

Hansti Duniya





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Meditation

Some students went to meet grandfather. Everyone bowed down and asked, "Grandfather! Please tell us what meditation is because we have heard a lot about it but we have not understood it completely."

Grandfather said, "Children! Listen to me carefully." All the children became alert and were eager to listen. Grandfather said, "All of you must have seen an acrobat performing tricks." Everyone said 'yes' immediately. One child stood up and said, "He always walks on the rope at a height, balancing from one side to the other, left and right, carefully and does not ever fall."

Grandfather said, "This is the first step towards meditation. At that time acrobat's life is at risk so his mind remains fixed only on that task. Well, mind is never still. It keeps wandering all the time. It is never at rest. The second point is that the acrobat always maintains balance. If he tilts too far towards the left or to the right he will fall. Thirdly, he tries to be careful at all times because his entire focus is on saving his life."

Grandfather asked the children further, "Do you all know Swami Vivekananda ji?" Everyone said that they

knew about Vivekananda ji. Grandfather said, "Once Vivekananda ji was sitting in the open under a tree reading a book. A person came to him and asked if any marriage procession passed by. He said that he was not aware. That person was disappointed with Swami ji's answer and thought that he might be lying. The person asked a question," people in a wedding procession sing and dance on the beat of drums. How must not you have noticed anything amidst so much noise. Swamiji replied that he was so engrossed in reading the book that his mind did not wander around. Grandfather said, "Reading with concentration and applying the mind only to that task at that time is actually meditation."

Dear friends! Whatever work we do in life, be it studies, sports, office work, business, service or listening to someone, if done with full concentration, focus and single mindedly, becomes meditation, ie giving all our attention to a work at a given point of time without distraction, becomes worship. That is why it has been said, "Work is Worship". Every moment, whether eating, reading, playing or dancing must be lived fully. Living with awareness and stable mind actually ensures our progress and success in every field.

— **Vimlesh Ahuja**

SAMPURAN AVTAR BANI



IK TU HI NIRANKAR 191

KHAN PEEN TE PEHNAN UTTE KISE DE NAFRAT KARNAI KION?
KISE NOON PHALDA PHULDA TAK KE DIL HI DIL VICH SADNAI KION?
ZATAN PATAN CHIKKAD KORA JAMA CHIKKAD BHARNAIN KION?
CHHAD KE GHAR NOON JANGAL NASSEIN DUNIA KOLON DARNAI KION?
BHAIDA CHANGA VEKH KISE DA KION TOON NAFRAT KHANA EYN;
BHAIDE KAMMAN ANDAR KAHNOON APNI JIND GANVANA EYN.
SACHI DHOONI CHHADD KE KAHNOON JHOOTHI DHOONI TANA EYN;
KARAM DHARM DI BEDI BEH KE KAHNOON RULHADA JANA EYN?
CHHADD SIANAP AA GUR CHARANIN SAU MATTAN DI MATT HAI IH;
KAHE AVTAR RIDAK NA PANI SANTAN KADHIA TATT HAI IH.

THOU FORMLESS ONE 191

O' man, why do you hate others on account of their different diet and dress?

O' man, why do you feel jealous on seeing others prosper and grow?

Castes and communities are mere mud, why do you soil your clothes with the same?

Why do you renounce hearth and home and rush to the forests, why are you scared of the world?

Why do you hate others on seeing their good or bad qualities?

Why do you spoil your life by indulging in bad deeds?

Why do you leave the true light and sit by the side of a false ritual fire?

Why are you riding the boat of rites and rituals and getting washed away?

Leave aside intellect and seek the shelter of the holy feet of the True Master, this is the essence of hundreds of counsels;

Avtar says, don't churn water, the saints have drawn this conclusion.

Tenali Raman Decides in Style!

—Harinder Singh Gogna

Two people entered the court of the king. One of them, Bhola, addressed the king, “Your Majesty, I had given Ghanshyam my gold coins for safekeeping. Today, when I asked him to return them, he denied that I ever gave them to him. This is not fair! I have come to your court to seek justice. Please help me get my gold coins back from Ghanshyam.”

The king asked Ghanshyam about the gold coins, to which the latter denied having received any from Bhola. The king turned to Tenali Raman for deciding the matter justly. Tenali Raman gladly took it upon himself to find out the truth of the matter. He asked Bhola, “Bhola, when you gave the gold coins to Ghanshyam, was there anyone else present there?” Bhola replied, “Yes, sir. There was a well present there.” All those present in the king’s court burst out laughing at Bhola’s reply. How could a well testify about what had happened?

Tenali Raman did not laugh. He continued, “Bhola, I want you to go back to the place where you claim you handed the gold coins to Ghanshyam. From the well, fill up a bucket of water

and bring it here. We will wait for you to return.” Bhola gladly accepted and set off to complete the task. Everyone was amused at Bhola’s innocence.

After some time when Bhola had still not returned with the bucket of water, Tenali Raman looked at Ghanshyam and asked him, “Ghanshyam why do you think it is taking so long for Bhola to bring a bucket of water from that well?” Ghanshyam replied, “Sir, the well is very far from here, probably that is why it is taking Bhola so long.” This reply satisfied Tenali Raman very much. He turned to the king at once and exclaimed, “Your Majesty, it is decided! The truth is that Bhola did give the gold coins to Ghanshyam. How else would Ghanshyam know that the well is very far from here?” Ghanshyam’s head instantly hung in shame.

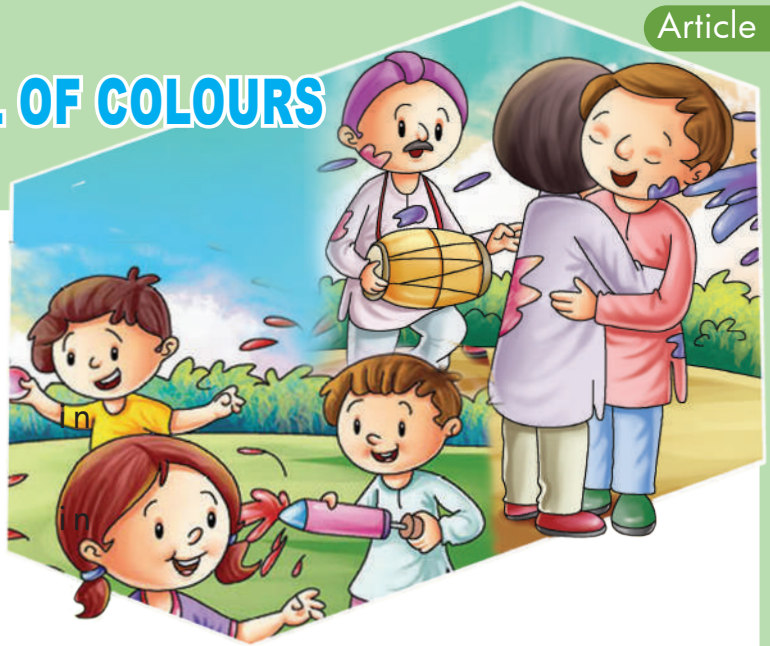
Just then, Bhola returned with the water. The king announced the decision. Bhola was to be given the worth of the gold coins from Ghanshyam’s wealth. Ghanshyam expressed shame at having lied and promised to be honest in future. All those present in the court applauded Tenali Raman for his clever approach of arriving at a just decision. ❖

HOLI - THE FESTIVAL OF COLOURS

—Nehal

Holi, the festival of colours is celebrated each year in the month of Phalgun as per Hindu calendar which falls the month of March with zeal and enthusiasm mainly the Northern regions of India. People play with colours and water and devour on sweets and snacks.

Once there was a cruel king named Hiranyakashyap whose son was named Prahlad and sister Holika. The king had Lord Brhama's blessings that no animal, human or weapon could kill him, which became a source of arrogance for the said king. He ordered each person in his kingdom to worship him as God, even his son. However, his son refused as he was a true believer of Lord Vishnu. This angered the king and he plotted with his sister Holika to kill Prahlad. Holika sat with prahlad on his lap with fire, presuming that she would not burn and prahlad would as she was blessed that she would not burn in fire. But the opposite happened, she turned into ashes but Prahlad remained untouched signifying that he was protected by God because



of his devotion. Thereafter lord Vishnu turned himself into half animal and half deity form and killed Hiranyakashyap by tearing his stomach apart. Thus, people started celebrating the festival of Holi as a victory of good over evil.

A night prior to the day of Holi, the ritual of 'Holika Dahan' is conducted wherein a pile of wood, cow dung and hay is burned while singing bhajans and folk songs to revise that good always wins over evil. The next day people along with their friends and families offer Pooja and get dressed in white clothing and play with colours called gulal and water. A special drink called thandai and a sweet gujiya is relished on by all ages.

The festival of colours, signifies love, brotherhood and unites people. It is a time of immense harmony and happiness. ❖

Lessons Learned on the Festival of Holi

— Lalit Shaurya

There was a lot of enthusiasm for Holi in Nandanvan. Holi songs were being sung all around. All the animals were seen dancing happily. The entire Nandanvan was smelling of Gujiya (an Indian sweet).

Lallu the fox, Billu the bulbul, Chiku the rat and Khannu the rabbit were also having a lot of fun. This time everyone planned to do some shopping before Holi. All of them started preparing to go to the city and buy items for Holi.

The next morning, four of them hired an auto and headed towards the city. After reaching the city, they were astonished to see the scene of the city.

The whole city looked beautiful with the colors of Holi.

Lallu said, "Wow, the city looks so beautiful. There are so many shops here."

Billu added, "There are a lot many colors and water guns in the shops. I will buy many colors."

"Hey, just look at the balloons here . Perhaps during last year's Holi, Neeku the mongoose might have bought balloons from the city. He filled the balloons with water and drenched us. This time we will teach him a lesson," Chiku said shrugging his shoulders.

Khannu the rabbit started jumping

when he saw the heaps of colorful gulal."Wow, look, there are more colors scattered here than the rainbow. Red, green, blue, yellow, orange, all the colors. So many colors are not visible in the forest.

The four friends kept roaming around the





city the whole day and bought many things. They bought Holi balloons, lots of gulal, big water guns and colorful masks. In the evening, they took an auto and reached Nandanvan before it got dark.

The next day they all gathered in the open field to play Holi. They started rubbing the colors brought from the city on each other.

The four friends planned to paint Lambu the giraffe. But he was very tall. Who could color or soak him? The four of them divided themselves into two groups. According to the plan, Lallu and Chiku had to attack Lambu with balloons from the ground and Billu

and Khannu would climb the tree and splash colors on him.

They succeeded in their plan. Lambu was badly drenched but the balloon caused a slight injury to his eye. Lambu got very angry but he could not do anything.

On the way back, they found Neeku and drenched him too. Lot many of balloons were showered on him. Neeku's condition worsened due to the balloon injury.

Chiku, Khannu, Lallu and Billu applied lot of color on each other too. In the evening everyone went home.

Next morning there was severe burning sensation in everyone's eyes

and face. The skin was itching. Chiku, Khannu, Lallu and Billu were also irritated.

All the animals in the forest whom they had colored were also suffering from the same problem.

The news of the hooliganism of the four friends reached the king of the jungle, Sheru Singh. Sheru got very angry after hearing all this. He called all four of them.

"You four have made mockery of the festival of Holi. You are not just playing with your health but also putting others in trouble. You don't know that cheap and chemical colors can harm your face. They are very dangerous for the eyes. They contain lead and other deadly chemicals which can lead to

loss of eyesight." Sheru roared and said angrily.

Four of them were listening with their heads down. Sheru further said, "It is also not right to use balloons filled with water. You know that Lambu's eye got swollen due to the injury of your balloon. To play Holi, only herbal gulal and herbal colors should be used. Holi is fun and It is a festival of harmony. It should be celebrated in the same spirit. Take care that such a mistake be not repeated in future."

Four of them promised Sheru that they would neither use chemical colors nor play Holi with water balloons and apply only herbal gulal. Hearing these words, Sheru smiled and wished them 'Happy Holi 'and went away. ❖

HOMOPHONES

—Geeta Kumari

- | | |
|--|---------------------------------|
| 1- Creak (a noise) | Creek (a small stream of water) |
| 2- Hole (an opening in something) | Whole (complete) |
| 3- Canon (an accepted rule) | Cannon (a big gun) |
| 4- It's (contraction of the word it is) | Its (the possessive form of it) |
| 5- Rain(water that falls from the sky) | Reign (a period of time) |
| 6- Sole (the lower layer of the shoe) | Soul (the other name of spirit) |
| 7. You're (the contraction of 'you' are) | Your (the possessive of you) |
| 8- Cereal (grain) | Serial (consisting of series) |
| 9- Ate (past tense of eat) | Eight (8) |
| 10- Son (Male child) | Sun (star) |



God Within Us

—Khushi Daryani

In a world of chaos,
I often ponder,
God's role in this life,
I often wonder.

Do we follow paths
preordained from above,
Or carve our own fate,
fueled by love?

Humanity's tapestry,
complex and vast,
Shaped by our choices,
both present and past.

Does God watch us closely,
guide our way,
Or let us decide
the course of each day?

Though questions linger,
uncertainties sway,
In the end, we must
find our own way.

To be kind and to
do what is right,
In the dance of God
and humanity's light.

- ❖ Better to remain silent and be thought as fool than to speak out and remove all doubt.

— Abraham Lincoln

- ❖ I don't believe you have to be better than everybody else. I believe you have to be better than you ever thought you could be.—Ken Venturi

- ❖ It is the mark of an educated mind to be able to entertain a thought without accepting it. — Aristotle

- ❖ The glow of one warm thought is to me worth more than money.

— Thomas Jefferson

- ❖ In order to succeed, your desire for success should be greater than your fear of failure. — Bill Cosby

- ❖ Success is not final, failure is not fatal: it is the courage to continue that counts. — Winston Churchill

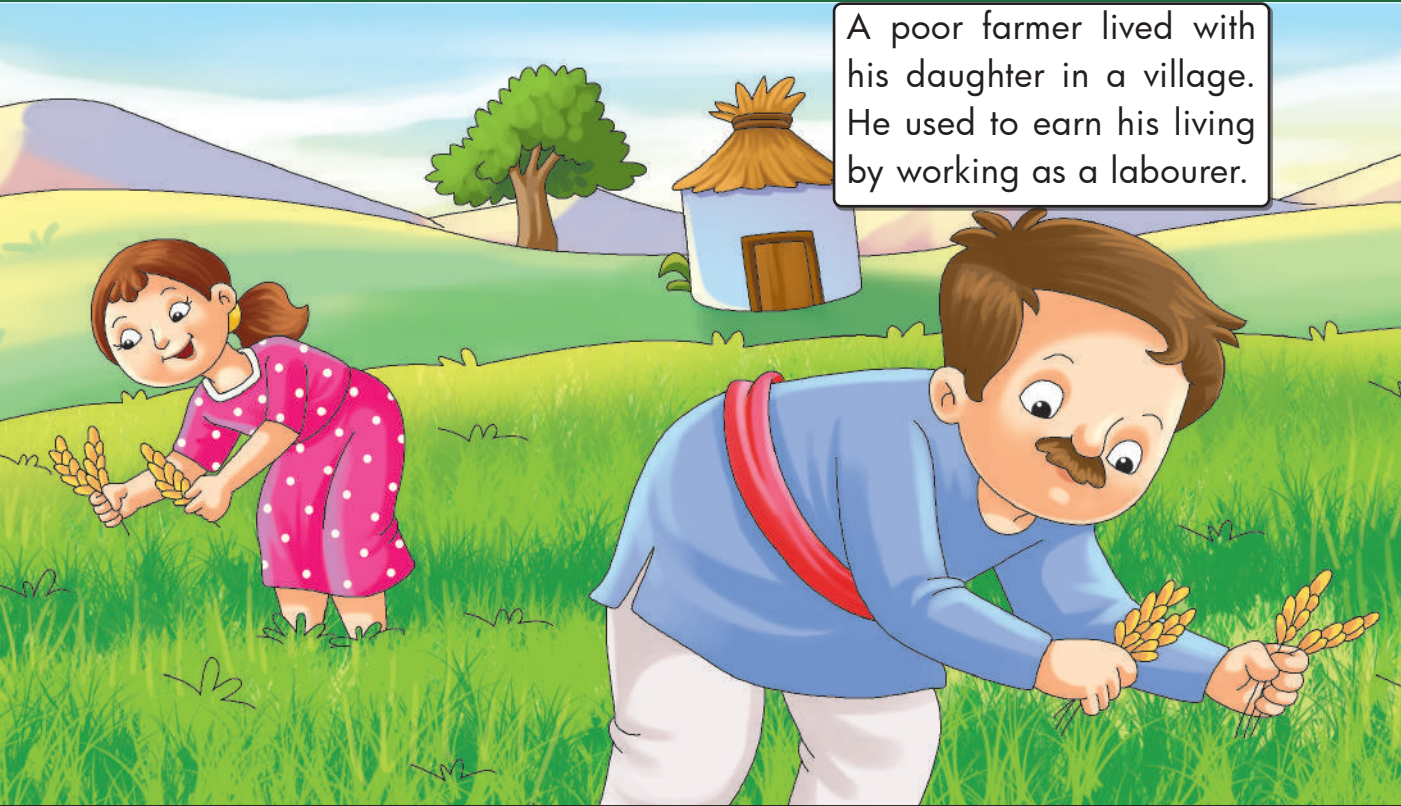
- ❖ Success consists of going from failure to failure without loss of enthusiasm. — Winston Churchill

GRANDPA

Story & Illustration —Ajay Kalara

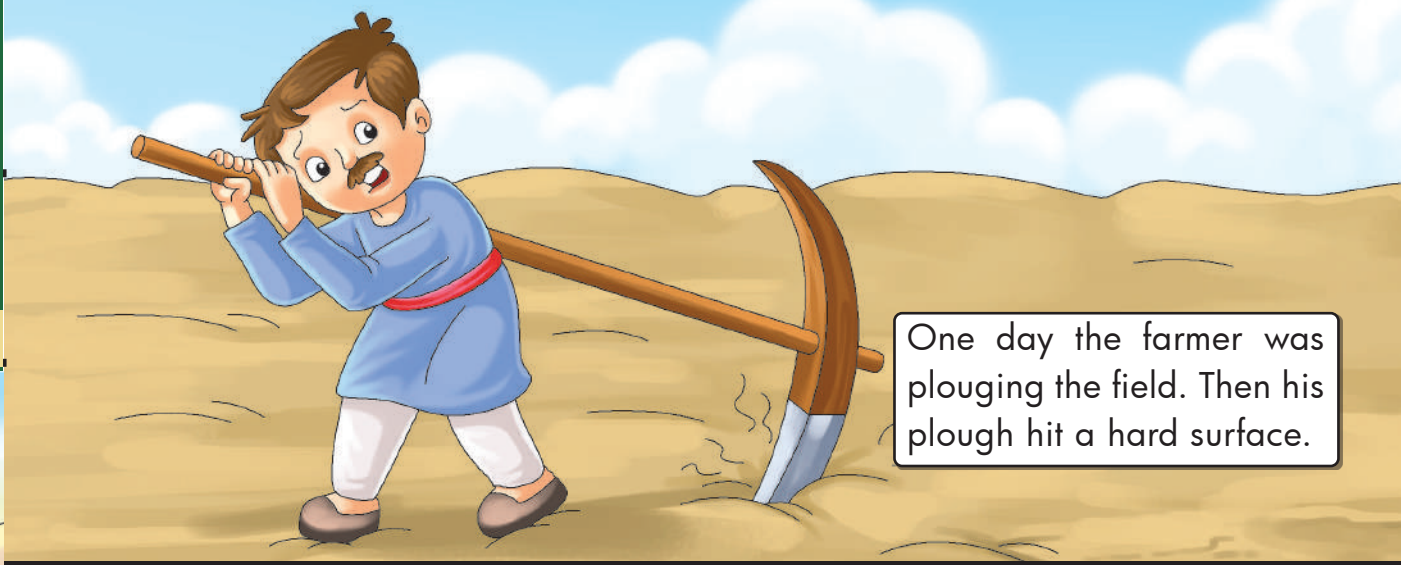


A poor farmer lived with his daughter in a village. He used to earn his living by working as a labourer.



When the farmer went to the king with his problem, the king gave some land to the farmer for farming.





One day the farmer was ploughing the field. Then his plough hit a hard surface.



As soon as the farmer started digging the field, he found a gold mortar.



The farmer showed the gold mortar to his daughter and said:- We got this from the king's land, so we should give it to the king.



The daughter disagreed and said, "No father, what will you do if the king asks for the gold pestle also"?



The farmer did not listen to his daughter and took the mortar to the king. What transpired in the court was same as his daughter had stated.



The king convicted the farmer and put him in prison. The farmer felt very regretful for not listening to his daughter.



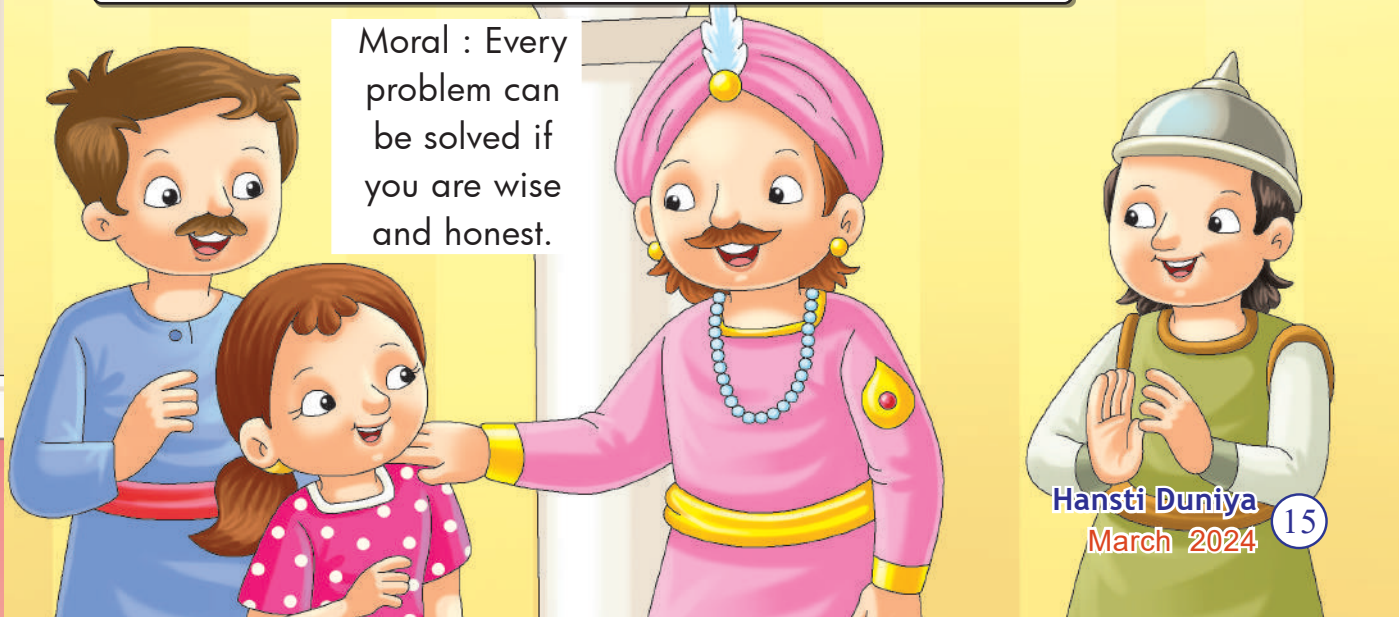


The farmer regretted in the prison and says "I wish! I would have listened to my daughter. The king happened to hear this while passing by.



The king asked the farmer why he was saying this? The farmer told the whole incident to the king. The king felt very sorry and released the farmer from the prison.

The king praised the intelligence of the farmer's daughter and gave all the land in the name of the farmer's daughter.



Moral : Every problem can be solved if you are wise and honest.

World SPARROW Day

— Rekha

Sparrows are small, chirping birds that are found in almost every part of the world, in both rural and urban areas. It is known to stay close to human habitations, and is therefore among the most commonly found bird species in urban cities. It is the State bird of Bihar and Delhi.

Despite being abundant these birds now face several threats mainly because of human interferences such as unfriendly architecture of our homes, increase in noise, air and water pollution. It has led to a decrease in the population of these birds worldwide. Chemical waste and plastics cause harm to both aquatic animals and birds. Lack of nesting sites due to buildings, scarcity of food, and pesticides are the significant causes of their extinction. Usage of pesticides in gardens and fields results in the decline of invertebrate fauna which are the food of new-born sparrows.

A reduction in food becomes



the reason behind the decline in the sparrow population. A decline in the practice of feeding sparrows, reduced spillage of grains, high predation by cats and owls, improved grain storage facilities and competition for food have threatened the sparrow population.

In light of the above World Sparrow Day was first observed on 20th March 2010 by Mohammed Dilawar, Indian conservationist and founder of Nature Forever Society. He raised awareness about the importance of the conservation of house sparrows. Thereafter each year in the month of March World Sparrow day is observed by the Nature Forever Society in India, the Eco-Sys Action Foundation (France) and several national and international organisations worldwide in order to raise awareness and save these little creatures as they also signify the general wellbeing of the world. Along with the above we can help by providing artificial nests, food and water or by making tiny bird habitats. Planting trees will help not only birds but the entire ecosystem.

Sparrows are the barometer of the world's health. If they are in trouble, we know we'll soon be in trouble too."

— Dr. David Gibbons ❖

RIDDLES

—Mona



1. What is half of two plus two?
2. People buy me to eat but never eat me, what am I?
3. I am a seed with three letters in my name. Take away the last two and I still sound the same. What am I?
4. The more you take of me, the more you leave behind. What am I?
5. I am easy to lift, but hard to throw. What am I?
6. I do not eat food, but I do enjoy a light meal everyday. What am I?
7. If you have me, you want to share me. If you share me, you haven't got Me. What am I?
8. I'm not a bird, but I can fly through the sky. I'm not a river, but I'm full of water. What am I?
9. What can you hear but not touch or see?
10. I have teeth but can't eat?

ANSWERS

- | | | |
|--------------|--------------|---------------|
| 1. THREE | 2. A PLATE | 10. COMB/SAW |
| 4. FOOT STEP | 5. A FEATHER | 8. CLOUD |
| 7. SECRET | 6. PLANT | 9. YOUR VOICE |
| | 3. PEA | |



Major Sandeep Unnikrishnan

— Geeta

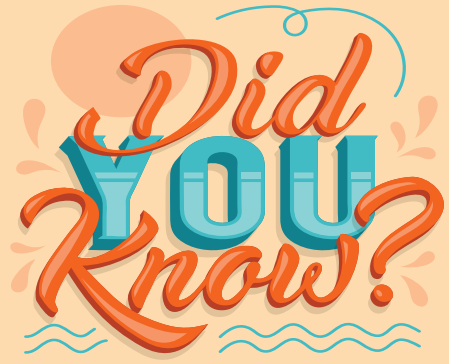
Major Sandeep Unnikrishnan was a remarkable individual among us who was born in this month (march). He was an officer in the Indian Army, serving in the elite Special Action Group of the National Security Guards.

Sandeep was born on 15th March 1977 in Cheruvannur Kazhikode District, Kerala. The family moved to Bangalore sometime later. He was the only son of retired ISRO Officer K. Unnikrishnan and Smt Dhanalakshmi unnikrishnan. He studied in Frank Anthony Public School, Bangalore and graduated in Science stream in the

year 1995. A keen sports person, he was a good athlete and also a gifted singer. He wanted to join the army from his childhood so he joined the National Defence Academy (NDA) in Pune maharashtra. He is remembered as an exceptional cadet.

On 12th June 1999 he graduated from Indian Military Academy and joined as Lieutenant in the 7th Battalion of the Bihar Regiment of Indian Army. His first assignment was in Kargil war when he was part of operation 'VIJAY' in July 1999.

He led the 'OPERATION BLACK TORNADO' launched on 27th



—Anurdha

That ice is a good insulator of heat.

☞ **How do Eskimos stay warm in snow all year long?**

Eskimos make the best use by building their homes, called igloos with ice bricks. An igloo does not allow the heat to escape into the environment even at very low temperatures. The snow walls insulate and protect the inside because snow does not conduct heat.

☞ **How our Indian Jawans survive in Siachen Glacier(the highest and the coldest battle field in the world) protect our country?**

Indian Jawans build snow shelters in Siachen to save themselves from icy cold weather.

☞ **When a lake freezes where do the fishes go.**

Only the top layer of lakes freezes. Under the frozen part water remains in liquid state. The fish dive deep under the blanket of ice where the temp does not go below four degree Celsius.

November 2008 to rescue the guests and flush out terrorists from Hotel Taj Mahal in Mumbai (Operation Black Tornado). He was at that time serving in the 51 Special Action Group (51 SAG) of the National Security Guards on deputation. He rescued 14 hostages from there. During this operation his team member Commando Sunil Kumar Jodhha got badly injured. He rescued the injured commando to a safe place but himself was attacked from the back while he was chasing the terrorists. Despite his injuries, he continued to fight till his last breath.

His last words were "DON'T COME UP, I WILL HANDLE THEM" (November 28, 2008)

He laid his life for his nation. For his courage and sacrifice the braveheart was posthumously awarded 'The Ashoka Chakra' (India's highest peacetime gallantry award) by the president Pratibha Patil on 26th January 2009.

'People may be born and pass away in any month. There is no relevance of month of birth and death. When the call comes or one has to come in this place, one has to be a part of the play. Some people in our hearts ever stay. ❖

The Legend of Mahashivratri

—Abhedika Dhanrajani

One of the folklores related to Maha Shivaratri is the legendary story of churning of the milky ocean (Sagar Manthan) and the secret of Amrita, the elixir. It is said that, during the 'Samundar Manthan', many things emerged from the ocean and were distributed amongst the 'Devas' and the demons.

Realising, if the elixir was taken by the demons, the world would be in a problem, Lord Vishnu, disguised as 'Mohini' and 'Apsara' distracted, the demons and took the elixir for

the 'Devas'. This indicated a spiritual take on how temptations and greed can distract us from our goals and the purpose of our lives

The story ends with Shiva, saving the universe from the poison that emerged from the churning of the ocean of milk known as 'Halahala'.

The poison was so toxic that it could destroy both the worlds, and so Lord Shiva selflessly, drank the poison and Goddess Parvati placed her hand on Lord Shiva's throat to prevent the poison from spreading in his body.





Lord Shiva's throat turned blue. And from then onwards he was known as 'Neelkantha'.

Many of the spiritual perspective on the story explained that in life human beings join different challenges and obstacles. Sometimes in life good qualities are revealed and are presented to us by God as gifts and sometimes life presents negativity like the poison, which we have to consume without any complaints for the welfare of the community and for our loved ones too.

Mahashivratri is celebrated at night, because of the story that says- When Lord 'Chandra', was cursed to lose all its glory and its ability to provide light, Lord Shiva placed Lord Chandra (The Deva of Moon) on his head as its crescent phase.

This incident was explained as an example of how Lord 'Chandra' also had flaws but all the good values were accepted by Lord Shiva applying to all humanity.

According to another legend, this is the night that Lord Shiva and Goddess Parvati got married, which also symbolises love and the pious and holy emergence of Shiv-Shakti. This is a night to forget the feelings of revenge and reconcile with yourself and to learn from your past mistakes in life, to begin a new phase of life and to forget the bad ones.

This day also marks overcoming darkness and ignorance in one's life through constant remembrance of God and to find light in the darkest moments of life. ❖

Key to Success is Humbleness

—Praveen Kumar Sehgal

Shilpa studied in class ten in a famous school in the city. Along with studies, she also had keen interest in sports and always came first in long distance races. Coaches were appointed to help her perform better, participate at the regional level and bring fame to school. Her principal, teachers, parents and friends all encouraged her. She belonged to a prosperous family. Arrangements for her diet were also made along with guidance from good trainers so that she could be successful in sports. Her father always used to tell her that along with studies, she should

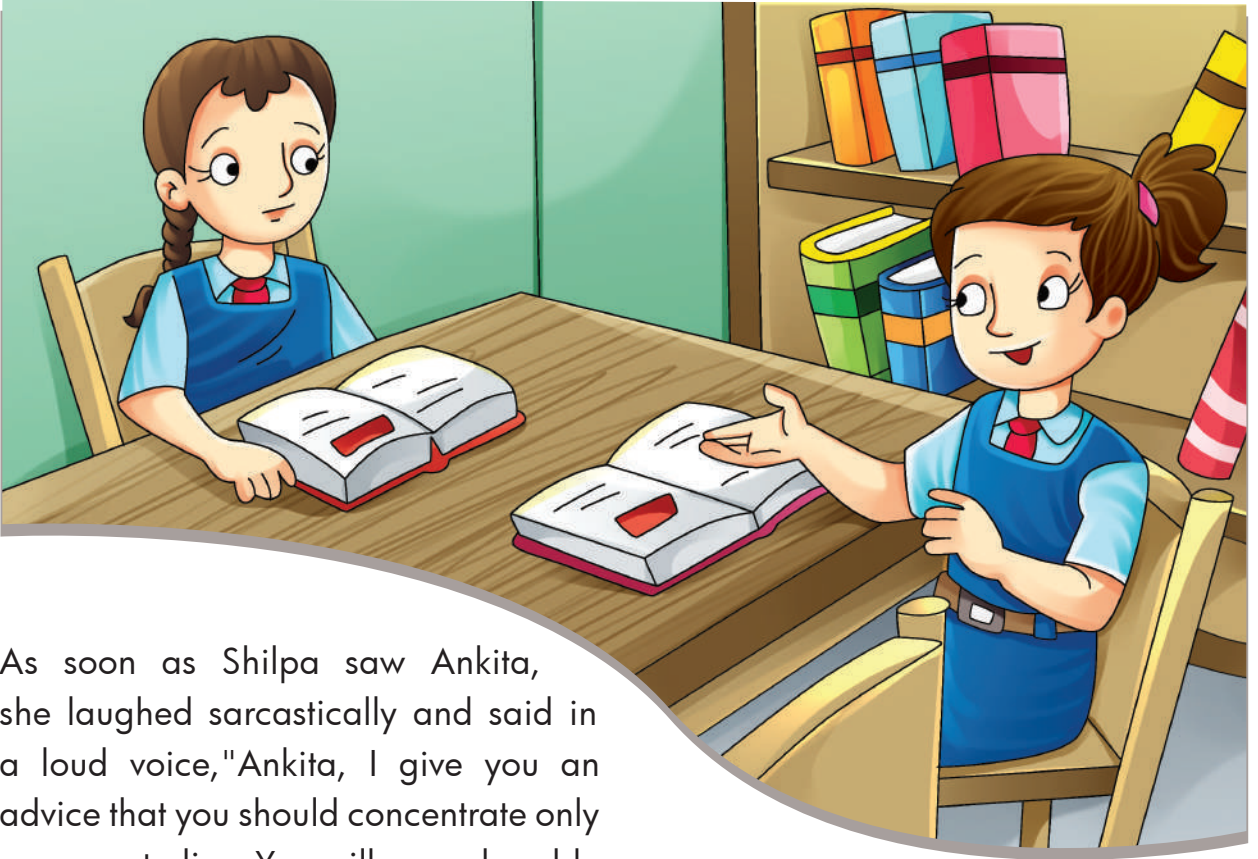
also participate in sports, for all-round development.

A new girl named Ankita got admitted to Shilpa's class. She was the only child of her parents and the daughter of a farmer. She used to come to the city from the village to study. She was also keen on participating in sports. Her parents used to explain to her that education was most important in one's life. This determines our future. They didn't stop her from participating in sports competitions, but not at the cost of her studies.

Once on school sports day Shilpa and Ankita participated in 1500 meter race. Shilpa was a fast runner. As usual, she came first and Ankita stood second. She was far behind Shilpa.

A few days later, both of them met in the school library.





As soon as Shilpa saw Ankita, she laughed sarcastically and said in a loud voice, "Ankita, I give you an advice that you should concentrate only on your studies. You will never be able to beat me in the race. You have come from the village. You don't even know what kind of training and practice is required to come first. My family has been spending thousands of rupees on me for the past few years and I work hard for hours every day. Only because of this I've reached the top position in school. This is not possible for your family. Therefore, it would be better that you limit yourself to studies only. She looked at Ankita arrogantly and went away.

Ankita was an emotional girl. Shilpa's words hurt her. This insult brought tears to her eyes. After

coming home, she told everything to her parents. The father explained to her, "Dear Child! Studies are crucial. Sports are optional. We do not say that you should not participate in sports but concentrate on your studies and pass the examinations with good marks. The way your friend has spoken out of arrogance is not appropriate but what she has said is worth paying attention to. You participate in sports without worrying about winning or losing and focus on your studies." Her mother was also listening to all this. She said to Ankita's father, "Not just academics, but sports are equally important. If

someone excels in sports, s/he can earn fame." Ankita's father did not agree completely with her mother. He also loved Ankita very much. He wished her to be an officer when she grew up. Ankita was listening attentively to her mother who told her that everything could be achieved with strong will and hard work.

From the very next day, Ankita went to a field in the village and started practicing running in the morning. She would wake up early every morning and go for a run after completing her daily chores. She was practicing hard so she did not get time to study. She also used to get tired. When both her parents saw this, they understood that she was

wasting a lot of time in commuting from the village to the city to go to school. They rented a house for her in the city itself and made arrangements for her living and studies. Ankita started living in this house after coming to the city

There was a park at some distance from the house. People used to come there early in the morning to run and exercise. Ankita also started doing her practice in the same park. An old man used to come there for a walk. He used to watch Ankita practicing running. After watching for several days, he was impressed by her dedication and practice. One day when Ankita was about to go home after completing her practice, he stopped her and talked to her. He asked everything in detail about Ankita. He told her about himself that he was a famous runner of his time. He could not attain any high position because he was average in studies. With the passage of time he was left behind in races





too. He explained to Ankita that it was very important to work equally hard in studies along with running. From the next day he started giving coaching in running to Ankita. He started preparing her for the long distance races.

A competition was organized in the school to select candidates for participation at the regional level. The student who stood first in 1500 meters race was to be sent to participate at the regional level. Shilpa looked at Ankita with pride. Shilpa was full of confidence and was confident that she would be the winner. Parents of both Shilpa and Ankita were also present in

the audience .The race started.

Shilpa was much ahead of Ankita in the beginning. The audience were excited to see her speed and were cheering her. Ankita was also running fast but she was at second position. She was running at a steady speed. It was a 1500 meter race. Initially Shilpa was ahead but by the time half of the race was over, Ankita had caught up with Shilpa. Both of them were running at par with each other. Some spectators were shouting to encourage Ankita and some were shouting to encourage Shilpa. Shilpa was slowing down while Ankita kept running at the same

speed. When about 100 meters were left, Ankita increased her speed. As her speed increased, Shilpa also tried harder. She was trying to get ahead of her but Ankita was continuously getting ahead of her. When the race was over, Ankita had stood first. Shilpa was far behind her. She secured second position.

Ankita's friends came to the field and expressed their joy by embracing her. She was dancing happily. The principal came at the stage and announced Ankita's victory. Ankita along with her father reached the principal and told him that she did not want to go to the regional level. The principal and all the people present there were surprised to hear what she said. The principal tried to convince her but she did not budge.

Ankita told him that she wanted to become an officer. For this she needed to study a lot. Her studies got affected due to preparations for the race. That's why she didn't want to go to the regional level.

Finally the principal himself went on to the stage and announced about Ankita's refusal. He further announced that Shilpa would be sent to the regional level. Hearing this, all the spectators present there including Shilpa were left speechless. Shilpa came to Ankita

and asked why she did that. Ankita told her the same thing that she had told the principal. She told Shilpa that her intention was not to compete but she wanted to tell her that time would not always be the same. "Earlier you were at the first place, today I am there and there will be someone else in the coming times. Whatever you said in the library that day, could have been said it in a friendly manner but you tried to humiliate me and that hurt me. It is my heartfelt wish that you succeed at the regional level."

On the scheduled date, Shilpa was present at the stadium to participate in the competition. The principal and teachers from the school, along with many of her friends and her family members had also come to see her off. While wishing her 'the best', the principal said, "To achieve true success, it is very important to be honest, avoid anger and speak sweetly. Take your decisions wisely. Have faith in God and always remember Him. If you imbibe these values then you will get success at every step in life. The key to success in life is sweet speech, devotion through love, character through action, destiny through character. You should put these words of mine in your actions. All these will become the foundation stones

of your progress in life."

Shilpa was meeting everyone and everyone was wishing her good luck but her eyes were searching for Ankita in the crowd. There were only a few minutes left for the train to leave when Shilpa saw



Ankita quickly walking towards her on the platform. She also left everyone and ran towards her. When Ankita presented her a bouquet with good

wishes, Shilpa hugged her. There were tears of happiness in her eyes.

Moral : Being nice, humble, and gracious will take you far. ❖



MAZE

FIND THE WAY

—Jagtar Chaman

- ☞ Find the way in half minute, you are Genius.
- ☞ Find the way in one minute, you are Talented.
- ☞ Find the way in more than a minute, you need to improve.

KITTY



Story & Illustration —Ajay Kalara



Everything in today's breakfast is healthy.

Mom! What is for breakfast today?



No way. I shall eat noodles.

Kitty! Healthy food keeps us fit.



Come Chintu! Have breakfast.

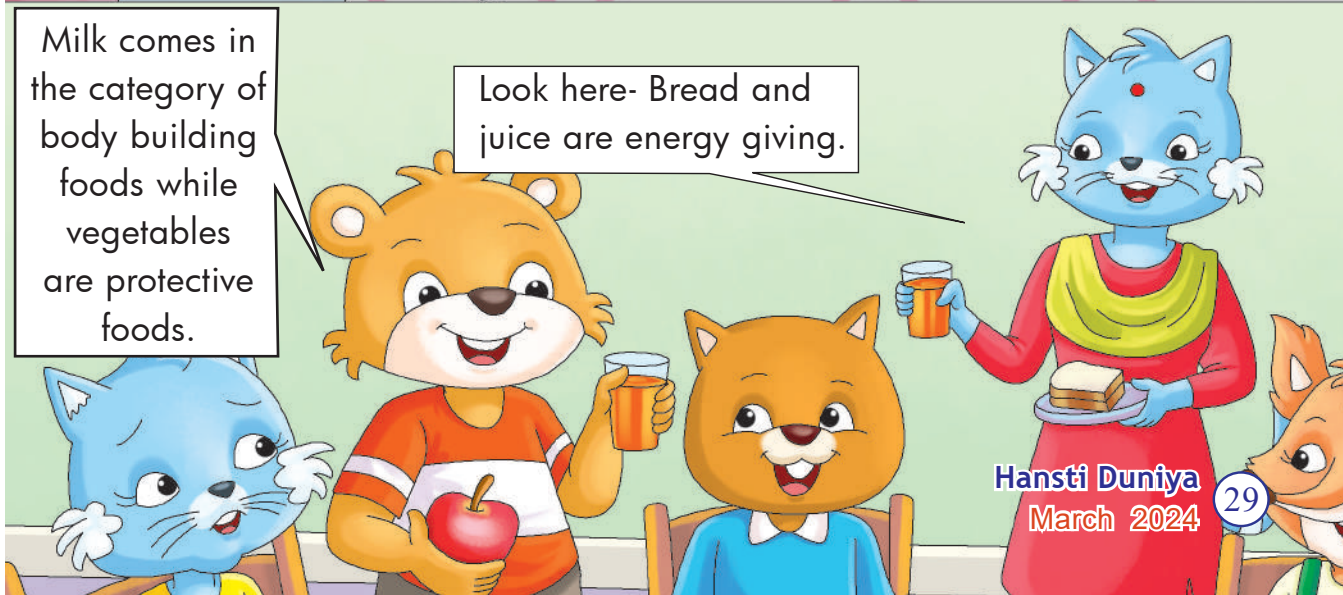
Hello friends, how are you?



Great! Aunt you have cooked such a huge variety of foods; energy giving, body building and protective foods.

Mom, tell us the category of each food item.

Look here- Bread and juice are energy giving.



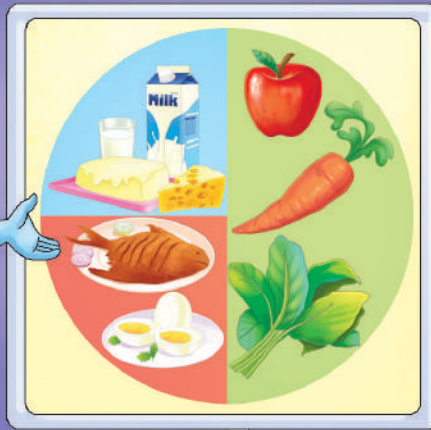
Milk comes in the category of body building foods while vegetables are protective foods.

Look here- Bread and juice are energy giving.

Mom! Please explain the benefits of different kinds of foods.

Let us go to the drawing room. I shall explain to you on the projector.

Types of foods.



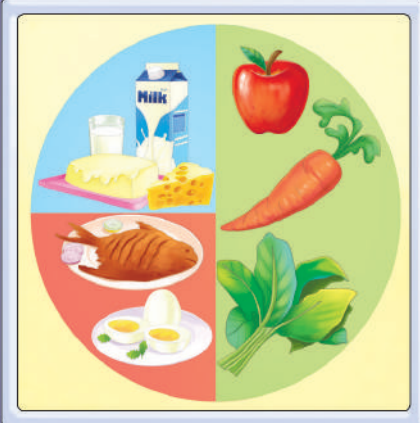
Body building foods help in the building of muscles that make our body.

Who will tell about the benefits of energy giving foods.



Mom by consuming these foods we remain energetic and active.

Aunt protective foods save us from the deficiency of vitamins.



Yes Kitty, we should consume junk food in small quantities only.



Mom now onwards I shall eat healthy foods and become healthy.



Kitty, we shall all eat healthy food.



Bye Kitty.



Neha Has An Idea!

—Nishtha

Neha is very fond of birds. She can spend hours watching birds perched outside the window of her room. Her study table is placed by the window. She often starts daydreaming and talking to birds when they visit her while she is studying.

It was a very cold winter. One day, Neha's relatives visited. They were on their way back from a pilgrimage and brought along some sweets as prasad for Neha and her family. When the box of sweets was opened to be shared by all, it was found that during the journey, ants had entered the box. At once, it was decided that the sweets will not be consumed by the family but would be placed by the window sill where the birds could have them. Neha was excited by this decision and volunteered to break the sweets into little pieces that could easily be consumed by the birds.

Neha's window had been chosen for placing the sweets. For several days, she noticed how a few birds would peck at the small pieces of the sweets and enjoy them bit by bit. Once all the

bits had been enjoyed, Neha decided that she would keep on placing food in the same spot so that these birds would never stop visiting her. Looking at the birds enjoying the food placed by her made Neha happy. She had always wanted to have a pet but her mother never allowed her to bring home an animal as pet. With birds visiting her day in and day out, Neha started to feel that she had pets.

One evening, Neha's father had been watching the news on TV. Neha sat by his side and listened. The anchor mentioned that a man who used to be homeless earlier had now become a good Samaritan for the homeless. He drives out every night with his car full of quilts and every time he sees a homeless person sleeping by the side of the road, he stops and covers them with one of the quilts, and carries on. He does so every night without fail. Over the years, he has saved many people from the biting cold. Sometimes, however, he finds that the homeless person lying on the street is lifeless and not breathing. They could not survive the cold weather.

Neha was very much affected by this news report and had listened with her full attention. Thinking about her birds, she became worried that they must be feeling very cold. She decided that she will take her old sweaters and place them by the window for them. She asked her mom to give her the old sweaters she had been storing from the time Neha had been an infant.

The next morning, when her mother opened the store room to take out the bag in which Neha's old sweaters were kept, Neha followed her inside. There, she saw, lying one on top of the other, four quilts. She asked her mother about them. Her mother said they were the old quilts that the family used many years ago but had been lying unused since. Neha remembered the news report and told her mother about the good Samaritan.

That evening, when Neha's father returned from office, he was amazed to see the living room filled with at least twenty quilts. Neha and her mother had decided that all the quilts that they and their neighbours had stored away for many years, could be donated



for the cause of the good Samaritan. Neha's father immediately agreed to this and contacted the news channel. He found out the phone number of the good Samaritan and arranged to have the quilts sent to him.

The twenty quilts saved twenty homeless people who did not have warm houses to shelter them from the biting cold. Neha's love for birds had made her understand how we can use our belongings to help people who need them more than we do. This made Neha, her family and their neighbours feel very much satisfied that they had been able to help someone survive the cold. ❖

PUZZLE (WORD BANK)

—Rishi

ANSWERS ELSE WHERE

1.	3.	2.	11.	8.	12.	13.
				@		
	5.		7.			
		9.				
4.						
	6.					
		10.				

STANDING LINES

1. Full of holes but can still hold Liquid
2. I have a teeth but cannot eat
3. Three feet but can not walk
7. Feel hot n cold but cannot be seen
8. Goes up but never ever come
11. Always come down and never ever go up
12. A cozy home build with twigs and leaves
13. I am where the sun rises and morning begins

SLEEPING LINES

2. A bird can lift the most weight
4. A building has the most stories
5. Goes up and down but alays remain in the same place
6. The longer I stand, the shorter I become
9. What can you see but not touch
10. What goes from Z to A ?

Answer any other page

LAUGHING TIME



Teacher : Rahul ! How will you identity an elephant?

Rahul : Madam, an elephant has two tails, one in front and one behind.

The director told the actor – Don't just smile, show your teeth also.

The actor immediately took out his false teeth.

Teacher : Why did you come late?

Student : Because of the board on the road.

Teacher : Because of the board?

Student : This is written on the board - 'There is school ahead, walk slowly.'

Land lord to helper : I have been ringing the bell for an hour. Didn't you hear?

Servant : You are the master, you can play for one hour or the whole day.

Sonu : Look, the lights have gone out.

Monu : If the lights go off then at least turn on the fan.

Sonu : Don't say a crazy thing, if you start the fan then the candle will get extinguished?

Arun : How should I convey the news to my father that I have failed?

Vaibhav : You just send an SMS saying, Results declared, past years performance repeated.

A gentleman came out of a pond with great difficulty. Getting upset with his friend he said, "You had told me this pond is shallow. But it is deep. I could hardly save myself from drowning."

Friend : I didn't know that. I just guessed looking at the swimming ducks.



PAYMENT OF TAXES

— Kishore Daniel

Some time ago there was a king named Man Singh in Rajputana region. He had a son named Sher Singh. The prince was promising and kind.

It didn't not rain in Rajputana for one year. There was a famine. The farmers could not give taxes to the king. The king's employees forcefully took away whatever the farmers had from their homes, caught hold of them and presented them before the king. The prince also saw those poor

and helpless farmers. His soft heart was saddened to see the poor and innocent farmers being tortured. He felt sympathetic towards them and thought of helping them.

These days the prince was learning horse riding. The king had said that if he learnt good riding, he would be given the desired reward. Sher Singh acquired proficiency in horse riding by continuous practice.

One day he demonstrated his horsemanship in front of the king. The

king became happy and said, "Son, I am very happy. Tell me, what prize do you want?"

Sher Singh said, "Father! Due to lack of rain this year, farmers have nothing to eat, so how can they pay the taxes? Forgive the taxes of these farmers and return all the things that were forcefully brought from them. If possible, help these poor farmers."

The king was very happy to hear Sher Singh's words. He said, I will give you all this now, but son, you have not asked for anything for yourself, at least ask for something."

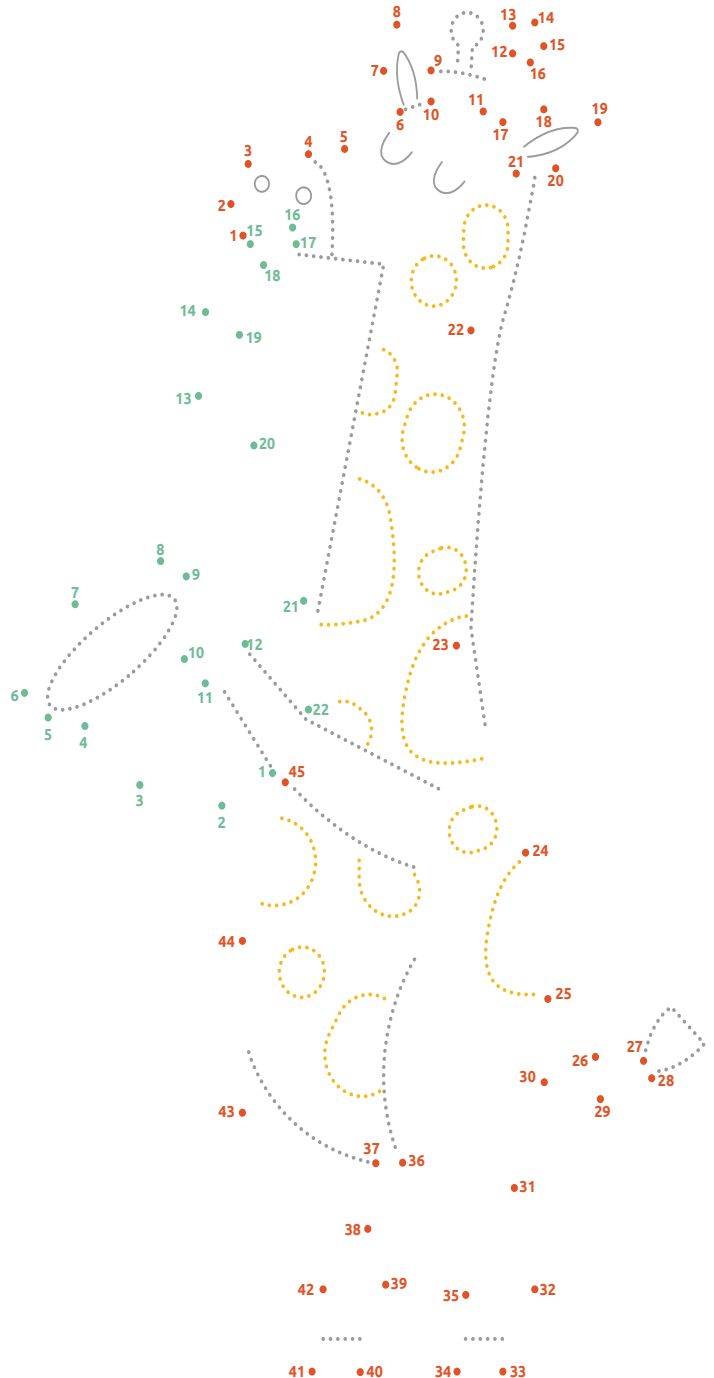
Sher Singh said, "Father! If you are happy then make it a rule that taxes should not be taken in the year when the crop is not good."

The king did the same, returned the confiscated things to the farmers and made a rule for future not to collect taxes if there was no crop.

Kind people rule the hearts whereas people with power can only scare with cruel behavior.❖

Join the dot and Number, find a nice picture.

—Jagtar Chaman





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, May 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.



Change for The Better

A farmer used to sow wheat in his field. He practiced old methods of farming until one day his friend suggested him to use modern methods to improve his crop quality. The farmer was adamant and he continued to use old methods of farming. Therefore his crop quality did not improve.

One day he decided to buy new machines and adopt new methods of agriculture. He bought some chemical pesticides and also learnt about genetic engineering in crops. He also got help from a person who was technologically more sound who suggested the farmer to use the technique of "hydroponics" in which the plants are grown in nutrient rich water solution instead of soil. Within 6 months the farmer could see the improvement in crop quality. The farmer thanked his friend for giving him suggestions to change his method of working.

Friends! We must adapt to new



changes as and when required in life since old things can only give old results. ❖

PUZZLE (WORD BANK) ANSWERS

1.S	3.Y	2.C	11.R	8.A	12.N	13.E
P	A	O	A	G	E	A
O	R	M	I	E	S	S
N	D	B	N	@	T	T
G	5.S	T	7.A	I	R	S
E	T	9.L	I	G	H	T
4.L	I	B	R	A	R	Y
@	6.C	A	N	D	L	E
@	K	10.Z	E	B	R	A

RESULT FOR THE MONTH OF JANUARY 2024 ISSUE



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Age-10

Bedi Enclave Nawashahr,
Banya, (Punjab) - 144505



Aadriti Gupta

Age-06

370, Sector-44-A,
Chandigarh - 160047



Ravi

Age-15

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Raju (Jaunpur)

Rama Kumar

(Lucknow, U.P.)

Mivan Chalotra,

Neha (Panipat)

Rubi (Delhi)

Roshan (Lucknow)

Sandhya (Dehradoon)

Nisha (Delhi)

Shaila (Newada)

Nikki (Delhi)

Ritu (Karuvée)

Kavya (Panipat)

Rich (Kanpur)

Colour it for March Issue

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

The result will appear in May 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



Festival of Colours

— Deepak Kumar 'Deep'

*Let's immerse
Ourselves in colours
And do away
With sorrows of life
hug all affectionately
To spread love
And make all
Smile for a while*

*There will be
A shower of colours
Holi Festival
Is Power of Colours*

*Be smeared with
Variety of colours
Rub the young
and old
With colours their faces*

*All sing and dance
Forgetting all enmity
hug each other
Exchangine
sweets
And conveying
message
of love to humanity.*

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I, Rakesh Mutreja, do hereby declare that the particulars given above are true to the best of my knowledge and belief.

Date : 1-03-2024

—Rakesh Mutreja
Publisher



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