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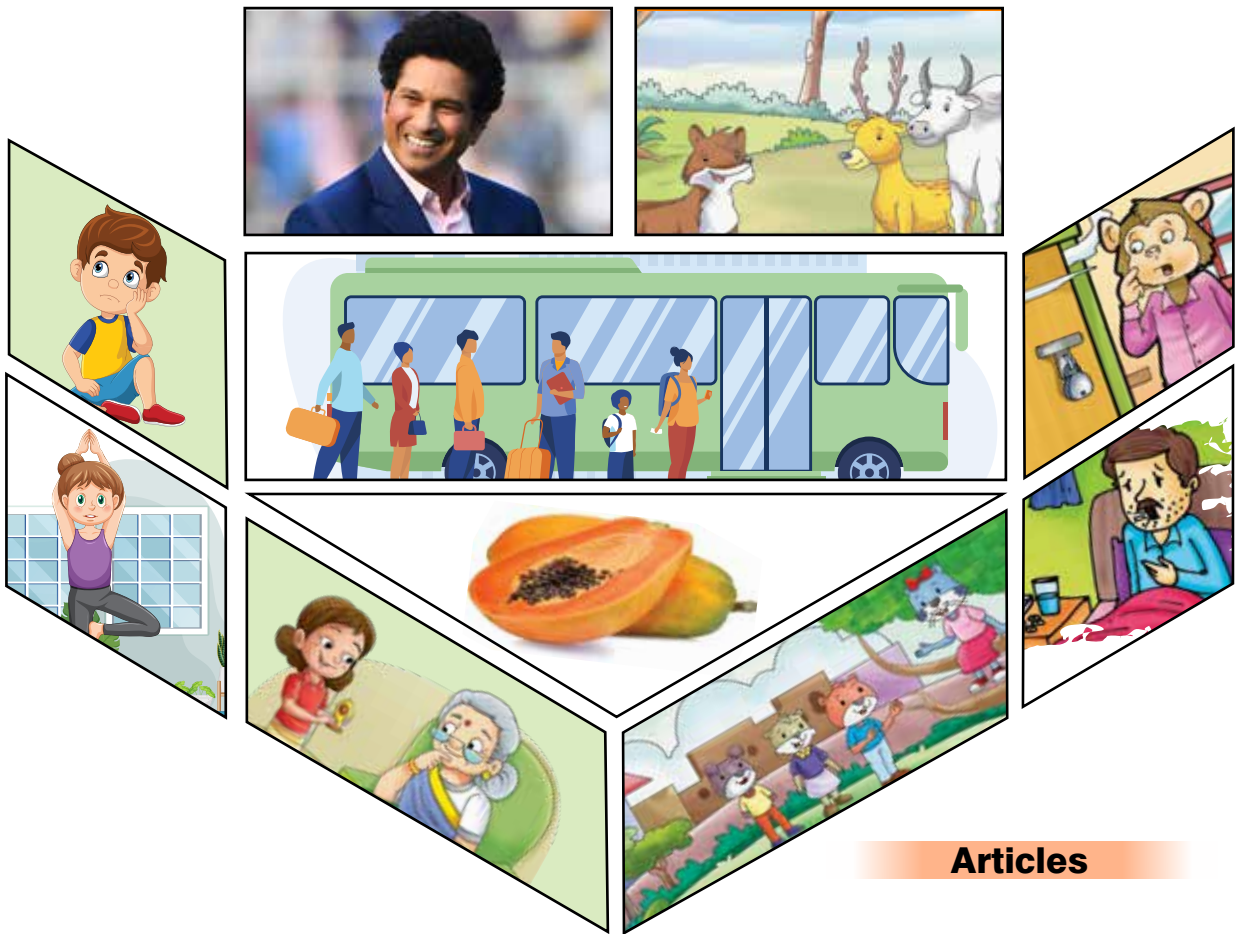
4. Editorial
5. Sampuran Hardev Bani
12. Grandpa
- 17 Riddles
28. Kitty
35. Laughing Time
38. Look at the picture ...
41. Colour it
42. Maze

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Articles

- 6 : Patience
Kanika Bhatia
- 7 : Baba Gurbachan Singh Ji...
Sudeep
- 18: Sachin Tendulkar ...
Manju
- 20: Tree Pose ...
Niharika
- 22: World Book Day
Abhedika Dhanrajani
- 24: Speak Softly
A.S. Adarsh
- 32: Our Best Body Cleaner...
Geeta
- 33: Money Plant
Roopam Daryani

Poems & Etc.

- 11: I Do Not Choose ...
H.S. Nirman
- 16: Homophones
Kumar
- 19: Cuckoo
Dinesh Chamola
- 23: Hand of God
- 25: The Paper Boat
- 34: Puzzle (Word Bank)
Rishi

Stories

- 8 : Advice of Tinu
Radha Nachij
- 26: Ankit Stood First
Dinesh Rai
- 36: Honour
Praveen Kumar Sehgal
- 39: Think Positive
Sukriti





Always Think Positive

As the teacher reached the class, he found two children abusing each other. When the children saw the teacher, both of them went to him and started complaining. One child was always considered bad by all the students and the other one good. The teacher too asked the reason for the fight from the first child who was considered good. He said that he used abusive words while addressing him. Meanwhile, the other child, who was called a bad child, interrupted and said that everyone called him bad, so he had not done anything wrong by calling him bad, whereas everyone considered him good, then why did he abused him back in response? Where had his goodness disappear? Now you tell who is bad and who is good?

The teacher said, "Both of you sit quietly in your respective places. Then he narrated an incident to them. A man had two daughters. one was Kamna and the name of the other one was Bhavana. Kamna was considered bad and Bhavana good. One day Kamna went to her father and asked, "Father, who do you love, me or Bhavana?" Father's natural response was that he loved both of them equally. But Kamna did not agree and was adamant that he had to

tell whom he loved more. For father the situation had become very serious. He asked Kamna to call Bhavna also.

Both Kamna and Bhavna went to their father. The father told both the sisters that there was a tree at some distance, both of them had to go there and then come back to him. A decision could be taken only after that. Both the sisters slowly reached the tree. Now was the time for decision, both were eager. Father said- Bhavana, you look good while coming and Kamna looked good while going.

Seeing both the children equally placed, reflects the father's love for both. Friends, here Kamna symbolizes evil and Bhavana symbolizes good. In life, it always feels good when evil goes away, whether it is in nature or in the mind. Positivity always feels good, but just the show of goodness never lasts long. The reality shows up. When health, success, peace, happiness and gains come and illness, failure, unrest, sorrows and losses are at bay, it feels good.

Similarly wherever anger, disgrace or greed dwell, everyone's life gets disturbed.

Dear friends, along with all this, we also have to drive away laziness, it should feel nice when it goes away. Do every work efficiently. The student should like to work hard. If one knows how to believe in oneself, success is certain in every task. Always keep your thinking positive, this is the key to success.

— **Vimlesh Ahuja**

SAMPURNA HARDEV BANI

Only You, The Formless One (1)

You are the father, You are the mother, may I always bow to You;
You are the friend, You are the brother, may I always bow to You.
Universe Creator, destiny maker, may I always bow to You;
Ocean of happiness, Lord of bliss, may I always bow to You.
Greatest of all, O Nirankar, may I always bow to You;
Standing beside me every moment, may I always bow to You.
I am a fish and You are my ocean, may I always bow to You;
You don't leave me even for a moment, may I always bow to You.
Omnipresent all-pervading, may I always bow to You;
May I remain imbued in You, may I always bow to You.
Everywhere I see You present, may I always bow to You;
Says 'Hardev' singing Your glory, may I always bow to You.

Only You, The Formless One (2)

Observer of all, bedrock of all, beyond attributes, O Nirankar;
Impossible is to sing Your glory, boundless it is, O Nirankar.
Limitless You are, Infinite You are, all pervading, O Nirankar;
You are root of all existence, operating Universe, O Nirankar.
You are complete, not this world, blissful mighty, O Nirankar;
You are unborn imperishable, ever eternal, O Nirankar.
Indivisible unshakable, Truth in essence, O Nirankar;
Impermeable Impenetrable universal Lord, O Nirankar.
You are this world, the other world too, all across, O Nirankar;
Supreme being in both the realms, here and there, O Nirankar.
May my mind and consciousness immerse in You, O Nirankar;
Says 'Hardev' may I connect till my last breath with You, O Nirankar.

Patience

— Kanika Bhatia

Patience is the ability to continue waiting without frustration and agitation. Due to patience, a person is able to control his emotions and impulses.

Patience is a rare virtue in today's world. It not only makes one compassionate and empathetic but also decreases stress and improves decision making. Patience makes a person a better human being. Follow these four tips to increase your patience :

1. In a fast paced life, at times slowing down is the best way. Try to slow down and take some deep breaths before you act.

2. Think before you speak. Sometimes we just blurt out that pops into our head without considering the consequences. If we pause and think about what we want to say, we can avoid hurting others.
3. Always remember that when you are patient, you take time to assess every situation. You weigh the pros and cons and hence, you don't rush into anything you will regret later.
4. Understand the addictive nature of anger, irritation and outrage and try to overcome them.

It is rightly said that - Patience can't be acquired overnight. It is just like building up a muscle. Every day you need to work on it. ❖





Baba Gurubachan Singh Ji

There are people who, through their ignorance, take anybody as a saint from one's outer appearance or a particular form or dress. People have suffered a lot through this attitude which still persists. It is surprising that nobody would like to be deceived through imitation in any field of life. In sickness we wish to be sure that the physician is competent enough to give us a right treatment. So is the case when we have to engage a lawyer who is expected to be good at law. Moreover, if we find that the person is not competent, we do not feel any hesitation to shift over to some other. But it is a pity that in the religious field we stick to sadhus or pseudo saints for years together without any spiritual awakening. It is still more surprising that we cannot even think to leave them though we consider it to be a sinful act.

In fact, a true saint is like a lit lamp who can enlighten our mind and soul. A building may be grand and attractive but it cannot claim to be a school or a college unless education is imparted to the students there; nor it can be called a hospital unless the patients get treatment there. Similarly, mere appearance should not be taken as the mark of a saint but a person "who guides us to universal brotherhood and bestows upon us God-realisation" is a true saint.

Another distinguishing mark of a perfect saint is that he never begs or hankers after service. He is like a cow that gives milk but for others. It is the milk that makes us serve the cow although it never expresses any desire to be served. Similarly we serve a true saint for our own benefit. Since a true saint has at his heart the feeling of goodness for one and all, he blesses even those who maltreat him. ❖

Compile : Sudeep

Advice of Tinu

—Radha Nachij

Tinu, the monkey, worked in a gas agency in the city. Today itself, he reached jungle village to attend the marriage of his cousin. He reached two days earlier so that he could enjoy meeting relatives and friends. He thought his evenings would be spent gossiping with friends and relatives.

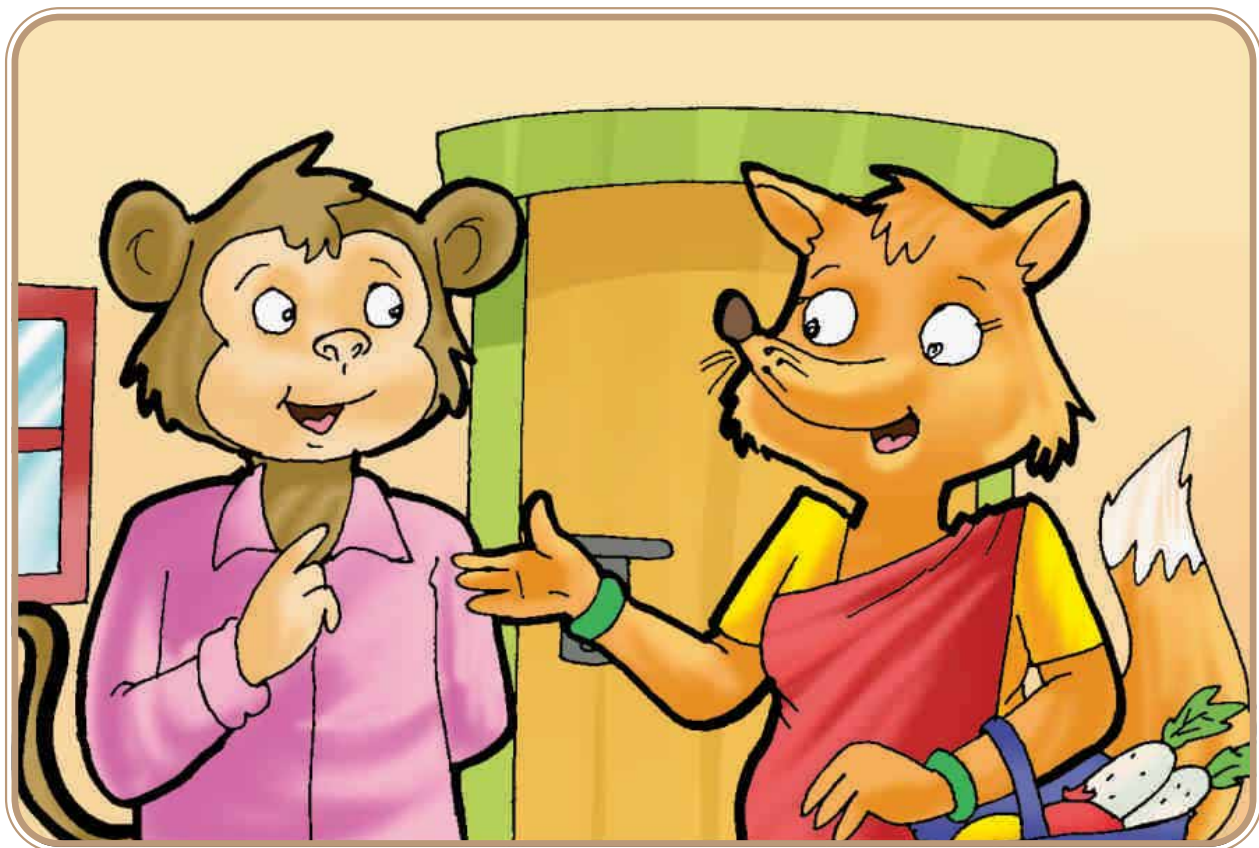
When Tinu was passing through streets to meet his friends, he smelled gas leakage and understood that it was coming from the house of Leopard aunty. The smell was getting stronger and Tinu thought it better to reach there in order to avert any incident. The

door was locked as aunty had gone to market to purchase vegetables. Tinu was unsure whether to wait for Leopard aunty or to go ahead to meet friends. He considered it wiser to wait for aunty as he could meet the friends the next day. He was afraid that aunty could meet with a fatal accident in case she lit the lights on as he was certain that there was a gas leakage in the room.

Tinu waited impatiently for the return of leopard aunty. There was a tea stall of Bhaloo uncle. Tinu sat there and kept a constant eye on aunt's house. After about half-an-hour, Tinu saw leopard

aunty returning with a bag full of vegetables. Tinu reached the door ahead of her. After exchange of greetings, Tinu asked whether she could sense a bad smell. Aunty told that it was there since evening when she fixed a new cylinder. Tinu asked aunty what would she do now. Aunty replied that she would





turn on the lights, prepare tea and then cook dinner. No! exclaimed Tinu. If the gas leaked, no light should be turned on. It could cause fire and burst the cylinder; the whole house could catch fire.

'Really, I didn't know', said leopard aunty. 'Good you told me. Similar incident happened a month back in my uncle's house. He lit a match box while the gas was leaking, resulting fire in the house and deep burns on his body'.

Tinu said that we could avoid accidents by taking precautionary measures and save our lives. If we carefully use these modern gadgets

with sufficient preliminary knowledge, these can become our friends instead.

Leopard aunty said, Tinu was right. Your pieces of advice are useful and educative. I would teach everyone about appropriate steps and precautions necessary for use of gas so as to avoid any untoward incidents. Tinu, you should tell me as to what other safety steps should I take now to stop gas leakage in my house. Tinu advised aunty to:

- ☞ First of all, open all the doors and windows of the house.
- ☞ Do not lit any match box or candle.
- ☞ Close the regulator and put on the

safety cap on the cylinder.

- ☞ Close the knob and dial emergency number of your distributor. These numbers are printed on the receipts provided for gas deliveries.
- ☞ In case it turns out to be a case of fire leakage, dial immediately 101.

Leopard aunty did accordingly; opened all the doors and windows; took action on all the tips and then phoned the distributor. The distributor

should be no cover on the gas pipe and should be cleaned by a wet cloth from time to time. It should be changed after its use of one year.

Leopard aunty asked Tinu about any further precaution so that she could tell about every precaution to everyone in the village. Tinu said that there were a few more precautions, such as:

- ☞ Knob should be put off after use of gas.
- ☞ The cylinder should not be hit in any manner.



- ☞ Fitting of tube on cylinder should be regularly checked
- ☞ One should wear cotton clothes while using kitchen.
- ☞ Plastic objects should be kept away from the cylinder
- ☞ Get attentive in case there is a smell of gas
- ☞ Regulator should be turned off. Having advised above, Tinu took permission of leopard aunty as his friends

immediately replaced the cylinder and asked for forgiveness for the leakage. He advised her that the cylinder should be checked regularly; use a quality tube of 1.5 meter length. The tube should be protected from heat and fire. There

were waiting.

Leopard aunty blessed Tinu for his timely help and valuable advices, without which her life could have been in danger. She vowed not to be careless in future. ❖

I DO NOT CHOOSE THE BEST

—H.S. Nirman

I do not choose the best;
Rather the best chooses me.
Had it been all up to me;
I would have surely missed thee.

I was a hawk, Thou made me a dove
I love or not, Thou always love
I am sin, Thou art mercy
This is what surprises me.
I do not ...

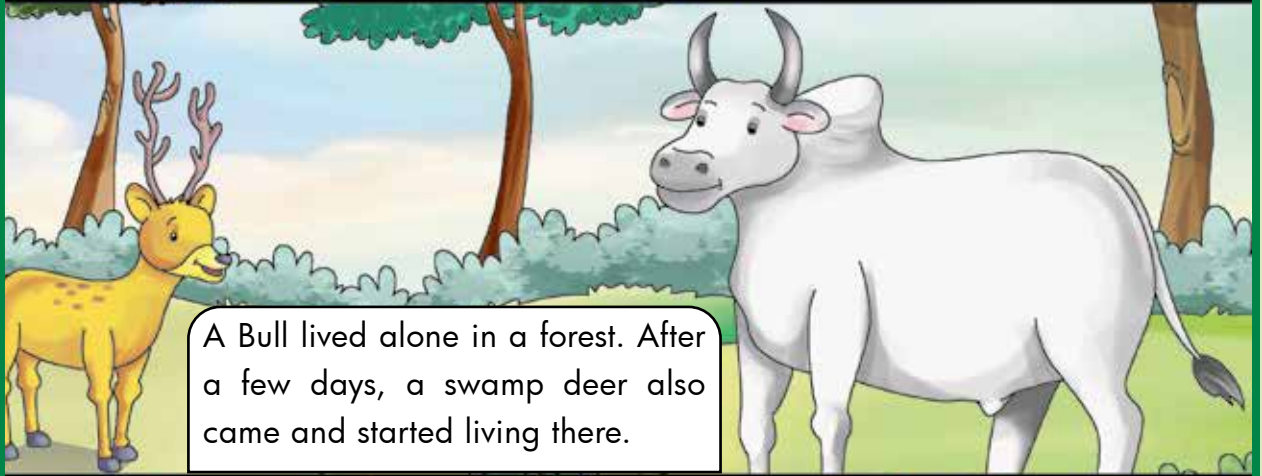
I had mind but had no thought;
I had ears which listened not;
I had eyes but could not see,
Until thou enlightened me.
I do not ...

Thou art God, I am Thy man.
Upon Thy grace, rely I can,
"I love you and you love me"

GRANDPA



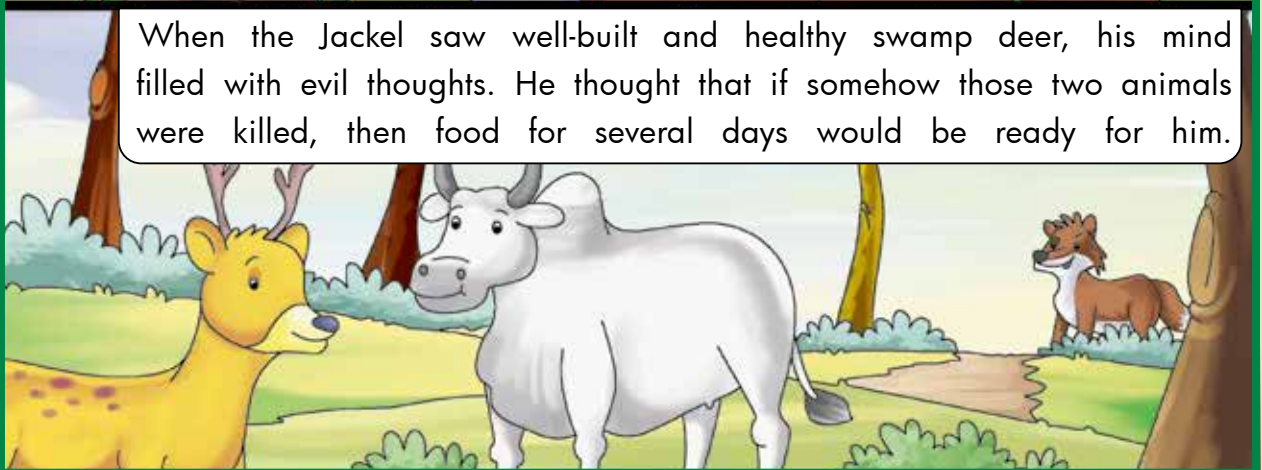
Story & Illustration —Ajay Kalara



A Bull lived alone in a forest. After a few days, a swamp deer also came and started living there.



Meanwhile, a jackal also came there and made a house there.

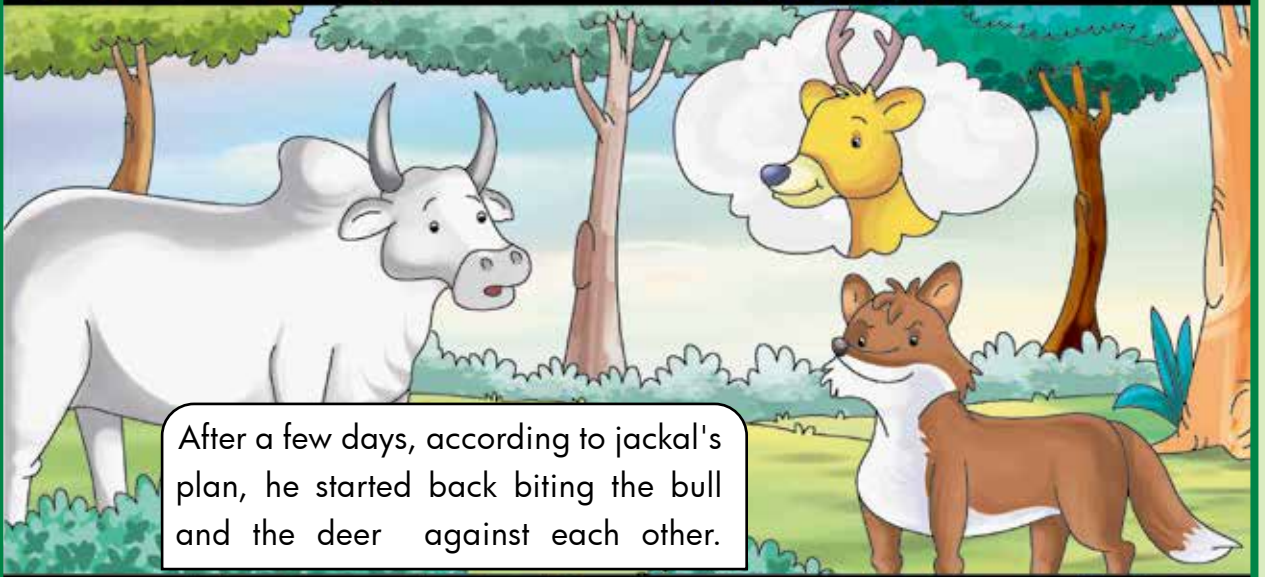


When the Jackel saw well-built and healthy swamp deer, his mind filled with evil thoughts. He thought that if somehow those two animals were killed, then food for several days would be ready for him.

The jackal thought of befriending the bull and the deer. One day both of them got caught up in the jackal's sweet talk.

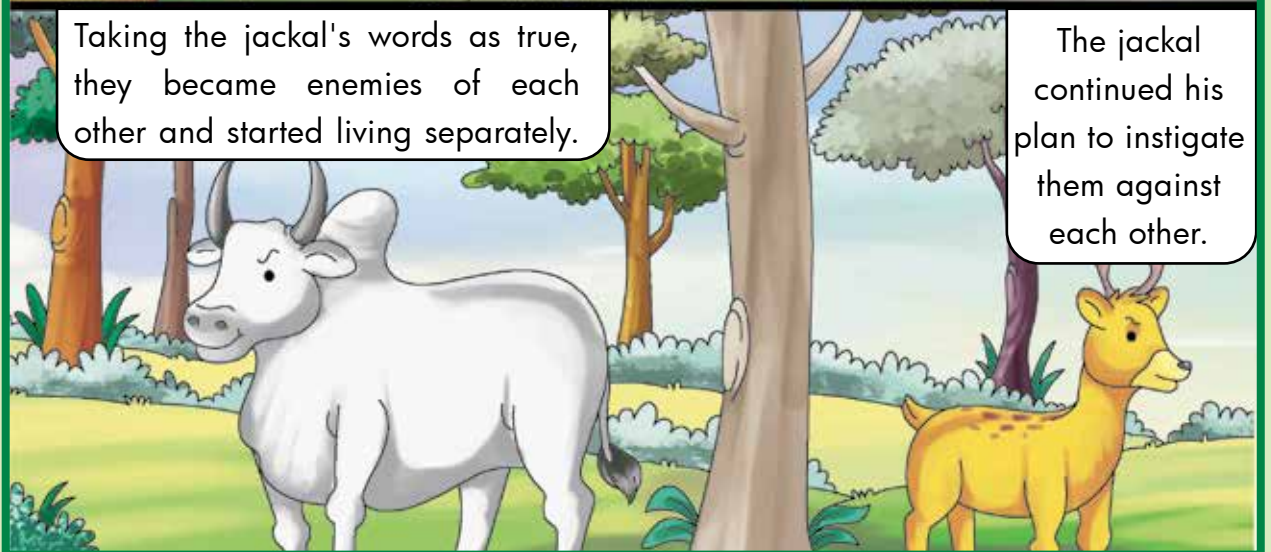
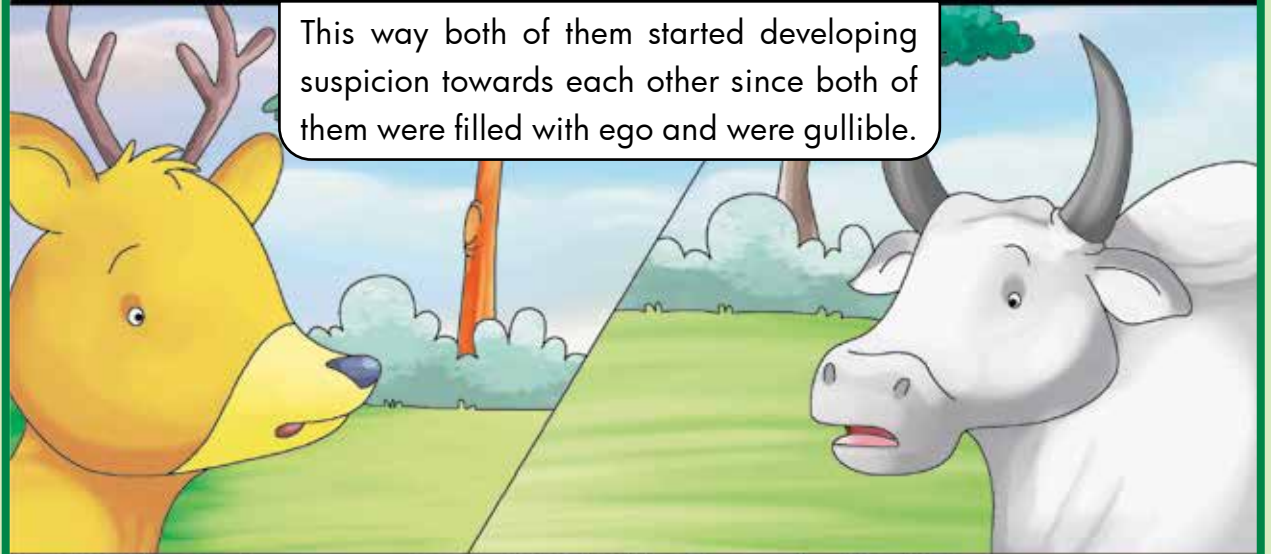
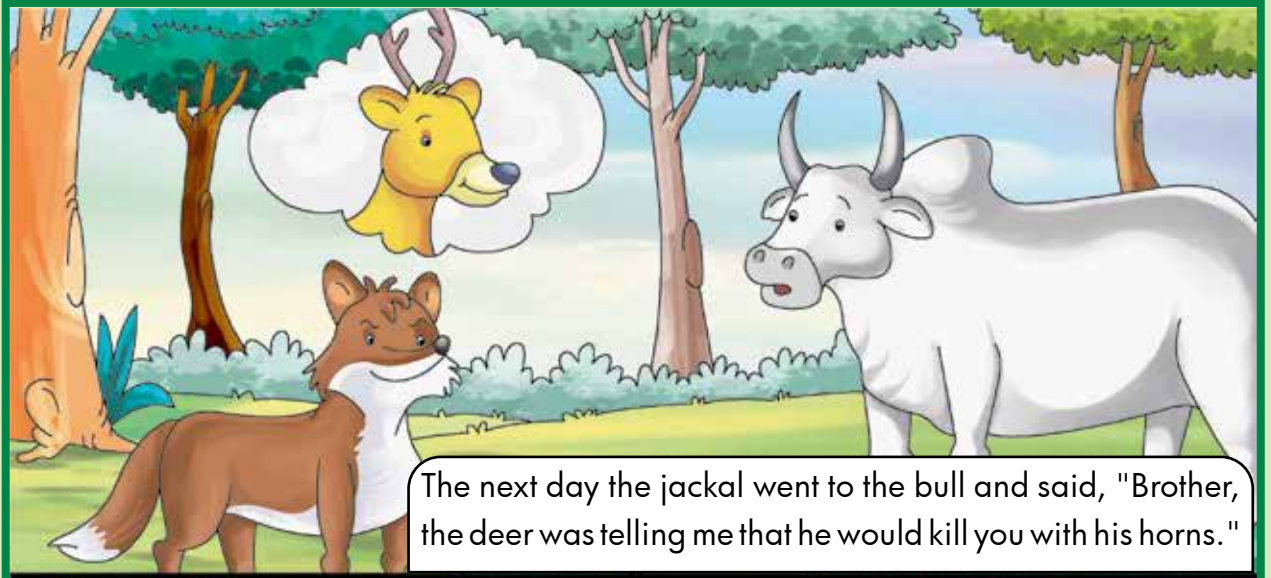


After a few days, according to jackal's plan, he started back biting the bull and the deer against each other.



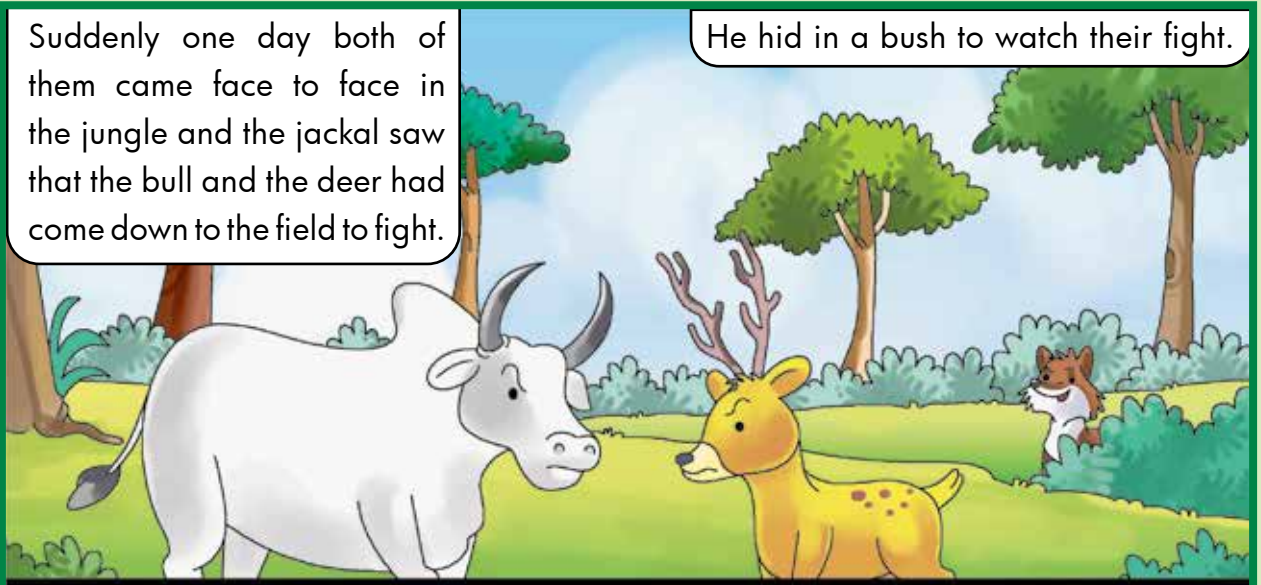
He said to the deer, "Friend! The bull wants to kill you. He has told me this."



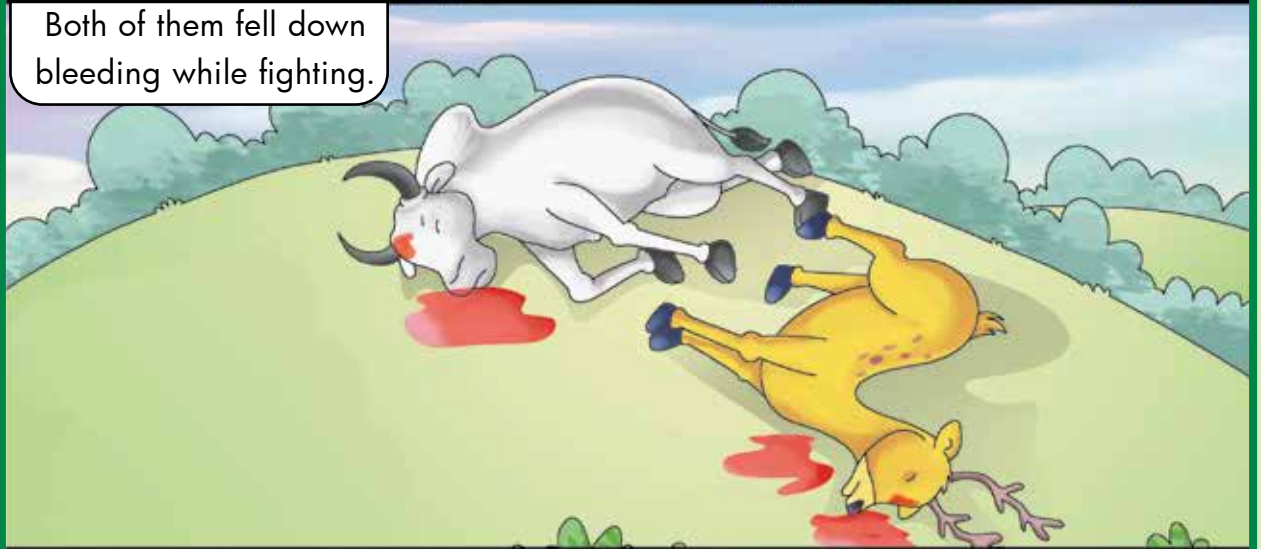


Suddenly one day both of them came face to face in the jungle and the jackal saw that the bull and the deer had come down to the field to fight.

He hid in a bush to watch their fight.



Both of them fell down bleeding while fighting.

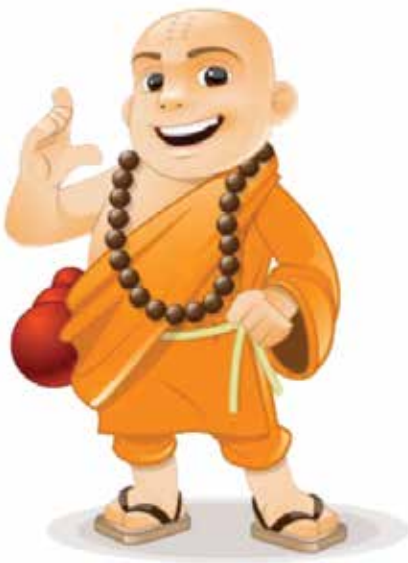


The deceitful jackal took advantage of this opportunity and killed both of them.



Moral:

The wickedness of a third person creates enmity between two friends, hence one must sit and peacefully talk out things with old friends.



HOMOPHONES

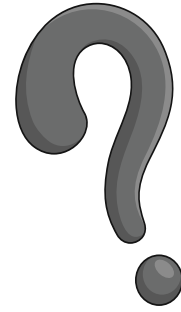
—Kumar

1. **MERRY** (cheerful or happiness) : wish you merry Christmas.
MARRY (to join two people in marriage) : They got married last year.
2. **Ate**: They ate rice in lunch.
Eight: I am eight years younger than my brother.
3. **Cell** : Cells are smallest building blocks of all living things.
SELL (to offer something for people to buy) : He sells vegetables.
4. **ROUTE** (a way from one place to another) : This is the route to airport.
ROOT (the part of plant that grows under soil) : Roots absorb water from soil.
5. **SON** (male child): The king had a son and a daughter.
SUN (our nearest star) Sun gives us heat and light.
6. **Heir** : (a person who will legally inherit property) He is the only heir to the family business.
Hair: She has long hair.
7. **Jeans**: I bought a new pair of jeans.
Genes: (the basic unit of heredity passed from parent to child) He has acting in his genes.
8. **BAND** (a small group of musicians/people) The school band played at the football game.
BANNED (something is not allowed, sometimes by law) Some pain killers have been banned because of their side effects.
9. **BEAT** (to defeat somebody or to hit something many time) Don't beat at the door. You will hurt your self.
BEET (versatile type of vegetable purple in color.
10. **FEET** (end of the legs/ or number of feet mentioned). My feet are bare. The table is 3 feet long.
FEAT (strength/skill or courage) The new flyover is a remarkable feat of engineering. ❖

Riddles

—Mona

- Q.1 What wears a jacket, but no pants?
Q.2 You are participating in a race. You overtake the second person. What position do you finish?
Q.3 What has one horn and gives milk?
Q.4 He who has it does not tell it. He who takes it doesn't know it. He who knows it doesn't want it, What is it?
Q.5 What has only two words, but thousands of letters?
Q.6 There is an egg which grows under the ground and is eaten even by vegetarians. Guess what is it?
Q.7 It is called the "King of the night". It comes on duty with its twinkling friends. Guess what is it?
Q.8 A place where papa pays and son plays.
Q.9 What can you catch but not throw?
Q.10 Which key is not used to open lock?
Q.11 Which city is always in pain?
Q.12 What flies without wings and it is invisible too?



Answers
1- Book 2-Second 3-Milk Van 4. Counterfeit money 5- Post Office 6. Potato
7 Moon 8-School 9- Cold 10 Monkey 11-Spain 12-Time



Sachin Tendulkar

Legend of Cricket

— Manju

India has given birth to many warriors and sports persons who made the country proud. One such name is Sachin Tendulkar who is called as the 'God of cricket' by his fans. He had mastery of the game, was consistent in his performance and has fans all around the world.

The little master as he is lovingly called by his admirers, Sachin Tendulkar was born on April 24, in the year 1973 in Dadar, Mumbai in a Maharashtrian family. His father Sh. Ramesh Tendulkar was a Marathi-language novelist and his mother Mrs Rajni worked in the insurance industry. His father named him after the name of his favourite music director Sachin Dev Burman.

His education is from a school named 'Sharadashram Vidhayamandir High school' in Dadar, Bombay where he could not study beyond class 12 because of his passion for cricket.

He started playing cricket at the age of nearly 16. In his first Ranji Trophy debut

in the year 1988 he was not out for 100 playing for Bombay against Gujarat. During his long journey of 24 years in cricket he played a record 200 test matches scoring a world record of 15921 runs with 51 centuries. He also played 463 one day international ODI scoring World Record of 18426 runs with 49 centuries. In 1996 world cup he scored maximum runs 523 though India could not lift the world cup.

In the year 2011 he was part of the team that lifted the world cup in the match that was played in India. He said - I feel blessed to have fulfilled the dream of being part of the world cup winning Indian team

He received 'Arjuna Award' in the year 1994, 'Khel Ratna' in 1997, Padma Shri in 1998, 'Padma Vibhushan' in 2008, Wisden cricketer of the year in 2010 and above all, India's highest civilian award 'Bharat Ratna' in 2013.

The great Indian cricketer announced his retirement from one day international ODI in the year 1913. He was 39 years old at that time.

In addition to being a skillful player he is known for his humility and dignity. This makes him a great human being in addition to being a great achiever. Post retirement the humane side of the great Indian legend is showing up. He has started the 'Sachin Tendulkar Foundation' to work with children. ❖

Cuckoo

— Dinesh Chamola

Lovely spring, lovely bird.
Have you seen or have you heard?
Cuckoo darling charming bird,
Full of music, full of words.
In the morning up she came
singing love songs, playing game.
She is fond of spring green.
Pleasing every high or mean.
When she sings melodious songs
I forget world of foes and wrongs.
Had I got my wings to fly
I too fly in the sky;
I am less with songs and wings
I can enjoy worldly things.
Cuckoo darling! come and sing
Carry me on thy golden wings.



Tree Pose (Vrikshasana)

—Niharika

Tree Pose (Vrikshasana) is a wonderful yoga pose for kids to practice balance and focus. Here's how to do it :

1. Begin standing tall with your feet together and arms at your sides.
2. Shift your weight onto your left foot and lift your right foot off the ground.
3. Bend your right knee and place the sole of your right foot on the inside of your left thigh. You can also place it on your calf if that's more comfortable.
4. Find your balance and bring your hands together at your heart center in a prayer position.
5. Engage your core muscles to help maintain balance.
6. Focus your gaze on a steady point in front to help with balance.
7. Keep your shoulders relaxed and your spine straight.
8. Take a few deep breaths in this pose, imagining yourself as a strong and steady tree.
9. When you're ready, slowly release the pose and switch sides, placing your left foot on your right thigh or calf.

10. Repeat the pose on the other side, finding your balance and focusing on your breath.

Encourage kids to imagine themselves as trees, swaying gently in the breeze. This can help them connect with nature and cultivate a sense of calm and inner strength. Remind them that it's okay if they wobble or lose their balance – that's all part of the practice!

Tree Pose (Vrikshasana) offers numerous benefits, both physical and mental, making it a valuable addition to any yoga practice. Here are some of the key benefits of practicing Tree Pose:

- 1. Improves balance :** Tree Pose requires concentration and stability, helping to enhance balance and coordination.
- 2. Strengthens leg muscles :** Holding the one-legged stance of Tree Pose strengthens the muscles of the standing leg, including the thighs, calves, and ankles. It also helps to improve overall lower body strength.



3. **Enhances concentration and focus**

: Balancing in Tree Pose requires mental focus and concentration. Practicing this pose can help calm the mind, improve concentration, and increase mindfulness.

4. **Promotes relaxation and stress relief**

: The meditative aspect of Tree Pose, combined with deep breathing, can induce a sense of calm and relaxation. It helps to reduce stress and anxiety, promoting a greater sense of well-being.

5. **Boosts self - confidence**

: Successfully holding Tree Pose can instill a sense of accomplishment and self-confidence, especially for

children. It teaches them that with practice and patience, they can achieve their goals.

6. **Fosters a connection with nature**

: Tree Pose is often associated with the imagery of a strong, rooted tree. Practicing this pose can foster a deeper connection with nature, promoting feelings of stability, grounding, and interconnectedness with the natural world.

Overall, Tree Pose is a versatile yoga asana that offers a wide range of physical, mental, and emotional benefits. Incorporating it into your regular yoga practice can help you cultivate balance, strength, focus, and inner peace. ❖

World Book Day

— Abhedika Dhanrajani

“A book is like a dream that you hold on to,
but only reading it can help you achieve that.”

—Nial Gaiman

World Book Day is dedicated to all the people who love to read and dive into the scenes and learnings of various time histories and imagination. Authors, readers, publishers and stories of people, everything teaches us a lot many things.

A book is to a mind what soul is to a body. It makes us feel alive. The ability to think and feel is refined when we read books with a purpose. Reading books is important for children's development, but it is also a habit that can have a huge impact on anyone, regardless of age.

For children, it helps their imagination, teaches them how to be respectful towards others' feelings, and encourages them to interact with and find interesting things about the outside world. According to the World Book Day website, reading as a hobby has a bigger positive result on a child's future than any other factor of their childhood, such as income or parents' educational background.

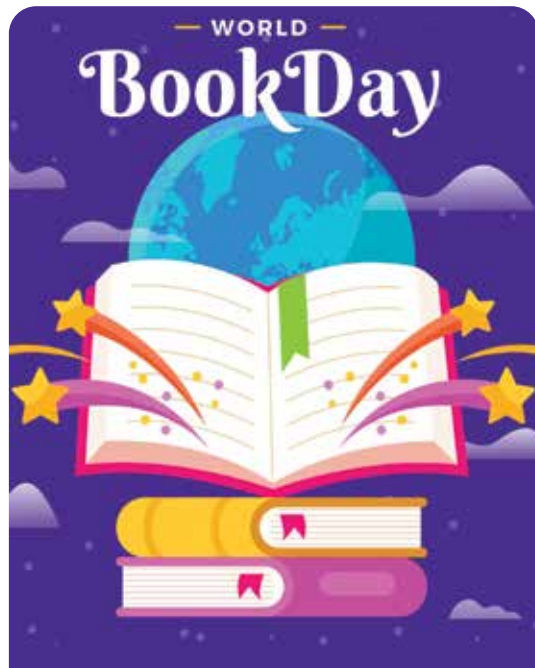
Reading can also help in understanding yourselves better. What situations make you angry, or emotional or happy, and work on it in real life. It tells a lot about people's lives, their experiences, and this is when you can learn about how they overcame the difficulties in their life too.

The day chosen for 'World Book Day' was April 23, in tribute to several famous authors who had their birth or death on this date, such as Miguel de Cervantes, William Shakespeare, and Vladimir Nabokov, among others. To learn how they chose their words after thinking about their effect on others, we can also learn how to choose our words when we speak to others.

Write, read and recite, positive words, that give you happiness and joy as well as information that will help you live better lives. It is like an exercise for your mind. Reading makes our minds strong, and sensible, which prevents us from taking rash decisions and helping us think before we act.

Celebrate this day by taking a trip to the library or the bookshop, picking up new books from authors you've never read, or re-reading an old favourite book. If you have children take them with you and let them pick their own books to read, or that you can read to them. You can also donate to your local library to help make books accessible for everyone in your community.

This world book day, let us write our stories and give people a chance to read them, celebrating humanity, love and spirituality. Let our words speak our minds freely. ❖



Hand of God

Floods came and the water around a priest's house was rising steadily. The priest was standing on the porch, watching water rising all around him, when a man in a boat came along and called him, "Get in the boat and I'll get you out of here. The priest replied, "No thanks, God will save me." The water was starting to pour in. So, he went up to the second floor. As he looked out, another man in a boat came along, and he called him, "Get in the boat and I'll get you out of here." Again, the priest replied, "No thanks. God will save me."

The water kept rising. So, the priest got out onto the roof.

A helicopter flew over, and the pilot called down to him, "I'll drop you a rope, grab onto it, and I'll get you out of here."

Again the priest replied, "No thanks. God will save me."

The water rose and soon covered the whole house. The priest fell and drowned.

When he arrived in heaven, he saw God, and - asked him, "Why didn't you save me from that terrible flood? Did I not show you my faith?"

In a loving but irritated tone, God replied; "What more would you have wanted me do? I sent people in two boats and a helicopter?" ❖

Speak Softly

—A.S. Adarsh



and desires in the form of spoken words. But it is unfortunate to realise that certain people don't have the sense to make use of this valuable capability in a useful and proper way. Such people are despised and disliked everywhere. They, by their irresponsible utterances, create bitterness in the hearts of people and a little carelessness on their part makes the situation explosive. Such people are avoided by one and all. Their bitter and sarcastic remarks distance them even from their own kith and kins.

Sweet and polite way of expression, no doubt is a divine gift, but it can be acquired also. All that is needed is a little labour and a little care while speaking.

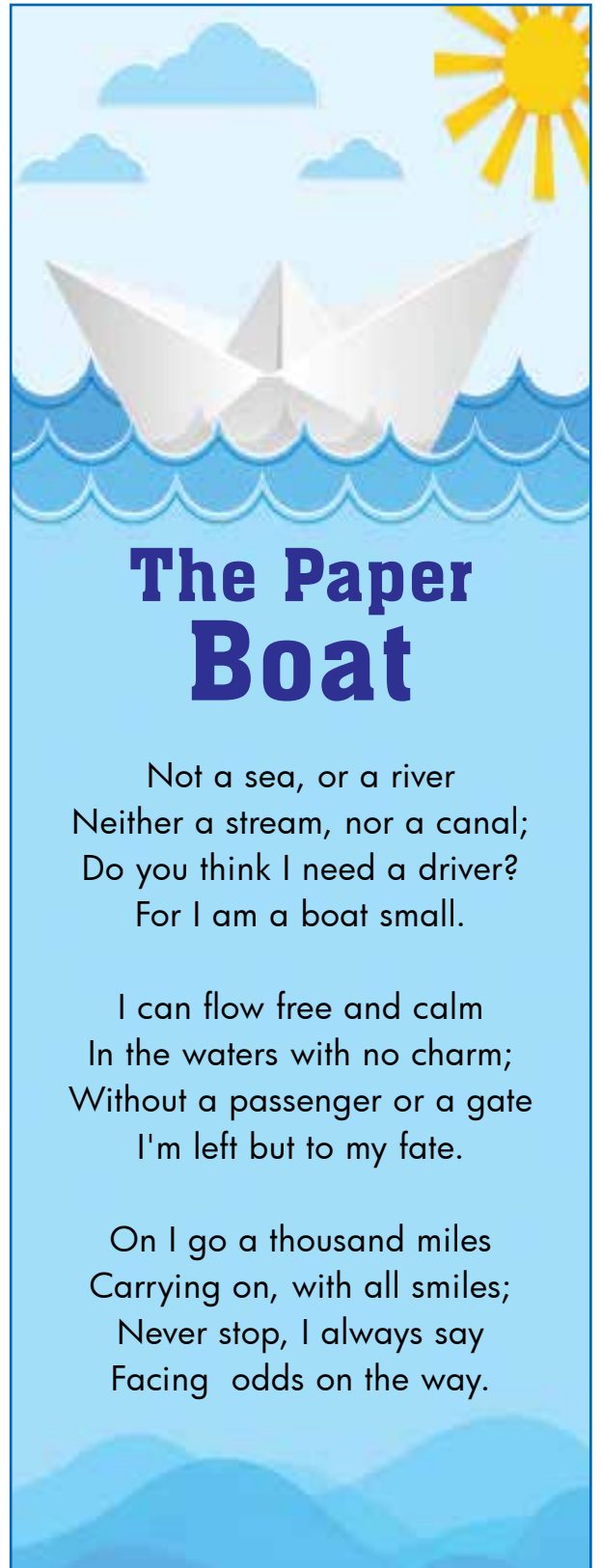
Man being the most wonderful and immaculate creation of God, he has bestowed upon him a unique gift of speech. He has enabled him to express his feelings, likes, dislikes, emotions

However, on the other hand, careful way of speech with judicious selection of words, impressive way of expression, sweet and attractive way of presentation makes an individual a popular and a lovable character. Everybody wants to be friendly with such type of people. They create their space in everybody's heart. Before speaking, one should make

it a point not to speak harsh and impolite words. The language should be polished, pleasant and sonorous. A little tinge of love and sympathy for the listener makes it all the more attractive and impressive. Friendliness and close relationship should appear to be established between the speaker and the listener. As there is already too much grief, tension and poison in our day-to-day life, so there must be a healing touch in our speech. The last but not the least is that one should try to have a complete control over one's mood while speaking. Spoiled mood sets in a chain reaction. It spreads like a most contagious disease creating bitterness in everybody's heart.

If this much is done, one is sure to win everybody's heart. A beaming face with impressive gesture works wonders. It is a welcome sign and helps in mitigating the pain and bitterness which is unfortunately a part and parcel of our present day life. So, dear children you must pay attention towards learning the art of speaking sweet and you will be pleased to see its everlasting effects.

The art of speaking sweet and smilingly costs nothing, but pays much. ❖



The Paper Boat

Not a sea, or a river
Neither a stream, nor a canal;
Do you think I need a driver?
For I am a boat small.

I can flow free and calm
In the waters with no charm;
Without a passenger or a gate
I'm left but to my fate.

On I go a thousand miles
Carrying on, with all smiles;
Never stop, I always say
Facing odds on the way.

Ankit Stood First...

— Dinesh Rai

Amar, Aneesh and Ankit were students of the same class. They were fast friends. Amar was the son of a rich father and had many other qualities too. He had such a beautiful handwriting that the words he wrote looked like pearls. He always stood first – be it sports competitions or Board exams. Aneesh used to follow him at the second position. Ankit, however, stayed a little behind both, at the third position.

The Board exams (class XII) were approaching. Each one of them was preparing hard. One day, Amar found a pack of cigarettes from the pocket of his father. He took out a cigarette, lighted it and took a few puffs. He liked its taste. Soon he found himself in the habit of smoking. He would, every now and then, buy cigarettes and smoke by hiding himself behind the school. Slowly, he fell in the company of those boys who sported consuming 'gutkha' and tobacco products. In order to conceal this weakness, Amar started staying away from his friends,

viz. Aneesh and Ankit. However, one day both the friends found out that their dear friend had fallen prey to intoxicants. They didn't like this habit of Amar and started accompanying him all the time. A few days later, Aneesh also started smoking and soon he also got into the trap of smoking and other tobacco products. Looking at their pitiable state, Ankit left their company.

In the XII Board exams, Amar stood first as usual in the school; Aneesh was second, followed by Ankit at the third position. Later on, they decided to go in for 'pilot' course and started working hard to become pilot. But, quite often, both Amar and Aneesh would tease him at some point or the other. This created more distance between Ankit and two of them. Amar and Aneesh went together to appear in pilot's exam while Ankit went alone. Amar was at the top position, Aneesh at the second while Ankit remained at third position. A few days later, the Selection Committee called them for interview and declared



them as successful. Now, they were sent for medical test. In the medical test, the doctors found Ankit as medically fit, while both Amar and Aneesh were found medically unfit. All the dreams of both bright boys were washed away.

Aneesh vowed instantly that from then onwards he would no longer indulge in intoxication. However, Amar continued. In a few days, he experienced pain in his chest. Doctor told him that he suffered from cancer.

After a few months, Amar passed away. Poor boy Amar! He failed in his life's test, after having remained at the top throughout in school exams and sports competitions. Aneesh recovered, but after a prolonged treatment by which time he became over age for any competition.

And Ankit, who remained at third position during school exams and sports events, finally was successful at the first position. ❖

KITTY



Story & Illustration —Ajay Kalara



Friends, let us go to play in the park.

Kitty, no mischief.
Play, carefully.



Oh! Friends, let us climb a tree and play.

Yes—Yes— it will be fun.



Molly and Kitty— I have reached this branch and I will jump down easily.

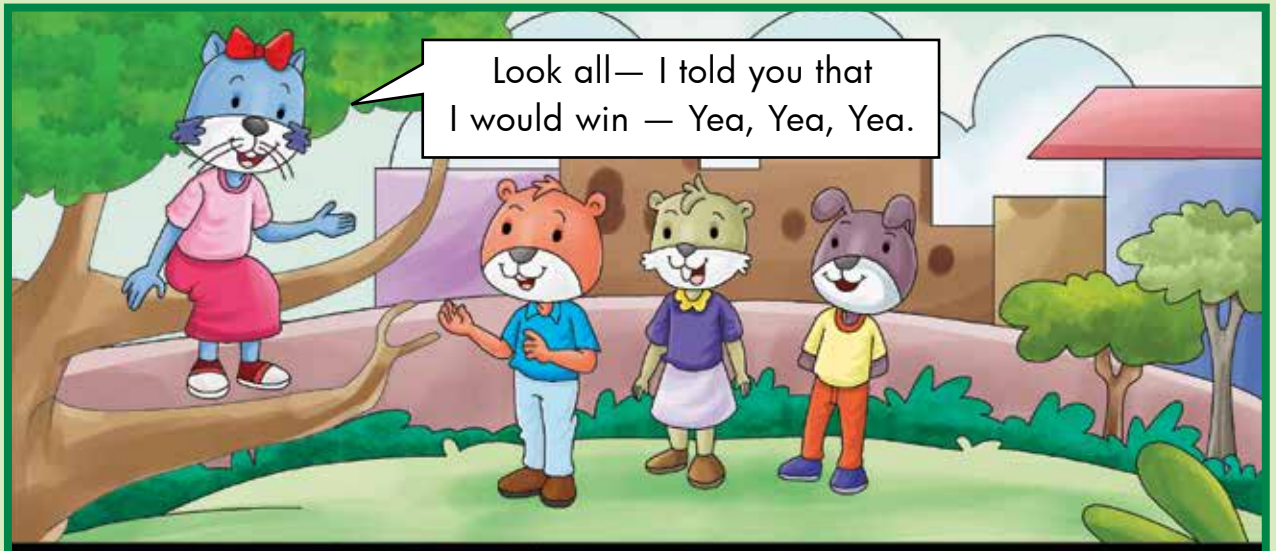
Chintu— well done



Now, It is Montu's turn. I will climb last of all and get first position.



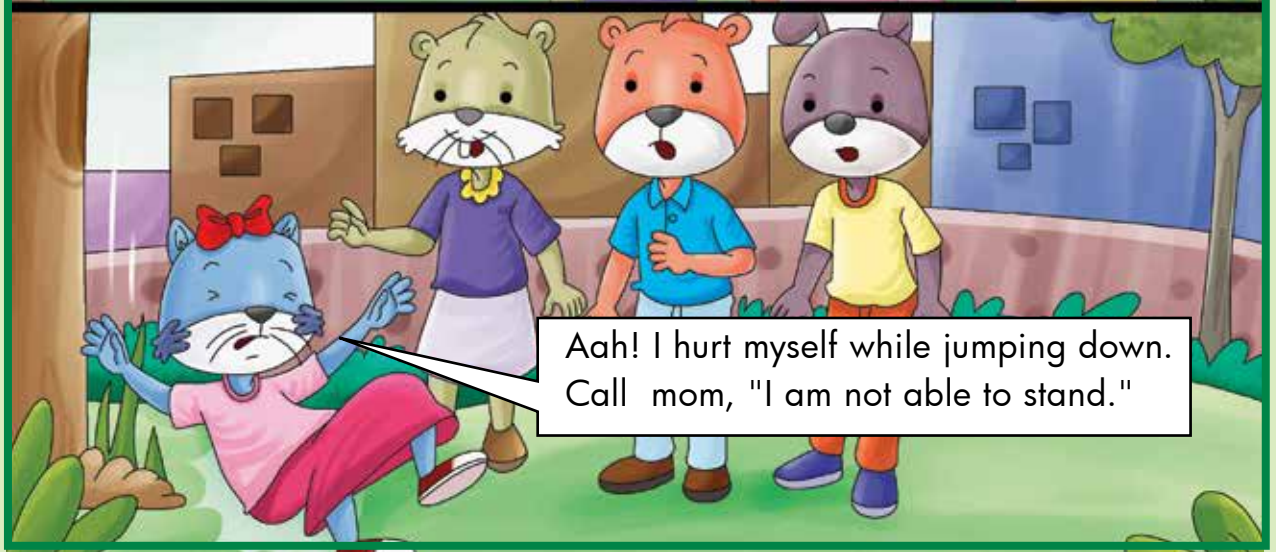
Wow! Montu even Kitty would not be able to climb so far. Poor Kitty— Ha..., Ha..., Ha...



Look all— I told you that I would win — Yea, Yea, Yea.



Oh! Kitty, You have done well. You are brave.



Aah! I hurt myself while jumping down. Call mom, "I am not able to stand."



Kitty, "what happened" I warned you, now face the result.



Kitty, take juice. I told you many time not to disobey. Now, you have hurt yourself.



Sorry mom. I'll take care in future.

OUR BEST BODY CLEANER

PAPAYA

—Geeta

We know mango as the king of fruits but it would not be wrong to call papaya the body Guru. As regards taste, papaya may not be everyone's favorite but



it is the real cleanser of our body. When papaya is ripe, its taste is sweet and juicy like a mix of mango and melon.

Growing papaya is fun too! Papaya trees like lots of sunshine and water to grow big and strong. With the right care, you can grow your own papayas at your home and enjoy them whenever you want. It is a tropical fruit that grows on tall trees in warm and sunny places. Extremes of weather are not good for their best performance.

You can eat it in many different ways. You can eat it fresh by cutting it open,

scooping out the seeds and eating directly. Some people make a vegetable or sweet dish of raw papaya. So, whether, you eat it fresh, in a salad or raw or in a smoothie, papaya is a delicious and healthy fruit that will make you feel happy and strong!

Some of the health benefits of papaya are:

- ❖ It has lot many vitamins and minerals that help keep your body healthy. For example, papaya is full of vitamin C, which is good for your immune system and helps you stay strong and healthy.
- ❖ It also has vitamin A, which is important for your eyesight and helps you see well in the dark.
- ❖ Papaya is also good for your digestive system. It has fiber, which helps your stomach digest food and makes you feel full.
- ❖ It also has an enzyme called papain that helps your body break down food, so your stomach feels happy after eating papaya.

Side Effects :

- ❖ It can cause allergies, skin irritation, nausea and vomiting.
- ❖ Unripe fruit contains an enzyme papain. Large amounts of papain can damage the food pipe. ❖

MONEY PLANT

—Roopam Daryani

One of the most popular house plant in North America the money plant is a climber that grows with the assistance of another plant or any vertical support. Leaves of some varieties are circular and resemble coins. That is where it gets its name from. It can be beautifully grown in hanging baskets, containers and even directly in soil. It does not need too much maintenance for the beauty it adds to our home or even work place.

The beautiful leaves of this plant have unique golden and yellow hues to them. Many varieties are available which differ only in colour and shape of leaves.

Tips for care :

- ❖ Place it in bright, indirect sunlight.
- ❖ Watering once a week if indoors, and alternatively if outdoors, just to make sure the soil is moist not soggy at all times.
- ❖ Fertilise once every month.
- ❖ Propagate more pothos plants by placing cuttings in water and then place them in soil.



- ❖ Avoid too much sun to prevent yellowing of leaves.

Benefits:

Contrary to its name, devil's eye is known to be highly effective in purifying air and reduce the concentration of some cancer causing organic compounds like benzene.

Myths:

One of the most widespread myths is that having a money plant in your home or office will attract wealth and prosperity. While these plants are considered auspicious in some cultures, there is no scientific evidence to support the idea that they directly bring financial riches. ❖

PUZZLE (WORD BANK)

—Rishi

ANSWERS ELSE WHERE

1P.		2.S			7.F	10.F	11.I		
3.C				*			5.F	*	*
*	*		*	*				*	*
*	*	4.E						9.P	15.E
6.W					12.W	*			
*	*	13.C				14.L			
*	8.P								
16.B					*				
17.P					*			*	

STANDING LINES

- I am so fragile that if you say my name, you'll break me.
- The more I take, the more I leave behind . Who am I ?
- I am not alive, but can grow, I do not have lungs, but I need air
- I have a key but cannot open lock.
- Metal sheet, used for putting around food.
- An old British unit of weight of various values.
- I have sharp claws and teeth, I rule with pride, guess my name.
- I am found on eyes, I blink and flutter both day and night, I shield your eyes tight.

SLEEPING LINES

- Two words, when combined, hold the most letters.
- I have head and tails but do not have a body.
- Starts with 'E' and ends with 'E' but only has one letter in it.
- I can see straight through the wall.
- A head, a tail, is brown and has no legs.
- I am as cold as stone, but I melt in the sun, who am I?
- I am tall and majestic with hump , I am king of the desert.
- we are colorful, go up in the sky, waddle with delight but we are not chickens, what are we?
- I am a place to relax, filled with laughter, green area and spacious with lots of swings and slides.

LAUGHING TIME



Johnny : I am so tired.

Rony : Why?

Johnny : I have been trying to help this 60 degree angle.

Rony : What help?

Johnny : To make it right.

Rony : Are you pulling it?

Johnny : Yes! Some thing wrong?

Rony : Ha----- Add 30 degree.

Raju : Why did you buy one Kg of water melon? I had told you to bring melons. Why did you place them in the sun?

Rahul : Teacher told me that water evaporates in the sun.

Raju : So what?

Rahul : Watermelons will become melons.

A boy went to the doctor and complained- Sir! You had told me that I shall lose weight if I play games.

Doctor : Which game do you play?

Boy : Video games.



Chintu : Mintu! How old are you?

Mintu : I am not old. Ask my grandfather.

One day an elephant was passing through a forest. All the rats went inside their holes. One of the rats had kept his feet outside the hole. When his friend asked him as to why had he kept his feet outside the hole, he replied, " I shall push him with my foot. He will be taken unaware and fall down.

Three friends stranded on a deserted island find a magic lamp. Inside it is a genie who agrees to grant each friend one wish.

"I want to go home," says the first friend. The genie grants him wish.

"I want to go home, too," says the second friend. The genie sends him back home.

"I'm lonely," says the third friend. "I sure wish my friends were back here."

Honour

— Praveen Kumar Sehgal

Little Gunjan reached home running from school. She went straight to her grandmother and said cheerfully, "Grandma, I have stood first in the race. I have got this cup as prize.

Grandmother took the cup in her hand, kissed it and said, "This is a beautiful cup. What shall I give you for this victory. Do you know?"

"Five rupees", Gunjan said excitedly.

"How do you know?" Asked the grandmother.

"How could you forget it? Earlier, whenever I topped the class, you gave me five rupees", said Gunjan.

"How did you spend that money?" Asked the grandmother.

"I had put it in the piggy bank." Gunjan replied. "Look, now when I give you five rupees, don't put it in the piggy bank, spend it the way you wish to. Grandmother gave five rupees to Gunjan and said, "Go, buy something with this."

There was a market near Gunjan's house. Gunjan ran towards the market with the pouch of money. She saw a huge crowd on the road. Soldiers in uniform were marching on the

road playing tunes and people were standing in queues on both sides. Gujan noticed that almost everyone in the crowd had a bouquet in hands. She thought perhaps a fairy might be passing through the road and people had gathered to offer flowers to her, or may be the prince whose story her grandmother told was passing by. Many such thoughts came to her mind. She ran from there and went to the flower seller and showed the five rupees given by her grandmother and said, "Uncle, what can I buy for five rupees? Will you give me a bunch of flowers?" The flower seller smiled and said, "Child, I can only give roses for this money." Gujan said, "Okay" and she ran towards the crowd with the roses. She was trying to go inside through the crowd but could not. A young soldier saw her. He came to Gunjan from the other side, cutting through the crowd, and took her with him where soldiers were marching ahead and a cannon covered with flowers was going behind them. That soldier took her to the cannon.

Suddenly the music of the band stopped and the marching soldiers stopped. The soldier made her stand on the foot of the cannon cart. Gunjan immediately placed her roses on the pile

of flowers in that cannon cart. All the soldiers saluted Gunjan. Gunjan also stood at the foot of the gun carriage and raised her small hand to salute. The band's tune started playing again.

The soldier went ahead and escorted her back to the place she was standing earlier. Gunjan saw that the young man's eyes had become wet. Gunjan wiped the tears of that young man with her small palm. Someone from the crowd standing nearby patted Gunjan's back. Gunjan started running towards her home happily. The flower shop owner called her and said, 'Child, you have greatly honored the flowers given by me. Take back the money you gave me.'

When Gunjan came home and told the whole incident to grandmother, she said, "Gunjan, you don't know what you have done? You have gifted those roses to a martyr. You have honored the money given by me. "Gunjan asked curiously, "Grandma, who is a martyr?"

Grandmother replied, A person who always stands in defence of his country.

When a person performs his duty, has loyalty to the truth and loses his life fighting the enemies, then we call that person a martyr. Those persons who



sacrifice their lives in any battle while safeguarding the country or protecting the citizens of the country, such persons are called martyrs. Along with their parents, the entire country is proud of such brave soldiers who sacrifice their life for the country.

Gunjan opened her small palm and told Grandma, "Grandma, that flower seller also called me and returned my five rupees and said that I had brought glory to the flowers given by him. That is why he was returning the money. I took the money. Was it right, grandma?"

Grandmother took Gunjan in her lap and said, "My dear daughter, you know how to use money well, that is why the flower seller has returned that money to you." ❖



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, June 2024)

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This story by **Sukriti D/o Smt. Rakhi**
 Gali No. 18, Sant Nagar, Burari, Delhi- 110084
 has been adjudged the best. Congratulations.



Think Positive



Once a man while travelling crossed a desert. He thought of retabulating it into a green forest He went there and took some pictures and sent them to a friend so that he could start a campaign to improve the condition of the desert area.

As he posted them to his friend, he also posted them on his profile on social media. The pictures went viral. Soon everyone started asking him about the area and where the dry desert was so that they could also help in changing the desert into a green forest. Soon many people started coming there, soon big companies also came there. Soon the dry forest became a rich green forest. A small city got built around the same desert.

Moral of the story is that we should always look at things in a positive manner. Seek help from like minded people and you will always get support. Never get disheartened at the state of affairs. If just clicking a few pictures can help reach such good results why not always give it a try before getting disheartened. ❖

RESULT FOR THE MONTH OF FEBRUARY 2024 ISSUE



Anjali Sharma

Age-11
B-25, Vasant Kunj
Delhi-110007



Neha Singh

Age-09
H.No 125/7, Baba Colony
Burari, Delhi - 110084



Susham Tyagi

Age-14
B-Block, Tomar Colony
Delhi- 110084

CONSOLATION ENTERIES



Shilpa (Delhi)
Mivan Chalotra,
Neha (Panipat)
Rubi (Delhi)
Roshan (Lucknow)
Sudeep (Delhi)
Leena (Azamgarh)
Raju (Jaunpur)
Rama Kumar (Lucknow,
U.P.)
Ritu (Karuvee)
Kavya (Panipat)
Rich (Kanpur)
Sandhya (Dehradun)
Nisha (Delhi)
Shaila (Newada)
Nikki (Delhi)

Colour it for April Issue

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

The result will appear in June 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

Maze

Send the Giraffe to zoo.



Answers - Word Bank

1.P	O	2.S	T	O	7.F	10.F	11.I	C	E
3.C	O	I	N	*	I	O	5.F	*	*
*	*	L	*	*	R	I	O	*	*
*	*	4.E	N	V	E	L	O	9.P	15.E
6.W	I	N	D	O	12.W	*	T	I	Y
*	*	13.C	A	M	E	14.L	S	A	E
*	8.P	E	N	N	Y	I	T	N	L
16.B	I	R	D	S	*	O	E	O	I
17.P	A	R	K	S	*	N	P	*	D



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