

# Hansti Duniya



HAPPY  
New Year



# Hansti Duniya

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# New Year Celebration

Dear readers and friends, 'Happy New Year to all of you'. May you all be happy, actively involved, content and healthy.

We do something or the other in life to remain happy, content and healthy, yet most of us do not experience these things. Some become victim of circumstances and others of their own mistakes. Work done by some is not evaluated properly and many keep fighting for their rights. Mostly there is no support, unless others also are victim of same circumstances.

If we have to struggle alone, then first we have to be at ease with ourselves, being comfortable in one's own skin. If we cooperate with each other, problems shrink. In fact we should not expect help from anyone. If possible help others this alone can give us satisfaction.

Once a teacher went to a child's house on his birthday. He gathered all the children and gave a balloon to each one and asked them to fill the balloon with air and write their name on it. Everyone did this. After this, the teacher collected

all the balloons and tied them to a peg on the wall and asked each one to take out the balloon with his/her name on it and hold it in hand. For this he fixed a time of five minutes. Each one started looking for his balloon, but what happened? Time limit crossed but no one was able to find the balloon with his name on it. The teacher finally told all the children to pick up one balloon each and whosever soever's name came, had to give that balloon to that child. In this way the work was done in a few minutes.

The teacher explained that if we do any work together and make efforts, it will be done in a short time and our energy, strength and labor will not go waste.

Dear friends, whenever we wish someone good luck, the words written or spoken in it should be from the heart. Whatever you do, do it happily, joyfully and enthusiastically. If we are happy then alone shall we be able to give happiness to others. Doing something for the sake of it creates negativity for us also without us being aware of it. Help others as much as possible and respect them. That is the only way to bliss. Every day of the New Year must be lived like this. This New Year kindle new values with harmonious conduct, be one with self and greet everyone.

— **Vimlesh Ahuja**



# SAMPURAN AVTAR BANI

## IK TU HI NIRANKAR 189

NIRANKAR PRABHU NOON JEKAR SAMJHO HAR THANH HAZAR NAZAR EY;  
ESE DI HAI KHALQAT SARI IH KHALQAT DA QADAR EY.  
SHASTAR IHNOON KATT NAHIN SAKDA HAVA TON SAKDA SUKK NAHIN;  
PANI IHNOON GALL NA SAKKE AG TON SAKDA MUKK NAHIN.  
TOON VI IS DA ANG HAIN BANDE IS JOTI DI JOTI EYN;  
KAUDAN DE VICH RULIA PHIRNAI UNJH TE SUCHA MOTI EYN.  
IHO TERA ASLI GHAR EY IHO TERA ROOP MAHAN;  
BIN GUR POORE KAR NAHIN SAKDA AAP KOI ISDA PECHAN.  
IHDE TE VISHWASH LIA KE ESE DA HI DHIAN LAGA;  
KAHE AVTAR GURU TON TAK KE TOON HI TOON HI KEHNDA JA.

### THOU FORMLESS ONE 189

If you would understand the Formless One Nirankar, He is present everywhere;  
The entire Creation belongs to Him and He is the Creator of all.  
The weapon cannot cut Him and He cannot get dried up by air;  
Water cannot decay Him and He cannot be consumed by fire.  
O' man, you are also a part of God, a ray of this Light;  
You are lost amidst cowries, otherwise you are a real pearl.  
This Formless One is your true abode and this is your cosmic image;  
None can recognize God on his own without the perfect True Master.  
O' man, repose faith in Him and focus your mind on Him;  
Avtar says after perceiving Him from the True Master, keep on uttering TUHI-  
TUHI (thou art-Thou art).

# The Fasting Cat

— Badri Prasad Verma Anjaan

**V**ittu the tomcat (male cat), was sitting under the banyan tree and looking at the animals that were passing by. But no one spoke to him.

Suddenly Vicky the rat came out of the hole, he had made in the roots of the banyan tree and started looking around. Vicky was shocked to see Vittu. He got scared and started moving back into the hole. Vittu said, "Vicky, don't be afraid of me. I will not catch any rat today. Because I am fasting today. You play and jump with me."

Vicky said, "Look Vittu, don't cheat us."

"I'm not lying. You come here and see". Vittu said.

Hesitatingly, Vicky approached Vittu and said, "Can I climb on your back and play?"

"Oh Yes! Today you are free to play and jump on me." Vittu said.

Within no time Vicky climbed on Vittu's back and started jumping. Pinky the mouse and Tuntun the rat also came and started playing.

It was evening time. Sonu the cock and Golu the rabbit also came there.

"Vicky, what kind of game are you playing with your enemy Vittu? What will you do if he catches you and eats you up?" Sonu asked.

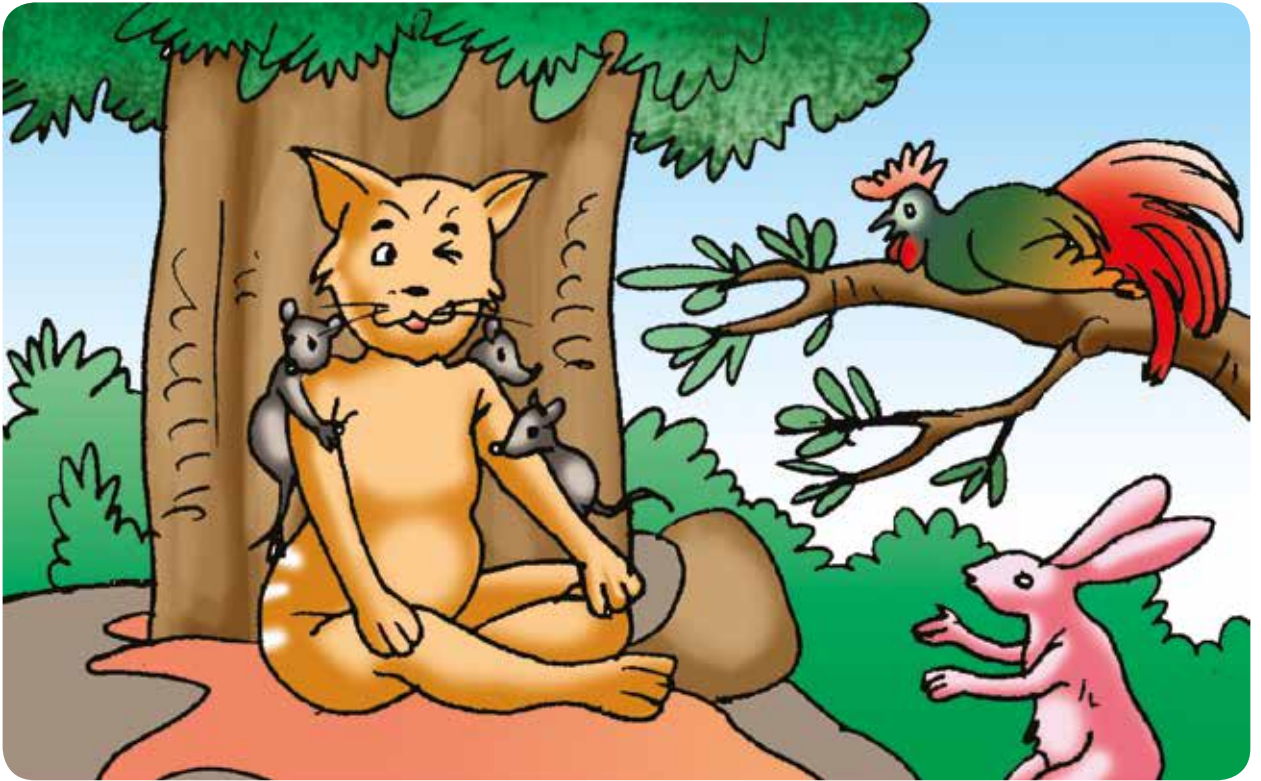
"You don't know Sonu, today Vittu is fasting. Today he will not eat anyone.

Come, both of you also join us in the game."

"Vicky, we both can't play with Vittu. Vittu may catch and eat us up. We both are going home." Sonu said.

Vittu quickly ran towards Sonu to





catch him. Sonu flew and sat on the banyan tree and Golu hid himself in a nearby bush.

Vicky understood the trick of Vittu. He started running towards his home with all his might. Vittu ran and caught Vicky. His friends Pinki and Tuntun managed to escape.

Vicky folded his hands and pleaded, "Vittu, leave me, what wrong have I done to you?"

"I will spare you only when you hand over your friend Sonu to me? Or else I will eat you up."

"You are fasting. How can you eat us?" Asked Vicky. Vittu said, "Vicky, don't you know that the day is about

to set and my fast is also about to end. I will have to arrange some food. I will eat you, otherwise call Sonu down from the tree for me. Haven't been able to eat chicken since many years. Today I will satisfy my hunger only by eating Sonu.

Vicky said, "Only if you free me will I climb the tree and call Sonu and bring him here."

"Okay I'll leave you. You quickly bring Sonu to me". Vittu said happily.

Vicky entered his hole saying, "My life is saved. Thank God. Sonu, you should never come down from the tree, otherwise this hypocrite will eat you."

Sonu said, "Vicky, no need to



worry now, my friend Jackie the dog is coming. He will finish off evil Vittu right now."

Vittu was shocked to hear Jackie's name because he was Vittu's sworn enemy.

Hearing about Jackie's arrival, Vittu started running away shouting 'save me'.

Sonu said, "Where are you going Vittu? Won't you play with Jackie?"

Vittu started running faster and soon disappeared.

After Vittu left, Sonu came down from the tree and called his friend Golu and Vicky and said, "See the magic of my intelligence! If I had not taken Jackie's name, Vittu would have been after our lives. After listening to Sonu, Vicky said, "I swear that from now onwards I will never trust Vittu. Sonu and Golu walked towards their respective homes.

The world is full of hypocritical people. Therefore, any decision should be taken only with eyes open after careful thinking.





# Utilization of Time

— Naresh Ahuja



Some students were standing outside the examination hall discussing question paper. One said that the paper was nice, but had we got one day more for preparation then it would have gone much better.

The second added that if we had got 2-4 more hours, it would have been sufficient.

From this, it can be easily understood that the students already had an idea of date of paper. So they have to prepare within given time.

Had the preparation been done with hard work, dedication and devotion, within the time given, there would have been no need of such a discussion.

This situation is not only of those students, but all, in our lives too. During travel, business and at home we often fret over less time left in our hands.

Today in this age of rat race we all have to face this situation. The sole reason for this being that we do our

task as per our comfort rather than according to pre planning. For living a comfort filled life we make use of all such things which are necessary for living such a life. Even then we are not able to live the life the way we wish to and get stressed out.

Today the point worth noting is that we should do our tasks with preparation and attempt it in a disciplined manner. This way we can complete our tasks in comfort zone without taking much tension.

Year 2024 has gifted us with one additional day, 366 days. Everyone says that we don't have sufficient time, this year we are getting 24 hours extra or 1440 minutes extra. This gift for all of them who say that they have less time on hands. ❖

# Makar Sankranti

— Abhedika Dhanrajani



A festival known for harvesting love “You reap what you’ve sown. You bear great fruits for you have manifested love and you get ill-seasoned rains if its indifferences that you see in the world.”

Makar Sankranti is a harvest festival celebrated in most of India. It is observed on or near January 14 of each year. This festival is the perfect example of unity in diversity. While Makar Sankranti is observed in various ways throughout India's states, the theme of the harvest season unites them all.

The mythological tale connected to Makar Sankranti, on the other hand, signifies the conclusion of an unlucky phase that starts around mid-December, known as 'Kharman' in Hindi. Furthermore, it marks the beginning of warmer, longer days relative to nights occurring on the auspicious day of Makar Sankranti. Let's find out what mythology has to say about this so called auspicious day.

It is believed that Sankranti, after whom the holiday is named, was a deity who put an evil force known as Sankarasur to death. Karidin or Kinkrant is the name of the day that comes after Makar Sankranti. Devi killed the evil Kinkarasur on this day.

Since Makar Sankranti is an indication that the summer solstice is about to begin – farmers prep for sowing seeds for summer crops. Similarly, people believe that whoever, it's a festival of colours and celebration which mark the days of new beginning.

Philosophically, it is noticed that people who are embodied with the perception of love and celebrating diversity are more likely to be devoted in spiritual practices and hence it is a great festival to engage in enlightening pursuits of the world. It is time where it becomes crucial for farmers of the crops to face the consequences of what they sow in the beginning of springs, both metaphorically and literally.

So, it is time to introspect and see within ourselves, on how we want our deeds to reap our thoughts. With love or hate? The choice is ours. Always. ❖



# Winter and Myself

— Abhedika Dhanrajani

Just like winter season  
I shall hibernate too  
Find my inner reason  
With which I relate to

The frost at an intensity  
Can enhance snowflakes  
Letting go of the self pity  
Celebrate it's unique trace

But when it goes out of control  
It can cause severe damage  
Within our body mind and soul  
Just like the era of barren ice age

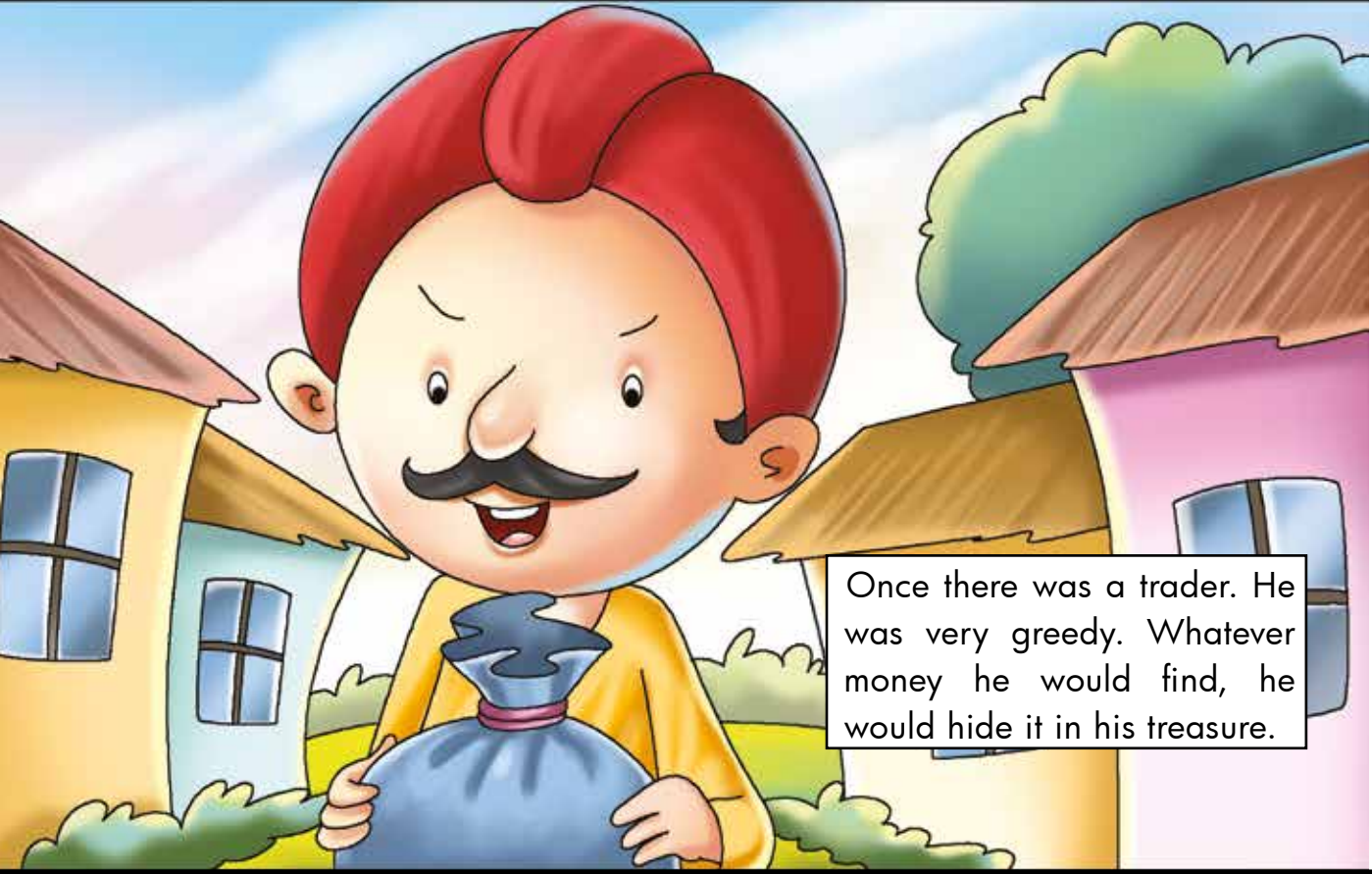
But with it, comes the promise  
Of spring and autumn changes  
And the hurricane that ensures  
The peace as said by the sages

So let's embrace this climate  
And thank for this winter weather  
So let's keep ourselves private  
Until we're open to blooming others

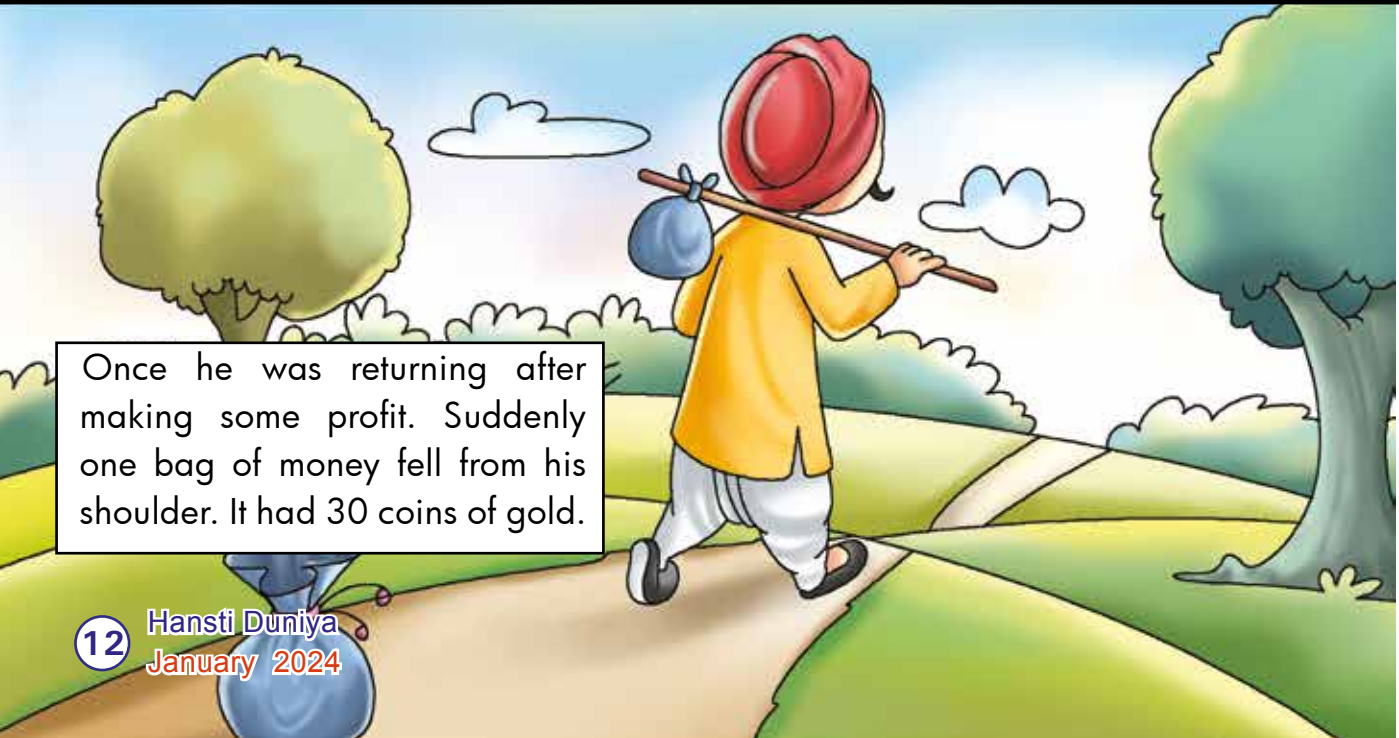
Just like our nights longer and days shorter  
May we think more about the upcoming deeds  
Just like waiting with hope to see a sunny day  
We shall hope to harvest and sow new seeds

# GRANDPA

Story & Illustration  
—Ajay Kalara



Once there was a trader. He was very greedy. Whatever money he would find, he would hide it in his treasure.



Once he was returning after making some profit. Suddenly one bag of money fell from his shoulder. It had 30 coins of gold.





That bag was found by the daughter of the chief.

He went to the house of the leader and told him about his lost bag. Chief was honest and compassionate.

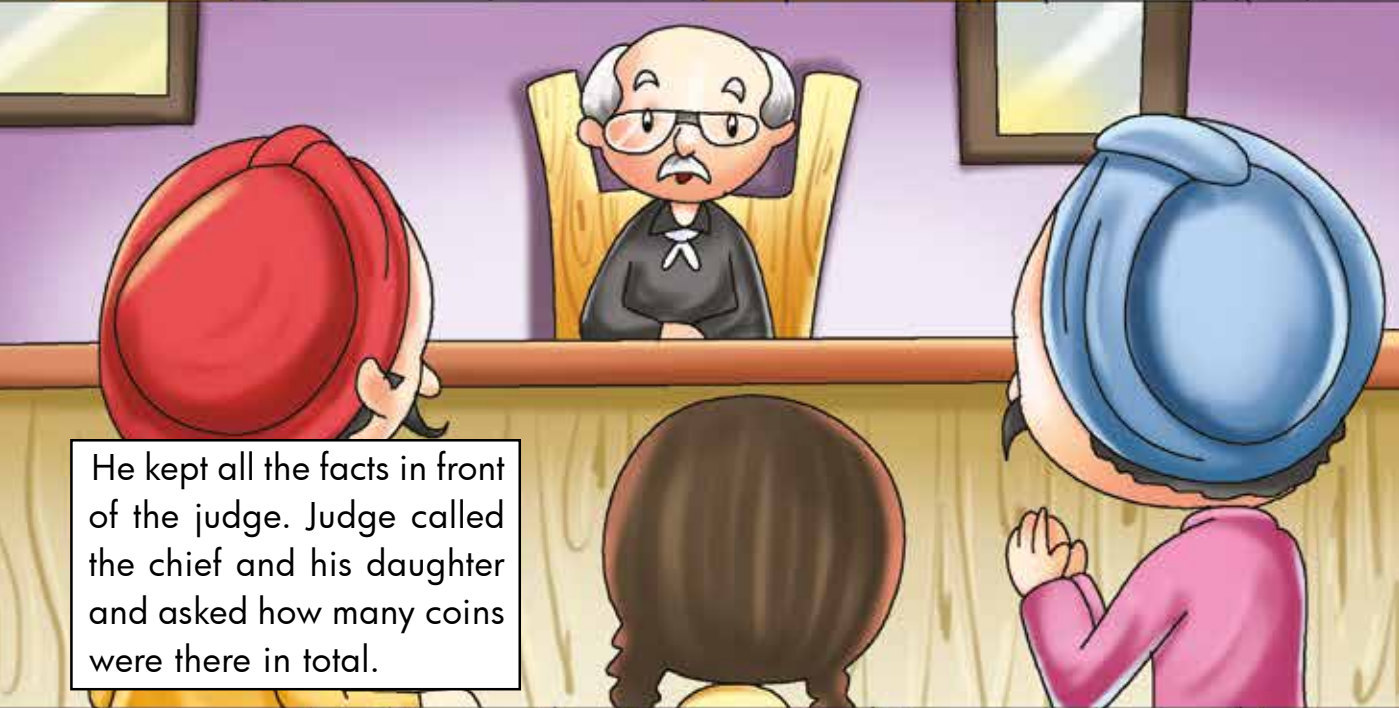
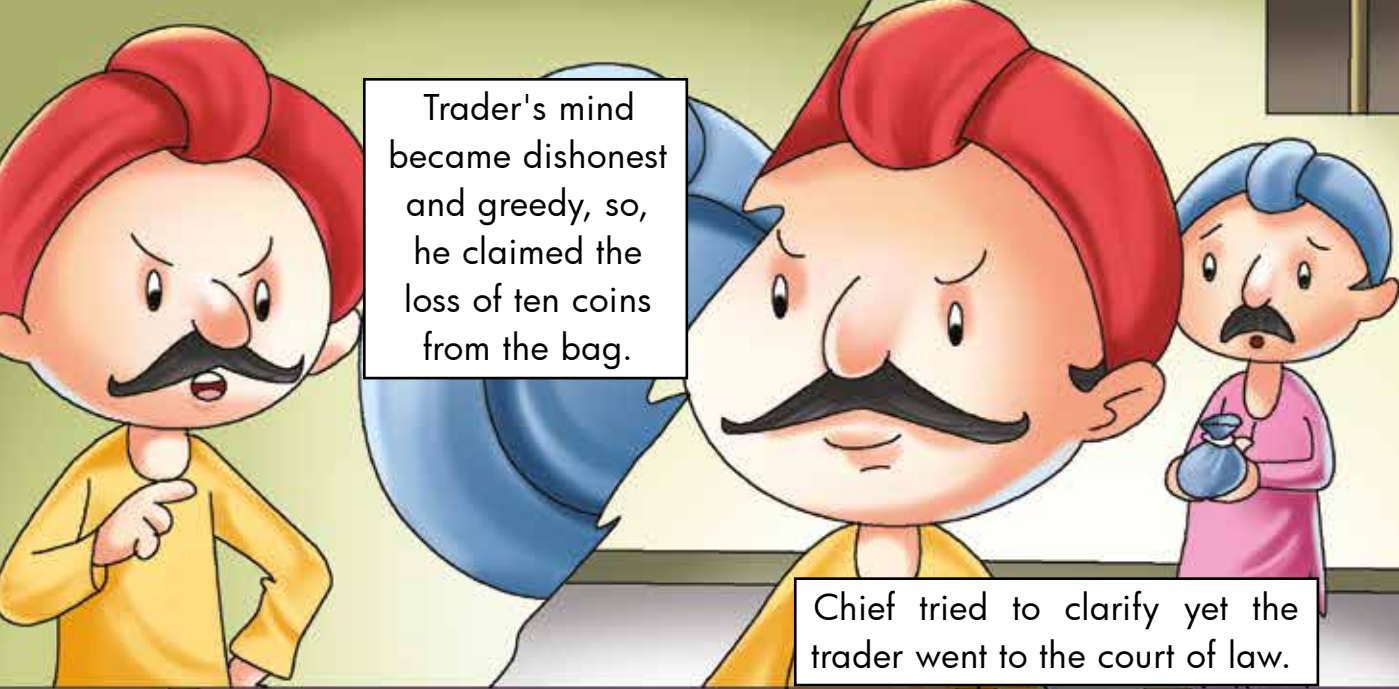


The Chief opened the bag and found thirty gold coins in it.

Chief returned this bag in the hands of the trader. The trader counted the coin whilst opening the bag.





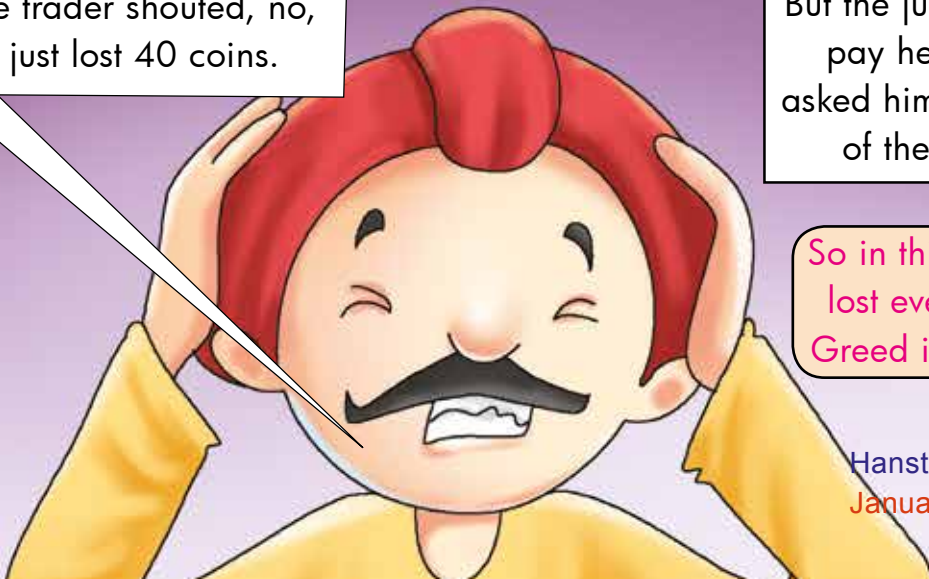




Then, the trader shouted, no,  
I have just lost 40 coins.

But the judge didn't  
pay heed and  
asked him to go out  
of the court.

So in this way, he  
lost everything.  
Greed is a curse.





# The King

—Japinder Bains

**O**ne day Rita and her husband Harpal were arguing. Harpal said that he wanted, to be a king. He wanted everyone to respect him. He also wanted slaves to do things for him and obey his order.

Rita got tired of listening to her husband's demands. So, she stormed out of the house. She went out for a walk. While she was walking she met a traveller.

The traveller came to Rita and asked if he could stay for the night at her house. Rita consented and took the traveller home.

When she reached home Harpal was not there. She then showed the traveller his room and made something for him to eat. It was getting late. Rita was getting worried about Harpal. The traveler went to bed after eating. Then Harpal walked in.

Rita started questioning him: "Where have you been and what have you been doing?"

Harpal shouted at her and said, "I want to be respected and be a king. I don't want to go out and earn money.





I want people to give it to me." By now the traveller got up. He had overheard their arguments. Harpal was still shouting at his wife saying that his life was a misery and it was not fair that others should be rich and have big houses, while he was not as rich as they were.

In the morning the traveller left. He also left a note thanking Rita. Later on in the day a servant came to Harpal's house and said, "The king wants to see him and Rita." Harpal was really excited.

When he and his wife went to see the king, Rita recognized the king. It was that very traveller. The king granted Harpal his wish to be king.

After a few months, Harpal went to the king who granted him the wish and asked if he could go back to his normal life because people were coming to him asking him to solve their problems, which he could not do.

The king agreed. "To be a king isn't easy. Uneasy lies the head that wears the crown", he said. He also told Harpal that he should be grateful for what God had given him and his wife. ❖



## Prayer

—Radhey Lal Navchakar

Thou are the sustainer  
We the children, ignorant  
In everything visible  
Thy love is evident.

Rivers and Ocean deep  
There are also mountains  
high Mars, planets, sun and moon  
The wndering clouds in the sky.

What so is in the nature  
All give a fine lesson  
To live life is an art  
Do they tell,  
without a mention.

Ever do on us thou shower  
Thy blessings O God great  
We the children, bow to you  
For thy love we can't state.

# Selfless Service Follows Love

—Archana Garg

We talk about selfless service but first let's try and understand what we mean by the two words 'selfless' and 'service'? Let's try to understand the meaning of 'service' first. Whenever a person seeks a favour from another person, then we say that the other person is at his service. He tries to make an impression that he is ready to help them. However, in his mind, immediately calculation starts that if he helps him in the name of service, he would be of some use to him in future. Service alone is considered as equivalent to helping somebody with a wish to get something in return.

On the other hand, the word selfless is very strong but at the same time demands a big heart. Being selfless means surrendering oneself to the feet of the Satguru and believing that only God is the doer of everything and he is only the medium. Even in Gita, Lord Krishna advises Arjuna to perform his duty as a warrior selflessly considering The Almighty God as the real doer of everything.

Miles and miles, Sense with smiles  
This simple phrase contains the secret of true happiness in our lives, Saints, when we minus the self i.e our ego, which is possible only through Brahmgyan, the scene of selfless services arises in us.

Selfless & Service combined together brings cheerfulness, satisfaction and bliss. In spite of all the worldly fame and reputation, true devotees try not to be deprived of the service of the fellow saints, the service of those who God has created in his own image.

What is our profit though? Why should we serve selflessly? In my thought, we can impact our lives very positively in three ways. Firstly, we effortlessly walk on the path the true master is showing us. Secondly, we can open the windows to the unseen pleasures and satisfaction. Thirdly, we receive blessings as a return gift. It is said that it is very easy to become a saint on the mountaintop but the real proof comes when we return to the marketplace.



There are many real life examples to admire and follow. Examples include people like Mother Teresa. She lived and served the poor and the needy selflessly.

Our great saints like Santokh Singh ji, Laabh Singh ji, Amar Shingh ji and Chacha Pratap Singh ji worked for the welfare and betterment of humanity. We salute them for their social welfare work. They did selfless service with the blessings of the true master.

As written in the Holy Sampuran Avtar Bani, service done without the greed of anything in return as well as by the order of the True Master is the best service; better than any service done

physically, intellectually or mentally. Selfless service is useful only when it is accompanied by the realisation of this omnipresent Lord i.e. through God remembrance or Simran.

The simple sign that one is performing selflessly is that he would do it whole heartedly and would enjoy bliss in every aspect of the service.

May Satguru bless me so that I could lead my life the way the Almighty wishes and expects me to; that too with the blessings of the Lord. In the end I would say that everyone can't help everyone but everyone can help someone. Thank you Babaji for everything you have blessed me with.❖

# Justice of the Dwarfs

— Sabir Hussain

Vijay Singh ruled the state of Chandangarh. He had got palaces built at many places in the state for resting wherever he wanted to. Gopal lived with his old mother in a hut near the forest in the same state. His father had died when he was a child and the cultivable land he had, was taken away by the landlord because he could not pay the rent.

Gopal would cut dry wood from the forest and sell it to feed himself and his mother. Gopal was very kind. He would cut dry trees only in the forest. Once he found a very big dry tree. He thought he would continue to get wood from that tree for a long time.

When Gopal picked up the axe and started cutting the tree he heard someone saying- Don't cut this tree.







Gopal stopped and started looking around. I am standing near your feet.

Gopal saw that a dwarf was standing there.

"What benefit will you get from this dry tree?" Gopal asked surprisingly.

"We have cut through this tree to make a route for our colony. If you cut this tree, we will have to make a new route. The route to our colony is inside this tree", said the dwarf.

Gopal said, "I will not cut this tree." He picked up his axe and went away to find another dry tree.

One day the king came to the forest to hunt. While chasing a deer, he got

separated from his soldiers. He was feeling exhausted due to hunger and thirst. He could somehow come out of the forest and reached Gopal's hut. Gopal's old mother was in the hut. He gave the king cold water to drink and sweet fruits to eat. Within minutes, soldiers also reached there, searching for him. The king thought that there should be a small palace there also, so that he could rest there when he came hunting.

"Start the construction of a small palace right away", ordered the king.

"My Lord! Where shall we go?", Gopal's mother said with hands folded.

Vijay Singh did not say anything and the horses moved forward.

The next day soldiers came and demolished Gopal's hut. Gopal's mother died of sorrow. The soldiers chased Gopal away. Construction of a palace started. Gopal went into the forest, sat under a tree and started crying. Gopal saw that the dwarf was standing near him. He asked him, "Why are you crying?"

"The king destroyed my hut, my mother also died. The king's palace is being built there", said Gopal.

"Do not cry. You stay in the cave opposite. Rest assured, we will take care of you", said the dwarf.

Gopal went inside the cave. There was a plate of delicious food prepared for him in the cave. Gopal understood that the arrangement of food for him had been done by the dwarfs. He had his meal and started resting there.

The next day people saw that river Sharda that flowed through the capital had started eroding the city. Large pieces of land were breaking and falling into the river. The river had never done it before. It was rapidly approaching the palace. The minister ordered huge stones to stop the erosion by the river but it did not stop. Vijay Singh got worried. If the erosion of the

river was not stopped, his palace could also collapse into the river.

Vijay Singh was wandering on the banks of the river. He saw hundreds of dwarfs digging with small shovels in the river. Vijay Singh understood that the river was eroding due to the digging done by the dwarfs.

The king threw a stone into the river. The dwarfs who were digging, looked up. Vijay Singh called the dwarfs outside the river. A dwarf with a beard came to the king.

"Why you guys are doing this to the river...?" The king asked.

The dwarf interrupted Vijay Singh and said, "Sir! You have built a palace by demolishing Gopal's house, so we will wash this palace of yours in the river." The king got scared after listening to the dwarf.

"If you give the palace at the edge of the forest and the land of seven villages to Gopal, we will stop cutting the river." Said the dwarf.

Vijay Singh agreed to the dwarf's advice and gave his new palace and the land of seven villages to Gopal. Cutting of the river stopped.

The king was happy and so was Gopal.

**Moral : Wishing well of others is the key to happiness. ❖**



# Find 10 Differences





# Simran

— Poonam Anandani

It is quite rare to be born as a human being. One does not get this opportunity again and again. The most important objective of human life is to receive God-knowledge from the True Master. No one can ever get salvation without knowing God. But as Satgur Baba Hardev Singh Ji says, mere God-knowledge is not enough. It should be supported by practical living.

After God-realisation, man has to set his soul in tune with the Super Soul i.e. Nirankar. By doing so, he automatically surrenders to the will of God and makes himself an instrument of it. By keeping contact with God, man will reap right thought and action. These can be achieved with the aids of sangat (Congregation of illuminated souls), Seva (Selfless service). Simran means 'God remembrance.' A newly born baby remembers mother for milk, a brother remembers his sister, a farmer his land or crops, husband remembers his wife because they have love for them. Remembrance brings image of our beloved before our eyes. It creates

attachment to the object of love. We are so attached to the creation that we do simran of creation and not the Creator. Since the creation is temporary, our love for it is also temporary. Our object of simran should be for a permanent friend i.e. Nirankar, through a perfect living master and to achieve the real goal of our life through simran.

Babaji has given us 3 very simple lines of simran 'Tuhi Nirankar' (Thou Formless One), 'Main teri sharan han' (I'm in your protection), 'Mainu baksh lo' (Please forgive me). Simran is not merely a repetition of words. It should be done, realising his presence in every breath, thinking of his form every moment.

One should attend to one's simran in the same way as a water carrier girl keeps her attention on the pitcher on her head, while she walks on rough, uneven ground, conversing with her friends. One should attend to one's simran in the same way as a mother doing household work. She doesn't even for a single moment, take her attention off her child. Saints and



sages have said, employ your hands and feet in work and your mind in the remembrance of the Lord.

Everybody thinks of God in adversity, but if one were to think of Him with love at all times, then no pain would ever visit him. Simran gives pleasure, puts an end to sins, pain and doubts. It removes anger and ego. It bestows peace and bliss.

If a person were to carry on simran when in fortunate circumstances, his

will power and mind would grow strong. Even if a calamity should befall him, he would remain indifferent to it. Such devotees gain glory in the court of the Lord and attain salvation. It is said: Persons who remember God every moment remain detached even while living among people. They have angels around them. The grace of God protects them. They enjoy peace and bliss. God remembers them too. ❖

## Amazing Fact

- Silkworm : A silkworm has eleven brains.
- Ant : An ant can pull loads 300 times its own weight.
- Dolphins : A dolphin sleeps with one of its eyes open.
- Butterfly : A butterfly has 12,000 eyes.



# Avoid Excess

—Ravneet



"Your body is the baggage you must carry through life. The more excess baggage, the shorter the trip."

Someone once said, "Excess is the devil's playground." Any time we become excessive in anything, we are no longer in balance. According to God's Word, lack of balance opens the door for the devil. One of the main things the devil wants to do is steal our joy and push us towards excess. Having anything in amounts beyond our capacity for use complicates our life. It's like watching a small child put his hand in a cookie jar and insisting on pulling out many at once. He is unable to physically remove his hand from the

jar, so both his hand and the cookies are stuck! Excess gets complicated!

If you want a simple approach to life, balance is required. Excessive talking causes problems. Excessive eating causes problems. Excessive debt causes problems. 'Excess' is just a problem. The Bible talks about a process called 'pruning.' When the gardener finds one of his trees has excessive or diseased branches, he trims them or cuts them off. Some of the excess branches are referred to as 'sucker branches.' They grow on the lower part of the tree trunk and, although they suck sap from the tree, they never add to the tree's value because these branches cannot bear fruit. The gardener actually has to get rid of them or they will make the entire tree weak and unattractive.

Don't be afraid to cut back on what you don't really need. I believe it opens the door for God to bless you even more. If you have more possessions than you can possibly use, share them with someone who doesn't have enough. By doing this, you will plant seed for a future harvest in your own life. ❖





# THE GIFT

— Pooja Punchhi

The sun shone through the window of clouds.  
Why was it shining?  
Was it trying to tell me something?  
Should I once again jump into the well of life?  
Do I have the right?  
Is God going to be with me?  
And I looked at the bright clouds again,  
I was given the answer I desired.  
So I took a deep plunge,  
And when I came out,  
I saw what life had offered.  
It was a new person there,  
And that new person was me.

# RIDDLES

— Archana Garg



- 1) The more you take, the more you leave behind. What am I ?
- 2) Take off my skin or cut me, I won't weep at all but you will! What am I?
- 3) You will always find me in the past, I can be created in the present, but the future can never taint me. What am I?
- 4) What has a head, a tail and has no legs but still walks in the market?
- 5) A seven letter word containing thousands of letters. What is my name?
- 6) What belongs to you, but others use it more than you do?
- 7) What is harder to catch, the faster you run?
- 8) Feed me and I live, yet give me a drink and I die. Who am I?
- 9) Mr. Smith has 4 daughters and each of the 4 daughters has a brother also. How many children Mr. Smith has?
- 10) What begins with T, ends with t and has T in it?

10) Teapot

1) Footsteps, 2) Onion, 3) History,  
4) Coin, 5) Mailbox, 6) Your Name,  
7) Your Shadow, 8) Fire, 9) 5,

Answers

# GUAVA

—Amit



## 1. **Eye Health Improvement :**

Vitamin A or retinol is responsible for good eyesight. Guava is rich in retinol, so if you don't like carrots, you can try a guava for improving your eyesight.

## 2. **Folate Content:**

Guavas contain a mineral known as folate. It helps promote fertility in humans.

## 3. **Regulation Of Blood Pressure Levels :**

Potassium in guavas helps normalize blood pressure levels. A banana and a guava contain almost the same amount of potassium.

## 3. **Trace Element Copper Enriched :**

Guavas contain the trace element copper which is very good in maintaining good functioning of the thyroid gland. The improper functioning of the thyroid gland can cause a lot of health problems.

## 4. **Manganese Richness :**

Guavas are rich in manganese which helps the body to absorb other key nutrients from the food that we eat. When our food gets properly utilized, we get all the key nutrients like biotin, vitamins etc.

## 5. **Nervous Relaxant :**

Guava is rich in magnesium which acts as a nervous relaxant. It helps to relax muscles and nerves of the body. So after a hard work out, a guava is certainly what you need to relax your muscles and give your system a nice energy boost.

## 6. **Healthy Mind :**

It helps to keep your brain functions positive by maintaining good blood flow and also by infusing it with Vit B3 and Vit B6. Vit B6 is pyridoxine which is good for nerves. It keeps your nerves relaxed.

## 7. **Slows Down Sugar Absorption:**

Guava can aid weight loss as it effectively prevents or slows down the absorption of sugar in the blood. As you know, sugar is a big problem when you are trying to lose weight. It is this ability that makes this fruit great for diabetics.



# What Kind of Mischief

—Baj Singh Mahiliya

Both Mohan and Shyam studied in the same class. They were very mischievous. In school, sometimes they would deflate someone's bicycle tyre, or tie a rag or paper etc. to the back of a boy's shirt. When he would get up, they would clap and make fun of him. They had been punished by the teacher several times for these kind of activities.

They also used to come near the speed breaker on the road during break

time. Whenever a vehicle passed by, they would hang behind it. The shopkeepers of near by shops tried to explain it to them but the advice fell on deaf ears.

The sugar mill in their city had become operational.

"Sugarcanes should be pulled from a trolley full of sugarcanes and enjoyed", said Mohan. Shyam's mouth filled with water after hearing the name of sugarcane. He said to





Mohan, "Friend, you are absolutely right. Now we will pull out sugarcanes and enjoy. Then they ran behind a trolley loaded with sugarcanes and succeeded in pulling out one sugarcane each.

Now every day they would come and stand near the road. Whenever a sugarcane trolley passed by, they would run and pull the sugarcanes.

One day Ramu, the confectioner said to them, "Son! You should stop running behind vehicles, lest you should get hurt."

Mohan said angrily, "Hey old man, go and do your work. Keep this advice with you. We don't need your sermon." Ramu went back to his shop. After a

few days the farmers came to know about pulling out of their sugarcanes. They started bringing one person on their respective trolleys. Now when the boys would start pulling a sugarcane, the man sitting on top of the trolley would hit them with the sugarcane. Now they were not getting a chance to pull sugarcanes.

One day there was dense fog. Mohan and Shyam thought that farmers would not know if they pulled out sugarcane on that day. They came and stood near the road. When they saw a trolley full of sugarcanes coming they were overjoyed. They happily followed the trolley to pull out the sugarcanes. Whenever they tried



to pull the sugarcane, the man sitting on the trolley would hit them with the sugarcane. They would get aside. After some distance, Shyam sat down but Mohan kept running behind the trolley. He succeeded in pulling out a sugarcane. As he quickly tried to cross the road, a car coming at a high speed from opposite side hit him. The car's tyre passed over Mohan's leg. Mohan started screaming loudly and a crowd gathered around him. They took Mohan to nearby hospital in the same car.

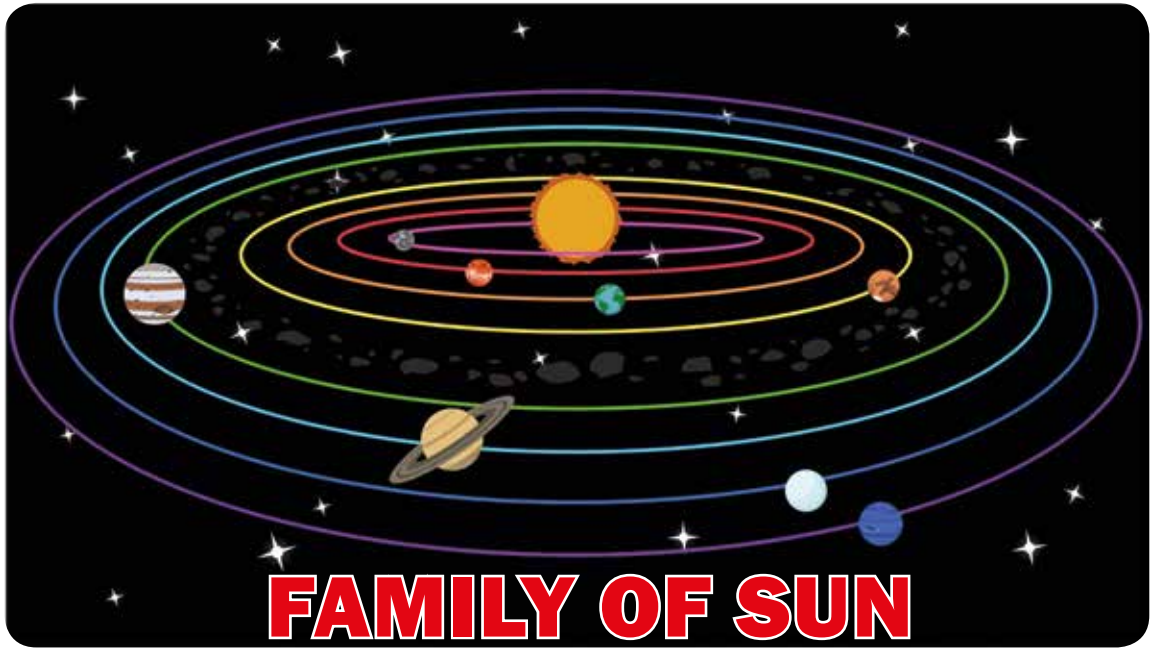
Next day in school, everyone was talking about Mohan's accident. All his

classmates were sad. Manpreet said to his teacher, "Sir! Mohan was hit by a car yesterday. Do you know?"

The teacher became sad and said, "Yes children I have been to the hospital. The leg will have to be amputated. After pausing for a while he said, "See children, what a huge punishment because of a small mistake. Everyone raise your hand and take a pledge that from today onwards no one will ever run or hang behind a vehicle."

All the children raised their hands with tears in their eyes. ❖





—Jagtar Chaman

**I**magine a huge black space. The Sun moves through this vast space, taking many smaller bodies with it. These bodies include planets, asteroids, comets, meteors, and tiny molecules of gases. The Sun and its companions are known as a 'Solar System'. Many solar systems and stars clustered together make up a galaxy.

Astronomers do not know how far out our solar system extends. We think that Pluto is the last planet to orbit the Sun, but there could still be more. At its farthest point from the Sun, Pluto is about 7.2 billion kilometres away.

The Sun provides energy for the rest of the solar system. It also provides the heat and light necessary for life on our planet. And its gravity keeps the planets, comets, and other bodies in orbit.

After the Sun, the planets are the largest and most massive members of the solar system. There are nine known planets: Mercury, Venus, Earth, Mars, Jupiter, Saturn, Uranus, Neptune and Pluto.

Asteroids, known as 'minor planets', are smaller bodies. Most asteroids lie between Mars and Jupiter. Ceres is the largest asteroid.

A comet appears in the sky as a fuzzy spot of light with a tail streaming after it. It is made up of dust and frozen gases. As this giant dirty snowball moves closer to the Sun, the ice melts, making what looks like a tail. Halley's Comet is probably the most famous of all the comets.❖



# KITTY

Story & Illustration —Ajay Kalara

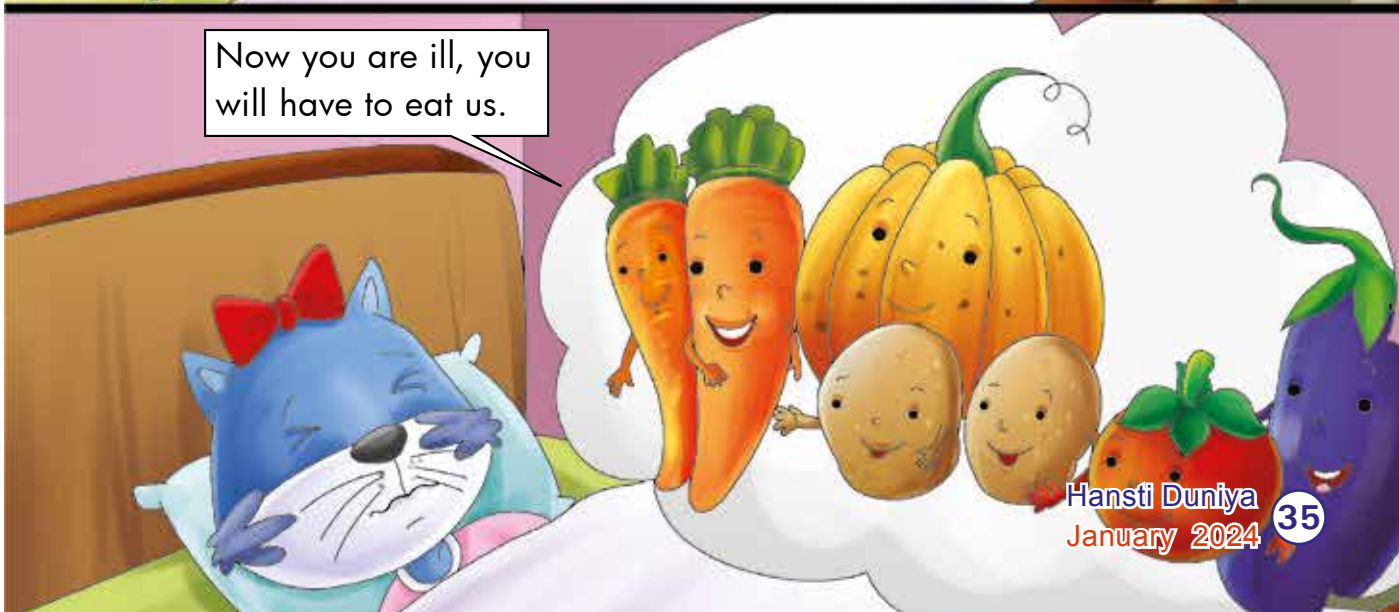
Dear Kitty food is kept on the table. Please eat it.




No Mom, I want to have pizza and burger.












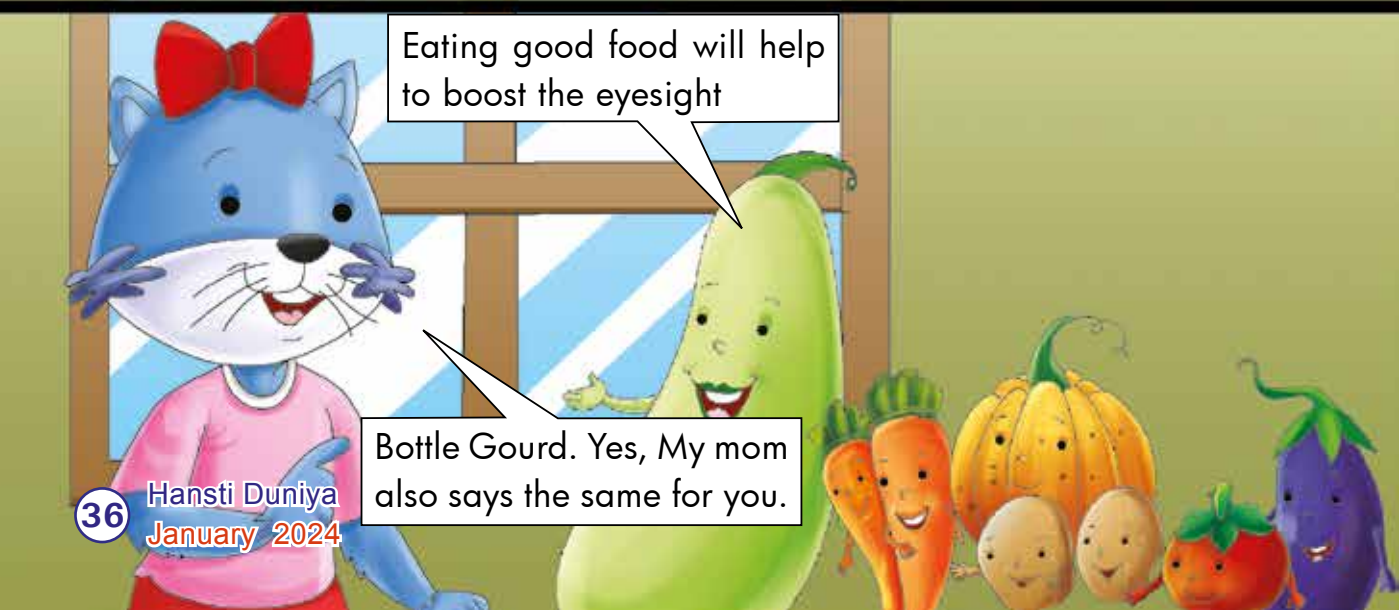
We are all your friends don't worry  
we want you to get well soon.

But mom says that I will have to eat  
bitter medicines for some days now.



If you listen to us, you  
will recover very soon.

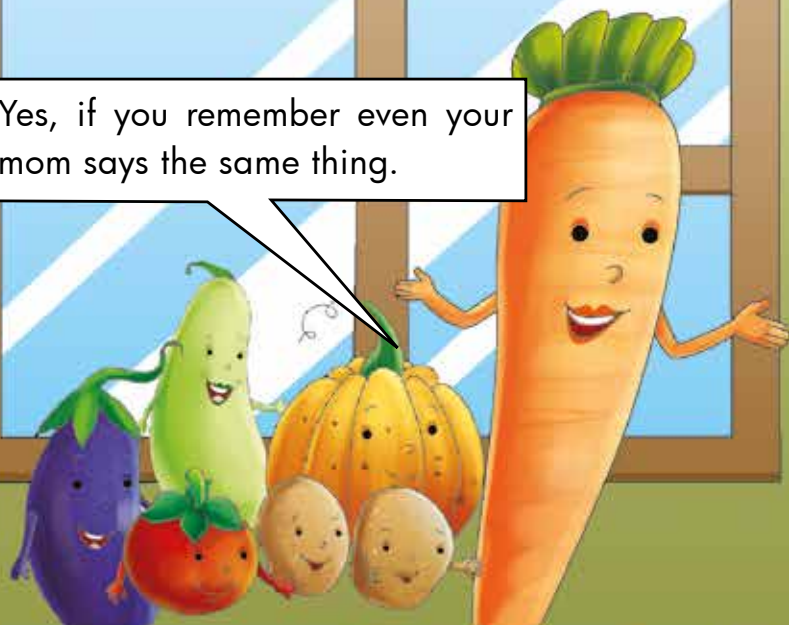
But how!



Eating good food will help  
to boost the eyesight

Bottle Gourd. Yes, My mom  
also says the same for you.

Yes, if you remember even your mom says the same thing.



Vegetables are all filled with nutrition.



Mom from today I will eat all the vegetables and will never complain about the food that you give.





# Greediness is a Curse

— Radhelal

One of the bulls of Algu Chaudhary died. For farming bull is a must. So one day he left with some money to buy a bull. He had five thousand rupees. He met some robbers on the way. One of them told him, "There is an easy way to get rich instantly."

"How?" Algu Chaudhary became curious. "Come with me", said the robber. He took him to a place where some people were gambling. Many players were present.

Algu Choudhary saw that the money of some players immediately got doubled. He was lured. The robber said to him, "If you also have some money try your luck. If luck favors

you, you will become rich instantly. Otherwise you will die doing farming, but never become rich. You will somehow be able to fill your stomach. You will spend your life somehow."

"That's it", the thought of being rich stuck in Algu Chaudhary's mind. He said, "You are right."

"Then why do you delay? Take out the money and try your luck." The robber tried to push him.

After taking out the money, Algu Choudhary sat down to gamble. He kept winning in the beginning. His morale got a boost. He felt happy too. His greed for more money increased. In the end he lost all the money and







had nothing but regret and five rupees. He left the place with his head down. A lot of time had passed. He was very hungry and had nothing to eat. There was no shop nearby.

He was returning home when he saw a man selling bael fruit. He stopped him. Picked two bael and bought them from him by paying five rupees. The bael were big. A sweet smell was coming from them. He sat in the shade of a dense tree nearby and ate bael. The fruit was very sweet and tasty. Then he went to a nearby well and washed his hands. He went home with one remaining bael. By then it was evening. A friend Suggan was waiting at home. As soon as he

saw Algu Choudhary, he felt nice and said, "I thought you had gone to buy a bull, but you are empty handed. Didn't you find it?" "I had definitely gone to buy a bull but I have returned with a bae!" Algu Chaudhary narrated the entire incident to Suggan.

Suggan laughed loudly after hearing this. Then he became serious and said, "Brother, Greediness is bad. Gambling is bad too. One who cannot become rich through honest hard work, can never become rich through gambling.

"Brother, I understand your point very well!" There was truth in what Suggan had told Algu Chaudhary.

**Moral : Greediness is a curse. ❖**



# Laughing Time



Teacher : Which historical event took place in 1656?

Meena : Sir! We don't know. Please tell us.

Teacher : Taj Mahal of Agra was ready. Okay, now tell me which historical event happened in 1756?

Meena : (immediately) Sir. It had been 100 years since Taj Mahal was built.

A Man : (To his friend) How did you spend your holidays?

Friend : One day in horse riding and the rest in the hospital.

Doctor : (To the patient) I had given you medicine to improve your memory. Any improvement?

Patient : Not yet. I forget to take the medicine every day.

Father : Son, just look, is the milk boiling and coming out?

Son : No worries. I closed the kitchen door and locked it.

Father : Son, why did you fail in History?

Son : Dad sorry! All the questions were of that time when I was not born.

Customer : What is the price of apples?

Shopkeeper : Eighty rupees per kg. Do you want to buy?

Customer : I don't have to buy, just want to smell.

Son : It's been a week but still no roots have grown in this rose plant?

Father : Son, how come you know it?

Son : I uproot and look at it every day.

Politician : Vote for me. I shall transform your village into heaven.

Villager : But Sir! We want to live a long life.



Teacher : Lucky! Why are you bending downwards? Are you feeling sleepy?

Lucky : No Sir! It is because of gravity.

Employer : ( To helper) When we hired you, you had said that you never get tired and here you are lying down.

Helper : Sir! That is the secret why I don't get tired.

A salesman asked Raja who was playing outside a house if his mother was at home. Raja said yes she was at home.

The salesman knocked at the door. It was five minutes, but no one opened the door. The salesman knocked at the door several times but the door was not opened. He angrily shouted at the child, "You said your mother was at home. I have been knocking for half an hour. No one is opening the door. Raja said," Yes! She is at home but this is not my house.

—Ajayprtap Singh

Sham : Ritu! Do you know why clouds make a thundering sound?

Ritu : Yes! When they are angry.

Doctor : ( To Vijay) You really need Spectacles. You can't read anything.

Vijay : Sir I am not able to read because I am not educated.

Sonu : Soni! How can you recognize an apple tree?

Soni : It must be laden with apples.

The teacher asked a student, "What is meant by 'Dard-Naak'?"

A student immediately replied, "Naak kaa dard."

Raju complained to his mother, "Mom! Chandu has broken my hockey."

"Mother said angrily, "But why?" "I had hit his leg with the hockey " replied Raju.

— Nikhil Sharma



# Subhash Chandra Bose

—Nehal Khatri

**Sh. Subhash Chandra Bose**, popularly known as Netaji, was one of the most prominent and influential figures in India's struggle for independence from British rule. He was born on January 23, 1897, in Cuttack, Odisha, India to Sh. Janakinath Bose and Smt. Prabhavati Devi. Subhash Chandra Bose ji's early education took place in Cuttack and later in Calcutta, where he developed a passion for nationalistic ideas. He later went to England to pursue higher studies and graduated with honors in Philosophy from Cambridge University.

Netaji Subhash Chandra Bose was a multifaceted leader with a dynamic ideology that evolved over time. He was deeply influenced by the ideals of the Congress and was drawn to the nonviolent and civil disobedience principles advocated by Mahatma Gandhi Ji. Sh. Bose quickly rose through the ranks of the Congress due to his intelligence and leadership abilities. He served as the President of the Indian National Congress in 1938 and 1939.

During his tenure as Congress President, he advocated for a more radical approach to achieving

independence. This put him at odds with the Congress leadership, which generally followed Mahatma Gandhi Ji's philosophy of nonviolence and negotiation with the British. In 1939, Sh. Bose resigned from the presidency of the Indian National Congress because of differences with the party's leadership over strategy. He believed that nonviolent methods alone might not be sufficient to secure India's independence. After leaving the INC, Sh. Bose founded the Forward Bloc in 1939, a political organization that advocated more assertive and direct action against British colonial rule.

During World War II, Sh. Bose was placed under house arrest by the British colonial authorities in India due to his anti-British activities. However he managed to escape to Calcutta and later to Germany where he sought international support for India's cause. He established contact with Axis powers such as Germany and Japan, aiming to use their assistance in the fight for India's independence. He envisioned the formation of the Indian National Army (INA) with the support of these powers which was composed of Indian prisoners of war and civilians who had been living in Southeast Asia.

The INA, led by Sh. Bose, played a significant role in the Burma Campaign against the British Indian Army. The INA

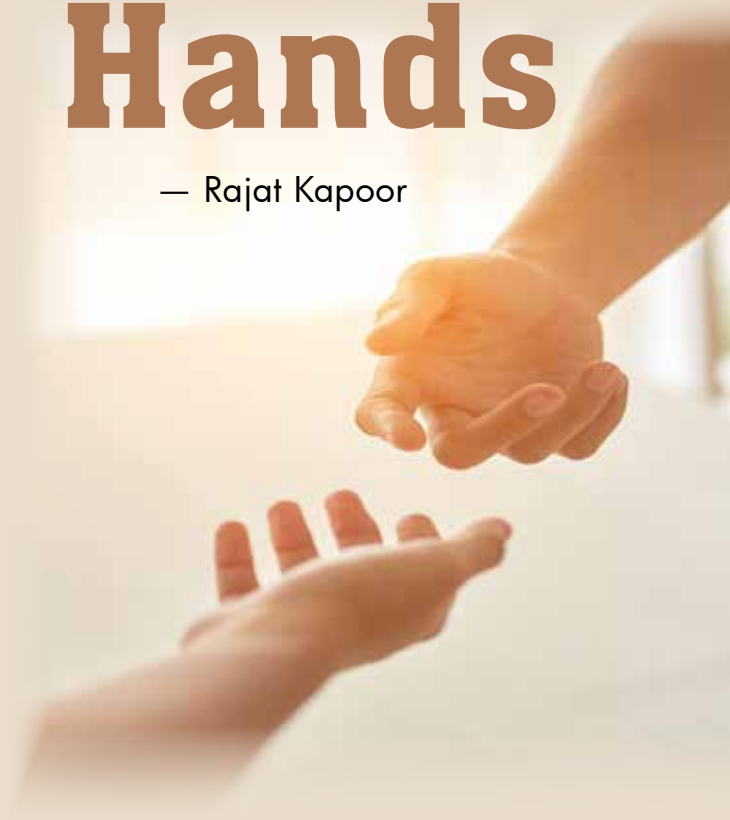


fought allied forces in 1944 inside the borders of India in Imphal and in Burma. In November 1945, a British move to put the INA men on trial immediately sparked massive demonstrations all over the country. Netaji Subhash Chandra Bose is said to have died in 1945 when his plane crashed in Taiwan. However, there are still many conspiracy theories regarding his death.

Subhash Chandra Bose Jayanti is celebrated on January 23rd each year, as it marks the birth date of Netaji Subhas Chandra Bose. His unwavering determination, visionary leadership, and revolutionary ideas made him a symbol of courage and patriotism. His life and contributions continue to inspire and captivate the hearts of millions even today. ❖

# Hands

— Rajat Kapoor



God has given us,  
Two hands to work  
We all use hands  
Be it soldier or a clerk.  
But hands that help  
Are much better,  
We all do work  
But helping does matter.  
Since working is for our sake  
And help is for others,  
So hands can be for fighting,  
Or living like brothers.



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](mailto:editorial@nirankari.org)

*(The best story would be published in Hansti Duniya, March 2024)*

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This story by **Siddharth S/o Sh. Dhananjay**  
Gali No. 7, Sant Nagar, Burari, Delhi- 110084  
has been adjudged the best. Congratulations.



## Say No to Crackers



Manu and his friends were very much excited. Diwali was approaching. Their teacher had told them that they should not burst crackers. Pollution was ever increasing, but he didn't care to listen to the teacher.

Manu told everybody that this time he intended to burst even more crackers than before, and all his friends agreed. Manu went to the market and bought crackers for Rs 5000. Even the shopkeeper was shocked since many people were not buying crackers this Diwali and wanted to celebrate by just helping the less privileged ones by giving them gifts. This time he wanted to burst so many crackers that he had not burst for last 10 years. However his plan could not materialize. The moment he started bursting crackers one of the crackers burst near his neighbour's house and their child was injured. Manu got a severe scolding by his parents and all his neighbours too. He himself became sad seeing the little girl crying out of pain. He promised himself that he would not burst crackers in future. Instead he went and distributed sweets to the needy.

## RESULT FOR THE MONTH OF November 2023 ISSUE

### CONSOLATION ENTERIES



**Sadhik Mehra**

**Age-10**

Sector-5, Karnal  
Haryana (132001)



**Yuvraj Khindri**

**Age-9**

640, Basant Avenue  
Amritsar (Punjab)



**Sandeep**

**Age-15**

Village : Surahan  
Distt. Jhunjhunu (Raj.)

**Seema (Ambala)**

**Mivan Chalotra,**

**Pustam (Panipat)**

**Neha (Delhi)**

**Leena (Delhi)**

**Rahul (Azamgarh)**

**Rama Kumar**

**(Azamgarh, U.P.)**

**Shaila (Newada)**

**Ankur (Delhi)**

**Roshan (Lucknow)**

**Sandhya (Dehradun)**

**Nisha (Panipat)**

**Neetu (Lucknow)**

**Ritu (Karuvvee)**

**Kavya (Panipat)**

## Colour it for January Issue

On page 45, a beautiful picture is given; colour it and send it to us latest by **February 20, 2024**. Office address: HANSTI DUNIYA, Nirankari Complex, Near Nirankari Sarover, Nirankari Colony. Delhi - 110009

The result will appear in March 2024 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 .....

# VALUE OF FRIENDSHIP

— V. K. Chitkara

Friendship is the silken tie of love and esteem which binds two persons usually unrelated by blood. It is a priceless possession of man which imparts sweetness to life. It is a blessing, a few of us are favoured with. That is why Samuel Johnson says:

‘Friendship, peculiar boon of heaven  
The noble mind’s only given to all  
the lower world denied.’

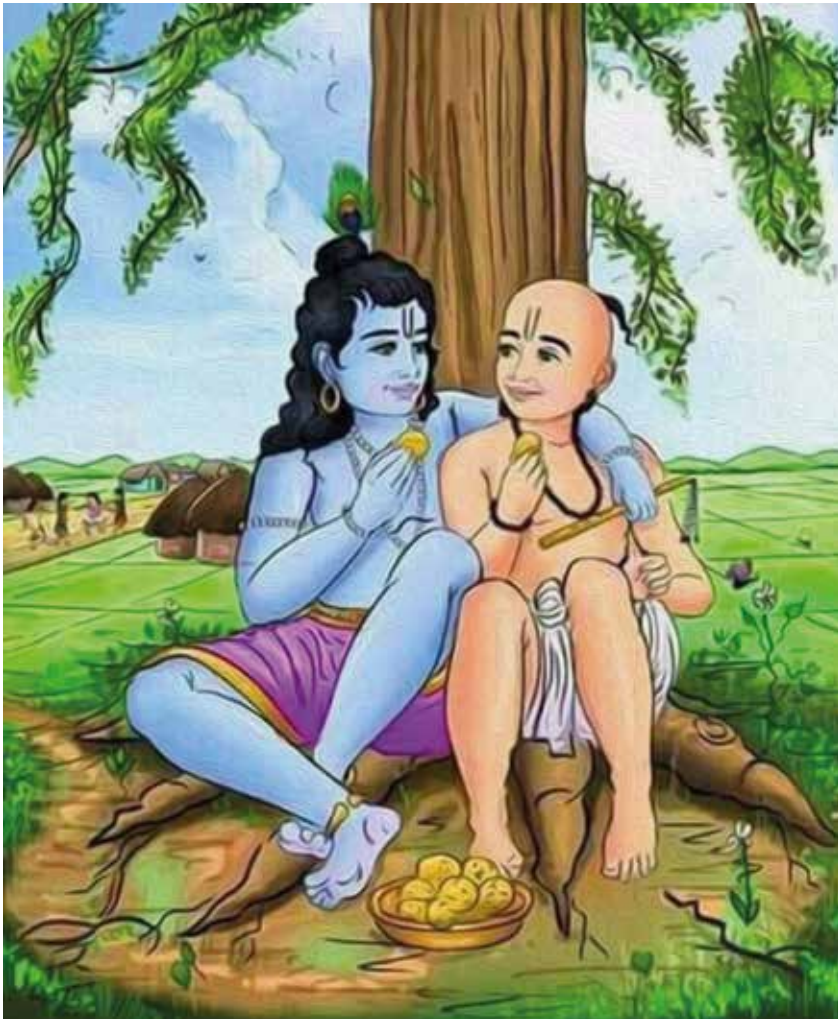
Aristotle defines friendship as ‘a single soul dwelling in two bodies’. Money and social status cannot stand in the way of true friendship. The story of Lord Krishna and Sudama shows that friendship does not have much to do with social status or economic milieu.

In Shakespeare’s ‘The Merchant of Venice’ the ideal of friendship shown is unforgettable. One is prepared to give up his life for the other.

Antonio was willing to give a pound of his flesh to help Bassanio, his friend. There is no selfishness in such friendship. To sacrifice one’s all makes one more happy.

Friendship is a sacred trust without the legal stamp. It, therefore, gives pleasure to serve not only the friends but every one connected with him.

Friends may be true or false. A true friend is one who stands by us in prosperity and adversity alike and is ever ready to sacrifice

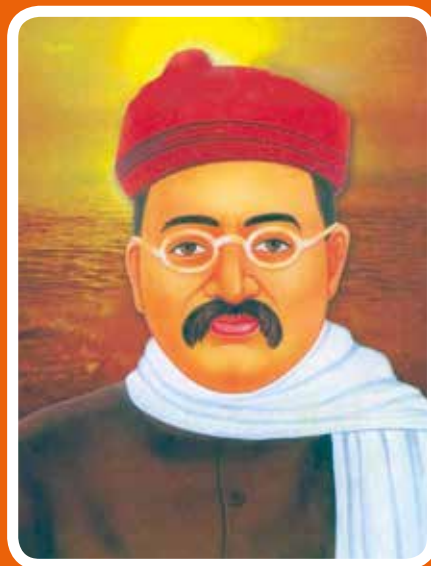




his own interests for his friend's sake. A false friend, on the other hand, serves his own interests only. As such we should be very cautious in the choice of our friends. It is said that a full purse always attracts friends while an empty purse tries them. We should make a wise choice of friends. We should remember that a wise enemy is better than a foolish friend.

Once we have accepted a person as a friend we should not be slow to appreciate his worth. No man is perfect and a friend chosen even with greatest care will not be without failings and weaknesses. But we should think more of his virtues than of his shortcomings. Otherwise, sooner or later mutual feelings are bound to be strained. Important as it is to be careful to make friends it is far more important to be careful to keep them. To gain this end one should exercise a good deal of self control and sweet reasonableness in dealing with one's friends.

"A faithful friend", says the Bible, "is a medicine of life." True friendship sweetens our life, heightens our joy and lightens our sorrows and as such is an unmixed blessing. ❖



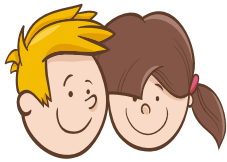
## Gopal Krishan Gokhle

— Mahipal

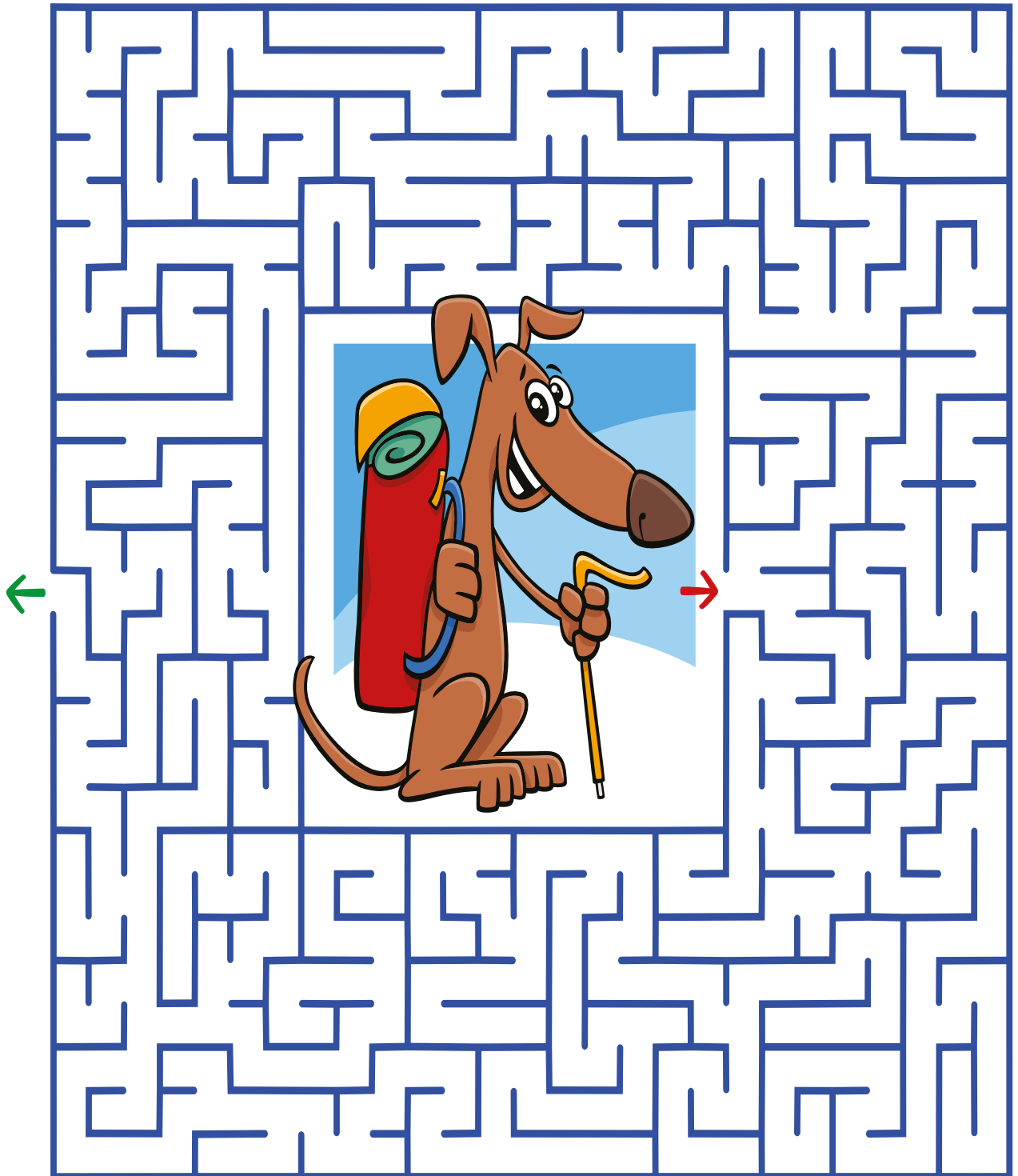
Once a teacher gave very difficult sum of maths to the students. The sum was given as home-work. One of the students was intelligent and also tried his best but could not solve the problem. Thus, he got it solved from his elder brother.

The next day, he was the only student in the class who had solved the problem. The teacher was very happy and praised him. The teacher rewarded him for his intelligence. The student accepted the praise that day but the next day he apologized to his teacher and said, "Sir, I have no right to this reward. I got the problem solved from my elder brother."

The teacher was overjoyed and praised him for his truthfulness. He was no other than our great leader and freedom fighter Gopal Krishan Gokhle. ❖



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