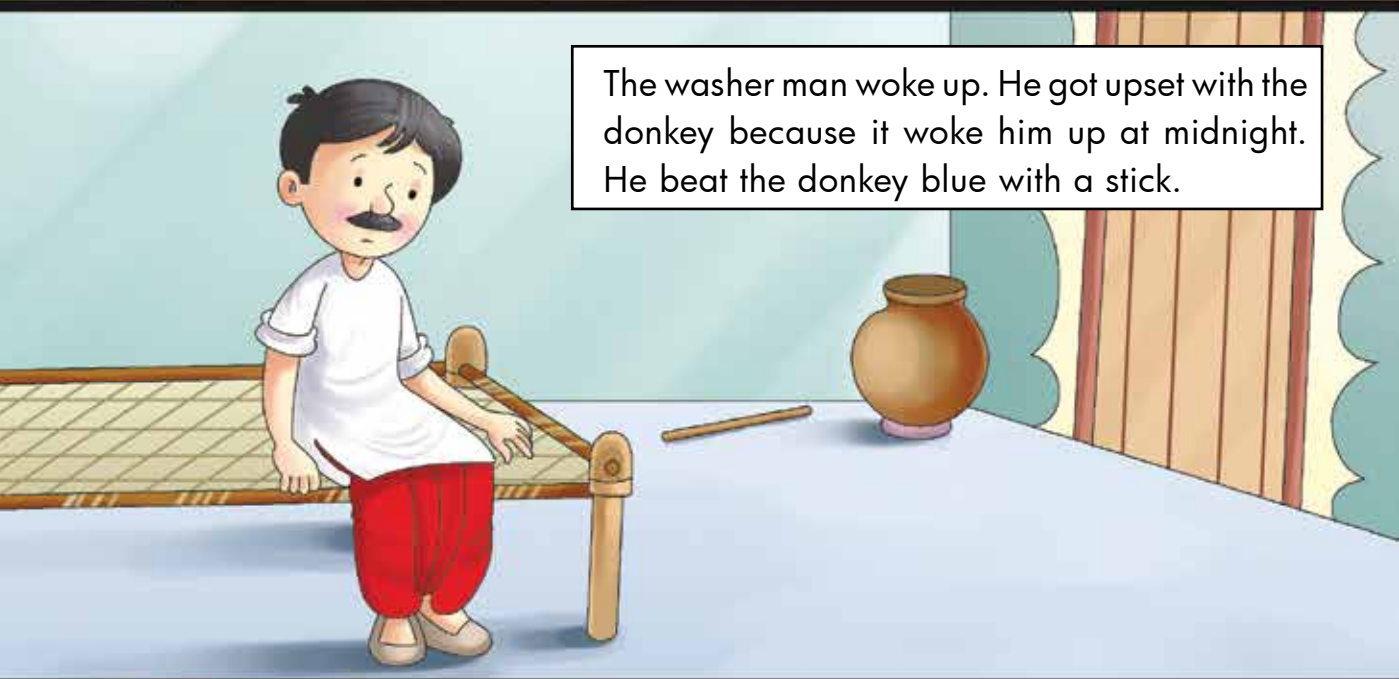
Don't teach me my job. Mind your business.

If you will not bark I shall warn the master. I cannot see him losing his money.

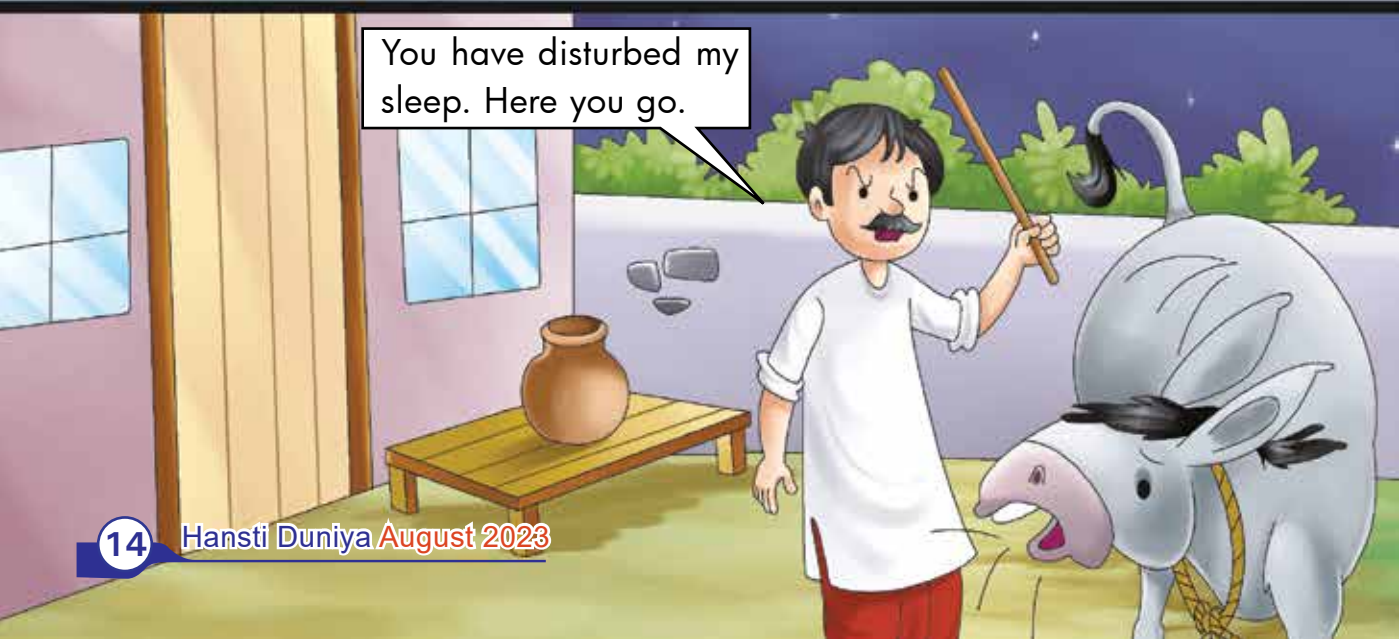
The dog tried to dissuade the donkey but he didn't listen. He started braying loudly.



The washer man woke up. He got upset with the donkey because it woke him up at midnight. He beat the donkey blue with a stick.



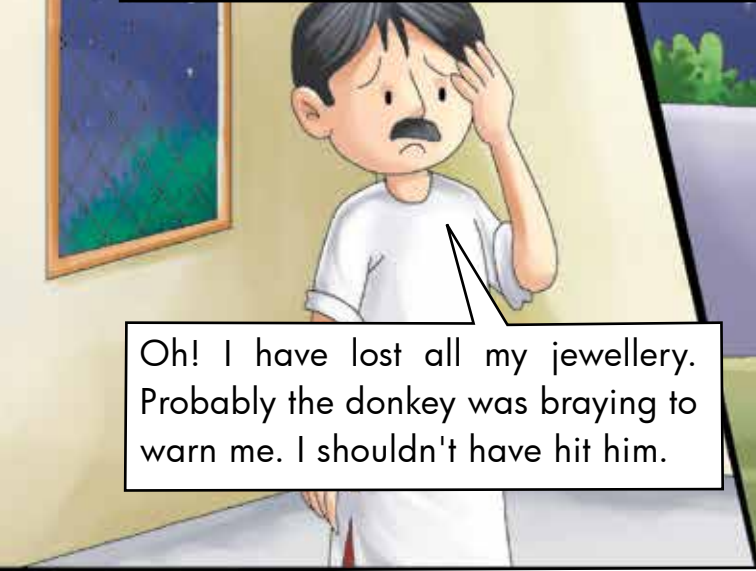
You have disturbed my sleep. Here you go.





Oh! I have been hit hard.
My body is aching.

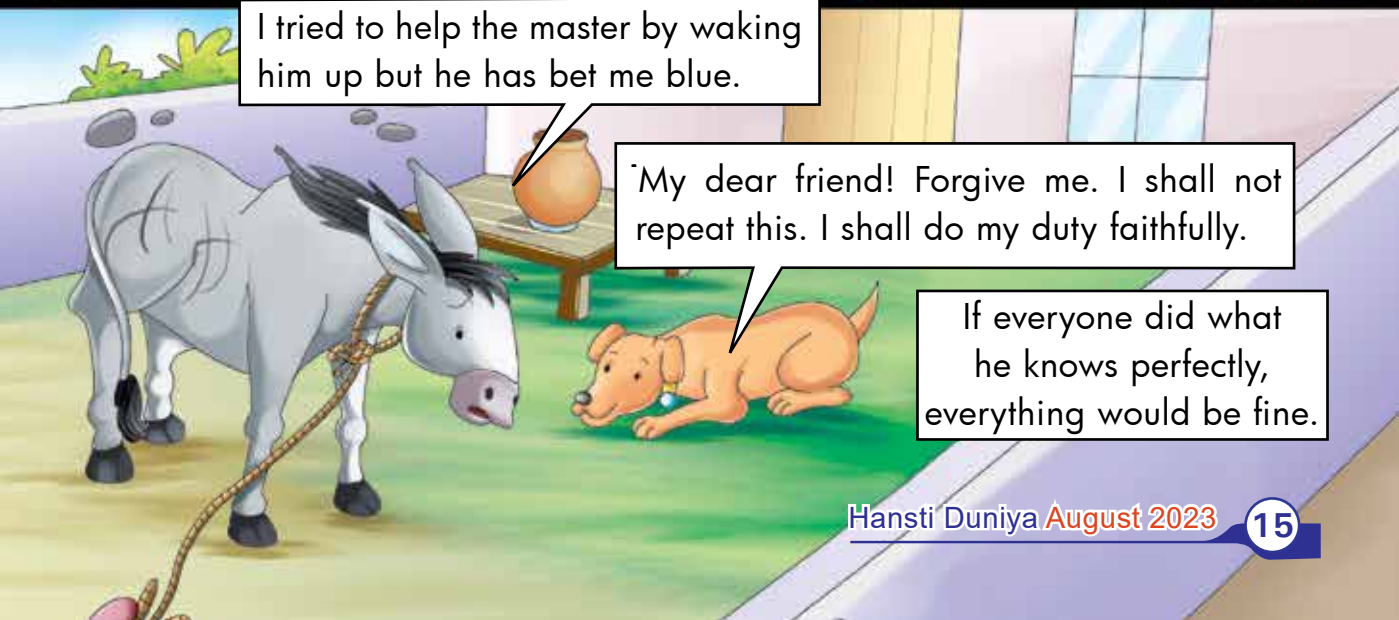
The thief waited for the washer man to sleep and as he got the right opportunity he fled with washer man's assets.



Oh! I have lost all my jewellery.
Probably the donkey was braying to warn me. I shouldn't have hit him.



Why didn't you bark when the thief was stealing?



I tried to help the master by waking him up but he has bet me blue.

My dear friend! Forgive me. I shall not repeat this. I shall do my duty faithfully.

If everyone did what he knows perfectly, everything would be fine.

Neil Armstrong

—Nehal Khatri, Gangtok, Sikkim

// That's one small step for man, one giant leap for mankind." were Armstrong's first words from the moon. Neil Armstrong is quite unarguably the most well-known astronaut worldwide who was the first person to walk on the moon.

Neil Armstrong, in full Neil Alden Armstrong, was born on 5th August, 1930 in Ohio, U.S. He was the eldest of three children born to Viola Louise Engel and Stephen Koenig Armstrong. Neil's passion for aviation and flight was kindled when he took his first airplane ride at age 6. He was active in the Boy Scouts of America and earned the rank of Eagle Scout, the highest rank attainable. He became a licensed pilot on his 16th birthday and a naval air cadet in 1947.

He studied aeronautical engineering at Purdue University in Indiana, and in 1950 he served in the Korean War during which he was shot down once and was awarded three Air Medals. He completed his degree in 1955 and immediately became a civilian research pilot for the National Advisory Committee



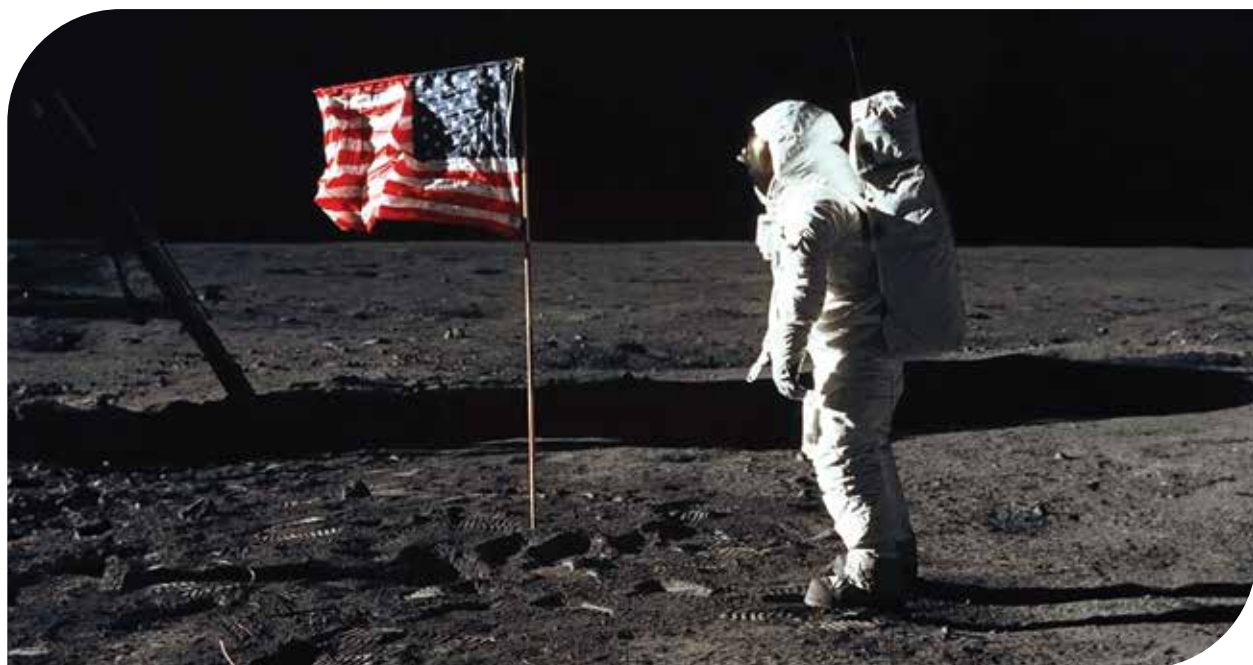
for Aeronautics (NACA) which later became the National Aeronautics and Space Administration (NASA). He flew more than 1,100 hours, testing various supersonic fighters. In 1962 he entered the astronaut program. He was spacecraft commander for Apollo 11, the first ever manned lunar mission. He went to space with Michael Collins and Edwin 'Buzz' Aldrin. The lunar mission started on July 16, 1969. Four days later they landed on the moon. At precisely 10:56 pm Armstrong exited the Lunar Module and took the first ever step on the moon. There was a huge parade held in NYC for the crew and Neil Armstrong got numerous

awards for his efforts and courage, including the Presidential Medal of Freedom in 1969, the Congressional Space Medal of Honor in 1978, and the Congressional Gold Medal in 2009.

Armstrong resigned from NASA in 1971. After Apollo 11 he shied away from being a public figure and confined himself to academic and professional endeavors. From 1971 to 1979 he was professor of aerospace engineering at the University of Cincinnati (Ohio). After 1979 Armstrong served as chairman or director for a number of companies, among them Computing Technologies for Aviation from 1982 to 1992 and ALL Systems (later EDO Corporation),

a maker of electronic equipment for the military, from 1977 until his retirement in 2002. He also served on the National Commission on Space (NCOS), a panel charged with setting goals for the space program, and on the Presidential Commission on the Space Shuttle Challenger Accident, the group appointed in 1986 to analyze the safety failures in the Challenger disaster.

Armstrong died on the morning of August 25, 2012 at the age of 82. His legacy still lives on, he has inspired people to live their dreams, has inspired others to follow his footsteps. His immense courage has led to more space expeditions by NASA. ❖





- ❖ Hard work beats talent when talent don't work hard.
—Tim Notke
- ❖ We are what we repeatedly do. Excellence then is not an act but a habit.
—Aristotle
- ❖ Practice is a talent. Perseverance is a talent. Hard work is a talent.
—Abhinav Bindra
- ❖ Without hard work nothing grows but weeds.
- ❖ I never dreamed of success. I worked for it.
—Estee Lauder
- ❖ A little progress each day adds up to big results.
—Satya Nahi
- ❖ When you are good to others you are best to yourself.
—Benzamin Franklin
- ❖ Yesterday I was clever, so I wanted to change in world. Today I am wise so I am changing myself.
—Rumi
- ❖ Success is a marathon not a sprint
—Philip C. Mc Graw
- ❖ Something revolutionary happens in the heart when you recognize that every single person you will meet is made in the image of God.
—Jackie Hill Perry
- ❖ Men are born with two eyes, but only one tongue in order that they should see twice as much as they say.
—Colto
- ❖ Flatterers are the worst kind of enemies.
—Tacitus
- ❖ "Happiness is when what you think, what you say, and what you do are in harmony."
— Mahatma Gandhi
- ❖ "Don't cry because its over, smile because it happened."
— Dr. Seuss
- ❖ People are just as happy as they make up their minds to be."
—Abraham Lincon



Dr. A. P. J. Abdul Kalam

—C.L. Gulati (President, SNM)

When Dr. A. P. J. Abdul Kalam was the President of India, He visited coonoor. On reaching, He came to know that field Marshall sir Sam Manekshaw was In The military hospital there. Dr. A. P. J. Abdul Kalam wanted to visit Sam, which was unscheduled. Arrangements were made. At the bedside, Kalam Spent about 15 minutes.. talking to Sam & enquiring about his health. Just before leaving Kalam asked Sam 'Are you comfortable ? Is there anything I could do ? Do you have any grievance ? Or any requirement

That would make you more comfortable ?'

Sam Said 'Yes ...

Your excellency, I have one grievance 'Shocked with concern & anguish, Kalam asked him what it was.

Sam replied ' Sir , my grievance is that I am not able to get up & salute my most respected President of my beloved country'. Kalam held Sam's hand as both were in tears.

But the remaining part of the tale with regarding this meeting is that Sam did tell A.P.J T. that he was not paid the pension of the field marshall's rank till then, for nearly twenty years.

An aghast President went to Delhi and passed the pension with arrears within a week and sent the cheque of nearly Rs.1.25 crores through the defence secretary by a special planetowellington, Ooty, where Sam was ailing. That is the greatness of APJ. but.. then Sam received the cheque and promptly donated It to the army relief fund. Whom will you salute now..? Indeed those real heroes are missing today. ❖



If Speech is Silver, Silence is Golden

Compiled by : Prakash

“Nothing is more powerful than the tongue,” an important person once stated, “Nothing is more sober than the tongue,” says another philosophy. Speech and silence are practically antonyms, but friends to speak or not to speak, to say or not to say, many of us believe that standing up for injustice or some wrong deed is the greatest defence while others follow the path of ignoring the barking dogs. Speech is indeed an essential social as

well as a ‘fancy’ communication tool but silence is the mastermind of non violence and the best way to resolve any conflict. Silence is the weapon of the strong, beating around the bush is the work of fools. If speech is silver, silence is golden! Oh yes, it is keeping quiet in many situations leads to happiness in the long run. No one ever questioned, Jesus Christ, why he calmly let his prosecutors do their wishful? No one ever questioned Shri

Krishna why he remained mum when Arjuna killed his cousins? Then why is silence considered weak? May it be compromise or self defence, silence plays a vital role.

Silence has its own language and its own world where only the adventurous and strong can dare to come. Peace has its own way and nothing can compete with the power of tranquility indeed, speech has a position and an identity but everyone can speak, What is so unique about it? Patience comes from silence, modesty comes from silence and satisfaction also comes from silence. The grass is always greener on other side and so is silence when compared to speech.

The greatest thinkers and philosophers taught the power of silence, if we give due regard to factual accounts. Nothing is impossible in the world of silence, likewise nothing can be compared with the competency of silence in this world. Even if the path of silence takes one slowly to the desired destination, as we have heard, slow and steady wins the race.

“Why worry when thy silence is thy strength. If speech is thy mind, silence is thy heart, and thee should follow thine heart.” ❖



Sun

—Sharda Narayan

Every morning, grows the Sun
Light on earth, throws the Sun.

Braving the dense darkness
A bright day shows the Sun.

Though it seats, rises daily
No fatigue yet knows the Sun.

Piercing through the clouds dark
How steadily glows the Sun!

Let's learn to serve humanity
As light bestows on all the Sun.

Fallacy

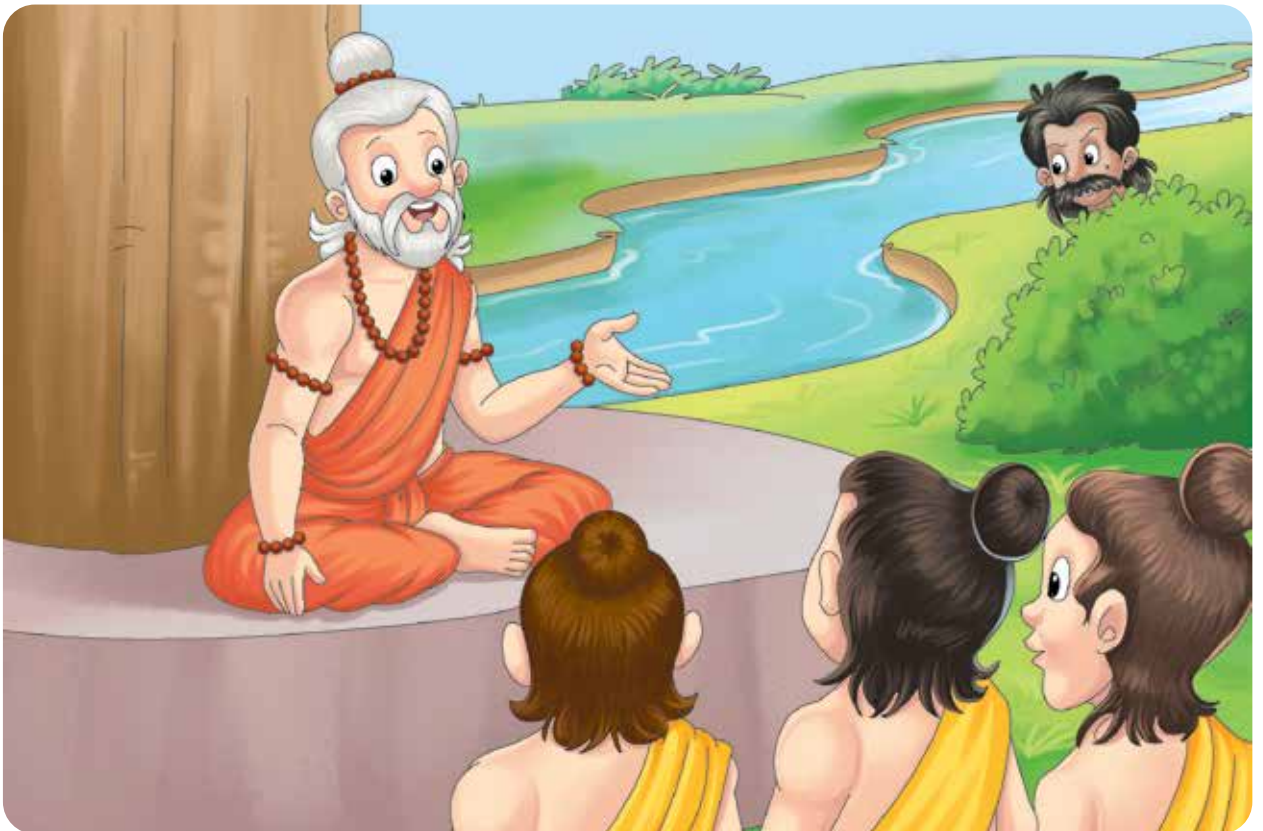
—Redhey Lal Narchakr

A hermitage was located alongside the bank of river Swaran Rekha. A number of disciples got educated by the saint residing in that hermitage. One fine morning, cool breeze was blowing. The sage was busy imparting knowledge to the disciples. Suddenly a dacoit Kalu Singh of that area came to the hermitage. He looked at the sage and the disciples. But the sage and the disciples somehow didn't notice him. They were not aware of his presence there.

The dacoit Kalu Singh stood there for a while, but since no one had noticed him, no exchange of words happened. He thought that he was being ignored. He shouted, "Oh saint! You are very daring."

Everyone looked at him. The sage said softly, "who are you?"

The dacoit got angry. He said, "How can you be ignorant of the dacoit Kalu Singh?"



The sage remained calm and said, "This is a hermitage and disciples come here for education. What has a dacoit to do here? Anyway it will be my pleasure to be of any service to you." The dacoit said, "I have been insulted here and I cannot tolerate this." He was very angry.

"Who insulted you?" Asked the sage. "I have been standing here for a while and all of you ignored me. You must understand that this is my territory and even a leaf cannot move without my permission here."

"This is your misconception Kalu Singh. A dacoit cannot have that kind of power that a leaf cannot move without his permission."

This is a fact," emphasized Kalu Singh. "Not an issue. Just try and move the leaves of the tree right in front of you. We shall have an idea of your power," clarified the sage.

"You have not understood what I had said", shouted Kalu Singh. "I have understood but you need to know your worth", said the sage. "Look at the leaves of the tree. They are still. Use your power so that they start moving."

Kalu Singh felt the sage was acting strange. He went close to the tree and shook the tree with all his might. But the leaves didn't move at all. Kalu Singh was



sweating. "Here you go" and the leaves started moving at the words of sage.

The sage repeated this many times and the leaves followed the sage's command. Kalu Singh could see the divinity in the sage. His anger was transformed to devotion. He fell at the sage's feet and started crying bitterly.

The sage helped him get up and wiped his tears.

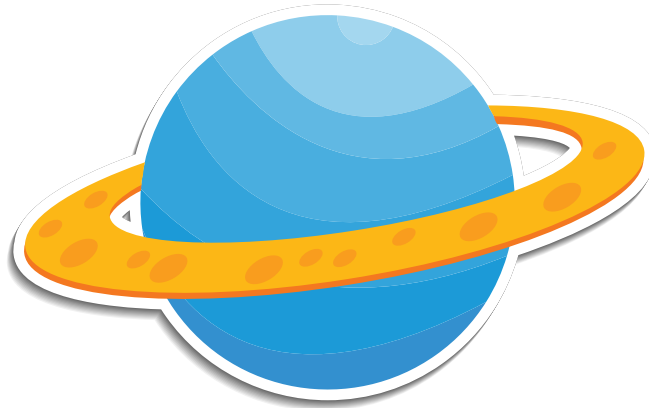
"Saint! I indulged in misdeeds. Now you alone are my saviour", said Kalu Singh humbly.

The sage said, "If we misuse our physical strength. It weakens. You have been misusing your strength. As a penance you must put it to good use if you want your wellbeing. This is a solution to your problem," said the sage.

I shall abide by what you have said", said Kalu Singh and left.

Moral : It is never too late to mend. ❖

The Ringed Planet



—Harjeet Nishad

Saturn is the sixth planet from the Sun. It is named after the god of agriculture in Roman mythology. Saturn is easily visible through a small telescope and its famous spectacular rings are quite clear. The astronomer Galileo was the first to see the rings through his telescope.

Saturn is a gas planet, like Jupiter, Neptune, and Uranus. Very little of it is solid. Most of Saturn consists of the elements hydrogen and helium. It is covered with bands of coloured clouds and surrounded by a number of thin rings made up of water, ice and ice-covered particles. Photographs taken by the Voyager 1 and 2 spacecraft show that these rings range in size from a speck of dust to the size of a house. Voyager 2 took the photograph you see here.

Because Saturn is made of different substances, different parts of the planet

rotate at different rates. The upper atmosphere swirls around the planet at rates of 10 hours and 10 minutes (Earth time) and about 10 hours and 40 minutes. The inner core, which is probably made of hot rocks, rotates in about 10 hours and 39 minutes.

Saturn takes 29 years and 5 months in Earth time to go around the Sun just once. The Earth goes around the Sun once every 365 days. Saturn's year is so much longer because the planet is so much farther away from the Sun than Earth is.

Astronomers have found that at least 30 moons orbit Saturn. The largest of these is Titan, which is almost as large as the planet Mercury or Mars. In our photograph, you can see two of the moons as tiny white spots to the lower left of (Dione) and below (Rhea) the planet. Other satellites include Mimas, Enceladus, and Tethys. ❖

Keep Hoisting the Flag

— Shiv Narayan Singh

On this occasion of
Independence
Let's hoist a flag.

The symbol of freedom
And make our Roofs of houses.
Look like a tiny Row of soldiers
Standing as sentries to
watch our house.

We must also on this day
Remember those
Freedom fighters
Who sacrificed
Their precious lives
To save the Lives us all

And salute to
Bapu Mahatma Gandhi
The symbol of Ahimsa
Who laid down his life
To make India free.



Pinki's Transformation

—Suresh Saurabh



Pinki's father was a daily wage worker. Financially the family was weak.

Everyday Pinki would go to a government school. She studied hard. His father gave her ten rupees as pocket money every day.

Everyday pinki would eat some junk food with that money. One day Pinki had severe stomach-ache. His father escorted her to nearby hospital. The doctor said

that Pinki was in bad shape. She needed to be admitted. Parents had to do what the doctors had suggested. The doctor carried out tests. He said, "Pinki has infection in the stomach."

Pinki's father was taken by a surprise. He asked as to how it could have happened.

The doctor said, "It is because of too much consumption of spicy junk food."



Pinki's father surprisingly looked at Pinki. Pinki had tears in her eyes. She said, "Sorry! Papa."

After the doctor left, Pinki's mother scolded her and said that she always dissuaded her from eating spicy junk food from outside. But the girl never listened to her, "We are as such financially weak. It is difficult to earn bread and butter, from where to pay the hospital bills?" The mother was really upset. Father said, "We shall have to borrow money."

Pinki was greatly disturbed. She

cried and said, "Father I swear I shall never eat junk food. The money you gave me daily shall be placed in a piggy bank. I shall give this money to pay back the loan. She composed herself and said, "When I grow up I shall sit for competitions and get a job. I shall pay back your loan. It's my promise I shall study diligently, I promise. Please forgive me."

Parents became emotional when they heard Pinki. They had tears in their eyes. They hugged their daughter and told her that they loved her. ❖

Nice Thoughts

- ❖ Whenever I went out for fault finding, I found myself at the top of the list and could go no further.—David Grayson
- ❖ Anger in like a weed but hatred a tree.—Saint Augustine



A man requested God to allow him to have a glimpse of Heaven and that of Hell too. God said, "Alright, my Angel shall show you both through the windows, for no one is allowed to enter either, till he dies."

The man with the special permission stood outside a window accompanied by an angel. He saw many people inside. They had no elbows. Their arm bones were single and straight, right from the shoulder to the wrist. They could not bend their arms at the elbow. On the side were tables laden with the best of food. The man said, "This must be heaven, they have such wonderful food to eat." But the angel said, "Look closely." They picked up the food with their hands, but were unable to convey it to their mouths for want of being able to bend their elbows.

So they were hungry and helpless. All of them were crying. The angel explained, "Despite so much being available to them, they cannot enjoy it. This is hell." As they walked further. They looked through another window. The people inside too, had no elbow

joints. There were similar tables laden with sumptuous food. But here, everyone looked happy. Why? Because they were picking up the food and putting it into each others mouths! Sure, they could not feed themselves, but they could feed others! Others could feed them! "That my friend is heaven," said the Angel.

Isn't it true that hell or heaven is our own creation. How We handle Our selves, in our own circumstances, is what causes the creation of heaven or hell around us. Those who live only for themselves are unhappy. Sharing and caring are of utmost importance. If you distribute love and care, it always comes back to you. If you are a dealer in hate, can you expect to get anything but hate?

This reminds me of the age old truth: Do unto others as you would have them to do unto you. ❖

Compiled by : Roma

Moral : If you desire that others should respect you honour them too. If others must serve you, you serve them first.



We Can Learn from Ants

— Dr Vinod Gupta

Ant is the smallest creature on the earth, but it has got several such qualities, features and traits from which the human beings can learn a lot. In so many ways, the ants are superior to human beings and can teach .

A small ant is much more clever than our expectations. They connect to form an effective network within a very short time and they do not need any leader to do this.

Though very small in size, yet they possess a strength, mind and strategies to defeat even biggest creature. Britain scientists, studied the strategies of the ants and found how little ants are able to bring down strongest enemy. Whereas we get frightened to face the stronger enemy, the ants come together to face and defeat them.

The ants are so passionate and hardworking that they never lose courage. While climbing upward, they fall several times, but every time they rise and try to climb again and ultimately reach their goal.

The ants fix up their target under every circumstance. They demonstrate complete discipline to reach their target and return to their burrow after achieving the goal. They communicate with one another by touching their mouths.

In case of obstacles , instead of returning, they put all their energy to search a shortest route to reach their target.

Discipline can be learnt from ants. They can smell food from a far off distance. To reach food and to bring it to their burrow, they demonstrate discipline. They move in a queue.

Ants don't forget their path. The route they follow for going somewhere, they return to their destination by the same route. Actually they leave Pheromone on their way while going which helps them while returning. The group ants also follow the same route and bring the food to their burrow. ❖



The Hiroshima Day

— Tarun Gandhi

Every year 6th August is observed as the 'Hiroshima Day'. On this day in 1945, an American bomber dropped the world's first atomic bomb over the city of Hiroshima in Japan. The atom bomb, codenamed as 'Little Boy', brought so much destruction that the entire population of the city was wiped out.

Three days later, the second bomb was dropped on the city of Nagasaki, Japan. It was codenamed 'Fat Man' that killed lakhs of people immediately. The atomic bomb being a nuclear weapon was 2000 times more powerful than the largest bomb that had ever been used. It heated the air to 9000 degrees Celsius, burning everything in its path.

The bombings ended World War II by bringing about the surrender of Japan, but at a terrible price—the two cities were destroyed. More than two lakh persons died due to these two bombs. It is estimated that lakhs of

people died from its after effects that include burns and radiations.

The 'Hiroshima Day' reminds us of the importance of peace. It also bears testimony to the spirit of the Japanese in rebuilding their nation. An inscription on a memorial in Hiroshima reads: "Rest in Peace. We will never repeat the same mistakes."

It is true that atomic energy in itself is not destructive; its usage changes the outcome. It can also be used for generating power instead of massive destruction. Pope John Paul II has rightly said: "To remember the past is to commit oneself to the future and to remember Hiroshima is to commit oneself to peace."

War is a terrible experience to any generation. Even one human life is too valuable to lose. We must rise above our own selfish interests to ensure a safer environment and world peace for our future generations. ❖



Do YOU Know ?

Q. Is spider an insect ?

A. Spiders are not insects but arachnids. Unlike an insect, which has six legs, a spider has eight legs. Spiders do not have wings, nor do they have antennae, although a pair of slender palps at the front of the head may sometimes be mistaken for these. A spider's body is usually hairy and is divided into two main parts—a combined head and thorax, and an abdomen. The two are linked by a narrow waist. All spiders have a pair of poison fangs with which they kill their prey, and all are capable of producing silk, although they don't always use it to make webs.

Q. How can heat travel?

A. Heat travels in several ways. The heat you feel when you hold a saucepan handle is carried by conduction. The heat energy inside an electric kettle is carried by convection. An electric fire with a shiny reflector sends out heat waves by radiation. Substances that carry heat well are called good conductors of heat. Metals are the best conductors - that is why we use metal cooking pots.

Q. Why do things become hot?

A. Heat is the transfer of energy from one substance to another. If you rub a piece of cloth with your hand, the cloth will begin to feel warmer. Rubbing has produced heat, as a result of friction.

Blistering Barnacles

—Mehak Arora

Saloni had just bought a comic book of the famous Tintin' for her six-year-old son Sakal. The boy was an avid reader. Later in the evening, Saloni and her son were walking along the harbour, wherein a number of ships were anchored. Sakal said, "Mama, Captain Haddock always says, 'Blistering Barnacles' whenever he is angry. What does it mean? What are barnacles?"

Saloni laughed and said, "That's a good question son. Barnacles are small shellfish that attach themselves to the underside of a ship. If there are too many of them, the ship becomes

too heavy. So, the barnacles have to be removed either manually or best of all by standing the ship in a freshwater harbour. After sometime the barnacles fall off by themselves and the ship can be moved away into salty seawater. The barnacles while they cling onto the bottom of the ship probably hurt like blisters, so Captain Haddock calls them

Blistering Barnacles in annoyance."

The next day, Saloni found her son sitting in the bathtub. He was taking unduly long in there. So she called out, "Come on Sakal, let's go out to play in the park." But Sakal did not answer. Ten minutes later, after much persuasion, he agreed to come out of tub. He said, "I was just getting the barnacles off, Mama! Why can't you just leave me alone?" "The... what off?" she queried in surprise. "The barnacles, Ma," he said seriously. "You



see, last week when we were playing in the park and Akhil broke my new bat. You told me to forgive him after he had said sorry, but I did not. That barnacle has been weighing me down since then. It was becoming heavier and heavier to carry each day, so I thought if I soak in the fresh water for some more time, it may come off, and then I'll be free!"

How often, we carry with us the load of things said or done by us or by others. If we take a periodical dip in fresh water i.e. attend Satsangs or do meditation, our barnacles too would come off. They harm none except us, for they weaken only us. Shed your burdens and become free. Forgiveness is not for others; it is for oneself.

To Err is Human; to Forgive is Divine. When we forgive some one who has hurt us, we ignite a spark of Divinity in us. For getting the feel of Divinity, forgiveness is surely a very small price to pay, isn't it?

Bhagwan Baba has said:

Kshama is Sathyam (Truth), Kshama is Dharmam (Righteousness), Kshama is Ashimsa (Non-injury), Kshama is Yagna (Sacrifice), Kshama is Santosha (Pleasure), Kshama is Daya (Compassion), Kshama is everything in the world. ❖

A RAINDROP INSPIRES

—Mahender Singh



He was disappointed and just sitting and watching the clouds. Suddenly he felt a raindrop was speaking to him – “Why are you sad? You will never achieve your goal by just sitting in a sad mood. You can only reach your goal by persistence and hard work. Arise and move forward persistently. If you continue to move forward, you will reach your destination one day. Your hard work will not get wasted”.

He looked at the drop of rain for a while but the drop moved ahead and disappeared.

The next moment he got up and moved forward. A drop of rain had induced enthusiasm and energy in his life. He was continuously moving ahead.

A rain drop transformed his life completely. ❖



Kitty

Story & Illustration : Ajay Kalara

Kitty let us go. We are getting late to school.



Yes Molly! Just wait.

Kitty what is the name of the plant you have brought?



This is basil plant. How about you Molly?





I have brought 'Neem' plant. It is very beneficial.

Yes! Mother had told me that Neem, basil and aloe Vera are medicinal plants.



Chintu which plant are you carrying?

I have brought a rose plant.

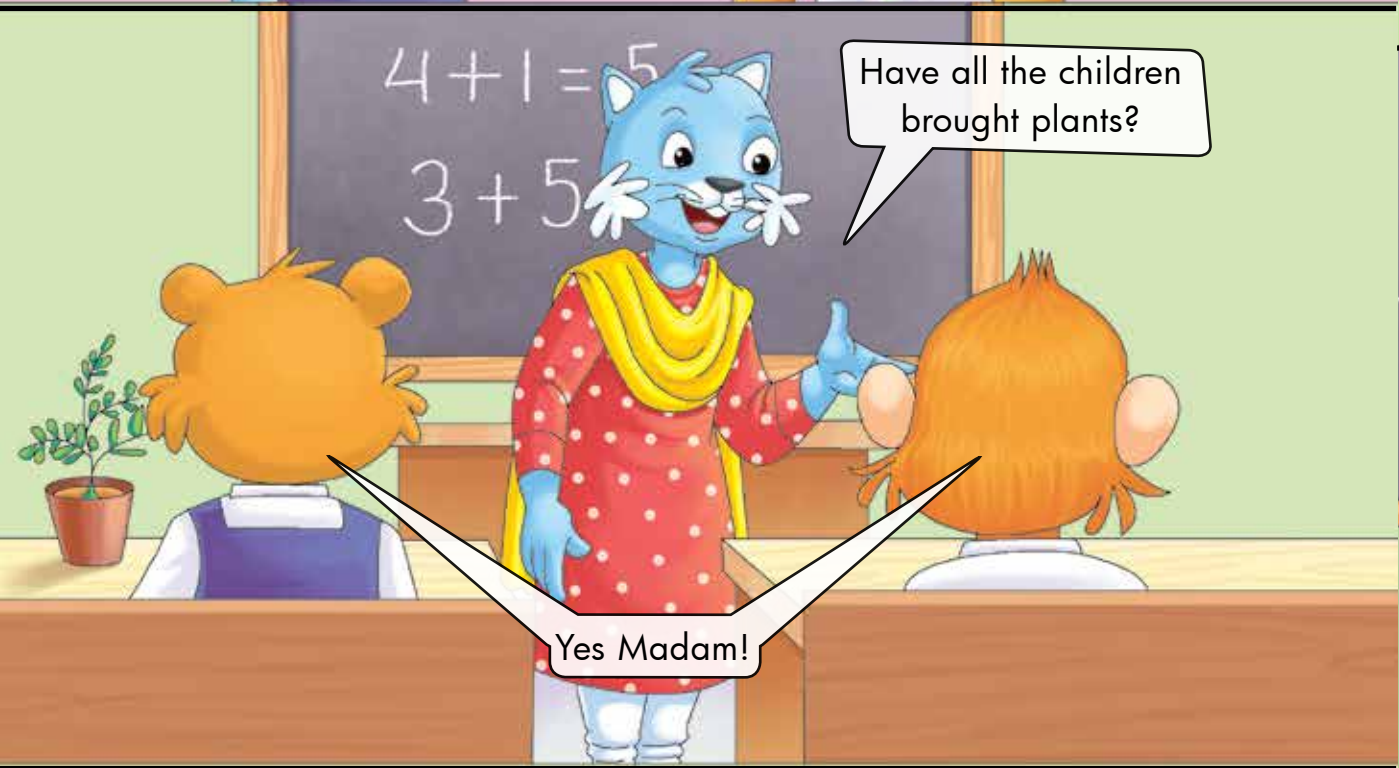


Kitty! What have you done?



My plant is the best, so I have uprooted your plant.

Kitty! You should not have done this.



Have all the children brought plants?

Yes Madam!



Kitty! Where is your plant?

Teacher! I have brought a basil plant.



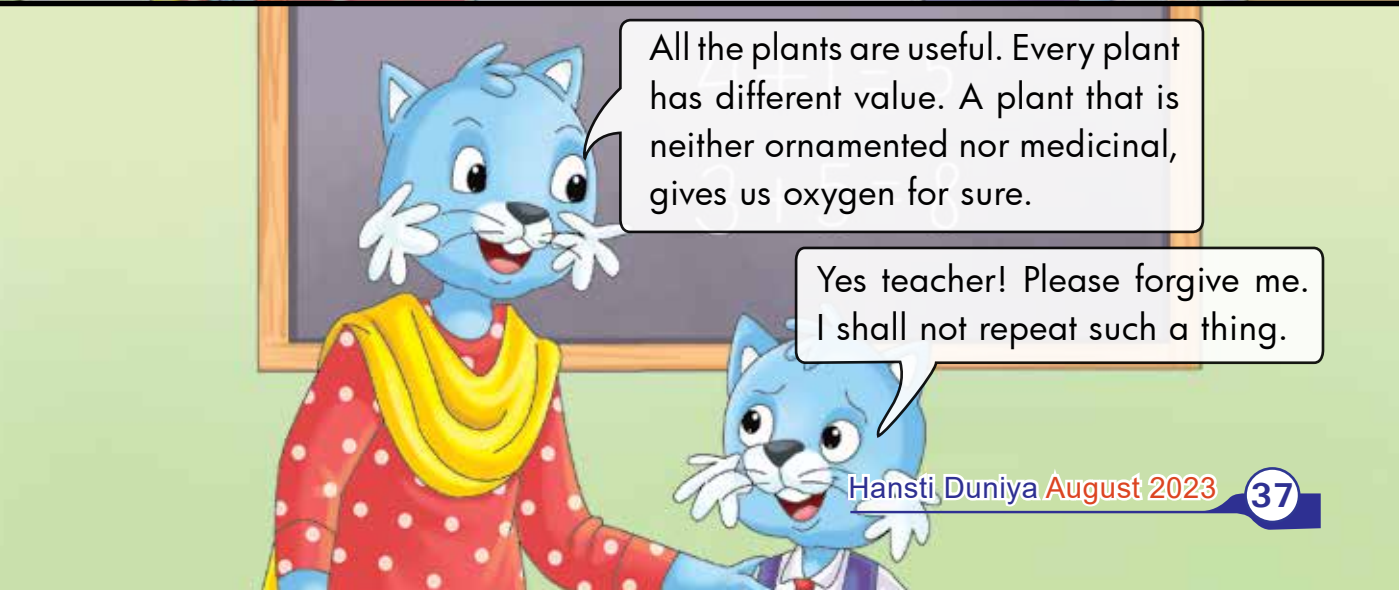
Chintu! Where is your plant?

Teacher! Kitty has destroyed my plant.



Kitty! Why did you do it?

My plant has medicinal value. It is the best. So I destroyed Chintu's plant.



All the plants are useful. Every plant has different value. A plant that is neither ornamented nor medicinal, gives us oxygen for sure.

Yes teacher! Please forgive me. I shall not repeat such a thing.



I TREAT, HE CURES

—R. K. Kapoor

One day a doctor was about to close his clinic in the evening. A family entered the clinic to show their child who was seriously ill. At the outset, the doctor refused to see the child, but on the persistent request of the family, the doctor agreed to examine the child. After thorough examination of the child, the doctor realised that he was really serious and was suffering from a deadly disease.

However, after examination he could decide the appropriate medicine. But unfortunately the appropriate medicine was not available in the clinic. The doctor was in a fix as to what to do. For the first time he prayed to God, and an idea struck him that since the child was serious and the family had come with a great hope and faith, some medicine had to be given to him. So the doctor by some guess work decided to give some medicine though he knew that he had not given the exact medicine. But then, there was no alternative. He thought of purchasing the appropriate medicine and asked the family to visit again the next day. The doctor purchased the appropriate medicine. The next day evening, the family came back with

the child. The doctor as a matter of routine asked the family as to how was the child feeling?

The doctor knew that he had not given the appropriate medicine but still as a matter of routine he asked the said question. The family told the doctor that medicine worked like a miracle and the child was 50 % cured. After many weeks, the child had a sound sleep. After hearing this the doctor was stunned. He knew that he had not given the appropriate medicine, but then how the child was better? Thereafter the doctor put a writing on the wall: "I TREAT, HE CURES".

The Doctor became a humble doctor and all his arrogance had gone. For the first time the doctor realised that he only gives the medicine but the cure is in the hands of Almighty God. The doctor thereafter became very humble and renowned. By and by, when other doctors new this miracle, they also used the axiom "I TREAT, HE CURES" and it continues with every physician till date. ❖



Love for Mother Land

—Roopnarayan Kabra

A painter from Japan visited Sarnath to sketch different episodes of Lord Buddha's life. He remained occupied the entire day sketching events of Lord Buddha's life on walls. At night he would cook some hotchpotch (khichdi) by mixing rice, pulses and potatoes.

One day a monk saw him mixing some rice grains from a box in the rest of the rice. He asked, "What is special about the rice grains in the box that you are mixing these with the rest of rice grains?"

The painter replied, "Brother! Rice grains in the box are from my motherland Japan. I mix these as a blessing of the motherland, I stay connected with my motherland this way." The monk was taken aback by the Japanese painter's love for his motherland. ❖



This story by

Yana Agarwal D/o Sh. Avtar Kishan Agarwal

A-26, Defence Colony Kamala Nagar, Jodhpur, Rajasthan
has been adjudged the best. Congrats to her.

There was a village called Sonpur. The village had rich sources of water. People of the village were proud of this. They would often waste a lot of water. They even scorned other villages for not having sufficient amount of water. They often kept the taps of water open. Once on a festival day they had a bath and let the taps remain open. They all left for enjoying the festivities without caring for the overflowing buckets and tubs. They were completely unaware of the fact that there would be no rain in the coming two years.

Water tanks were empty. There was no water to drink what to say of bathing. Cattle and birds started dying. There were chaos all around but what to do. There is no use crying over spilt milk. They had to bring water from ponds of nearby villages. Finally rain God forgave them and they had light showers. Now they pledged not to waste a single drop of water.

Moral : Every drop of water counts.

Every Drop Counts

Yashika and Ayushi were two sisters. They studied in a reputed school of Chandigarh. Their school was 5km away from their house. Yashika and her friends spilled the water left in their water bottles in the street. Many two wheelers slipped cover that and caused injury. One day their mother told them that the supply of water would be less therefore they must use it carefully. Yashika was stubborn and started wasting it. Ayushi closed the mains of water supply. In the evening when Yashika went to have a bath she started complaining that there was no water. After sometime Yashika took a pledge that she would not waste water. Now Yashika opened the water supply from mains and Yashika was relieved.

Moral : Save water save life.



This story by
Anshika Manocha D/o Sh. Shellender Manocha
493 Sector-8, Faridabad (Haryana)
has been adjudged the best. Congrats to her.



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, October 2023)

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RESULT FOR THE MONTH OF June 2023 ISSUE

Anshika Manocha

Age-12

H.No. 493, Sector-8
Faridabad
Haryana, 121006

Sahejpreet Singh

Age-08

Sant Krishi Udyog
Rawatra, Hanumangarh
(Raj.)

Simran Kaur

Age-12

D/o G.S. bhatti Advocate
New Judicial Complex
Hoshiarpur

CONSOLATION ENTERIES



Swara Vipul Solanki

(Hanuman Tekdi)

Yana Agrwal

(Jodhpur, Raj.)

Mivan Chalotra

(Jalandhar)

Kaavya Arora

(Delhi)

Ankita (Azamgarh)

Chunnu (Mumbai)

Roopa (Delhi)

Sonam (Kanpur)

Chirag (Noida)

Sonam (Kanpur)

Neetu (Dehradoon)

Neha (Dehradoon)

Colour it for August Issue

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

The result will appear in October 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

History of our National Flag

—Kamala Jain

On August 15 and January 26, our national flag is hoisted with great pride on all government and private buildings every year. The orange colour signifies sacrifice, white peace, nonviolence and love and green color represents valour, trust and greenery of the country. The wheel in the middle part signifies progress.

One hundred years ago Madam Bhikaji Cama had hoisted our flag in Berlin. It was very much similar to present flag. Her motive was to uproot British rule from India.

Sh. Lokmanya Gangadhar Tilak and Smt. Annie Besant created another flag during Home Rule Movement. The left side of this flag had the flag 'Union Jack' of England. Since this flag also had 'Union Jack' Mahatma Gandhi Ji directed Sh. Lala Hansraj Ji to create another flag. The flag created by Lal Hansraj Ji had two strips; red and green signifying Hindu Muslim unity. Gandhi Ji directed them to add a white strip signifying peace. That made it tricolor. A spinning wheel was included in the



white strip. This flag was hoisted in a convention of Congress in Ahmedabad on July 4, 1922. Since green and red colours were associated with religion, it met with great opposition.

A special committee was constituted for creating the national flag. Red colour was replaced by orange colour in the top most strip in the new flag. White colour was kept in the middle. The third green strip was the lowermost. Spinning wheel was replaced by the wheel of Dharma. This flag was hoisted on August 15, 1947 as a symbol of freedom. Later this flag was accepted as the national flag of free India. ❖



Laughing Time

A boy was sweating profusely. Instead of going inside the room he stood in the sun. Mother asked, "Why are you standing in the sun?" The boy said, "I am drying up my sweat."

Son : Papa! A man is asking for ten rupees for a long time.

Papa : Why is he asking for ten rupees?

Son : He says that he will give the ice cream only for ten rupees.

Police : (To Thief) why did you get involved in burglary?

Thief : I had all the reason for it.

Police : Explain

Thief : On the door it was written 'You are Welcome'



Politician : (to his associates) : We should never step back.

Politician : (Next day to his associate) Just step back a little. You are touching me.

Associate : No.

Politicians : why not?

Associate : The other day you said, "Never step back?"

Rat : (To the cat) Aunt tomorrow you have to come for a feast at my place.

Cat : My pleasure.

The cat came in the evening and said, "Hello! Here I am."

Rat : Wait! Let me hide myself.

Tenant : Does this roof always leak?

Land Lord : No! Only in rainy season.

—Anand Prakash



Beggar : Please give something to the blind beggar.

Passer by : I shall give you, but you will have to prove that you are blind.

Beggar : Sir! Can you see the white pigeon sitting on the roof of the red house?

Passer by : Yes.

Beggars : But I cannot see that pigeon.

A man reached a hotel for dinner.

Waiter : Sir the food served will be as good as home cooked.

Man : Then I better eat at home.

Doctor : Are you feeling somewhat better. I had given you medicine for boosting your memory.

Patients : No Sir! I just forget to take the medicine.

Teacher : Who were the involved parties in the battle of Khanva?

A student quickly stood up.

Teacher : Yes please!

Student : Sir I was not a party.

Mother : Son! Are you prepared for tomorrow's exam?

Son : Yes Mom. I have taken a pen, ironed the pants and shirt and polished my shoes.

Hotel Management gave an advertisement for recruiting a good cook. An application was as follows :

“Dear Sir, I am a good cooker. If you appoint me, I am sure I will be able to cook you. When I was working earlier in a hotel I cooked them all.”

—Gurvinder Singh (Indergarh)

Find 6 Differences



If you are able to find **6 differences in 5 minutes**, then you are a genius, otherwise you need to improve yourself.



Solution

The Foolish Monkey

—Aadi Katheria

A group of monkeys once lived in a forest at the edge of a village. Their leader was an old and very wise monkey. All the other monkeys respected and obeyed him.

Old monkey told the other young monkeys : Don't ever interfere with anything that humans do. It will only invite trouble.

One day the villagers decided to build a temple at the outskirts of their village. The monkeys saw them at work. But they obeyed their leader and kept away.

Villagers selected a place to build a temple and started their work. After a whole day's work, the villagers left their tools and building material at the site and went home for a good night's rest. They decided to start work early next day. Two young monkeys who were curious started playing at the temple site when they saw that the villagers had left. Monkeys decided to do what the humans were doing. An older monkey saw the young monkeys and called out to alarm them "Come back do not play there. It is dangerous."

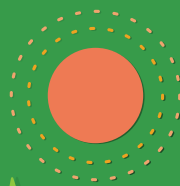


The monkeys obeyed. But one of the young monkey paid no heed. He continued to play at the site. He ignored all the others who kept calling him back. He thought that there was nothing wrong in playing here. They are just afraid.

Then the young monkey climbed on to a huge log of wood. The villagers had sawn half of it. To keep it from closing together, they had pushed a little wedge in between. He thought, "What is this piece of wood doing here?" The foolish monkey got in-between the sawn log and pulled out the wedge. Suddenly, the wedge came off and the huge log snapped together crushing the poor little monkey to death. His last words were Äaah! if only I had obeyed my elders.!

Moral : Obeying the elders will always have positive results ❖

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