

Hansti Duniya





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Be Mindful

From the day a child is born, he is loved and well taken care of. The mother knows the timing of his appetite very well and gives him milk even before he gets hungry. The child starts growing up and gets love and affection from all the family members. Everyone helps the child in his upbringing.

The child grows up and learns to walk. Parents say, 'Walk carefully.' As he grows older, he is advised to concentrate on studies and pay attention to his health. When he starts working, he is told that he will be successful only if he concentrates on his work.

Once a person became so busy in his business that he found it difficult to find time for himself and started feeling depressed. He used to work and earn a lot but the happiness, joy and energy that should have been there in his life was not there. It was getting lost. He presented his problem to his teacher.

The teacher explained to him that he had completely stopped taking care of himself. He should take time for himself too. He should take a few days off from business and go somewhere far away in the lap of nature and leave aside all the worries and problems of business.

I can hand over my work to my manager and employees but how can I leave my house. That's where my wealth is. No one is trustworthy enough to be trusted.' The teacher said, 'You tell your helper who lives at home and arranges for your food and drinks that I am going out for some work for some time and can come back at any time. Take care.' The businessman said this to his helper and left the house.

The helper was always thinking that the boss was about to come. Therefore he was alert all the time. If there was any noise, he would think that the master had come. One day suddenly the owner came at night and the assistant opened the door. The owner was surprised as to how that lazy helper had become so alert that he could wake up at the sound of his arrival at night. When asked, the helper said that since he had been asked to take care, he always felt that he could come any time. Therefore, I started staying alert day and night and I understood that if I do any work, I should do it carefully and consciously.

Friends! Living life mindfully is the art of living. If we remain aware then getting angry, hating, speaking bitterly, insulting someone will stay far away from our life and many virtues like love, affection, hospitality, respect, soft speech, proper behavior etc. will automatically come in life and this is the key to success in life. — **Vimlesh Ahuja**

SAMPURAN AVTAR BANI

IK TU HI NIRANKAR 190

AKHAR VELE JAD IH BANDA ISS DUNIA NOON CHHODEGA;
JAD DUNIA DE RISHTE NATE YAM DA RAJA TODEGA.
DHAN JOBAN TE HUSAN JAWANI NAL KISE VI JANA NAHIN;
NAM DI DAULAT BAJHON TERE KAMM KISE VI ANA NAHIN.
KAMM NAHIN ANI AQAL SIANAP NA CHALNA CHATRAIYAN NE;
RET DE UTTE MAIHL BANA KE JHOOTHIAN ASAN LAIYAN NE.
RASAN JIS NOON SAMJHI BAITHAIN RASAN SABH PARAIYAN NE;
AKHAR VELE KAMM NAHIN AONA KARAM DHARM CHANGIAIYAN NE.
JO VI DUBBA NAM SAROVAR OH BANDA TAR JAVEGA.
KAHE AVTAR SUNO RE SANTO MOOHN UJLA KAR JAVEGA.

THOU FORMLESS ONE 190

When this human being will depart from this world at last;
When the Lord of Death will snap all relations with the world.
O' man, the riches, youth and beauty will not go with you when the end comes;
Except the wealth of Divine Name, nothing will be of any avail to you.
All intellect, wisdom and manoeuvrings will cut no ice;
By making edifice on the sand and pinning false hopes.
All that you consider as assets belong ultimately to someone else;
Rites and rituals and good deeds will not be of any avail in the end.
Whosoever immerses in the pool of Divine Name, shall attain salvation;
Avtar says, listen O' saints, such a person departs with an unblemished face.

Respect Money

—Prakash

Doli cat ran a jewellery shop in Sundervan. Monu Rabbit worked as an Accountant with her. One day, Doli was getting her cash of Rupees One Hundred coins counted by Monu. On counting, the cash fell short by one coin. Monu looked for it all around but to no avail.

That day, Soni Fox—the old friend of Doli—was also there at the shop. She had come to buy a silver ring. Incidentally, Soni too had only one rupee coin. Although poor, yet Soni was very honest. When despite thorough search the missing coin could not be found, Soni Fox thought to herself: "Doli is now very rich. And my being poor, she doubts me having stolen her

coin. In case of a search, she might take away my coin and even insult me. It will be better to give her my own coin than to stake my respect."

The poor Soni stealthily placed her coin on the ground. Then after a while she bent down to lift the coin, saying: "Here it is your missing coin."

Handing over the coin to Doli, Soni took leave of her. It was all over now. Both Doli and Soni were friends as before.

It was Diwali festival. Doli was cleaning her shop. While dusting the used ink-pot, a one rupee coin fell out from it. On this, Doli cried in anger: "How strange it is that the coins are scattered here and there,





yet the accounts stand tallied?" The accountant, Monu was worried as to how this all had happened. Despite his being honest and hard-working, he was unnecessarily being accused. Suddenly he recollected that one day the cash box had fallen down while he was placing it in the almirah and all the coins had scattered all over the floor, may be at that time the coin had fallen into the Ink-Pot, he thought.

"But how did Soni fox get it? Poor Soni might have given her own coin, Monu thought. This too appeared to be strange because where could poor Soni get it from. Even if she had got one, how could she be so foolish to give it to Doli?"

Having failed to arrive at any conclusion, Monu expressed his thoughts to Doli. She too recollected the whole scene. That day, Soni had come to buy a ring, but she returned without having bought it. Doli could now understand the whole matter. She

knew that her friend, Soni, was poor but honest and respectable.

Doli at once rushed to Soni's house. She asked Soni to tell her the truth. Soni tried to put her off for quite some time. But when Doli insisted upon, Soni told her the whole matter.

Doli tried to give the coin back to Soni but Soni said, "Sister, what shall I do with it now? I can sacrifice hundred such coins over self respect. I am contented with having not lost my respect and friendship. While money can be earned again, respect once lost cannot be regained. It is nothing short of anything that you trust me."

Soni did not take back the coin from Doli. On her way back, Doli thought, "I was thinking myself to be greater than all because of riches. But my friend Soni and Monu have proved to be really great who can win over many like me with their honesty and respectability. It is true that respect is more valuable than money. ❖"

Celebrate Each Moment

—Naresh

There are 365 days in a year and 24 hours in 1 day, every week has 7 days and every year has 12 months. Every day, every moment passes and one reaches year end. Everyday and moment passes and while walking the path of life we reach a new goal and this new goal is named as The New Year. The moment we hear about new year arriving we are filled with excitement about the goals we have our achieve in that year, we prepare

its outline and then we make efforts in that direction.

From the first day of New Year we start wishing Happy New Year to our friends, peer group, saints and those in touch with us. We all want that everyone be blessed with lot of happiness and we also live our life filled with happiness. This way, many people also give us these blessings. Its very praiseworthy that everyone gives one another blessings for new year.

Dear friends, it is worthy to note that just by wishing happy new year to one another, does that actually attract bliss in our lives and even when we have given a blessing to someone else, is it given from the bottom of our heart?

Yes indeed, if we have wished someone deeply from our heart, it does bring peace & happiness in our lives and the one whom we have wished also feels happiness.

Filled with such feelings our week gets filled up converting into a month and then the year filled with 365 days becomes new year for us. When we wake up every morning, it will be a new year for us. ❖



Talking to Flowers

—Avinash 'Fitrat'

Bloom thou
The beautiful flower
And make the earth
An attractive shelter

With thy hues
The days look bright
And thy fragrance
Does scent the night

The fragrant air
That comes from you
Makes gloomy face
Smile all the day through



The moths find life
From thy charming beauty
And it is you
Who amuses the butterfly

You really make
Paradise of the earth
Else, on reside
It may not be so worth.

HOMOPHONES

—Anuradha

- | | |
|--|--|
| 1. SEE (Look at) | SEA (A great body of salt water) |
| 2. BAT (For playing) | BAT (Animal) |
| 3. DESSERT (Sweet eaten after main meal) | DESERT (A barren area of landscape) |
| 4. SEAL (Stamp) | SEAL (Animal) |
| 5. PLAIN (Flat or smooth) | PLANE (A vehicle that can fly through air) |
| 6. CRANE (Bird) | CRANE (For lifting weights) |
| 7. WASTE (Of no use) | WAIST (Narrow part of body below the ribs) |
| 8. BLEW (Past tense of blow) | BLUE (Color) |
| 9. ROAD (Thoroughfare where traffic) | RODE (Past tense of ride moves) |
| 10. MAIL (Letters or packages etc. sent by means of postal system) | MALE (Gender) |

Life For All

—Ashok Kumar

Once upon a time there was a rich man in a village. He was very greedy. His greed for wealth was beyond limit. To him, wealth was all in life. Therefore, he was madly after wealth.

One day, a wandering monk knocked at his door. The rich man opened the door and asked the monk, "What do you want, holy saint?"

The monk replied softly, "Gentleman, only a loaf of bread."

The rich man said, "Oh, I see. You are wandering about only for a loaf of bread. It is foolish of you to wander about begging a loaf of bread. See me, nothing is dearer to me, wealth. Wealth is the main concern for me in life."

The monk replied indifferently, "Sir, it is your thinking, not mine. I think differently. You are blinded by wealth. So you can't see things clearly."

The rich man got a little angry and spoke angrily, "Holy man, you spiritual beings talk too much of idealism and little of realism, you can't understand the value of wealth. Let me tell you that it is the wealth that works wonders in

life. Life is not joyful without wealth, wealth makes life easy."

The monk said again "Gentleman, I don't deny the importance of wealth. Wealth is a must to meet the necessities of life. What I hold wrong is to be mad after wealth; to ignore the spiritual aspect of life and to waste precious human life for some silver coins."

The rich man answered jeeringly, "Dear monk, it is very easy to speak against wealth but very difficult to do without it. Life comes to stand still without wealth. It is the wealth that makes the mare go."

The monk said politely, "Gentleman, you may be right in your own right. But to me, what you have said sounds to be hollow. Wealth is a means, not an end."

The rich man said, "Holy man, you have no wealth. So you speak against it. I have wealth, so I know what is its importance."

The monk said indignantly, "To a deluded man, everything is not easily understandable. So, you can't understand the importance of my words. The rich man got angry at these words of the monk and said, "Deluded



are you that you don't understand the importance of wealth."

At last, the monk said, 'Time will tell you what stands important in the world. So, let us stop arguing now.'

The monk went away without taking the loaf of bread from the rich man.

After some days, the rich man fell seriously ill. He consulted many physicians but none could cure him of his illness. The rich man spent huge amount of money on his treatment but to no avail. His condition was going from bad to worse day by day.

On hearing of the illness of the rich man, the monk came to him to ask about his health. The rich man was lying in his bed. His face was utterly gloomy and pale. He was too weak to move. His

eyes had sunk deep into their sockets. The rich man spoke pathetically to the monk, "Oh dear monk, I want to be healthy at all cost. Take away my wealth and cure me of my illness. I don't want to die an untimely death. I want to live long. Please do for me anything in your power."

The monk said, encouraging the rich man, "Don't give way to despair. You will soon get well. Have faith in God. Faith works wonders."

The rich man said regretfully, "I now in this state of illness feel that wealth is not all in life." The monk said to the rich man, "I am glad that you have realized it. Remember my words that life is not for material pursuits, rather they are all for life."❖

GRANDPA

Story & Illustration —Ajay Kalara



Rohan and Keshav were playing football in a park.



The park had many trees and vines including a vine of water melon and a plum tree.






Keshav and Rohan were enjoying the game when suddenly football went up in the sky.

The football was no where to be seen. Both of them started looking for the football.




While searching for the ball they came across the plum tree and the watermelon vine that was lying on the ground.

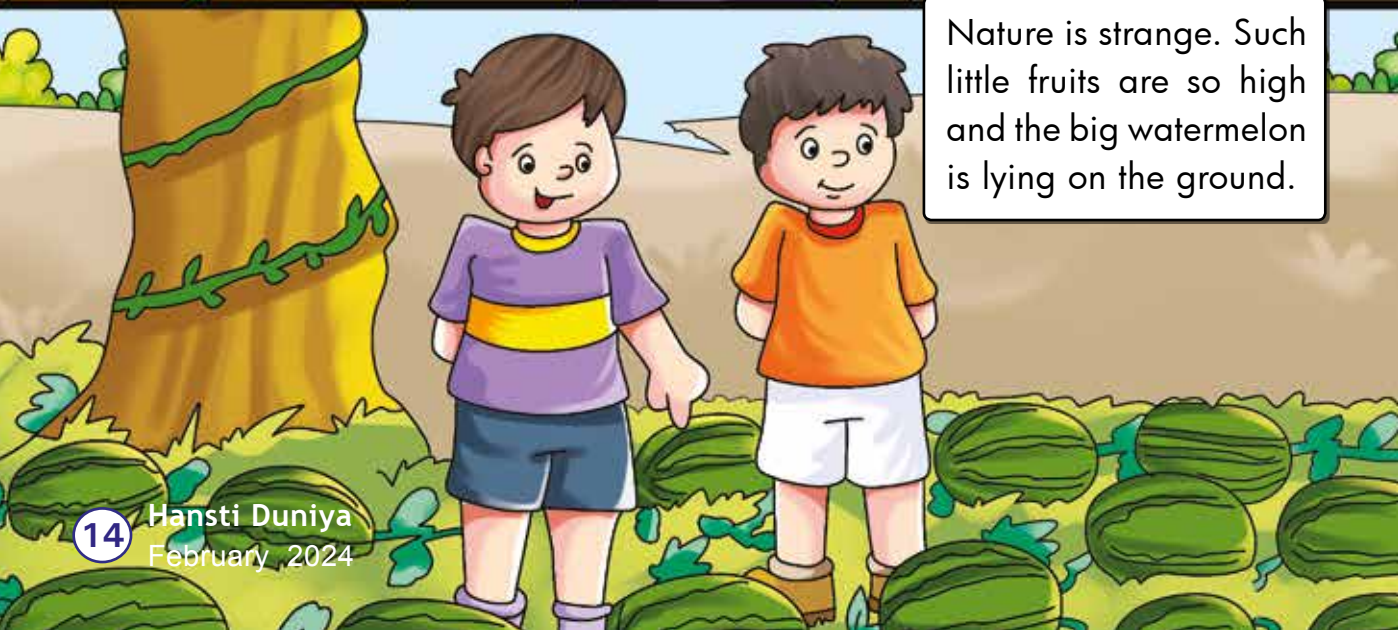




The plum tree bore such beautiful little fruits. Rohan called Keshav to look at the beautiful little plums.



Keshav said, "Lovely fruits! We can't even pluck them. The tree is so tall."

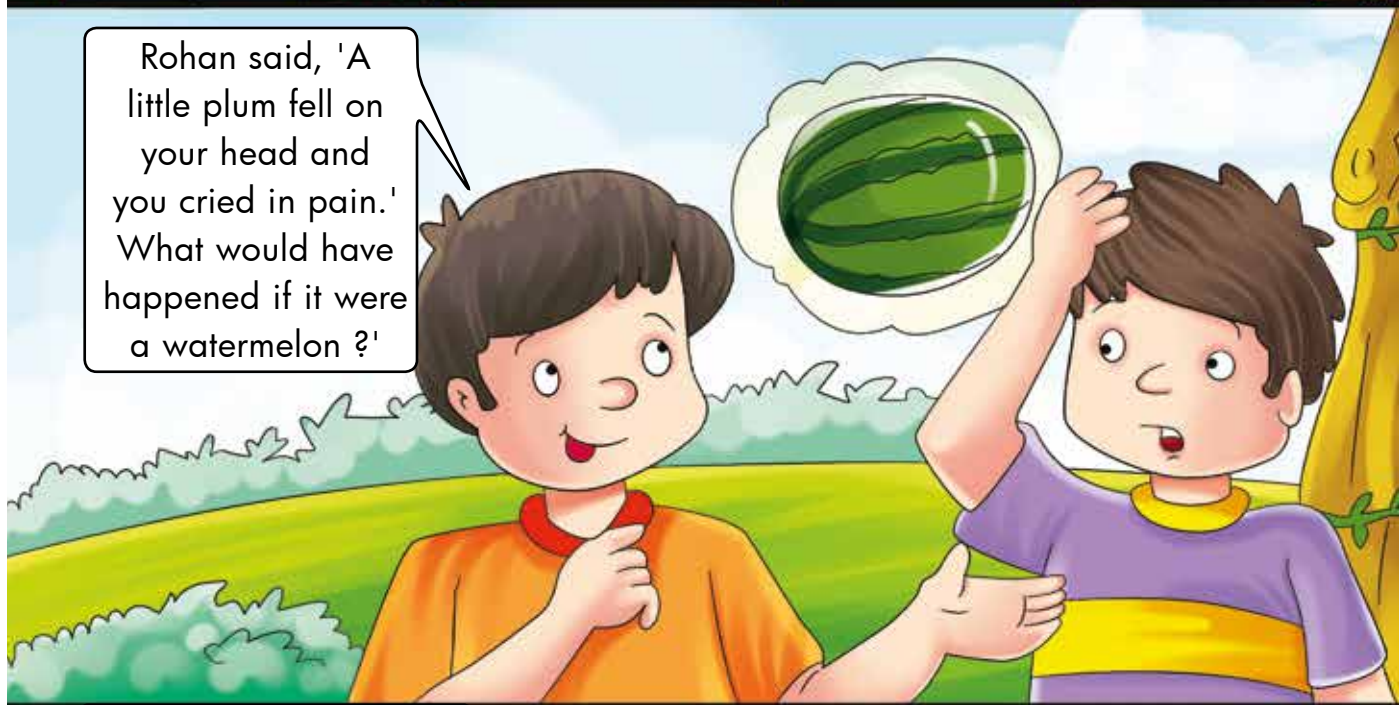


Nature is strange. Such little fruits are so high and the big watermelon is lying on the ground.



It would have been great if the plums grew on the ground. Rohan remained silent.

Suddenly a plum fell on Keshav's head and he cried in pain.



Rohan said, 'A little plum fell on your head and you cried in pain.' What would have happened if it were a watermelon?'

Keshav said, 'My head would have been wounded very badly.'

Rohan said, 'Nature has created everything at the right place. We better not criticize it.'

The teaching is- Whatever nature has created is right at that place. Don't ever criticize it.



Riddles



— Pulkit Bhardwaj

1. He who has done it not tell it. He who takes it doesn't know it. He who knows it doesn't want it, What is it?
2. Before the mother was in this world, the son could be found sitting on the roof.
3. It stands on one leg with its heart in its head.
4. As I went across the bridge, I met a man with a load of wood which was neither straight nor crooked, what kind of wood was it?
5. What is put on a table, cut, but never eaten?
6. Who are the two brothers who live on opposite sides of the road yet never see each other?
7. Lives without a body, hears without ears, speaks without a mouth, to which the air alone gives birth?
8. When one does not know what it is, then it is something; but when one knows what it is, then it is nothing, what is it?
9. A girl going to school passes through a market and counts 32 shops on her left. While coming back, she counts 34 shops on her right, how many shops are there in all?

1. Counterfeit money, 2. Fire, smoke, 3. A cabbage, 4. Sawdust
5. A pack of cards, 6. Eyes, 7. An echo, 8. A riddle, 9. 34

Answers



Bliss On My Way

— Khushboo Thakur

In every moment gushes forth Your glory,
 Bestowing the Divine shimmer upon my story,
 A song of transcendence You wove,
 A love so tender in me You bore.
 Embracing Your grace I danced like Meera,
 Invaluable Your knowledge, diamond like sheen,
 I shone like Heera,
 Of tender age, blemished and flawed,
 You chiseled me as an epitome of purity,
 My Worthy Lord.
 Songs of eternity echo from dawn to dusk,
 A mystical fragrance beyond rose,
 jasmine or musk,
 Temporal world no more I seek,
 Mrig trishna, a gordian knot and therefore bleak.
 An awakening rejoices in the glimmer of my eyes,
 In eternity you bound me to Your azure skies,
 A sense of derangement and so profound,
 Captured in an unending dream of Divine love,
 So much of this world lost
 and so much of You I found.



BENEFITS OF ORANGES

—Jagtar Chaman

1. Fight Cancer : Citrus fruit has been associated with reduction of cancer risk. Oranges help fight cancers of the mouth, skin, lung, breast, stomach and colon. They help prevent cancerous cells from fast multiplication and are therefore anticarcinogenic.

2. Lower Cholesterol : Oranges contain a compound which is known to help reduce levels of bad cholesterol.

3. Protect the Heart : This beautiful citrus fruit offers protection against cardiovascular diseases and has been shown to lower high blood pressure.

4. Kidney Support : Oranges keep toxins getting filtered out of the kidneys continuously. It reduces the risk of stone formation in this organ.

6. Immune Support and Anti-Inflammatory Properties : Free radicals are associated with inflammatory diseases like rheumatoid

arthritis and asthma in the body. Vitamin C present in oranges consumes free radicals. Thus consuming oranges can be helpful in protecting our body against these life threatening diseases. It can be a great source against diseases like cold flu and ear infections too.

7. Protection of Eyes : These tasty, nutritious and bright colored fruits are rich source of carotenoids. Carotenoids are precursors of Vitamin A in our body. Vitamin A prevents night blindness and degenerative eye diseases. Yes ! Who wants to wear spectacles.

8. Enrich the Skin : Vitamins, minerals, and phytonutrients, are important for blemish free beautiful skin! Oranges can help us gain that much cherished and envied skin texture that we see only in pictures. Happy beautiful Skin! ❖



My Book

— Sanjay Kumar Chaturvedi

Sitting at home
Through my book
What, when, where happens
I can clearly look

A house of Poems, Stories
My book is full of glories
Full of fun and frolic
It is a bundle of magic

It provides knowledge
Of all respects
How to live a happy life
It teaches us the acts

It inspires one and all
To know One's culture
How to achieve goal of life
Can one the courage muster

Please Bring Me Books

Please bring me books
O father the dear
I shall also go to school
And become an engineer
In studies shall I put
My heart and soul
Be it day or night
I'll do my duties all
I will play games too
With all my might
Serve shall I nation well
The way that is true and right

NOBODY IS PERFECT But Everyone is a Human

— Abhedika Dhanrajani

Once upon a time, there was a 12-year-old boy whose name was Shivansh. He was a very bright boy. He used to study very hard and loved to take part in various events in his school. His teachers and parents used to always support him and encourage him to take part in dancing and theatre. His parents did not have much money but used to help him register in events with whatever they could.

One day his cultural department organised a dancing event. He was chosen to be the lead performer in the musical where he had to dance and sing and perform. He practiced a lot and finally was selected in the first round of the auditions. His teachers and parents were happy for him. But some of his school mates grew to be jealous of him.

They started teasing him for 'wearing dirty shoes for his dance rehearsals', and getting the role only because his uncle was connected with the school boards of trustees' and

other assumptions about him started to get spread and he started being bullied.

He stopped eating with his friends at the canteen table and became lonely. He even stopped going to the rehearsals and decided to quit. His grades started falling down. He started being sad all the time. His theatre teacher once caught him crying at the backstage and asked him what was wrong.

He said, 'I love dancing and singing. I just wanted to perform. But now I don't think I deserve this stage. I am not perfect for this role. My friends are teasing me because they also think the same. They think I used my uncle to get this role, but I do not even have an uncle who knows anyone in this school.'

The teacher smiled and said, 'Shivansh, if you know the truth and are aware of the false allegations on you, then do not pay attention to them. You should be like a lotus in life.'



'LOTUS?'

'Yes, like a lotus. Just like a lotus lives in muddy water, but does not ever let the muddy and dirty water leave any stain on his big and green leaves, you should not let the negative things happening around you affect you any way. You should just keep your side of the street clean. If you think you love something and you are willing to work hard to achieve

that, then you should not hesitate to work towards your determination, just because someone else says you can't.'

Shivansh thought about what his teacher told him and decided to not quit the musical. He used to stay back after his classes and rehearsed with his theatre crew, who knew his worth and wanted him to be in the lead role, no matter what anyone said.

Finally, the day of the musical came and all the teachers, parents and students of the school were invited to watch the musical. Everyone was mesmerised. Shivansh and his team got applauses and compliments from every teacher and parent. All the students congratulated them and they were asked to perform the same set on the upcoming annual day too.

Shivansh was very happy with himself and for his team as well. He rushed to the canteen to get chocolates for his team members as congratulatory piece offering when he saw someone ahead of him at the line trip down and fall. Everyone in the canteen started laughing at him and teased him for being so clumsy.

When Shivansh got a clear look of the boy, he realised he was one of his class-mates. The same who was making fun of him for wearing dirty shoes and bullied him. He gave him a hand and picked up his belongings and made him sit on a chair. He got a first aid kit from the lunch lady and started treating his wound on his knee.

Seeing Shivansh treat that boy with kindness, everyone else realised that what they had done was wrong, and so some of them

offered water to the boy who fell, some started apologising to him too. People who were laughing, started actually helping.

After a while the boy asked Shivansh, 'why are you helping me?'

Shivansh said, 'You were hurt and I was well within to help you in that situation.' 'No, but I made a fun of you. I started baseless rumours. I bullied you.'

Shivansh replied, 'Nobody is perfect. The way you reacted, was not justifiable, but as a human, I tried to give you benefit of doubt. I tried to focus on myself rather than what you, or anyone else was saying. And when the time came, I tried to restore our relationship with kindness and humanness. You were not a perfect friend to me, and there is no guarantee that you will not repeat your actions, but you are a human too, and I will be kind to you as my fellow classmate as well as mindful of not exploiting myself.'

After that, they were not just the best of friends like they used to be, but also the respect amongst Shivansh and her school mates was restored.

Moral : Give a good deed the credit of a good motive; and give an evil deed the benefit of the doubt.

—Brander Matthews ❖

PARADISE LIES Under The Feet of Parents

—Subhani Ahuja



It is seen here, there and everywhere that ungrateful children ill-treat their aged parents. They are sent out of their homes and subjected to unspeakable torture. Leaving the parents to the Will of God, sons and daughters are interested in their Will about property. Watching their tears and prayers, Goethe once said, that an aged man is always a "King Lear." When the cruel treatment of his two daughters made his life hell, the King Lear cursed them, "How sharper than a serpent's tooth it is to have a thankless child."

All the scriptures and ideals of society enjoin upon children to be obedient and grateful to parents. The 5th commandment in the Holy Bible expressly lays down, "Thou shall honor and serve thy father and mother." Children are expected to love their parents as much as they love the Lord. Describing parent-child-relationship, the Islamic Law says that after Allah, parents are the persons who give us

innumerable favours. They provide protection, food and clothing to the newly born. It says, "And your Lord has ordained that you shall worship none except Him and shall do your parents, a good turn." Through spiritual congregations arranged regularly for children, throughout India and overseas, the Sant Nirankari Mission stresses that 'good turn' to parents means loving, obeying, speaking softly and caring for their needs, especially in their old age.

For harmony in the house, parents are advised to catch their children young for a spiritual touch. In turn, children would do well to remember the Hadith, "Paradise lies under the feet of parents." ❖

Gurbir and the Books

—Darshan Singh Asht

Mother said to Gurbir, 'Son, your exams are approaching but you are not at all concerned. You are either playing or watching cartoons.'

Gurbir was busy watching cartoons on TV. He did not respond to his mother's words.

Mom again said, 'Gurbir, I am saying something, can you hear me, right?'

This time Gurbir got irritated and said, 'Yes, mom I heard you. Don't worry. I will show you good marks.'

Mom said, 'What kind of magic lamp do you have? May I also know something, which will get you good marks without studying?'

'Enough mom. Only my result will tell about this. Let me play, don't bother me please.'

Gurbir's mother remained silent for a while but then said, 'Remember one thing, success comes only by studying. I have never seen any child who passed without studying.'

'But mom, just wait for my result', said Gurbir. He turned off the TV, closed the door and went out to his friend's house because he was getting irritated with his mother.

As the exams were approaching, Gurbir was getting more and more anxious. He often used to tell his mother that he would get good marks. If he failed, what would he tell his parents? He felt irritated by his boastful behavior.

All the Gurbir's friends were busy preparing for the exam. Whenever he went to any friend's house, he was seen engrossed in studies.

Only a few days were left for the exam. One day suddenly the doorbell rang. His mother, who was ironing clothes, opened the door and saw Gurbir's friend Gulzar standing there. He had come to collect his science notebook. Gurbir had promised





to return it in the evening. 'Hey Gurbir, you did not return my copy yesterday. You had told me that you will return it after an hour. I kept waiting for you till late evening', said Gulzar.

'I have nothing to say. I thought of playing for an hour and then get back to work. I didn't realize how two hours passed while watching the cartoon. Then I fell asleep, now I will start my work.'

Gulzar got angry at him but did not let his anger show and said, 'I also have to work. So give me the copy.'

Gurbir returned his copy. The next day when he went to Gulzar's house to collect his copy, Gulzar gave him a

curt reply, 'Gurbir, you really don't care about the exam. If you were worried then you could have worked from my notebook but you are busy watching cartoons only, that too during the exam days. Sorry, Gurbir. Now I will not be able to give you my copy because I also have to prepare.'

'No problem, I will tell him how I get better marks than him in the exam, Gurbir was thinking while returning.

Finally the day of examination came. Early morning Gurbir took out a book from his bag. Very silently he tore the page with an essay written on it. He felt as if someone had screamed. He looked around and there was

no one. 'I am your book.' 'What? You are speaking ,means my book'.

'Yes. I am your friend. I want to embellish your life but you are tearing me apart.'

'I will prepare your slips and take them in the examination. I will cheat and get good marks.'

'You are making a big mistake.'

'I don't care about you. I will prepare your slips and take them away.'

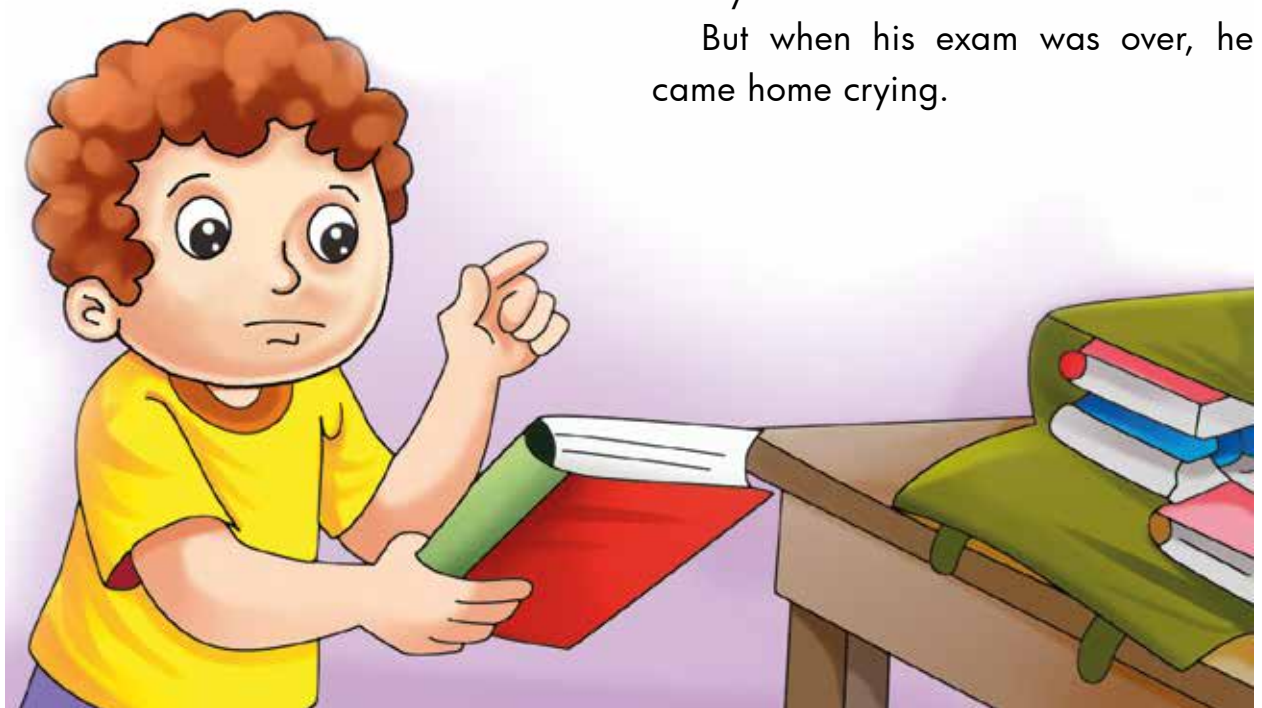
'The pleasure that comes from working hard and passing has its own joy. If you do this then keep in mind that you can pass the exam by cheating. But the examination of life cannot be passed by cheating? I am angry with you.'

'I don't care if you get angry', Gurbir tore twenty pages one by one and hid them in his different pockets and socks.

Gurbir was looking happy. 'I will copy and get good marks even without studying. Mom, dad and Gulzar will be surprised.

The exam started. After five minutes Gurbir, took out a slip and started solving the question. The teacher noticed and searched his pockets and socks. During the search all his slips were seized. As punishment, the teacher made him sit near his chair. What would Gurbir Have done? Embarrassed, he kept writing the questions from the question paper slowly on the answer sheet.

But when his exam was over, he came home crying.



Mother had guessed that he had not been able to perform.

He went to his room and lay down on the bed. The next two days were not working in the school. Gurbir was worried. He thought the book was right.

The happiness that comes from working hard and passing has its own joy. It was my fault. My attention remained focused on watching cartoons or playing. I should be punished for this.

The result was out. Gurbir failed in the exam this time.

Mom and dad realized that Gurbir regretted his actions. On his request, his father got him re-admitted to school. He had brought some new books from the market. He covered the old ones properly and got them bound.

On the first day when Gurbir was going to school with a bag on his shoulder, he was thinking, that he would get good marks this time not by cheating but working hard.

'Well done. We have heard about your determination. We value hardworking children. We are with you.' Gurbir noticed that the books in his bag were speaking.

Now Gurbir had strength in his steps and freshness in his mind.



This time when Gurbir went to school to know the result, he was very happy to know that he had got good marks. As he was coming towards home quickly, he recalled what the books had said, 'The happiness that comes from passing by working hard is its own joy.'

Moral : Hard work is the key to success. ❖

Light and Life

— Sakshi Batra, East London

And a dream to strive
Confusions and riddles
Stuck in the middle

Looking for a guiding hand
My feet stuck in quicksand
Unknown to the realization
that master is always
with its creation

Protecting and caring
Guiding and preparing
The moment of truth the
realization illuminates
And I can see

That every breathe that I take
Is through your grace
What else can I ask for

Every smile you bestow
Is through your kindness that glow
What else can I ask for

Every seed of humanity you sow
Is for love to grow
What else can I ask for
Every vision that is progressing
Is a part of your blessing

What else can I ask for anything
that I wished for but did not receive
is actually not a part of your scheme
protection as a weave
what else can I ask for

And the wisdom to be
Is through your teachings to see
What else can I ask for

Your love and smile
Makes living worthwhile
What else can I ask for

May I become what you wish me to be
Shine through my actions
Under your guidance
What else can I pray for
But My heart desires to pray from you
For you to be your reflection
or your candle to be a guide
or to be destroyed
Bereft of any pride
whatever you wish
Becomes my command
Whatever you give
I accept it without a demand
What else can I pray for
What else can I pray for

Find 10 Differences



THE MAN WHO RAISED HIS VOICE

— Rachna Dhanrajani

Abraham Lincoln was born on February 12, 1809. He was the 16th President of the United States, who made significant contributions to American society, particularly during one of its most challenging periods, the Civil War. Here are some key aspects of Lincoln's contributions:

1. **Emancipation Proclamation:**

In 1863, Lincoln proposed the Emancipation Proclamation, which said that all slaves in the upstate territory were to be set free. While this did not immediately free all slaves, it shifted the goals of the Civil War and built foundation for the a slavery free United States.

2. **Preservation of the Union:**

Lincoln is known for his efforts to save the Union during the civil war. He took strong steps to help the country remain united, even in the face of internal conflict within USA. His leadership helped guide the nation through a difficult period and ultimately led to the Union's victory.



3. **Gettysburg Address:**

In November 1863, Lincoln delivered the Gettysburg Address, a short but powerful speech that explained the principles of human equality and liberty. It has since become one of the most famous speeches in American history and is often cited for its goal of humanity and a safe world for everyone.

4. **Homestead Act:**

Lincoln signed the Homestead Act into law in 1862, providing land to settlers in the western United States. This act encouraged expansion, helping many Americans to get land and build homes.

5. **National Banking System:**

Lincoln played a role in the

construction of a national banking system, signing the National Banking Act in 1863. This helped create a more stable and uniformed money distribution, contributing to over-all stability.

6. **Transcontinental Railroad:**

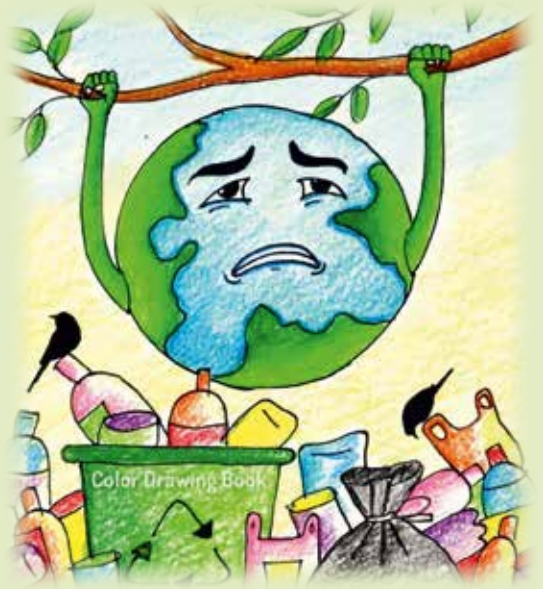
Lincoln supported the development of the First Transcontinental Railroad, which was completed in 1869. This railroad connected the east and west coasts of the United States, facilitating transportation and trade.

7. **Leadership Style:** Lincoln's leadership style during a time of national crisis is often praised. His ability to communicate, his humility, and his willingness to listen to diverse opinions helped bring people together during a challenging period in American history.

Abraham Lincoln's legacy is complex, but his leadership during a difficult moment in the nation's history has left a strong impact on the United States and its values.

“When I do good, I feel good, when I do bad, I feel bad, and that's my religion.”

—*Abraham Lincoln* ❖



LET'S RECYCLE

Look around,
There' so much plastic,
Let' recycle,
It' fantastic.
Don' forget,
about paper and glass,
Recycle together,
With your entire class.
We'l make sure
We never litter,
Let' recycle
We'e not quitters.
When we place our garbage,
in the right bin,
Both us and nature,
will clearly win.

— Kanika

TECHNOLOGY

A SERVANT OR MASTER

Compiled by—Sarita

Sanika, the only daughter of Prahlad Rao ji and Priya ji, was a pampered child. She was growing up. When Sanika was in class seven, Corona created a stir in the whole world. The schools were closed. When they opened, teaching was by internet, through mobile or laptop. Though reluctantly, parents had to give mobile phones to their children for studies. Even in these difficult times, children continued their education through technology.

After Corona subsided, children had become habitual of mobile phones. Sanika was no exception. She used to sit with her mobile phone for hours even after coming back from school. She had become addicted to social media and YouTube.

Prahlad Rao ji started worrying about his daughter's future. She was wasting time meant for her studies. She was almost glued to the screen. She would sometimes not even do her Homework. She was not ready to learn

any life skills. Her participation in household chores was almost nil. She did not play any outdoor games. Due to lack of physical activity she became obese. Her grades started falling. Her parents were worried and tried to explain the situation to her. One day she complained about her eyesight. The parents knew the reason. This was the time when she could understand her plight and her parents' advice.

Her father said, 'My dear child! Technology is a great tool when used judiciously. It was much required during pandemic but should be used sparingly now when some information is required. The light from the screen of mobile and laptop is harmful. Therefore go and play with your friends in the park in the evening. Get a good book from your school library and read it. Read about the life history of great men and their hardships. Help your mother in household chores. All these things will widen your horizon and help you become a rounded person



(a personality which is fully developed in all aspects). This makes a person balanced in all circumstances.

Sanika was very much influenced by his father's advice and accepted that she was unaware of the roadmap to success. She thanked her father for being so patient, caring and supportive. Her father said, Remember to put this advice to practice otherwise it will just remain a piece of information; also if you want to thank me share it with your friends. This way you and your friends can become channels of change in our society. Sooner the better. Next day onwards Sonika was a changed person.

Her participation in games and cultural activities astonished everyone. Her grades started improving. The teachers started praising her. On the Parent Teacher Meeting Day many parents asked Sonika about the secret of her transformation. She explained to them about her addiction to social media and its consequences in her life. She further apprised them of her father's advice and told them to propagate it for good health and happiness of our coming generations.

Moral : Technology can serve us well but become harmful if we allow it to dominate our lives. ❖

KITTY



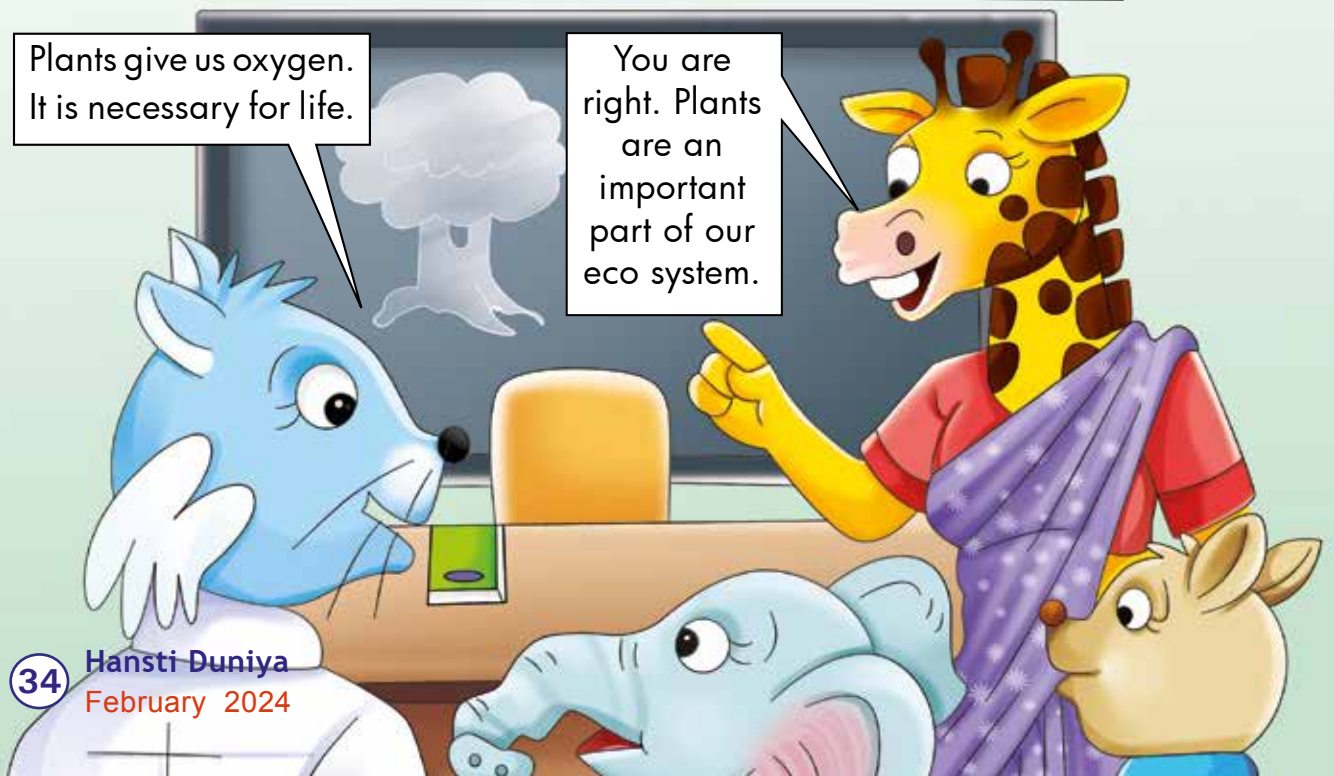
Story & Illustration — Ajay Kalara

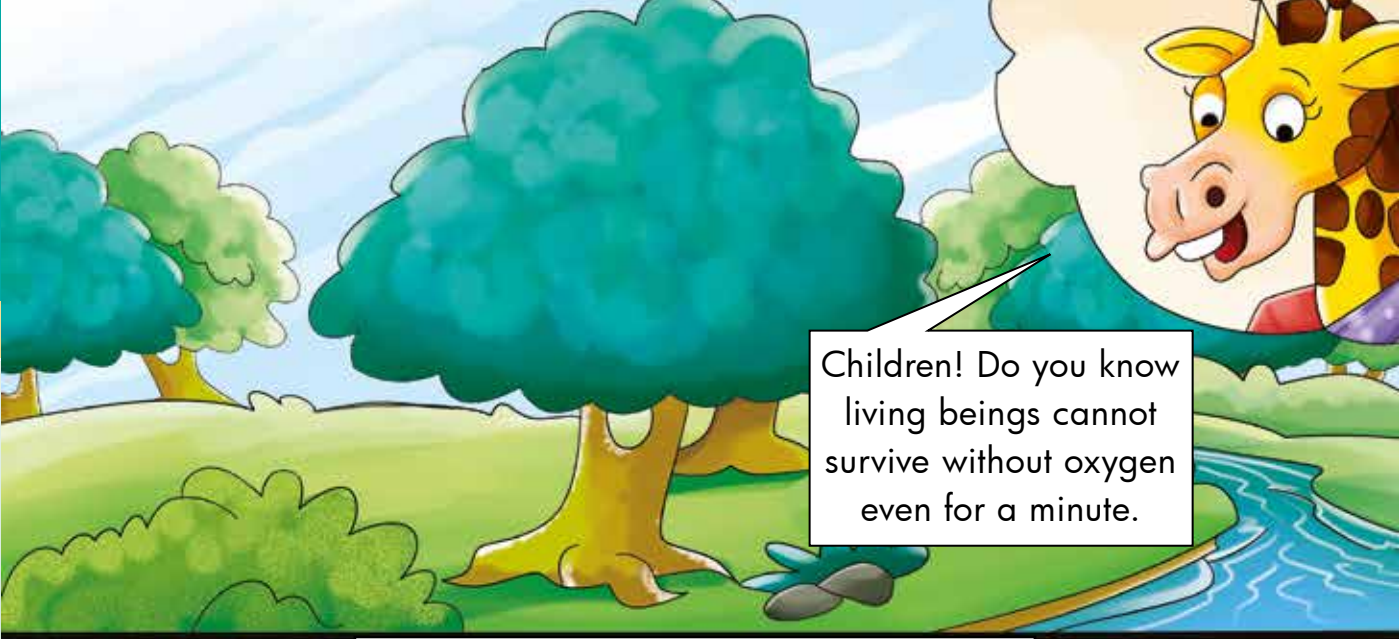


Children! Today we shall learn about plants. Plants give us flowers, vegetables and fruits.

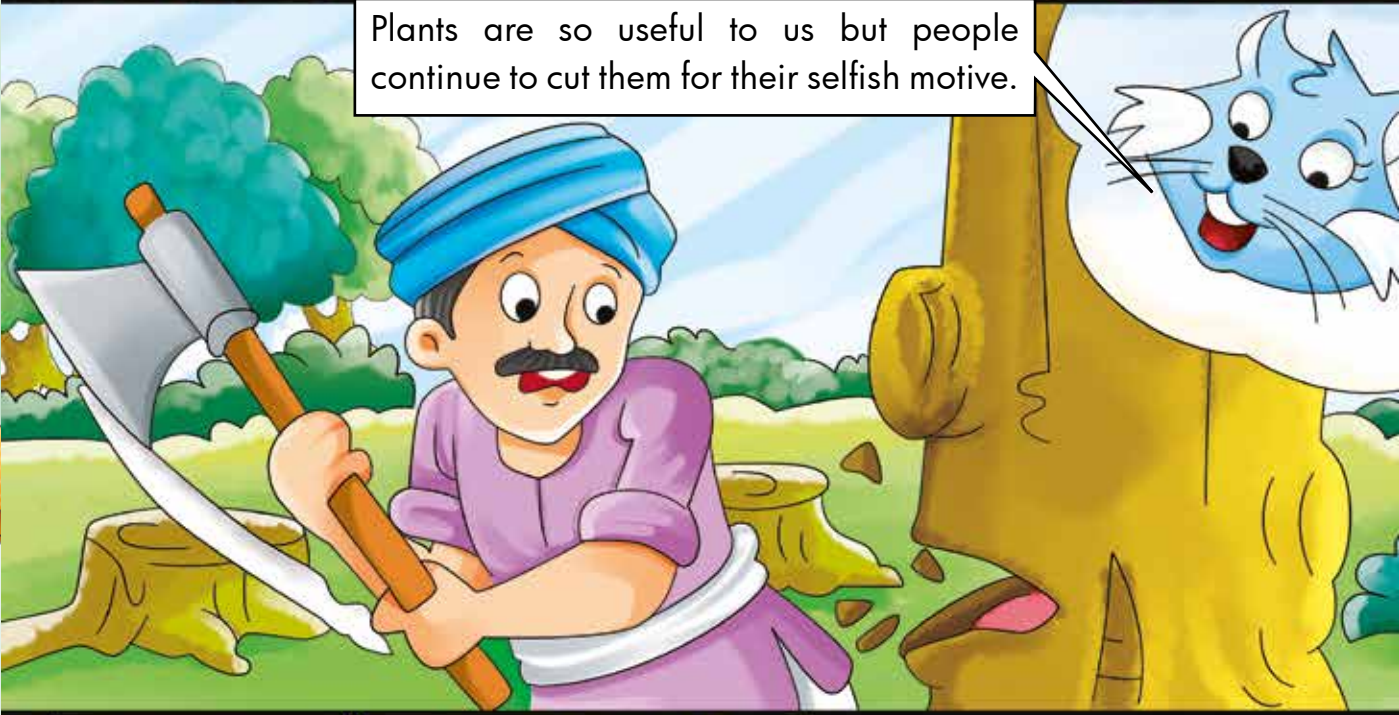
Plants give us oxygen. It is necessary for life.

You are right. Plants are an important part of our eco system.





Children! Do you know living beings cannot survive without oxygen even for a minute.

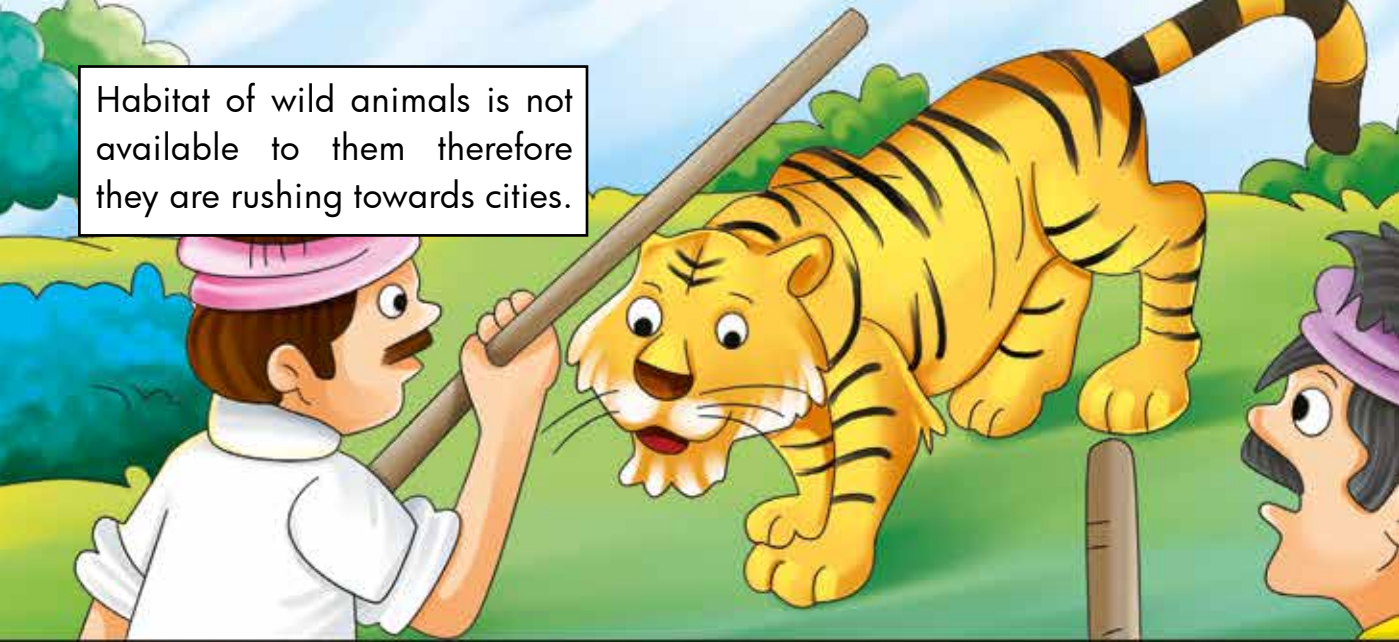


Plants are so useful to us but people continue to cut them for their selfish motive.

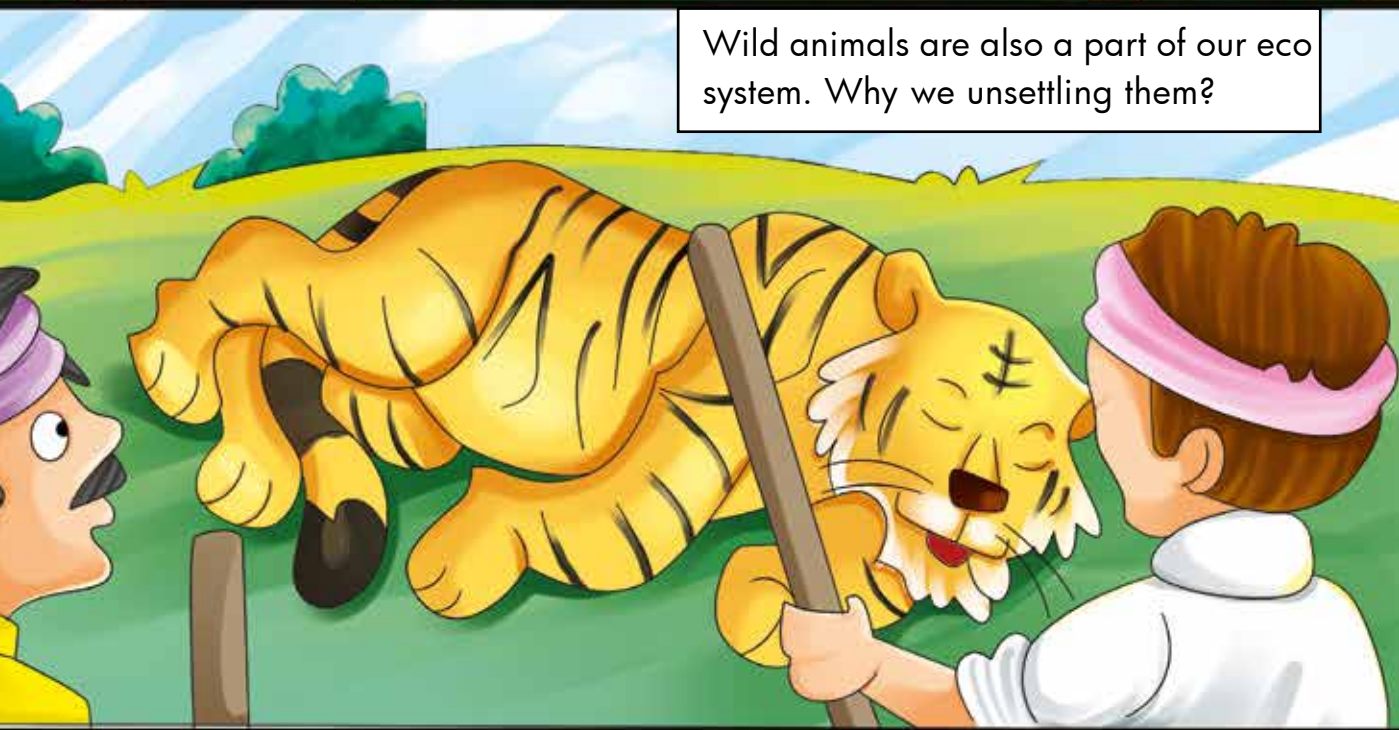


Due to decline in the number of trees, our environment is getting polluted resulting in increased global warming.

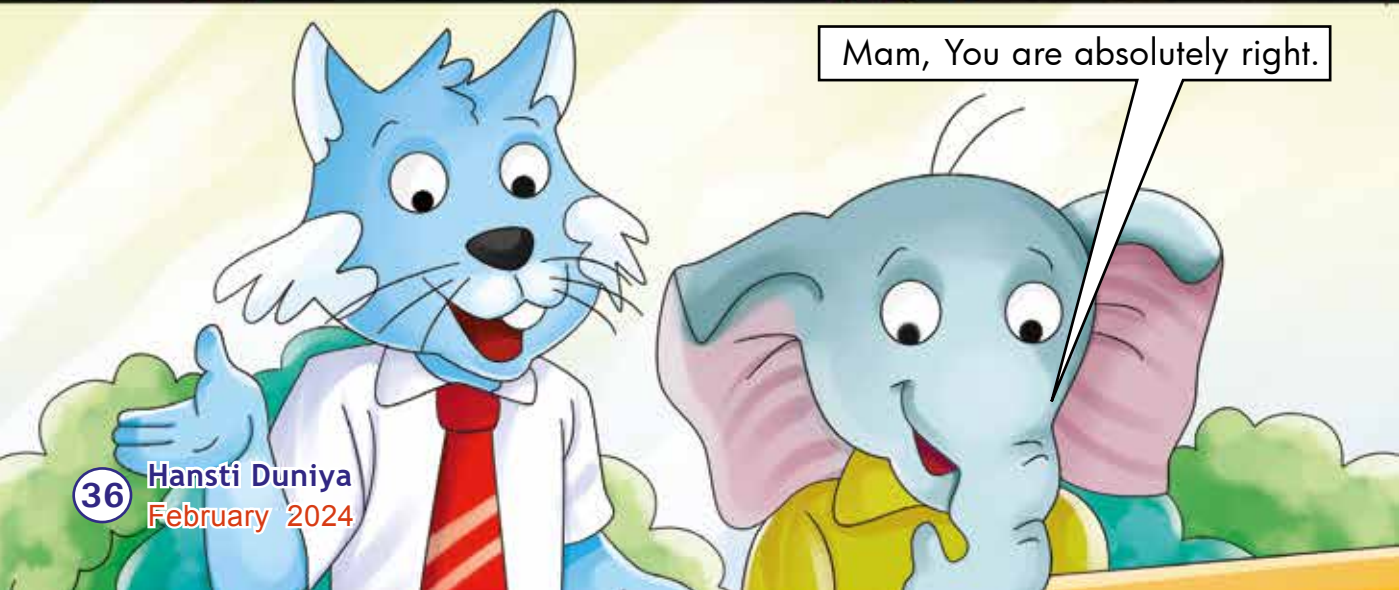
Habitat of wild animals is not available to them therefore they are rushing towards cities.



Wild animals are also a part of our eco system. Why we unsettling them?



Mam, You are absolutely right.





We should plant trees and ban cutting them.



Mam! I had planted trees last week.



Good Kitty! By protecting trees we shall be able to save our future.

What is the Best

— Dr. Shyam Manohar

King Bhoj of Avantika city was very just and wise. Everyone was happy in his kingdom. No one was poor. There were many talented and learned people in his court. Raja Bhoj respected scholars a lot. Every year he recruited new talented people to his court. Once, a scholar from a distant country reached his capital. He was

poor but educated and learned. He had heard that king Bhoj respected the virtuous. That's why he had come to Bhoj's court to try his luck.

At that time king Bhoj was in a discussion with his ministers. The state employees took the scholar to king Bhoj. The king honored the scholar and asked him the purpose of his visit.

The scholar said, "Sir! I have come from the Kaushal state. My name is





Amarnath. I have got my education from Kashi. I came to know that you honour the scholars. So I have come to you."

The king said, "I shall ask you four questions. If I get satisfied with the answers we shall take your services for the court."

The king asked the first question, "Which milk is best?"

The scholar replied, "Mother's milk is the best because it gives us life."

The king asked another question, "Which leaf is the best?"

The scholar replied, "Betel leaf is the best. Rich, poor or the nobles, everyone enjoys chewing it. It gives same red color to all."

King Bhoj asked the third question, "Which flower is best?"

The scholar thought and said, "My Lord! The flower of cotton is beautiful because it gives us clothes with which we cover our bodies."

The king asked the last question, "Which sweet is sweetest and good?"

The scholar replied, "Sir! Sweetness of speech is the best which has the power to befriend everyone. Sweet words act like a medicine."

King Bhoj was very much pleased to hear the logical answers and gave a lot of money to the scholar and engaged him in the court.

The state or society in which scholars are respected becomes rich and famous. ❖



Laughing Time



Sham : Even the king used to bow before my grandfather.

Sohan : Oh! What was your grandfather?

Sham : He was the king's barber.

Gulu saw the dog lying under his car. He pulled the dog by its tail and said, "Come out, you are not the automobile engineer I had paid money to."

Dentist : What kind of filling do you want me to put in your mouth?

Patient : My preference is chocolate pudding.

When a clerk reached his officer's house to meet him, he found him sleeping.

He said to the servant - Well, does he sleep in the house also?

A man was teaching his parrot to speak.

Man (to the parrot) say - I can walk

Parrot : I can walk.

Man : I can talk.

Parrot : I can talk.

Man : I can fly.

Parrot : That is a lie.

Geetu Khaneja (Kalanor)

Painter : (to the landlord) One day people will remember that a great painter lived in this house.

Landlord : If the rent is not received by this evening, that day will come today itself.

Sonu : (To Shyam) My horse does not eat dry grass and green is not available these days.

Shyam : My horse also did not eat dry grass, but now he has started eating it.

Sonu : How is that ?

Shyam : Because I have made him wear green glasses.



A philosophical gentleman approached the doctor. Both his ears were burnt. The doctor asked, 'How did the ear burn?'

'I was ironing clothes when the telephone rang and I mistook it for the telephone and put it to my ear,' the philosopher told.

'And the other ear?' The doctor asked again.

The philosopher's reply was - the call had come again.

Kanta : How did you become so fat?

Ganta : There is no fridge in the house, right?

Kanta : So?

Ganta : Can't save anything, have to eat everything...

A miser got an electric shock.

Friend : Are you okay?

Miser : Leaving aside useless talk, look at the meter and tell me how much the unit has increased.

Rohit Papa, get me that instrument.

Papa- No, you will trouble everyone.

Rohit I won't play it father, I will play it only when you sleep.

A man goes to the doctor and says, "Doctor, wherever I touch, it hurts."

The doctor asks, "What do you mean?"

The man says, "When I touch my shoulder, it really hurts. If I touch my knee - Oochh! When I touch my forehead, it really, really hurts.

The doctor says, "I know what's wrong with you- you've broken your finger!"

Sabir : How many mangoes can you eat empty stomach?

Sahil : Ten.

Sabir : Are you sure?

Sahil : Yes.

Sabir : When you eat one mango, you are no more empty stomach

Rony : (Looking at curd) What is this?

Sonu : The milk slept at night, wearing a blanket and became fat overnight.



World Wetlands Day

—Nehal Khatri

Each year on 2nd February 'World Wetlands day is celebrated to spread awareness and to conserve wetlands. This year too World Wetlands Day is to be celebrated and the theme is 'Wetlands and human wellbeing'. Its goal is to highlight how all aspects of human well-being -physical, mental and environmental are tied to the health of the world's wetlands. The Convention on Wetlands works to reverse wetland loss and degradation worldwide.

Wetlands are ecosystems where water is the primary factor controlling the environment and the associated plant and animal life. Wetlands include both freshwater and marine and coastal ecosystems such as all lakes, rivers, underground aquifers, swamps, marshes, wet grasslands, peatlands, estuaries, deltas and tidal flats, mangroves, coral reefs, and all human-made sites such as fishponds, rice paddies, reservoirs and salt pans.

These lands are critical to people and nature as they benefit environment and climate. They make ecological, social, economic, scientific, educational, cultural, recreational and aesthetic contributions

to sustainable development and human wellbeing. Though they cover only around 6 percent of the Earth's land surface, 40 percent of all plant and animal species live or breed in wetlands. Wetland biodiversity matters for our health, our food supply, tourism and for jobs. Wetlands provide essential ecosystem services such as water regulation, including flood control and water purification. More than a billion people across the world depend on wetlands for their livelihoods – that's about one in eight people on Earth.

Wetlands are among the ecosystems with the highest rates of decline, loss and degradation. They are disappearing three times faster than forests and are Earth's most threatened ecosystem. In just 50 years – since 1970 – 35% of the world's wetlands have been lost. Human activities that lead to loss of wetlands include drainage and infilling for agriculture and construction, pollution, overfishing, overexploitation of resources, invasive species (an animal that is not native to a particular area) and climate change. This vicious cycle of wetland loss, threatened livelihoods, and deepening poverty is the result of mistakenly seeing wetlands

as wastelands rather than life giving sources of jobs, incomes, and essential ecosystem services. A key challenge is to change mind-sets to encourage governments and communities to value and prioritize wetlands.

The Convention on Wetlands is the intergovernmental treaty that provides the framework for the conservation and wise use of wetlands and their resources. The Convention was adopted in the Iranian city of Ramsar in 1971. There are currently over 2,400 Ramsar Sites (a wetland site designated to be of international importance under the Ramsar convention) around the world. They cover over 2.5 million square kilometres. India has about 75 Ramsar convention sites.

In order to conserve wetlands certain steps can be taken such as: Treating industrial effluents and water from farmlands before discharging into wetlands, utilizing wetlands on a sustainable basis by giving enough time for natural regeneration and artificial regeneration for a quick recovery. Afforestation, weed control, preventing invasive species, Wildlife conservation, sustainable tourism, eco-tourism and sensitizing local populace is the key to wetland conservation. ❖



EDUCATION

For some it is a privilege
 For others it is a right,
 The difference between darkness
 And a future that is bright
 Some will think a burden
 Where others see a gift
 The key to moving forward
 And to give your life a lift
 The school is not your calling
 Look beyond its doors
 The world can be a teacher
 Many adventures are in store
 As long as you are learning
 Your education grows
 That will lead to contributions
 As you share the things you know.

—Yasha



PASSPORT
SIZE
PHOTO

Name :

Father's Name :

Address :

.....

.....

Mobile No :

Look at the picture and complete the story

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

Add.: Patrika Vibhag, Sant Nirankari Mandal, Sant Nirankari Colony, Delhi-09
E-mail : editorial@nirankari.org

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

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This story by **Ashvini S/o Sh. Rajesh Nishad** 206/2 C-Block, Indra Nagar (Lucknow) has been adjudged the best. Congratulations.



FRIENDS FOR EVER

There were two mice, one was white the other was black. They were very good friends. They would always share their cheese with each other. One day cat, the aunt saw the two rats playing with each other and thought of spoiling their friendship. She stole their cheese and started eating it herself. When the two mice returned after playing, they did not find any cheese there. But instead of fighting they decided to apply their mind and find out where the cheese could have gone. The smell of cheese led them to the nearby hut where the cat was quietly lying and eating the cheese. Both of them decided to teach her a lesson but aunt cat was no less. She told the white mouse that she was beautiful and her friend was ugly and black. But the white mouse was wise. She said that they were great friends and color of skin was irrelevant. Both of them asked Monu dog to help them. Monu dog was impressed by their wisdom and friendship and scared away the cat. Then Monu dog also became their friend and whenever the cat would come to steal the cheese Monu dog would scare her away.❖

RESULT FOR THE MONTH OF December 2023 ISSUE

CONSOLATION ENTERIES

Amneet Vaibhav Sakpal

Age-06

Sanskar Kunj Nave Nagar

P/T Raigarh (Mah.)



Kartika Kunal

Age-13

RS. No. 202/2/13

Gokuldham S. (Kolhapur)



Sudeep

Age-15

7/80, Bibipur Khutauli

Distt. Jaunpur (UP)



Navita (Mumbai)

Mivan Chalotra,

Seela (Panipat)

Himanshu (Delhi)

Leena (Delhi)

Rahul (Azamgarh)

Rama Kumar

(Azamgarh, U.P.)

Shaila (Newada)

Nikki (Delhi)

Ritu (Karuvee)

Kavya (Panipat)

Roshan (Lucknow)

Sandhya (Dehradoon)

Nisha (Delhi)

Shivani (Lucknow)

Colour it for February Issue

On page 47, a beautiful picture is given; colour it and send it to us latest by **March 20, 2024**. Office address: HANSTI DUNIYA, Nirankari Complex, Near Nirankari Sarover, Nirankari Colony. Delhi - 110009

The result will appear in April 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

Determined to Study

—Madan Kothuniya

As soon as Manu returned from school, he said to Sujata who was stitching clothes using the sewing machine. 'Mother! I will not go to school from tomorrow onwards.'

Sujata wrapped up the machine and said caressing Manu's head lovingly, 'Why, what happened son? Has the teacher scolded you?'

'No mom, the teacher doesn't say anything. But all the boys and girls in the class tease me. They say I am ugly. I neither have good clothes nor shoes or socks. All boys and girls come to school in nice clothes. During the interval, they shows off and eat chocolates, biscuits

and toffees. Nobody wants to play with me. Mom, now I will stay at home. I will help you in the household work', Manu cried and narrated his ordeal to Sujata.

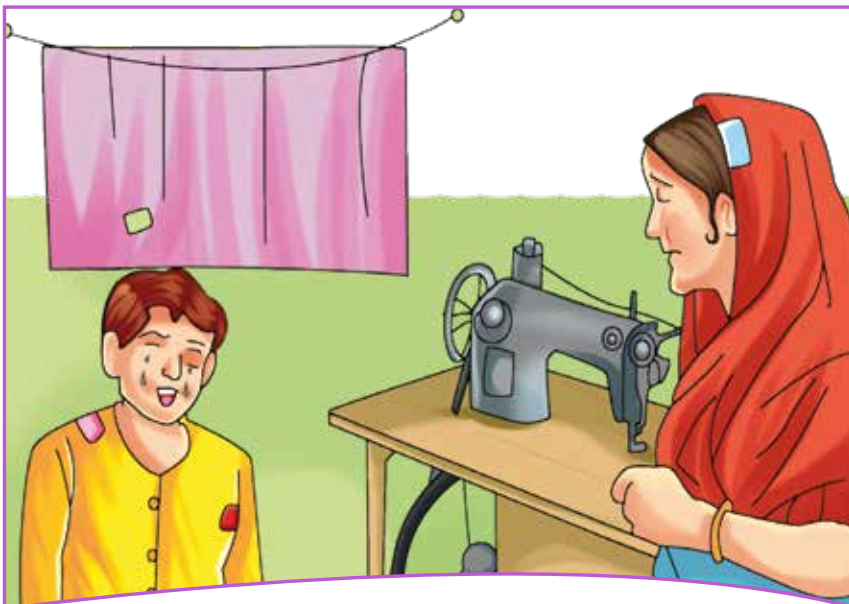
Sujata became emotional after hearing Manu's words. She said, 'Son, we are poor but we do not beg from anyone. Expensive clothes don't make anyone beautiful. Real beauty comes from good qualities and capability.'

After pausing for a while she again said, 'I want you to study hard and top the class. Then everyone will love and respect you. I have no support without you? If you don't go to school, all my dreams will be shattered.'

Tears flowed down Sujata's eyes.

Seeing tears in mother's eyes, Manu said sadly, 'Mom, please forgive me, I will go to school every day and study well. Your dream will come true.'

Now Manu started going to school every day joyfully. The teasing





and whispering of his companions no longer had any effect on him. He used to complete his work on time and asked questions from his teachers on different topics. Seeing his dedication and hard work, the teachers also started taking interest in him. As a result, Manu scored the highest marks in the entire class in monthly examinations and tests.

Class 8 exam results were declared. Manu secured first position in the entire district. Manu's photo and brief introduction were published in newspapers. The District School

Inspector announced to reward the first three position holders.

Manu's school had been decorated very well. The teachers were busy arranging the function. Parents of local students were invited and all the students reached the school hall. The guests were seated on decorated chairs on one side of the stage.

Manu's mother Sujata was also sitting quietly among them.

Suddenly the district inspector arrived. He took his place, folded his hands and thanked everyone. After a

group song, the first position holders were called to the stage. Manu was also among them. He was proudly representing his school. Manu, who stood first, was introduced to the chief guest.

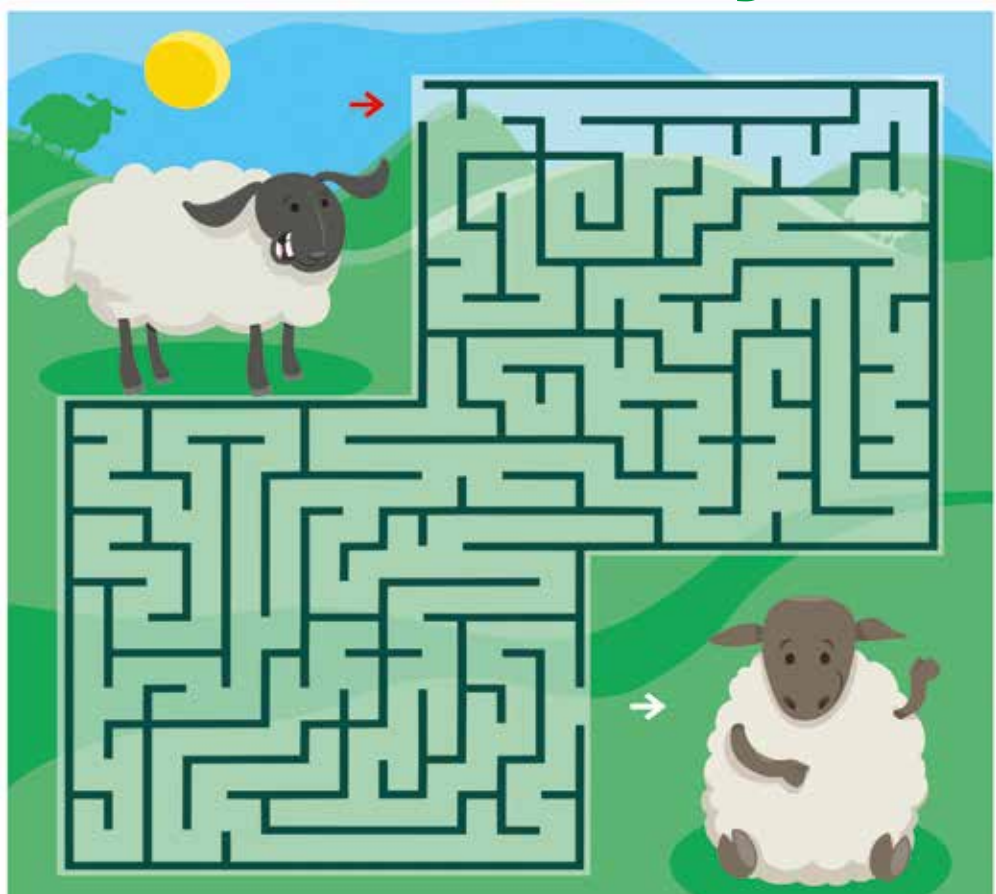
The chief guest got up from the chair, caressed Manu's head and said, 'He is a wonderful boy. Study hard in future too.'

Manu was given the certificate of merit and the complete set of books

of the next class as a reward. All the students and people present there cheered Manu with applause. Everyone was happy as the ceremony came to an end. Tears of happiness welled up in Manu's eyes while giving the prize items to his mother. Sujata took Manu in her arms, kissed him and said, ' Son! My dream will not be shattered.

Moral: Hard work and virtues will always overweigh physical beauty ❖

Maze Find The Way





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