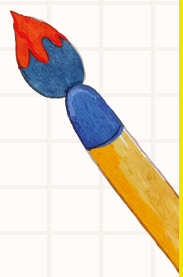
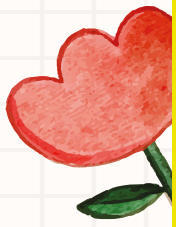
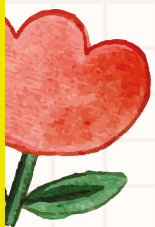
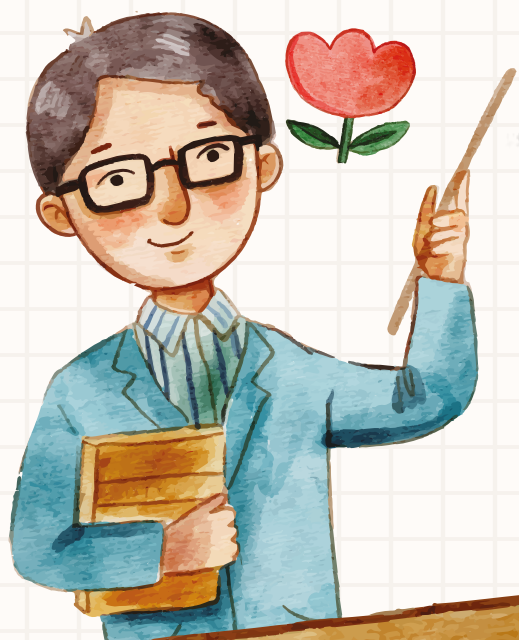


# Hansti Duniya





# Hansti Duniya

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## Editorial

# Knowledge vs. Conduct

Today students are celebrating Teachers Day: As the teacher entered the class, the students very enthusiastically wished him 'Teachers Day'. The teacher asked the students, "What is more important -knowledge or conduct?" Most of the students said that knowledge was more important while some spoke in favour of conduct. The teacher after listening to the students said that he was about to tell them a story.

Students were more than happy when they heard that they would be listening to a story.

The teacher started - Once a king asked his priest the same question as to what was more important -knowledge or conduct. The priest replied that he needed some time to answer that question. The same day he went to the king's treasure and took away some gold coins. The treasurer couldn't say anything to the priest because he knew that he was in very good books of the king. The priest continued to do this for some days. Finally the treasurer couldn't resist, so he told the truth to the king. Next day when the priest went to the court the king didn't give him the regular treatment of respect and regard rather asked him angrily, "Did you take away gold coins from our treasure?"

The priest replied in affirmative. The king abused the priest and said, "You already have enough. What makes you do this kind of thing? You had no concern for your self-respect?"

The priest said, "Sir! This is the answer to your question. You had asked me the importance of knowledge vs. conduct." Dear Friends! Priest had the same knowledge before and after stealing the gold coins. But knowledge without putting it to practice is irrelevant. If we are aware of the fact that taking something from someone's possession without his permission is wrong and we still do it, we are at fault. Sometimes our conduct is only for a show. We are not the same from inside out. But if we are given the same treatment we are hurt. Friends! Everyone wants due respect in society and neighbourhood. We want good behavior and respect from all. It is imperative that we also convey the message in a respectable manner to others. This way the fragrance of knowledge can spread around and affect the conduct of someone. We cannot demand respect but can get it through our conduct. Conduct is above knowledge, education, and wealth. We must become therefore a humble, good citizen. Only this way the society can change. We must know our responsibility and refine our conduct along with our knowledge and capability.

In the end many good wishes to you all on Teachers Day. We must gain positive things because knowledge is power and conduct is its expression.

— **Vimlesh Ahuja**



# SAMPURAN AVTAR BANI



## IK TU HI NIRANKAR 186

KEHNI BEHNI REHNI VICH JO VAKHO VAKH HO JANDE NE;  
DIL VICH VAIR VIRODH TE NAFRAT UPON PIAR JITANDE NE.  
JANANHAR PRABHU HAI JEHDA JANE SARE GAIBAN NOON;  
IS TON KIVEN LUKA SAKDA EY BANDA APNE AIBAN NOON.  
DUJE NOON JO KARE NASIHAT AP OH KARDA KAMM NAHIN.  
AAP KHUDI TON BACH NAHIN SAKDA CHHADADE KHEHDA JAMM NAHIN.  
JEHDE MAN WICH REHNDIA HAR DAM ANTARYAMI IH NIRANKAR;  
US DE SUCHE BOLAN NAL HI TAR SAKDA EY KULL SANSAR.  
JO VI KOI SANT JANAN DI MATHE DHOODI LANDA EY;  
KAHE AVTAR OHI NAR JAG TE SAGAL PADARATH PANDA EY

### THOU FORMLESS ONE 186

Those who are different in their words, life-style and deeds;  
And their hearts are full of enmity, hatred and dissent but overtly they pretend to love.  
God who is omniscient, knows about all that is concealed;  
How can one conceal his faults from Him?  
The one who does not act upon what he advises others;  
He cannot get rid of his ego and the angels of death do not spare him.  
The one in whose mind dwells this omniscient, the Formless One - Nirankar;  
Only by his pious words, the whole world can be redeemed.  
Whosoever applies the dust of the holy feet of the true Saint on his forehead;  
Avtar says, only that person gets everything in this world.

# THE POOR KING

— Chanderbhan

Once there was a king who was very kind. There was all around prosperity in his kingdom. He used to go around the kingdom to find out that all went fine with his subjects.

One day, he was having a round with his Associates. On the way he saw a cottage of a saint. On going into the cottage, he noted that the saint had nothing to eat. Nor had he any clothes to wear or anything to rest on.

When he returned to his palace, the king thought to himself, "How unfit a king I am? There lives such a poor saint in my kingdom."

He at once called his helpers and gave them ten thousand gold coins and said "Go and give these coins to that saint."

The helpers went to the saint and asked him to accept the coins. But the saint replied —I don't need these coins. Go and give these coins to some poor fellow. The servants took it to mean that perhaps the coins were insufficient. They went back to the king and told him the whole story.

The king gave his servants twenty five thousand golden coins and asked them to take to the saint.

The helpers again requested the saint to accept the coins. But the saint's reply was the same.

They again took it to mean that the amount was still insufficient. They went back to the king and apprised him of the position.

This time, the king gave the servants one lac gold coins for the saint.

They again appeared before the saint and requested him to accept the coins. But this time too the helpers returned with the same answer.

The king was astonished to hear the reply of the saint. Then he took twenty five lac coins and himself went to the saint. The saint said: "O king! I have several times asked to give these coins to some poor fellow."

"I don't see anyone poorer than you in my kingdom," the king replied.

The saint replied, "I am not poor; I am king of kings."

"Where are your armed forces?? the king enquired. "I don't have any



enemy in the whole world. Then, why shall I need any army?" replied the saint.

"I agree that you have no enemy. but you don't even have the finance to run the nation," the king said.

The saint said, "O king! I have Tgot such a chemical with which I can turn even the mountain into gold. It is with this gold that I accomplish the affairs of my nation.

The king was sure that the saint did have some chemical as stated... Else, who would abandon such a huge amount of money?

It was evening. The king left the saint's cottage and returned to his palace. After taking his meals, he went to his bed room. It was now almost midnight. He thought to himself to go to the saint and make a considerable amount of gold with the chemical the saint had. With this thought in mind, he left saint's cottage. On reaching the cottage he knocked at the door.

"Who is it?" the saint enquired.

"Your king, O lord!" the king replied.

The saint enquired the cause of his visit. The king said, "I have come to get some 10-20 Monds of gold made



with the chemical you have. Kindly do make it."

"Now tell me O'King whether you are poor or me," the saint asked the king. "Of course it is me" the king said.

"Alright O'king. you come to me daily. I'll definitely make gold for you," the saint replied.

The king agreed to the proposal of the saint and started going to the saint regularly.

The saint revealed to the king the complete knowledge of soul and supreme soul, and the nature. The king was now all purified from within. It was now almost one year that the king had been following the saint's dictates. The saint confirmed with his insight that the king had now no temptation left within.

One day, the saint said to the king, "O'king! today I'll make gold for you, so tell me how much you want."

The king replied, "O saint, my lord master, the gold you wanted to make of me has been already made. Once, man gets knowledge of self, he has no temptation for worldly materials. ❖

## What to Keep in Mind while Starting a Herb Garden

— Sunil Nagpal

- ❖ There's nothing like growing veggies at home and having them fresh. And since herbs are the easiest and quickest to grow, here are a few tips you could keep in mind when starting a herb garden.
- ❖ Make sure to buy herbs from a nursery, not the ones you get in the markets, as they'll have a hard time growing if you plant them outside.
- ❖ If you have a smaller space, then consider growing parsley, oregano and basil. They can grow in pots and window boxes too.
- ❖ Know that it is important to find herbs a sunny spot and well-drained soil for proper growth.
- ❖ Make sure that your planters have sufficient drainage holes.
- ❖ Herbs like mint and horse radish grow and spread rapidly. So it is better to keep them in segmented containers or individual pots.



## The Heavy Price of Cheating

—Deepanshu Jain

A farmer named Ramdhan lived in a village of Rajasthan. He was simple minded but wise. Nobody could cheat him. His village had shortage of water. There was not even a well. People had to carry pitchers of water from faraway places.

Ramdhan's father was gullible. He would often listen to other people and quarrel with him. Once he had a fight with his son and went away. He did not return for many weeks. Ramdhan got worried. He decided to search for him and bring him home. It was winter season so he took four blankets with him and left in search of his father. He strayed very far. There was a green

village. The village was located at the bank of a perennial river. Therefore it had a well full of water. Bullocks were moving a waterwheel. Water from the drums of water wheel were irrigating the fields of a farmer. Three of his friends were gossiping near the water wheel.

Ramdhan was surprised at the sight. He had never seen a water wheel before. He touched water to ensure that it was real, washed his hands and felt relaxed.

Ramdhan said to the farmer that his well was wonderful. But he was unable to understand as to who was filling drums of water and bringing them up.

That person was tireless. The farmer said, "Your father is filling the drums and we are irrigating the fields."

Ramdhan said, "Oh! My father is here. He is filling water in this biting cold. He must be feeling cold."

Farmer started laughing. His friends also started laughing. He said to Ramdhan, "Of course he must be feeling cold. If you are worried about your father, give me the blankets. I shall give these to him."

His friends said, "Yes he is right give the blankets to him."

Ramdhan became thoughtful. He said, "You are right. Take the blanket, and give these to him. Please pay my regards to him. I shall meet him sometimes later." He gave the blankets to the farmer.

Ramdhan went away. The farmer and his friends laughed at Ramdhan's foolishness.

The friends said, "Now we can share these blanket."

The farmer was greedy. He said, "I deserve the blankets. I have befooled him."

The friends got upset with the farmer and described the happening to everyone in the village.

Months passed. Wheat crop was ripe. The farmer was busy harvesting

it. One day suddenly Ramdhan came there.

The farmer recognised him. He laughed and said, "Yes Brother! What brings you here? Your father is fine here. He is sleeping in the well. He has covered himself with blankets."

Ramdhan replied with an innocent face, "Brother! I don't have to give anything this time. I want my share of crop and also my father."

The farmer looked at him amazed and said, "Share from crop? What?"

Ramdhan continued in that innocent tone and said, "My father filled buckets of water in biting cold. You had mentioned it yourself. I am therefore a shareholder for this crop."

The farmer was not an easy nut to crack. He started abusing Ramdhan. Ramdhan complained against him to the village council.

His friends also wanted to punish him for his dishonesty. They remembered the four blankets and his greed.

The Council listened to Ramdhan and said, "The farmer was kidding. Can anyone do that kind of work?"

Ramdhan said, "It's beyond me. I am innocent village person. My village doesn't have these kind of wells. I had never seen a water wheel. The farmer shouldn't have greedily taken away





the blankets from me. I trusted him and gave the blankets to him. Kindly do justice."

The members of council called for farmer's friends because they were witnesses. They immediately said, "Ramdhan is right. The farmer dishonestly took away his blanket."

The members of council announced the Judgement. The farmer deceived Ramdhan. He will have to give half of the harvest to him. He must also search Ramdhan's father. The farmer was feeling pathetic. He couldn't

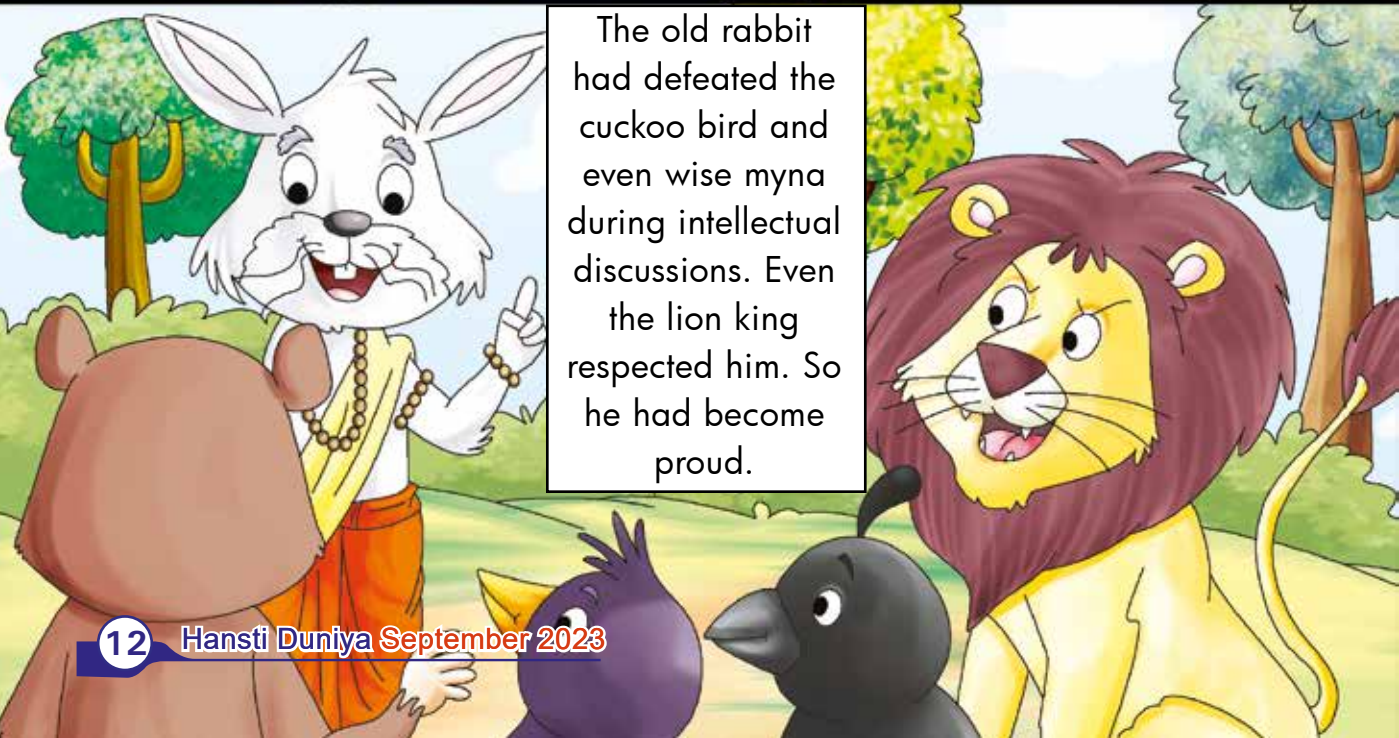
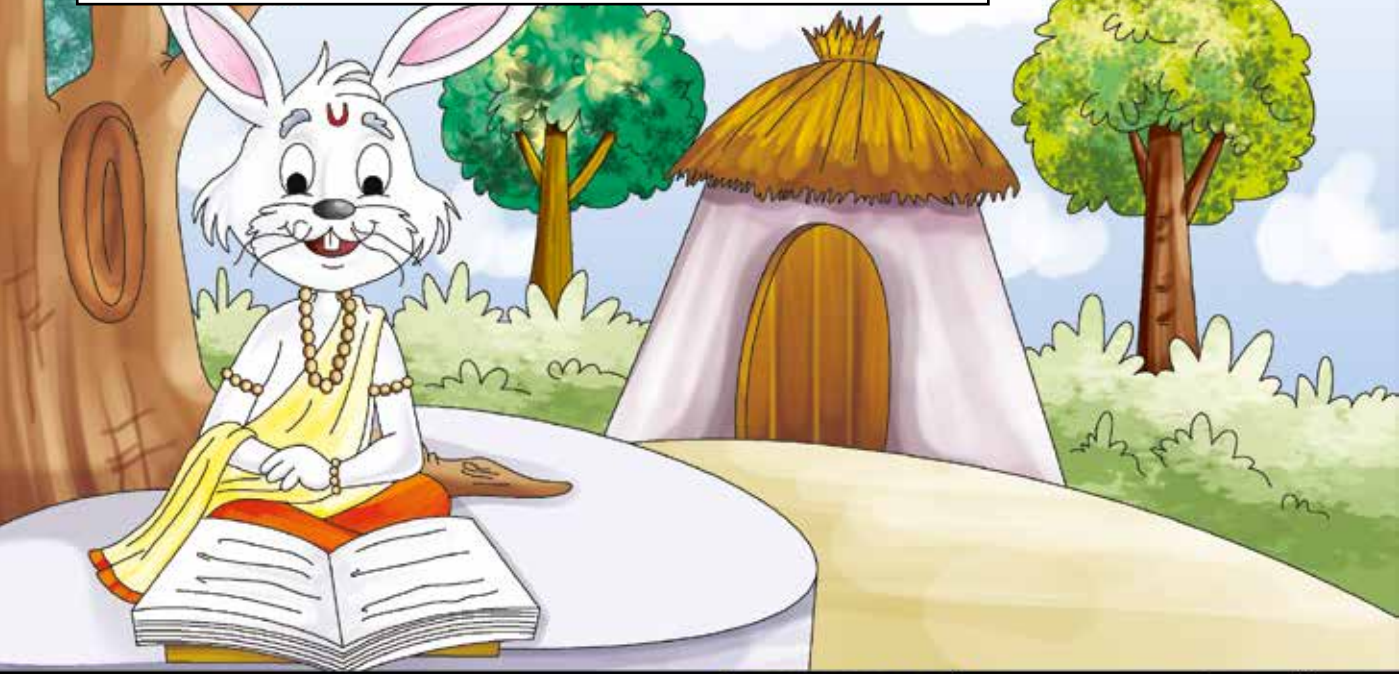
argue against the villagers but he had no clue as to where Ramdhan's father was. He said to Ramdhan, "Brother! I have given you half the harvest. Forgive me. How can I search for your father? I have never seen him. I can give you penalty."

Ramdhan started laughing. He said, "You tried to be clever but lost the game finally. I forgive you. My father is already back home. But remember don't cheat in future! Otherwise you will also have to pay penalty." After this he went back home. ❖

# GRANDPA

Story & Illustration  
—Ajay Kalra

Long time ago, an old rabbit lived in Sundervan. He was educated and a scholar. All the animals and birds of the jungle respected him for his wisdom and knowledge.



The old rabbit had defeated the cuckoo bird and even wise myna during intellectual discussions. Even the lion king respected him. So he had become proud.





Once the rabbit was going somewhere, when he saw a tree loaded with black plums. His mouth started watering.

He saw a flock of parrots enjoying the black plums on the tree.

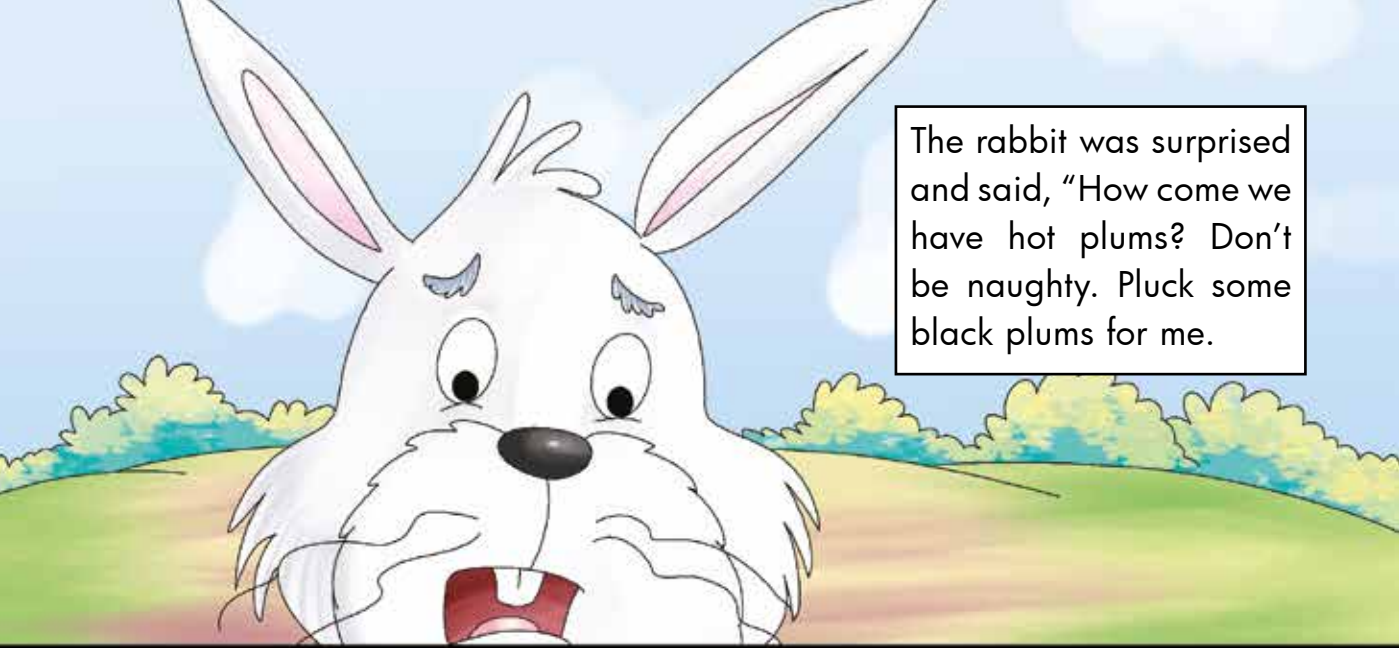


Dear grand children! Can you drop off some black plums for me also?

One of the parrots Mitthu was very naughty and mischievous.

Grandfather! Do you want to eat hot ones or cold black plums?





The rabbit was surprised and said, "How come we have hot plums? Don't be naughty. Pluck some black plums for me."



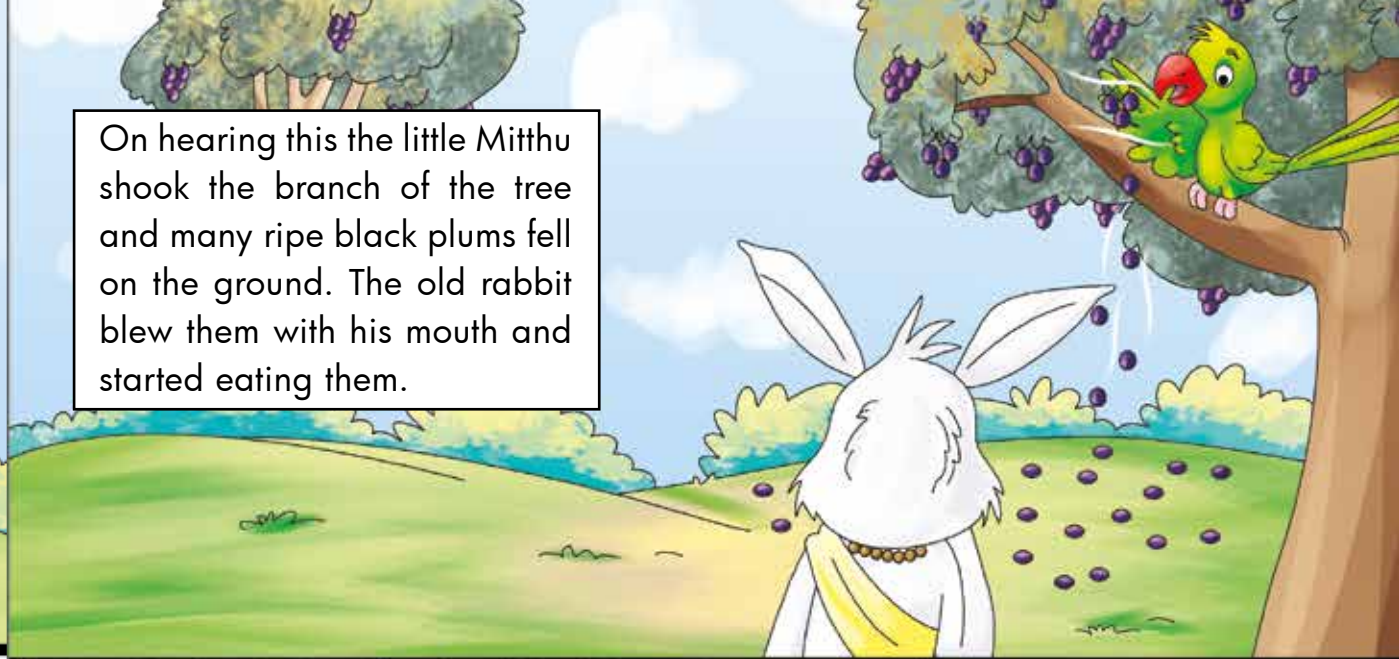
Oh grandfather! You are a scholar, but do not know that we do have hot and cold both kind of plums. How can we give you these unless you tell us which ones do you want.




The old rabbit couldn't see through their mischief but wanted to know the reality.

Ok! Give me hot ones. I have eaten cold ones before too.







On hearing this the little Mitthu shook the branch of the tree and many ripe black plums fell on the ground. The old rabbit blew them with his mouth and started eating them.



Oh! These are ordinary cold ones.



What! Are they cold? Why are you blowing them? We only blow the hot things.



When the old rabbit understood the parrot's mischief he felt ashamed and understood, 'Pride hath a fall'.

# Bharat Ratna Award



The Bharat Ratna was instituted as an award by the first President, Rajendra Prasad, in 1954. Eminent physicist CV Raman, Dr. S Radhakrishnan and C Rajagopalachari, the last Governor-general of India, and the only Indian to hold that post, became the first recipients that year. It is the highest civilian award in the country and has so far been conferred on 41 people.

## What exactly does the award consist of?

It is a peepal leaf inscribed with an image of the sun and the words "Bharat Ratna" in the Devanagari script on one side and the national emblem and motto "Satyameva Jayate" on

the other side. In the official "order of precedence", Bharat Ratna awardees are placed in the same category as former PMs, current cabinet ministers, the current leader of the opposition in both Houses of Parliament, CMs and the deputy chairman of the planning commission.

## For what is the award given?

The award is given for 'exceptional service towards advancement of art, literature and science and in recognition of public service of the highest order'. The way this has been interpreted has in practice meant that the vast majority of the 41 recipients so far have been politicians. Since there is nothing



which specifies that the award must only be given to Indian citizens, it has been awarded to Khan Abdul Ghaffar Khan and to Nelson Mandela as well as to Mother Teresa, who was a naturalised citizen.

**What is the periodicity of the award?**

There is no fixed periodicity. There have been years in which more than one person has received the award and others in which nobody has got it. The last person to get the award was, in fact, Bhimsen Joshi in 2008. Between July 1977 and January 1980, when the Janta Party government was in office, it had suspended the award.

**Has anybody refused the award?**

Yes, Maulana Abul Kalam Azad was offered the award but declined on the grounds that those who had been on the selection panel should not be given it. However, the Bharat Ratna was ultimately conferred on him posthumously in 1992. This apart, the award given to Netaji S C Bose, also in 1992, had to be withdrawn after a PIL in the SC challenged the posthumous nature of the award saying the selection committee could not prove that Netaji was dead. ❖

Compiled by : Hariom Sharma



# Smile

— Tavneet Kaur

Smile is precious  
Smile is everlasting  
Smile is our Life

Smile, be happy and  
Make others happy.

It is better to smile,  
Than to frown.  
Smile, and the world will  
smile with you,  
Cry, and you cry alone.

Smile makes your face glow.  
Smile makes you look more  
beautiful .  
Smile And Be Happy.



# Who is Most Poisonous?

—Renu Saini

A king Veersingh ruled Veernagar. He was kind and just. People were happy and joyful there. His advisor Sampat Singh had become old and therefore couldn't work as efficiently. One day Sampat Singh said, "Sir! I have become old so cannot work efficiently. Kindly find out a new advisor."

Veer singh said, "No way! We cannot have an advisor other than you."

Sampat Singh said, "Sir new advisor shall be with me for some time. I shall teach him all he needs from my experience". Veersingh liked Sampat Singh's idea. He announced that he was looking for an advisor.

A large number of young men from far and wide gather in the palace. Veersingh said, "How will you test young men?" Sampat Singh said, "Sir

I shall ask one question, that can only be answered by a wise, honest and scholarly person.

All the young men came to the court on the scheduled day. Sampat Singh welcomed all the visitors and said, "I shall ask just one question from all of you. Who so ever would answer it correctly shall be chosen as the king's advisor. When the vistor's heard that they were expected to answer one question only, they became happy. Answering Just one question was not a big deal.

Sampat Singh said, "Oh wise men! Kindly tell who is the most poisonous creature whose bile is sharpest?"

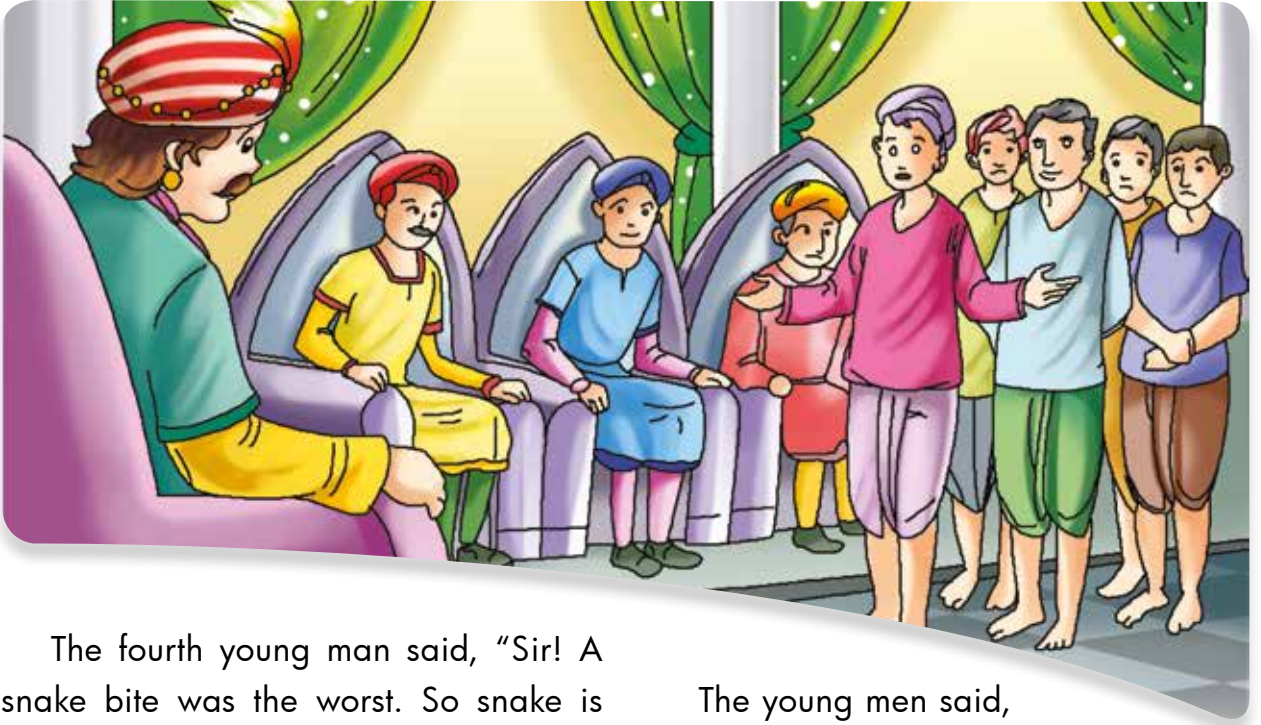
Every one started thinking of an answer. A young man said the sharpest sting is that of a wasp. The sting of a wasp is so sharp that one cries with pain

when it bites. Sampat Singh did not react to his answer.

Another young man said that he considered a honey bee with a sharpest sting.

The Third one said that sting of a scorpion was sharpest.





The fourth young man said, "Sir! A snake bite was the worst. So snake is the right answer." In this manner all the young men answered according to their understanding. But Sampat Singh was not satisfied with any of the answers.

Only one young man had not answered yet. He looked very simple from his dress, but looked confident. Sampat Singh looked at him and said, "You have still not answered the question. Do you want to say something?"

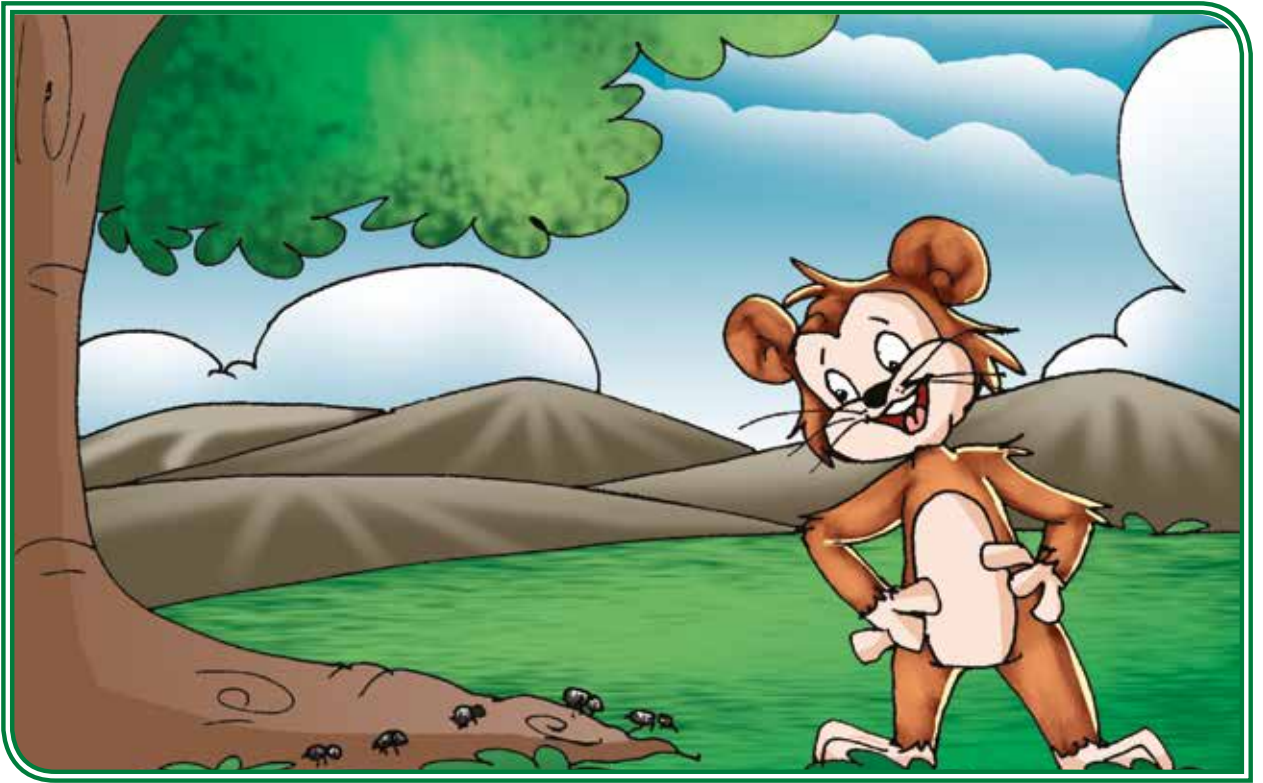
When he heard Sampat Singh he said, "I think there are two creatures who are the most poisonous? One is a defamer (who speaks ill of somebody at his back) and second is a sycophant.

The king was perplexed. Everyone looked at the young man and asked him to explain the answer as to how were they poisonous.

The young men said, "The mind of a defamer is full of poison that defames someone. His speech hurts the most. Sampat Singh was very much satisfied with his explanation. The young man further said, "A sycophant has sweet poison in his speech. He describes the vices of a man in such a manner that he starts considering himself a virtuous man and pride and ego overpower him. The speech of a sycophant destroys the understanding power of a person. So a defamer and sycophant are the most poisonous and capable of destroying a person completely."

The king as well as all the courtiers were completely satisfied with the answers given by the young man.

Sampat Singh said, "Sir! Here is your new and wise advisor." ❖



## ***Evolution of Man***

— Shivcharan Mantri

**T**here lived a small monkey named, Bunty. Bunty was naughty and mischievous. He did not like to sit quietly. He enjoyed jumping from one tree to another.

It was a winter after noon. Bunty was sitting on a branch of tree scratching his body. Suddenly he looked at the root of the tree. He saw a row of ants. The ants were moving in a disciplined manner with something in their mouth. They were moving slowly in a particular direction.

Bunty was surprised looking at this adventure of ants. He wanted to satisfy his curiosity. He got down from the tree and went to the ants. He asked one of the ants, "Sister! What is there in your mouth? Where are you going?"

The ant slipped away from the line and said softly, "Brother I have food in my mouth and we are going towards the hill (House of ants is anthill)."

Why do you take the food to your house ?



Queen ant, our children and many other ants are there. We take food for them. We also store food for rain, storm, natural calamities and other difficult times.

How do you move in a disciplined manner?

Our body oozes out a particular kind of smell. So we can move in a line in disciplined manner. The ant said this and moved ahead. Bunty started lazing around on the branch of another tree.

He suddenly saw a squirrel. She was carrying a peanut kernel in its mouth. She was moving very fast in a particular direction. Bunty got down



from the tree and went to the squirrel. He stopped the squirrel and said, "Sister! Where are you going with this kernel of peanut in your mouth?"

I am going to my house in the hollow of this tree.

Why? Bunty asked surprisingly.



My Little children are there in the hollow. I gather these kernels to feed them. I also collect eatables for difficult times or unfavourable weather.

The squirrel moved quickly towards the hollow before Bunty could ask another question. Bunty went back to the branch of the tree.

While sitting on the tree he suddenly saw a plant laden with flowers. He saw a honey bee hovering around the flowers. He quickly reached the bee and said, "Sister! Why are you sitting time and again on these flowers? Where do you go after smelling them? Why are you troubling these flowers?"

I gather juice from these flowers without troubling them and collect it in

my home and make honey from this.

Oh! You also gather food like ants and squirrels.

Yes you are right. I also collect food like ants, squirrels and many other animals so that we don't have to starve during adverse times. She invited Bunty to visit her home for a treat of honey and flew away.

It was evening. Bunty came to his mother. Mother was resting on the branch of a banyan tree. Mother spoke to Bunty for a while when Bunty asked, "Mother! An ant is so small but has a home. Squirrel also lives in the hollow of a tree. Why don't we have a house for collecting food for adverse times?"

Bunty's mother laughed and said,

"These branches of trees are our home. We don't have any other home for gathering food. We have been living on these trees and shall continue to live here for ever. But I have heard that the species of monkeys that learnt to make a house like other animals evolved as human beings." The mother then jumped over to another branch of a tree. ❖





— Rajat Kapoor

'Teachers' what are their features ?  
 Are they some kind of leaders  
 who stand on our head  
 with a stick in their hand  
 to check our work  
 and that we always shirk.  
 But no this is not so  
 teachers are there for us to know  
 what is right and what is wrong  
 and telling us always  
 that we are strong.  
 Whenever we feel depressed  
 they tell us 'don't take stress'  
 Keeping their hand on our head  
 inspiring us to become the best  
 And whenever we are tired  
 of working hard

' life is long journey  
 don't stop', they tell us  
 go on don't create fuss  
 And to them only do we trust  
 because they are beyond God  
 improving even those who are bored  
 They and they alone can see  
 the beauty in our minds  
 we want to take everything easy,  
 they are kind.  
 The weakest of children,  
 can reach the top  
 if teachers motivation,  
 they have got.  
 Never under estimate them  
 They can grow you  
 from stone to gem.





# Children With Clear Heart

— Roopnarayan Kabra

Seema kept the cage on the table and started talking to her lovely parrot Romi.

Romi, how do you feel in the cage ?

Seema, how would you feel locked in a room ?

Very bad. I will weep, shout. But you don't weep, Romi.

Who sees our tears. Neither we can express our happiness by laughing or smiling nor our sadness by weeping.

-We, love you so much, provide you food- drinks, even then you are sad.

Seema Rani, who doesn't like freedom. It's true that your warmth gives solace, but that free flying under the blue sky, enjoying the company of our fellow beings, visiting different states, relishing different fruits - your hospitality is zero in front of that free life.

And what about my love ?

Why only human - animals desire love. I am alive out of your love only, otherwise I would have died long ago to free myself from this bonded life.



Do you find any trouble here other than your freedom ? If you truly ask, perhaps I have lost my freedom.

Possibly, I will not be able to fly that much now. My friends may also not accept me now. I am afraid, I may fall victim to the falcons. I am at least safe here. But my grief is somewhat different now.

What is that, Romi ? Please don't take it otherwise, Seema. When I listened to your father talking about using unfair means in exams and offering bribe. I felt uneasy then. Yesterday only, your father was telling the teacher, "See that Shaillu clears the examination, I will get you a suit of clothes." My grief just doubled when I found the teacher also accepting the proposal. What will be the future of the nation, when a guide or the builder of the great nation starts misguiding.

Romi, you also have to care of your nation.

Why not. I too take food of this earth and breathe in this very air.

Romi, you are right. Whatever is going on at my place, I shall oppose it. Will you support me? You will protest, but how?

With peaceful weapons of Bapu (Mahatma Gandhi)- Satyagrah and hunger-strike.

The father had heard the entire conversation standing behind. He came and kissed Seema in appreciation. Seema and Romi, your dialogue has opened my eyes today, I had just gone blind in selfishness and greed. ❖

## I Have Seen God



— H.S. Nirman

I have seen God, yes,  
seen God;  
And shall never die.  
I am happy, very happy;  
You ask how and why.

Neither through any  
worship, nor through  
any search;  
Rather these efforts  
had left me in the lurch.

Did not pay anything,  
Yet God did I buy.  
I am happy,  
very happy...

With the grace of Nirankari,  
My Satguru of the day  
I entered the kingdom of  
heaven by the way—.

In a twinkling of an eye,  
He gave me third eye  
I am happy,  
Very happy ...

# The Rose Bud

— Priya Tandon

A young boy wanted to learn music. He had a good voice and he wanted to train to become an Indian classical singer. He visited a renowned music teacher and expressed his desire to him. The teacher conducted a preliminary test on him to gauge his talent and decided to give him a try. The boy asked, "Guruji, how much time would I need to train under your guidance, how soon can I become a singer?"

The teacher said, "Well, that depends upon how much work you are able to put into it. But one thing you can be sure of, its not going to be a short time, because singing is about learning

more and more each day, even as long as you live." The boy smiled inwardly and thought, "I'll soon learn everything there is to learn. I am determined." A few months later, the boy asked the same question, "Guruji, how much time...?"

The teacher said," Do you see that rose bud on the bush outside. the number of days it takes to unfold its petals to become a full grown flower, that's the number of years you'll take to learn."

That evening, the boy went and squatted near the bush. Slowly and carefully he tried to open up the petals of the rose bud to make it look like a



## WE ARE ALL HUMAN BEINGS

— Bhupinder Singh 'Dilvar'

We are all human beings,  
Let us all live in peace,  
Life is but a gift of God,  
Let us remember the Lord,  
Love everyone,  
Let us love everyone

Body, mind and the soul,  
Are a part of the whole,  
Omnipresent everywhere,  
See the Lord, here and there,  
Love everyone .....

Shed the barriers of caste,  
Humanity is so vast,  
Unity is the key word,  
To a happy pleasant world,  
Love everyone .....

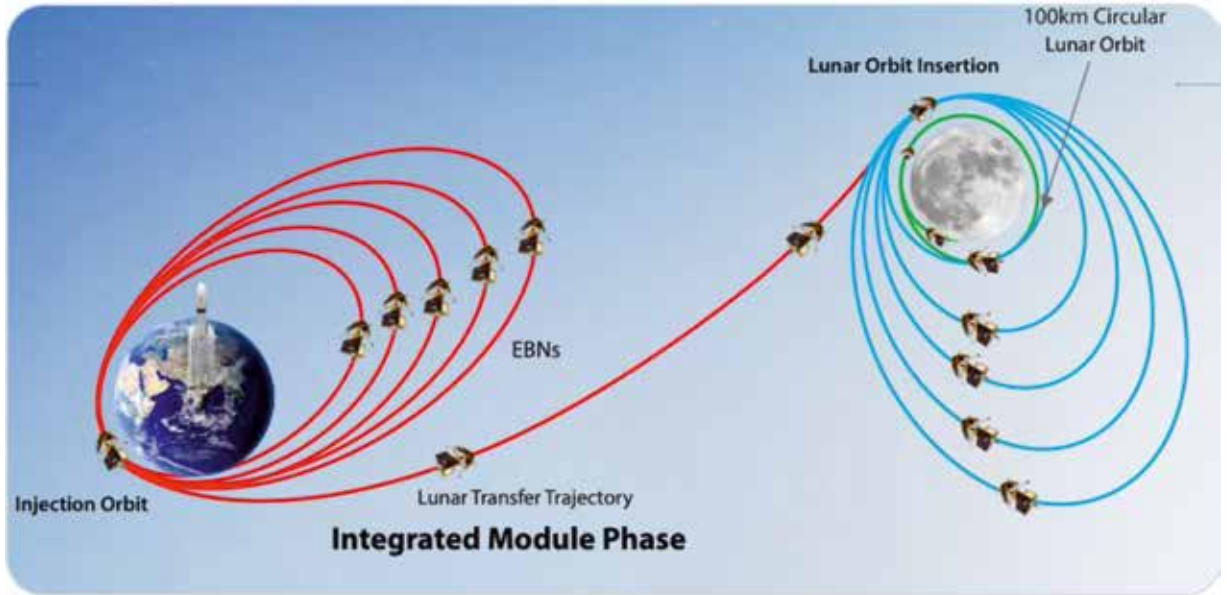
Like the stars that always shine  
Make our life so pure divine,  
Hardev Lord, bless us all,  
Rich and poor, big and small,  
Love everyone .....

flower. However, hard he tried, some of the petals got torn and mutilated; others fell off. The inner most that were just beginning to form; got crushed into the stamen. the next morning the teacher saw the plight of the rose bud and understood what had happened. He called the boy and said, "Look son, this bud, it seems, was in a hurry to bloom from a bud into a flower overnight. It seems to have outdone its potential to grow. Just look at the state of its petals; it shall never become a perfect rose flower now. Hurry has now become a cause for worry. Had the bud grown naturally it would have been beautiful at each stage of its life. It would have spread fragrance all around and its beauty would have lent splendors to our garden. But, perhaps the bud was in too much of a hurry.."

By now, the boy was in tears. He wept, "Guruji, it's not the bud's fault. I pried it open. I am the cause of its present state. I have made a mistake. I cannot give back its babyhood to the bud, but I promise to let you shape me as you wish. Please unfold me petal by petal at your own pace and will."

Moral: The system of education which teaches culture and helps the culture to permeate and purify the learning that is gathered is the best and most fruitful. ❖





## ***Magnificent India -Chandrayaan- 3*** **" This is the work of a generation of ISRO scientists."** **ISRO Chairman S Somnath**

(ISRO — Indian Space Research Organization) A new chapter was added in India's history raising the dreams and wishes of every Indian with the safe landing of Chandrayaan-3 at the surface of moon's south pole on August 23, 2023 at 18:04 IST.

Chandrayan 3 is a space vehicle launched by India on July 14, 2023. The vehicle consisted of three parts: Lander, Rover and Propulsion module.

**Propulsion module:** Propulsion module is a component or system in a vehicle or spacecraft designed specially for providing the necessary thrust or propulsion to propel the vehicle forward

or take it in the desired direction in space (LMV3- Launch Vehicle Mark-3).

**Lander :** Lander was named 'Vikram' symbolising courage and named after Dr Vikram Sarabhai who is recognised as the father of Indian space programs. Lander is a spacecraft that lands softly and then stays there and does all other functions which it has to do.

**Rover named 'Pragyan'** meaning wisdom in Sanskrit. Pragyan is designed to obtain important data from Moon's surface.

Chandrayan 3 was launched on July 14 with the help of propulsion module ( LMV3) at Sriharkota.

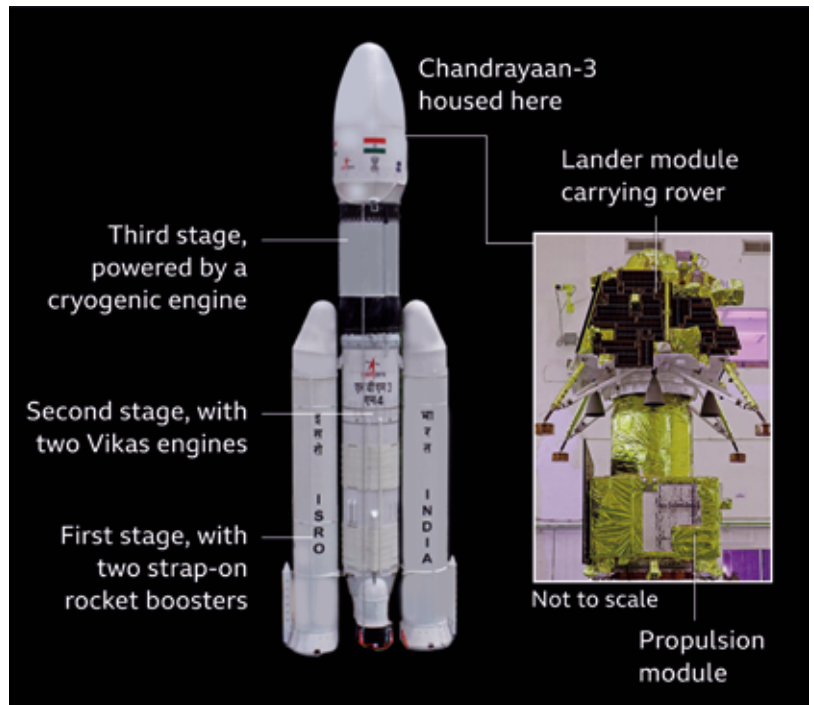
On August 5, 2023 it got inserted in the orbit.

On August 17 the Lander and Rover successfully detached from the propulsion module.

After a duration of 41 days the journey ended at 18:04 on 23rd August 2023. It landed softly at the south pole of moon. (Softly-controlled landing during which no damage happens because of mountainous

south pole of moon) Choosing south pole of moon for landing is interesting because in 2009 the Chandrayaan-1 carried an instrument which made the discovery of water and ice at south pole of moon craters which can support human life.

After a few hours of landing panels on one side of 'Vikram' opened to enable 'Pragyan' to slide down to the surface of moon. It then rolled down and started noting down important data. Coincidentally the landing of Chandrayaan-3 and beginning of day on moon happened simultaneously with the start of day on the moon. So Lander and Rover will have 14 days of sunlight to charge their batteries. Over



the next 14 days equivalent to one day of moon 'Pragyan' will carry out experiments. It can communicate only with 'Lander' that will send information to Chandrayaan-2 orbiter that will pass it on to earth.

The first most important objective of Chandrayaan-3 was safe landing on the surface of moon. Safe landing was a victory of technology and dedication of scientists working at ISRO. It also aims to conduct experiments on the moon to know the elements present there.

Chandrayaan-3 is not designed for a return journey to earth. After the exploration the equipment will stay there for ever. ❖



## Rameshbabu Praggnanandha

'Magnus Carlson is the genius of this game but Praggnanandha is the rising star'

Rameshbabu Praggnanandha who has won silver medal in the World Chess Championship intends to win the World Chess Championship.

R. Praggnanandha who won the second position winning a silver medal was born on August 10, 2005 in Chennai. His father Ramesh Babu works as a branch manager at TNSC bank while his mother Nagalaxmi is a home maker who goes along with her son during the tournaments. His sister Vaishali is also a champion in chess.

Since he started taking too much interest in chess from the age of 3 his Academics took a back seat. But he is known to be a good student who takes keen interest in physical activities too. His IQ is estimated to be 180 which is considered to be a genius level.

In the year 2013 he won the under 8 title to become a FIDE Master. (FIDE-World Chess Federation, it acts as the governing body of international chess competitions). The titles are in the order-FIDE Master International Master Grandmaster.

At the age of 10 he became the International Master, youngest at that time.

When he was 12 he became Grandmaster. Grandmaster is the highest title a player can attain. Once achieved the title is held for life.

On February 22 at the age of 16 he was the youngest to defeat the world champion Magnus Carlson. He became the third Indian player to win against Magnus Carlson.

At age of 18 he was the youngest player to reach the chess world cup final. The two games ended in a draw. The match became a tie. The first tie break match was won by Carlson while the second one became a draw. Thus Praggnanandha became a runner up.

Despite success he is a simple boy who belongs to a grounded family. They eat normal south Indian food together when ever they have the opportunity of being together. Victory is celebrated by visiting temple and grandmother's home. His parents consider his success to be a blessing of God. ❖

Compiled by- Asha Kapoor





The red panda (*Ailurus fulgens*), also known as the lesser panda, is a small mammal native to the eastern Himalayas and southwestern China. Almost 50% of the red panda's habitat is in the Eastern Himalayas. The red panda is slightly larger than a domestic cat with a bear-like body and thick russet fur. It has dense reddish-brown fur with a black belly and legs, white-lined ears, a mostly white muzzle and a ringed tail. They use their long, bushy tails for balance and to cover themselves in winter, presumably for warmth. It is well adapted to climbing due to its flexible joints and curved semi-retractile claws. It possesses elongated wrist bones or "false thumbs" used for grasping bamboo.

The red panda inhabits coniferous forests as well as temperate broadleaf and mixed forests, favouring steep slopes with dense bamboo cover close to water sources. It is solitary and largely arboreal. It feeds mainly on bamboo shoots and leaves, but also on fruits and blossoms. The females give birth to litters of up to four cubs.

It is threatened by poaching as well as destruction and fragmentation of habitat due to deforestation. The species has been listed as endangered on the IUCN Red List since 2015. It is protected in all range countries. Community based conservation programmes have been initiated in Nepal, Bhutan and

northeastern India; in China, it benefits from nature conservation projects. Regional captive breeding programmes for the red panda have been established in zoos around the world. Each year international Red Panda day is celebrated in the month of September to spread awareness and protect the species.

Every year the northeastern state of Sikkim hosts the Red Panda Festival. The winter event features parades, live music and draws tourists and locals alike. It's a joyful celebration named for Sikkim's iconic state animal. In Sikkim, an area of 1341 km<sup>2</sup> is allocated as a native habitat for the red pandas and it was found that more than 60% of this place lies on the outskirts of the protected area network. While residents

of Sikkim honour the endangered red panda, they also understand the species is under a growing threat. Climate change is impacting species across the globe and red pandas—with less than 10,000 left in the wild—are not immune. Average temperatures are rising. Within its forests, the red panda occupies habitat within a very narrow temperature range. As temperatures rise, the red panda will need to move to higher elevations to adapt to the changing climate. Human activities are taking a toll on local forests. And unless these forests are secured, red pandas may have an uncertain future in a changing climate. Therefore, it is important to conserve these fuzzy animals as they are an essential part of our ecosystem. ❖

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## *Presence of Saints*

— Praveen

**F**rom the fragrance around, we realise that there is garden nearby, where the flowers are blooming. From the light we find there is the sun. Likewise, from the fragrance of saints, from their humility, love, affection and sense of brotherhood people feel their presence and enjoy the bliss.

One cannot be called a saint, merely by his saffron robes. In fact, only his actions and behaviour can put him in the category of saints. ❖



# Quiz

— Sandhaya Sharma



- Q 1. Since which year India has been celebrating Teachers Day?
- Q 2. Whose birthday falls on Teachers Day ?
- Q 3. Who became the second President of India ?
- Q 4. Which award did Dr. Radhakrishnan get in 1954?
- Q 5. Who was the first lady teacher in India?
- Q 6. Who was the first Education Minister of India?
- Q 7. Who is current Education Minister of India (2023) ?
- Q 8. Who said this- Educating The mind without educating the heart is no education at all ?
- Q 9. The term education is derived from which language?
- Q 10. Who is the father of GK ?

## Answers

1. 1962
2. Dr. Radhakrishnan
3. Dr. Radhakrishnan
4. Bharat Ratna
5. Savitribai Phule
6. Maulana Abul Kalam Azad
7. Dharmendra Pradhan
8. Aristotle
9. Latin
10. Bhikaji Rustom kama



# Super Foods for Keeping Your Bones Healthy

— Sudeep

The process of developing healthy bones begins at birth. However, it is important that a healthy, bone-friendly diet programme is maintained all throughout the life. This becomes particularly important after about 30 years of age.

You of course have the option of going for calcium supplements (but do consult a doctor before you do that). You can also try some calcium-rich foods to make up for the deficiency of calcium and keeping the bones healthy. Below, we discuss some super foods which can help you boost your bone density at any age:

## Milk

Without a shadow of doubt, milk is the best (and readily available) source



of calcium required for proper bone growth. According to the National Institute of Child Health and Human Development (NICHD), low fat or fat-free milk is the best choice as it has high calcium content without the added fat and this facilitates easy absorption of calcium by the body. And it's not just calcium. Milk is also rich in nutrients like potassium, magnesium, riboflavin, phosphorus and Vitamins D, A and B12 all of which are important for healthy bones.

## Orange Juice

Oranges are packed with essential nutrients like vitamins, minerals and calcium. They are must-have for healthy bone growth. They can



be especially used by individuals who have intolerance to lactose and cannot obtain their daily calcium requirements from dairy products. So next time you help yourself with a serving of fruits, make sure you have enough oranges in that.

## Dairy Products

Many experts have designated dairy products like cheese and yogurt as preferred source of calcium due to their high calcium levels. In case you are lactose intolerant, you can also opt for other dairy products that are either lactose-free or have low levels of lactose. Yogurt contains a chemical called lactoferrin which is an iron-binding protein that promotes the growth and activity of osteoblasts (the cells that build bones.)



## Greens

Dark green leafy veggies like broccoli and spinach are great source of calcium and vitamin D and it's the latter which helps in absorption of calcium and Phosphorus, thereby ensuring growth of healthy bones and teeth. Collards and turnip greens can also be helpful in providing you with your daily Dose of calcium. The alkaline effect of eating a diet rich in these vegetables will help you to strengthen your bones and promote bone growth by preventing calcium loss. Besides, plant sterols (steroid hormones) are converted to a hormone called calciferol and that aids calcium absorption. ❖



## Nuts and Seeds

Beside being rich in calcium, nuts like walnuts, flaxseeds, almonds, pistachios etc are also very good source of minerals and omega 3 fatty acids. Peanuts and calcium contain potassium which prevents loss of calcium in urine.

# Kitty

Story & Illustration  
—Ajay kalara




Molly and Chintu! Remember we have to go to Montu's place for studies.




Oh Yes! We remember.








Mom!  
Today I,  
Molly and  
Chintu  
shall go  
to Montu's  
place for  
studying.



OK! But Just  
Study. Don't  
be naughty  
otherwise you  
will not be  
able to study.



Montu! We are all here.



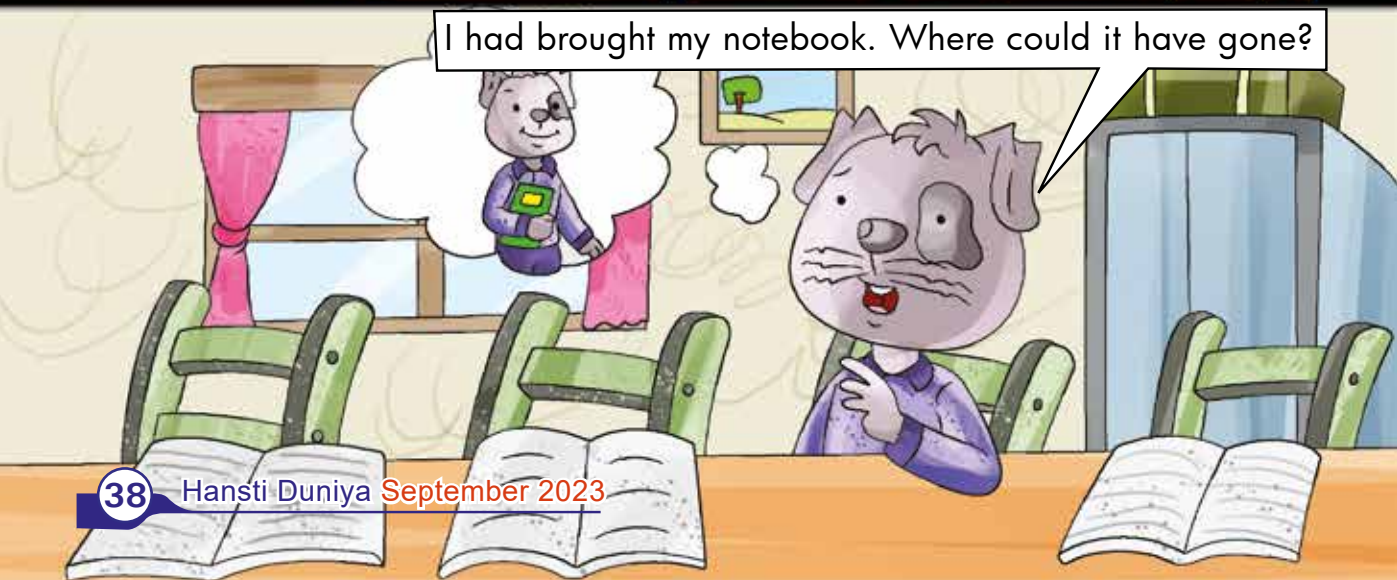


Kity! We shall all study. No mischief.



I shall hide Chintu's copy. We shall enjoy.

Chintu! Where is your note book?



I had brought my notebook. Where could it have gone?





Oh! Look for the note book.



Come Kitty!  
Let us go  
home. It's  
late.

Oh! I have  
not done my  
homework.



Now madam will punish me. I should have  
done my homework instead of wasting time.





— Suresh P. Idnani

- ❖ Life has its ups and downs. Sometimes the sun shines, sometimes the rain lashes, but it takes both sun and rain to make a rainbow.
- ❖ Life is a book of mysteries. You never know which page will bring a good twist. So keep on reading books. Happiness comes suddenly.
- ❖ Life is a continuous challenge and an unending struggle. We are not made rich by what is in our pocket, but we are rich by what is in our heart.
- ❖ Life is a one way road where we can see back but we can't go back. So don't miss anything, enjoy every moment of your life.
- ❖ Life is like a piano. White keys are happy moments and black keys are sad moments, but both keys are played together to give sweet music called life.
- ❖ Life means: Missing expected things, facing unexpected things. When you are right, no one remembers, but when you are wrong, no one forgets.
- ❖ Life is like a book. Turn over a page day by day. You can find new experience everyday.
- ❖ Whenever you feel depressed, keep in mind that things are yet to happen.
- ❖ Life is yet to go. This is just a bend, not an end...
- ❖ Without crossing the worst situations, no one can touch the best corners of life...
- ❖ "Do not think why God does not grant all our wishes immediately. But Thank God that he does not punish us immediately for all our mistakes."



**Akarsh Kumar S/o Sh. Manoj Kumar** , Dhirpur, Near  
Nirankari Colony Delhi -110 009  
has been adjudged the best. Congrats to him.

## ***Children Like To Play***

**M**y teacher has always taught us that playing in the field is equally important as studying inside the classroom. Some kids are always busy playing mobile games. Physical exercise, is extremely important for kids In case there is no physical exercise the children must do some activities which involve our body including yoga exercise weight lifting, running as well as athletics which keep one extremely fit and healthy.

Kids also are very fond of games played with ropes. In this game one has to make the Rope go around his body with force but the rope should not touch any part of his body and this is called rope skipping.

We often do ropes keeping in the parks nearby our house and when there are more kids then two hold the ropes while skipping the other two keep hoping those ropes.





# Find 10 Differences



If you are able to find **10 differences in 5 minutes**, then you are a genius, otherwise you need to improve yourself.

# Find 10 Differences

# RESULT FOR THE MONTH OF July 2023 ISSUE

**Aavya verma Singla**

**Age-14**

H.No. 2407, Sector 79

Mohali, Punjab

**Pratiksha Rai**

**Age-15**

25 Foota Road  
Sant Nagar, Delhi- 84

**Susma**

**Age-15**

Village +Post =Karvee  
Distt. Azamgarh (UP)

## CONSOLATION ENTERIES

**Renu (Delhi)**

**Richa ( Dehradoon)**

**Mivan Chalotra**

**Pustam (Panipat)**

**Shaila ( Newada)**

**Kushum (Tiyari, UP)**

**Karuna (Banglore)**

**Vandana (Jhajhar)**

**Ekta ( Karvee)**

**Jyotish (Azamgarh)**

**Ankur (Delhi)**

**Ramesh ( Lucknow)**

**Neha (Delhi)**

**Samir (Delhi)**

**Manjeet Singh**

**(Jalandhar)**

## Colour it for September Issue

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

The result will appear in November 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 .....





# Laughing Time

A baby fish asked her mother, "Why cannot we live on earth?" Mother fish replied, "Earth is not the place for fish, it is made for the selfish."

**Santa :** You call your mother as mum. What will you call your mother's younger sister and elder sister?

**Banta :** Minimum and Maximum.

In a Cinema Hall mother and daughter had their seat Nos 7 and 9. On seat No. 8, one gentleman was sitting. Mother requests the gentleman for exchange of his seat so that daughter is not separated from mother. The gentleman readily accepted the request with an opportunity to reveal his troubled mind, "Surely you both can sit together. I do not want to separate you; twenty years back, I separated a daughter from her mother and am repenting till today."

**Teacher :** (Praveen) If 4 plus 4 is equal to eight then A plus A is equal to how much ?

**Praveen :** Mam, easy question you have solved yourself and the difficult one you are asking from me.

**Thief :** Sir, I need some time to prove my innocence.

**Judge :** All right. I give you one year in jail.

**Customer :** I want a bicycle in installments.

**Shopkeeper :** Alright, what would you prefer first a tyre or a handle?

**Renu :** Why are fat people so cheerful?

**Bharat :** Because they can't run after fight.



Tenant : The flat is leaking and water is pouring from roof.

Land Lord : You had your self accepted in the contract "Flat with water supply."

"Dad, there is a girl at the door collecting for the new swimming pool!"  
Give her a bucketful of water."

Q. : Why do cows wear bells?

A. : Because their 'horns' don't work.

A villager said at the railway station ticket counter- A ticket for Deena nath. The person sitting at the ticket counter looked into the list of stations for a while and got irritated. He said, "Where is it located?"

Villager : He is sitting outside on the bench.

Chintu : (to Mintu) What are you thinking?

Mintu : I'm just thinking as to from where did he get the yogurt starter who soever prepared yogurt for the first time.

Poet : Did you like my poem?

A man from the audience:  
Yes I liked the last line.

Poet : Which line?

Man : When you said, "I end the poem here."

Teacher : Do you know that birds have an exceptionally good eye-sight?

Student : Yes, Sir.

Teacher : How can you say so?

Student : I haven't seen a single bird with spectacles.



# Kishan and Manjari

— Bushra Alvera

There was a village named Surajgarh. As per aged persons of that village, various pedigree of Suryavanshi Emperors used to live here for long time. Various ancient buildings had been reduced to debris here. A river used to flow through the village end.

There used to live brother and sister named Kishan and Manjari. Both of them were known for their bravery and courage. Their father was a good swimmer, so how could his children be lagging behind? Both of them had good expertise in swimming.

Once they saved a drowning child and received a bravery prize from the school.

The villagers were social and cultured people but for quite sometime, the youth of the village had been addicted to intoxicants and drugs.



Somehow the village atmosphere was deteriorating day-by-day. There used to be thefts also in the village now.

But one day all limits were crossed. Jewellery worth millions of Rupees vanished from the house of Lala Champat Lal, the richest person of the village.

Seth Ji was a very kind hearted person. He never refused to help anyone. Even the elders living in that village were very much perturbed at the news of theft at his residence.

Looking at the deteriorating law and order condition, the village head called a meeting. Seth Ji was also invited to that meeting. The village head tried to raise the morale of all. The village head said, "It is the limit. I thought that every thing would be in order within a few days. But it has not so happened. Now we have to catch hold of the thieves collectively."

Kishan and Manjari were also listening to the village head while standing on the side of the meeting room. Kishan said to Manjari, "Manju, this can also be possible that the thieves belong to the same group who are



responsible for making the intoxicants available in the village." Manjari nodded her head in the affirmative and said, "Yes, dear brother, if it is so, it will be killing two birds with one stone."

One day, Kishan and Manjari were playing in a mango garden near the river. Both of them ran and reached the bank of the river. Suddenly, they saw the ancient building on fire that had been reduced to debris. This building belonged to Suraj Singh. Many years ago they had moved to the city after leaving the village. Since then this building was known as a deserted building.

Kishan thought of looking into the things deeply as to what was going on in that deserted building?

When Kishan reached near that building, he found some persons sitting around the fire and talking.

Both started listening to their conversation while hiding themselves. One of them said, "The villagers have become alert now and are in search of the thieves. Better we leave this place."

The other person said, "Yes, this will be right."

Simultaneously, Kishan looked towards the person with long hair and beard.



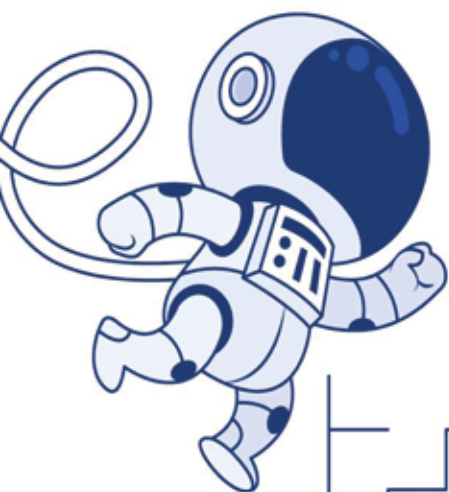
He immediately turned around and came out with Manjari. He then came to the village head and narrated him everything.

Listening to the entire incident, the village head surrounded the entire building with the help of villagers and also informed the police.

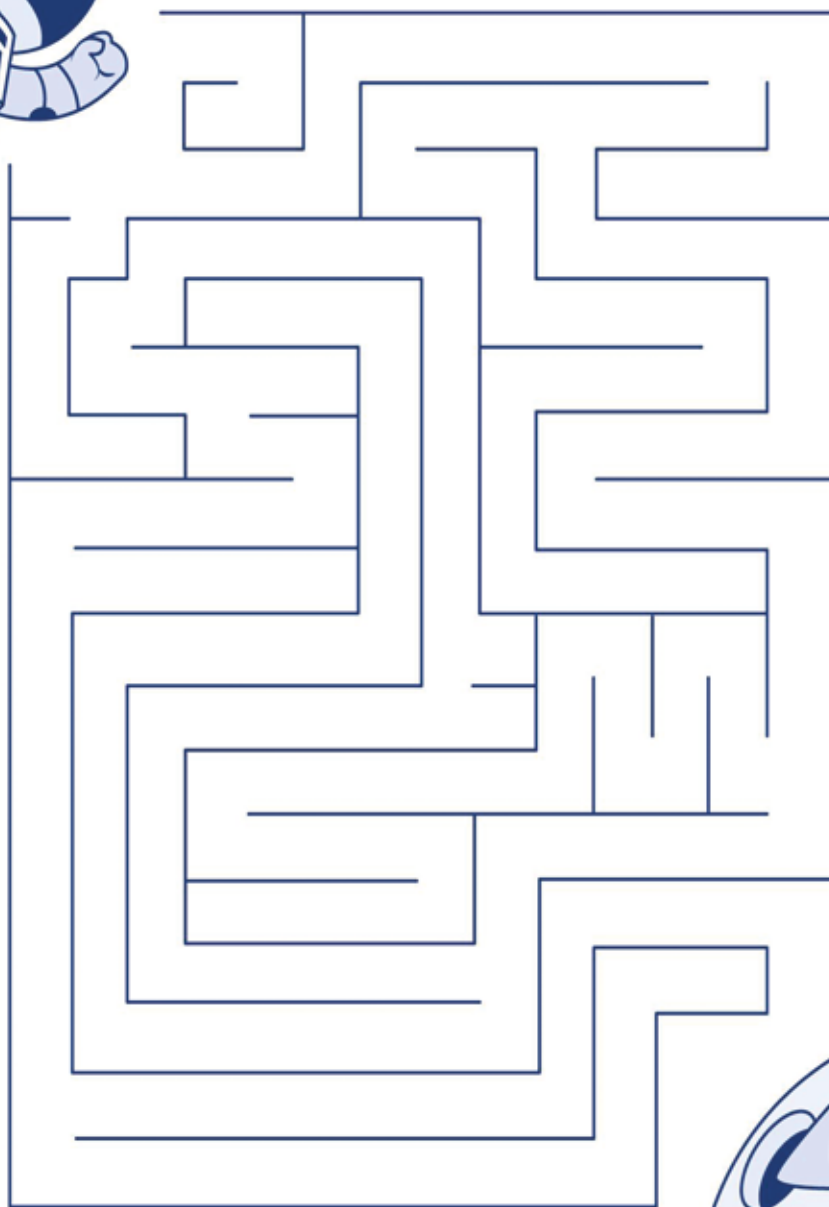
The police caught hold of the thieves on reaching the spot.

Thus, Seth Ji was able to get his jewellery back due to the alertness of Kishan and Manjari. Also at the same time the people involved in black marketing of intoxicants were also caught by the police.

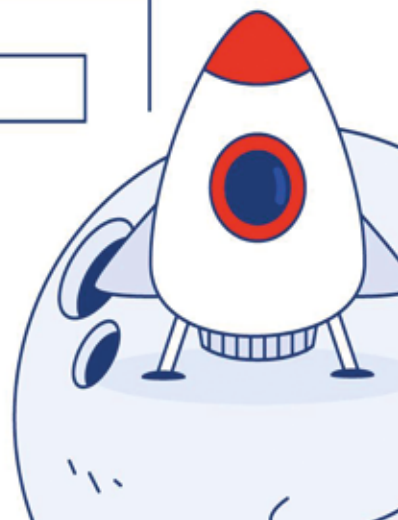
Now all around in the village, Kishan and Manjari were praised for their bravery and presence of mind due to which the village got rid of all evils. ❖



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