

Hansti Duniya



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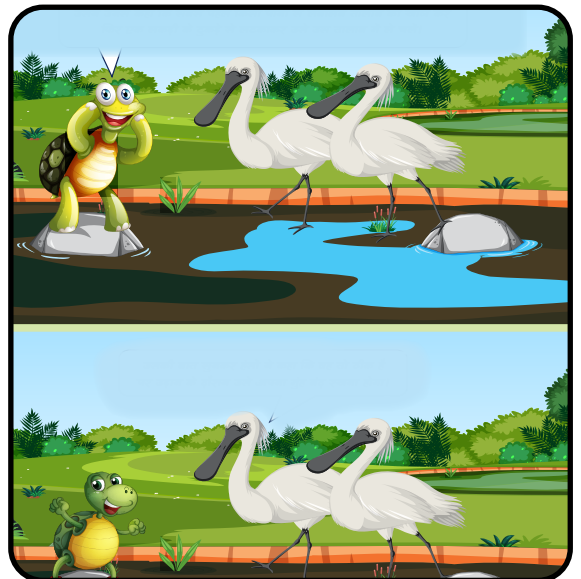
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LISTEN TO YOUR HEART

No one ever accepts slavery willingly. We know that every person wishes people to follow him and like what he says. But it is not possible. When circumstances are not favorable, man is forced to accept slavery for survival. Gradually he becomes so used to it that he forgets that he is someone's slave. He forgets the importance of freedom. In such a situation, only a person with independent mind can awaken him and free him from the shackles of slavery.

In fact, freedom and slavery both are only a mindset. If someone realizes that he is in a trap and wants to get out of it, he finds a way. An independent person can take his own decisions. There are many such situations when a person cannot work as per his wish.

Parents, teachers, gurus and society also determine the direction of one's ideology. An acquaintance of ours is all the time busy teaching children. He teaches the children good behavior and how to be good citizens. He is addressed as Doctor Saheb. One day I asked him as to which subject he had specialized in for a Ph.D.

He said that it was true that he had studied to be a doctor and was also a gold medalist in MBBS, but he did not study for this degree for himself but his parents wanted him to become a doctor. He resisted a lot. Still, lost in front of their desire and love. My parents were very happy when I became a doctor. Just for the joy of it, the same day I placed my Degree and Gold Medal at their feet. Then I did what I wanted to do from my heart, to become a teacher and I became one. Friends! This is a true incident. Now we need to think whether we are grooming others by imposing our ideas on them or playing with their future. Everyone is free to live his life. Our mind is the master of our future. We have to become the master of our mind, not its servant. When we listen to the mind, it gives many instructions. It is affected by many things like profit and loss, morals and also the social turmoil around us. At that time, we have to remain alert, focused and take decisions in an unbiased manner. Listening to the heart rather than the mind is freedom listening to mind alone is slavery.

With heart focused towards the Lord work earnestly and proceed in life.

— Vimlesh Ahuja

SAMPURNA HARDEV BANI

Only You, The Formless One (8)

Beyond attributes, forever pure, abundant in all are only You;
Closest of all, yet farthest from all, Omnipresent are only You.
With no beginning, no median, nor any end are only You;
You are beyond all intelligence, endless entity are only You.
Lord of the entire Universe, of three realms too are only You;
You operate and You control, strings of all are in hands of You.
Outside You nothing exists, everything is enclosed in You;
Giver of life, Lord of destiny, everything depends on You.
All things are created from You, everything stands still in You;
Says 'Hardev' the entire world is watched and guarded only by You.

Only You, The Formless One (9)

You are complete and Your arrangements, are all perfect too;
Your boundless grace is evident, in every ordinance too.
Boon of wealth is nothing but a blessed gift from You;
Penury in life is also O Lord, only a grace by You.
Happiness is a boon from You, sorrow your blessing too;
No reason for worry remains, since both are only from You.
Whatever is ever Your wish, only that happens, O Lord;
No one can ever challenge Your verdict, O Judicious Lord.
Says 'Hardev' in Your ordinance there is always bliss;
O Lord may our liking be whatever Your liking is.



PRECIOUS WORDS of BABA AVTAR SINGH JI MAHARAJ

- ❖ Where there is mention of God, there lies true happiness.
- ❖ The first trait of a devotee is humility.
- ❖ Saints' congregation dispels ignorance.
- ❖ Humanity can not exist by removing the foundation of mercy.
- ❖ We shouldn't feel jealous of others rather love all.
- ❖ The true religion is humanity and no religion can be saved by eliminating humanity.
- ❖ A person regularly attending saints' congregation remains alike during ups and downs and happiness and sorrows of life.
- ❖ Anger always causes downfall of a person.
- ❖ The God's remembrance has been considered as the means of permanent happiness.
- ❖ All the wealth of the world cannot buy contentment.
- ❖ Discretion and wisdom are achieved through association with Truth only.
- ❖ The devotees always imbibe the knowledge of Truth in their hearts.
- ❖ The devotee always keeps Guru on high pedestal.
- ❖ Perceiving God in each and every human being, love all and pray for the welfare of all.
- ❖ God is unchangeable and stability comes after knowing Him.
- ❖ Satsang is the food of our mind, without which our mind becomes weak.
- ❖ Saints' satsang is must for spiritual strength.
- ❖ Make your vision large to turn blind eye to shortcomings of others.



Precious Words of NIRANKARI RAJMATA Ji

- ❖ God alone is Truth.
- ❖ Always keep company of the gentle persons.
- ❖ Anger converts a man to an animal.
- ❖ Satguru is a link between man and God.
- ❖ Association with Truth is a great fortune.
- ❖ Satsang means association with Truth or association with God.
- ❖ God realization is achieved through the company of saints.
- ❖ The garland of humanity is impossible without the thread of God.
- ❖ The heart full of devotion becomes generous.
- ❖ The first sign of being religious is to live in harmony and act like humans.

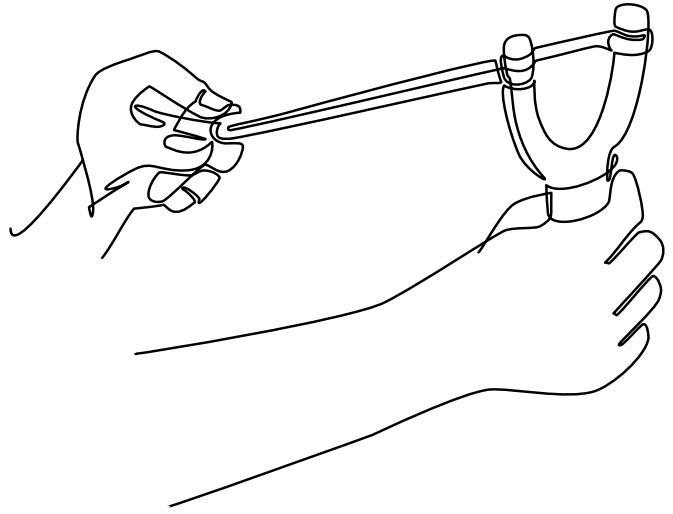


The Divine Words of MATA SAVINDER HARDEV Ji MAHARAJ

- ❖ Where faith, devotion and feeling of surrender is the adornment of a devotee, the important part of devotion is his consciousness also.
- ❖ A devotee knows what things he has to imbibe in his life and what others to shun.
- ❖ The wisdom is in learning new things on daily basis and also in un-learning some bad things.
- ❖ The saints know that we are to unite with God Almighty through God realization.
- ❖ Wherever the saints go, they carry the fragrance of their devotion along with and they make the entire world fragrant through their fragrance. They spread the teachings of Satguru everywhere.

RESPECT ALL LIVING BEINGS

—Zakir Ali 'Rajneesh'



It was dark. The sky was cloudy. Although it was only 4:30pm yet it felt as if it was 7 in the evening. But it had no effect on Salil. He kept roaming around in the forest. Even at that time he had a slingshot around his neck and a stick in his hand. His eyes were dancing here and there. He was looking for some innocent creature, whom he could make his target. Salil enjoyed aiming his slingshot at small creatures. When that creature would cry in pain, Salil would dance with joy.

One day, Salil felt that someone was following him. He slowly looked back. Immediately the ground beneath his feet slipped and he suddenly screamed.

Two chimpanzees were walking about twenty steps behind him. Salil's body trembled with fear. He wanted to run away from there. But his legs

did not support him. Within no time both the chimpanzees came near him. They hung him in their hands and walked quickly.

Within a few moments, Salil found himself in front of a big platform in the forest. King Sher Singh was sitting on the platform and all the animals of the forest were sitting in a line in front of him.

Throwing Salil on the ground, a chimpanzee addressed the king and said, "Master, this is that evil child, who keeps torturing living beings with his slingshot."

The lion stared at Salil. "Why, son of man, why do you do this?" Salil tried to speak, but could not. So, he started muttering to himself, "Because I am superior to animals."

"Did you see master?" This time the leopard said, "How proud he is of being a human being. If you want, I



will teach him a lesson right now." He started scratching the ground with his right paw.

Salil was surprised as to how did they know what was in his mind? But he too could not remain silent after listening to the leopard. This time he spoke with full force,

"Yes, man is superior to all living beings, he is great and it is the law of nature that superior always controls the small ones."

Suddenly the Australian lyrebird, came flying and scolded Salil and said, "Very proud!! You have your own voice because other creatures cannot speak like you. But you should know that my voice has no match in the whole world. I can imitate any voice in the world. Can you do that?"

Salil's head hung in shame and the bird went back to its place.

A spider came from the branch of a tree located next to Salil with the

help of its web and jumped on Salil's shirt and said, "I may look small but I can jump a distance forty times of my length and carry a weight 150 times of my body weight. Tell me, can you do this?"

Then a flea came there jumping like a frog and said, "Do you recognize me? I am a flea. I thrive on the filth spread by you people. I can jump 120 times longer than my body length. Can you compete with me? Never. You don't have this ability. But, you are very proud. Why?" Then he jumped to the other side.

Then a pigeon landed started cooing on Salil's shoulder and shook its neck and said, 'You cannot compete with my memory. Leave me to any corner of the world and I can come back to my place.'

Salil was lost in thoughts and started rubbing his feet on the ground with his head down.

"I am the Garnai fish", The fish sitting on a tree said. "I swim in water, fly in the sky and walk on land. Will you compete with me?"

Suddenly a bed bug came out of his clothes and said softly, "I don't have any comparison in terms of stamina. Even if I don't get food for a year, I can survive on air. If you

don't get food once in a while you will create havoc."

Salil was being humiliated in front of those whom till now he had considered inferior and insignificant. He started feeling insignificant in comparison to the qualities of other creatures. He kept listening to everything silently. What if he even answered? Was there any such quality in him which he could describe? He was only good at torturing others.

"Do you consider yourself very intelligent?" This time the spider growled, "If it is so, then make a wire as fine and strong as my web. You cannot make such a fine and strong wire. An equally fine wire made of steel would be much weaker than my net and your common sense. To increase my knowledge, let me tell you one more thing that if my net weighing one pound is taken, it can be wrapped around the entire earth seven times."

There was silence for a moment. Breaking the silence, the lion said, "Now you must have realized, how great you are compared to these creatures? Now shun your pride and always keep in mind that some inherent characteristics are found in all living beings. All living beings are equal.



No one is inferior or superior. But even after this, if you do not change and continue to torture animals, then you will get severe punishment.” Suddenly the elephant standing near by wrapped Salil in its trunk and threw him upwards forcefully.

Salil closed his eyes out of fear. But when he opened his eyes, neither the forest nor those animals were there. He was lying on his bed.

It means he was dreaming. He closed his eyes and turned on his side. The lion’s words were still echoing in his ears. ❖

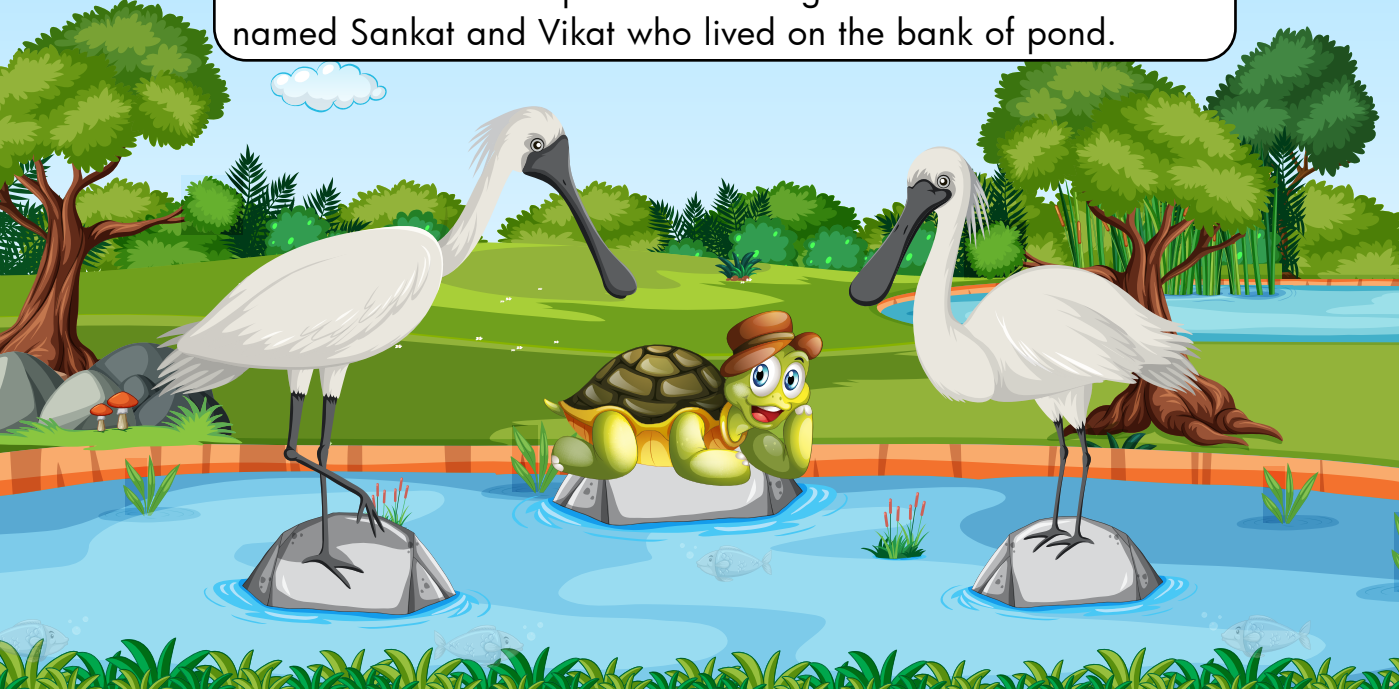
Thoughts

- ❖ Men are born with two eyes, but only one tongue in order that they should see twice as much as they say. —Colton
- ❖ “Happiness is when what you think, what you say, and what you do are in harmony.” — Mahatma Gandhi

THE UNWISE TORTOISE

Story & Illustration Simran Indulkar

A tortoise lived in a pond. He was good friend of Two swans named Sankat and Vikat who lived on the bank of pond.



Three of them enjoyed talking the whole day on the banks of the pond and in the evening went back to their homes.



There was no rain for a year in that region. So that pond also started drying up.



The swans started worrying about the tortoise. When they expressed their worries to the tortoise, he told them not to worry. He told them about a plan.



He told them to look for a pond filled with water and take him there with the help of a stick.



The swans said that he was right but cautioned him that he would have to keep his mouth closed during the flight.



The tortoise assured them that he would not open his mouth under any circumstance. The tortoise held the stick in his mouth and the two swans flew away with it. When the people of the city saw the tortoise flying in this manner they started shouting.



When the tortoise saw the people looking at him surprisingly he could not stop himself and opened his mouth to say something. He fell down from the sky. Since they were flying very high he couldn't bear the injury and died.



Even when an intelligent person cannot control his fickleness, consequences are bad.

THE FRUIT of LABOUR

—Rajender Pardesi



A blacksmith named Gayaprasad lived in Rampur. Farmers from far away villages would come and buy the farming tools made by him. Everyone praised his honesty and efficiency wholeheartedly. He had a son. His name was Mataprasad. He was completely different from his father temperamentally. He was very lazy and idle. He was not interested in any work. Due to this his parents were very much worried.

One day Gaya Prasad's wife advised her husband that if their son got married, he might improve because of responsibility. He might start concentrating on work.

Gaya Prasad did not agree with his wife's opinion. He said, "Unless Mataprasad earns with his hard work

and brings something to the house. He should not be married. It is better you advise him to earn through honesty and hard work. When he starts earning, I would like to marry him myself."

Gayaprasad's wife did not like this advice. She was thinking something else. One day she gave some coins to her son Mataprasad and said, "Give these coins to your father in the evening and tell him that today you have earned it by working hard."

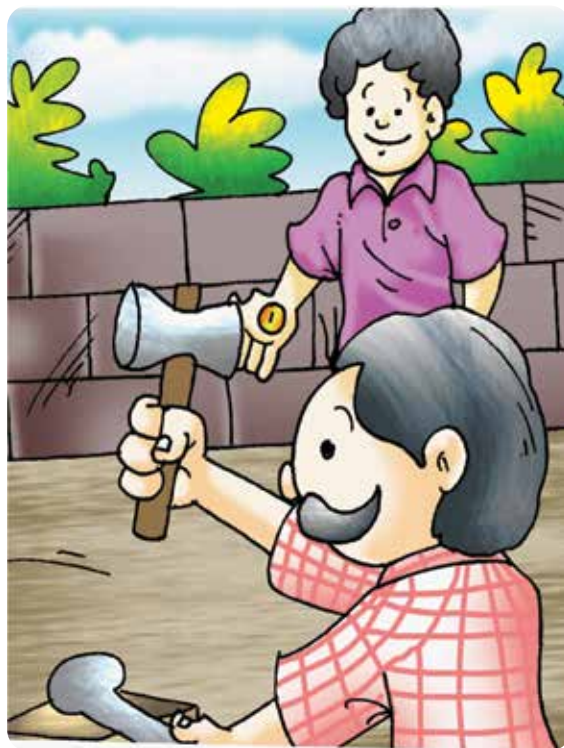
In the evening, Mata Prasad went to his father with the coins given by his mother. After giving them to him, he said exactly as his mother had explained. At that time Gaya Prasad was sitting at the furnace making tools. He put those coins in the furnace. Mataprasad got irritated by this action of his father. He said, "You have caused harm to yourself by putting the coins in the furnace. Then he left from there and narrated the entire incident to his mother.



It did not take long for Gayaprasad's wife to understand why her husband had done that. Still she remained silent and continued teaching her son the lessons of hard work and honesty every day.

One day Mataprasad went to his father with some coins earned by his own hard work and gave them to him and said, "Take this, today I have earned all this honestly by working hard the whole day."

Gayaprasad took the coins in his hand and looked at his son and then put those coins in the furnace. Mataprasad became very angry and said, "I had earned these coins by working hard all day and you destroyed them by putting them in the furnace. You won't lose anything by this but my whole day's hard work got wasted." Hearing his son's words, Gaya Prasad immediately got up



from the furnace and hugged his son and said, "Son! I am very happy today. You have come to know the value of hard-earned money. Now there will be no problems in life."❖

WE CHILDREN'S DREAM

—Krishan Sharma

It's we children's dream
To make our nation supreme

Our's is a land of sages
Known for bravery for ages

None can with it compete
Its culture none can beat

Whatever caste or religion
All live here in unison

With rivers, sweet fountains
It's a land of high mountains

Its green forests are pretty
And are source of prosperity

Let's for it work hard
For its safety, be on guard

SELFLESS DEVOTION

—Deepanshu Jain

There was a temple on the banks of river Chandrabhaga. There was an idol of Lord Vitthal on one side and on the other side there was an idol of goddess Rakhma Devi. Once a man named Parsa became too devout to goddess Rakhma. In the same temple, thousands of devotees used to bow at the feet of Lord Vitthal every day, but it seemed as if Parsa had nothing to do with them. He was a true devotee of goddess Rakhma only.

After working as a priest for few houses, Parsa would spend his time singing songs and prayers in the glory of goddess Rakhma.

Goddess Rakhma was soon pleased with Parsa's strong devotion.

One day she gave a philosopher's stone (Paras) to Parsa and said, "Parsa, this will help you get rid of poverty."

Parsa came home happily. After showing 'Paras' to his wife, he said, "I have got the blessing of Goddess Rakhma. See this."

—This is a stone. What is there to be happy about? The wife said.

—This is not an ordinary stone. It is a philosopher's stone. Go, bring something made of iron. I will show you a miracle.

Parsa's wife Kamalja quickly brought an iron vessel. When Parsa touched the vessel with the philosopher's stone, it became gold.

—Is it really made of gold? She jumped with joy.

—Yes, but do not tell anyone about the philosopher's stone. Parsa explained to his wife.

—Okay, Kamalja nodded.

From that day onwards all the problems of Parsa's poverty were over. Parsa would intermittently convert some iron into gold by touching with philosopher's stone.



He would sell it in the market and buy goods of necessity and luxuries. Earlier Kamalja used to have a complaint against Parsa, because he wasted all his time in singing songs in prayer and worship. But now she never got tired of praising him.

Because of comforts Parsa started turning away from devotion. Earlier he used to spend four hours each day in the temple. Now he used to run home after completing the prayers for goddess Rakhma within an hour or so.

Once Kamalja went to Chandrabhaga river to draw water. There she found Namdev's Ji's wife Rajai. Rajai was sad. She was filling water and muttering something. Kamalja went to her and asked, "Sister? Hope all is well at your place."

"How can things be well with a man like mine. He keeps chanting the name of Vitthal throughout the day. He does not worry about home. I tailor clothes day and night and then manage to get food. If I don't get enough work then I am in trouble. Any way leave this. How about you?" Kamalja happily said, "We have no problems. Goddess Rakhma gave my



husband the philosopher's stone, if you want, you can also take it. Turn iron into gold and return it. Why do you take so much trouble?"

Rajai felt a little hesitant in taking Paras from Kamalja but she thought that poverty was forever. They could live happily at least for a few days.

Rajai brought Paras home. She touched many iron things in the house. A lot of gold was made. Out of that, she sold some gold and brought many food items from the market.

When Namdev Ji came home, he found some change in the house. There was smell of sweet rice being cooked coming from the kitchen.

-What's the matter Rajai? How has the house been transformed? Have you got a philosopher's Stone? Namdev Ji asked.

-Yes, a philosopher's stone has been found. But saint Parsa has got that by the grace of goddess Rakhma. Rajai narrated the whole incident to her husband.

-What does this have to do with us? One should be happy with what God has given.

-You can stay happy that way. What else has Vitthal given us except sorrow and suffering? I had asked for the Paras of saint Parsa and brought it. Our house is also shining due to its effect. Rajai said.

- Let's see how does it look like? Said Namdev Ji. Rajai placed Paras on the iron pot lying in front of

Namdev Ji. It turned into gold and started shining.

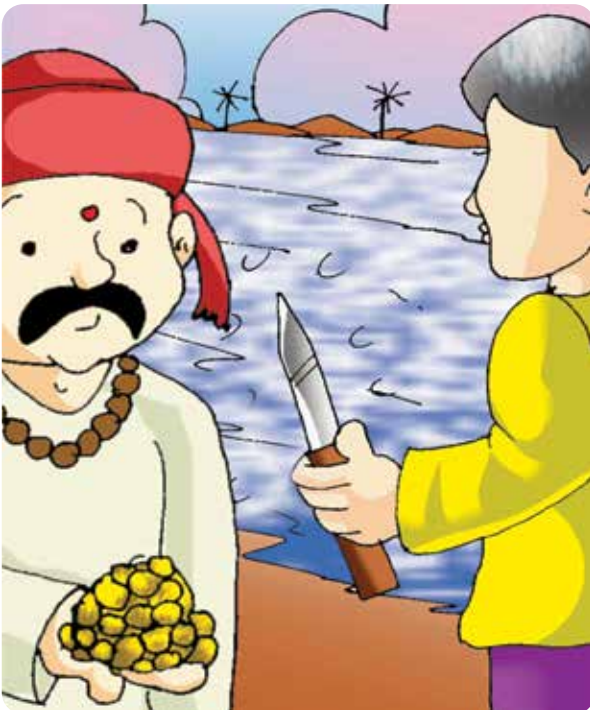
Hey, goddess Rakhma is trapping us in Maya (wealth) Namdev Ji muttered. The very next moment he picked up Paras and threw it into the Chandrabhaga river. When Rajai saw this, she felt miserable.

Next day Kamalja came to take back her Paras. Rajai said with a heavy heart that her husband had thrown it in the river.

When Kamalja heard this she started crying. There was chaos in Namdev Ji's house. When saint Parsa got this news, he became furious and started abusing Namdev Ji. He started searching for Namdev ji in every nook and corner. He found him sitting on the banks of Chandrabhaga, singing songs in the praise of God.

When saint Parsa saw Namdev Ji, he said angrily, "You pose to be a devotee. You grabbed my Paras and now singing songs for your God. Your God is just like you. After getting his devotee to steal, he is silently watching the drama.

Namdev Ji pacified saint Parsa and said, "Why do you abuse God? I threw it in the river." It was trapping us in illusionary word. "Anyway, I want my Paras back", said saint Parsa.





Cloud AND THE SEA

—Radhey Lal Navchakra

“Okay! I will give it back. Namdev ji took a dip in water and took out a handful of stones. He said, “Can you identify which of these is your philosopher’s stone?”

-What is the difficulty in this? You will get to know just now. Saint Parsa took out an iron knife from his pocket, and picked up a stone from among them. When the stone was rubbed on the edge of the knife, it turned into gold.

-Please test the remaining stones also. Namdev ji said smilingly.

Saint Parsa examined each stone. He was surprised to see that all the stones in Namdev Ji’s fist were Paras.

He felt ashamed and said, “Please forgive me. I didn’t recognize you till today. How can one describe the glory of God whose devotee has such powers? I got trapped by wealth. Bless me with devotion.”

Namdev ji embraced saint Parsa and said, “ Weather you worship Vitthal or goddess Rakhma .Do this by giving up desires. If you remember God with a true heart, He will definitely come. Then there will be no problems.”❖

One day the ocean asked the cloud - My water is salty. Not even a bird wants to drink it. What do you want to do with my water?

—I pour and give it to the needy. The cloud replied.

—Who needs salt water?

—The sea did not understand what the cloud said. Cloud said- As long as you have that water. Till then it is salty. It becomes sweet after I accept it.

—How is that? - The sea became curious.

—You give less to others in proportion to what you take from others. This is the reason why your water always remains salty. The cloud further said – But I do not keep any of the water that I take from you with me. I give everything to others. This is the main reason that when water comes from you to me, it changes from salty to sweet. There is no salinity in it. Cloud explained.

The sea became silent after listening to the logical words of cloud.❖



GUJARAT

—Priya Kumari

Gujarat is a state in western India that is well-known for its colorful festivals, rich cultural legacy, mouthwatering food, and historical significance. Exploring Gujarat's many facets reveal a rich tapestry of customs that captivate residents and visitors alike. Gujarat is a mingling pot of civilizations where customs are ingrained in daily life. Let us discover its cultural delights.

CUISINE: Gujarat is a gastronomic paradise, a celebration of flavours and textures. Gujarat is home to the well-known foods Dhokla, Khandvi, and Thepla. Treats like Ghari and Basundi satisfy the state's sweet craving. Every

meal showcases Gujarat's mastery of cooking and warmth.

CULTURE: Gujarat's calendar is full of events, such as Navratri, which unites communities with its upbeat Garba dances and Dandiya Raas celebrations. The state's festive charm is enhanced by the International Kite Festival, which draws kite enthusiasts from all over the world to Ahmedabad.

DRESS: Gujarati apparel represents the liveliness of the state's culture, from the bright garments worn by ladies, embellished with exquisite embroidery and mirror work, to the elegant dhoti-kurta worn by men during festivals

Places to visit: Gujarat is home to a plethora of historical sites. Patan's Rani ki Vav, a UNESCO World Heritage site, features exquisite stepwell design and magnificent architecture. Believed to be the former kingdom of Lord Krishna, Dwarka attracts pilgrims looking for spiritual comfort.

Gujarat provides a variety of experiences, from the quiet beaches of Diu to the busy markets of Ahmedabad. Gujarat's natural beauty and ecological diversity are best shown by the White Rann of Kutch, with its bizarre salt flats, and Gir National Park, which is home to Asiatic lions. ❖

Blessing

— Rajat Kapoor

No one can say
how a blessing works,
But everyone agrees,
that indeed it works.

What is a blessing,
can someone tell,
For sure not a miracle
or a magical spell,

A spell of magic
lasts a few minutes,
A miracle also
has its own limits,

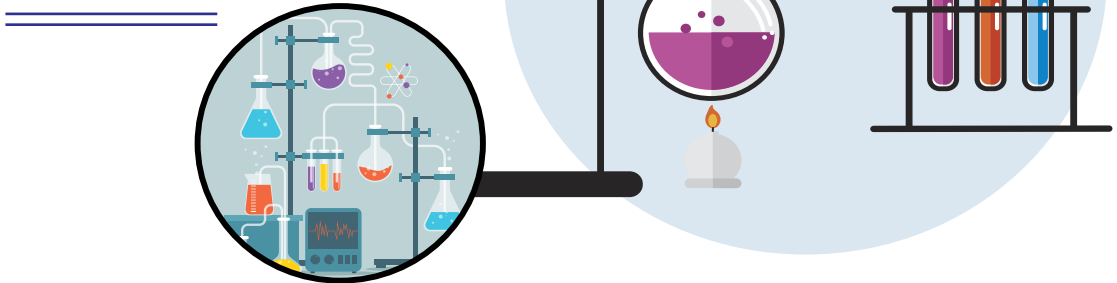
But a blessing is a bliss
that lasts whole lifetime
And helps us most,
in our difficult time.

Thus a blessing
is like a tree
which grows from a
seed,
sown by someone

Who is very keen,
only in giving and not in
taking,
In return for which
he feels the meaning of
“blessing”



Do You Know ?



Q. Why is seawater salty?

A. The saltiness of the sea comes from minerals. Minerals are washed into the sea from the land by rivers, which dissolve minerals from the rocks over which they flow. The most plentiful mineral in seawater is sodium chloride, or common salt.

Q. Why do the tides rise and fall?

A. Ocean tides rise (flood) and fall (ebb) about twice every 24 hours. Tides are caused by the gravitational pull of the Sun and Moon on the Earth. They pull the oceans towards them. The land is pulled too but water moves more easily, making a giant wave. As the Earth spins, the wave travels around the Earth, causing the tides.

Q. Where is the deepest point in the oceans?

A. The deepest point in the oceans is the bottom of a deep trench called the Mariana Trench in the Pacific ocean. Measurements of the trench have varied from 11,034 metres to 10,916 metres below the surface.

Q. Where is the continental shelf?

A. In most places, land does not stop suddenly at the coast. It slopes gently away beneath the sea to a depth of about 180 metres. This undersea land is called the continental shelf. At the outer edge of the shelf the steeper continental slope begins, leading down to the deep ocean floor known as the abyss.



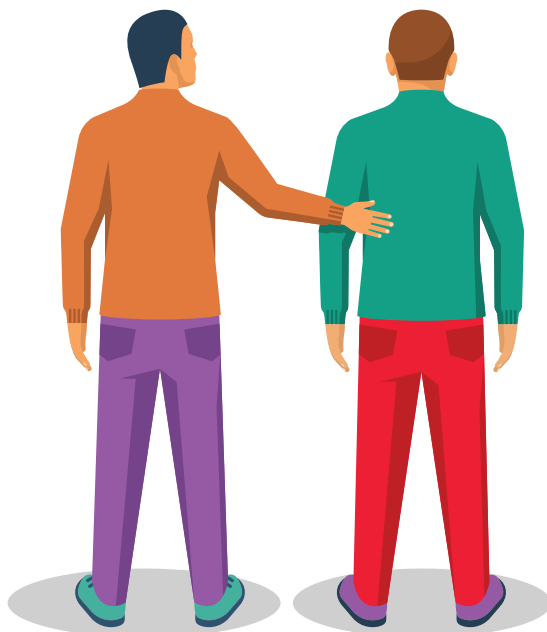
ETERNAL BOND

—Ilu Rani

Dionysius ruled Europe at a given point of time. He was the sole decision maker in the entire kingdom. He controlled everyone.

Once he sentenced a noble man named Damon to death for a minor crime. Damon requested, "Please give me one year's time so that I can go to Paris and arrange for my merchandise. I will return immediately upon completion of the term and will gladly accept your punishment."

Hearing this, Dionysius said sarcastically, "Is there such a person who would say that if Damon does not return, then he will be hanged instead."



At this, Damon's friend happily accepted to suffer in the jail cell. Now Damon was released on bail. But instead Pithius was imprisoned. Slowly one year passed. When Damon did not return, his friend started to look forward to being hanged and said, "I don't feel any pain in dying for my friend. My friend would either have died or would have been delayed in getting his boat to shore due to bad weather."

Pithius's belief turned out to be correct. When he was about to be hanged, Damon reached the place.

Seeing the undying love of these two friends, Dionysius pardoned the death penalty awarded to Damon and said to both the friends, "Take me also as your true friend." ❖

The Rabbit Lost The Race Again

– Gafoor Sanehi



Everyone is aware of the story that rabbit lost a race against the tortoise. Someone teased him saying that he had lost the race against a tortoise. The rabbit was upset with the remark. He said, "Don't speak about the tortoise, I can defeat the deer in the race. He went to the deer and said, "I shall defeat you in the race."

The deer said, "I have just cheated the lion. First you need to defeat the tortoise. Then I shall consider your proposal."

The rabbit had to cut a sorry figure. He went to the tortoise and said, "Look we need to run a race. I have to defeat you." The

tortoise said. "I am somewhat busy, Wait for four days. We shall run after Four days. In the mean while you may practise. You have lost the race once. If you lose again, all the animals will laugh at you."

The rabbit said, "I don't need to practise, rather you need it."

The tortoise said, "I have some urgency, otherwise we could have done it today itself. Be ready on Sunday." The rabbit left after the conversation.

He purchased expensive 'Running Shoes' and started practicing. He was over confident. He thought the tortoise was no competition, he could even beat the deer. He was impatiently waiting for the day. He wanted to win the race and be declared a winner. He wished the time flew.





He even made an announcement that if all the animals wished to see him as a winner, they must reach the ground early morning at 8 AM. Finally, Sunday came and all the animals gathered in the ground. The rabbit came dancing in his sports shoes. He was warming himself. The animals said that the rabbit by nature was warm and as such didn't need warming up. He would lose because of his over enthusiasm. People were swearing for the victory of tortoise. No one favored the rabbit.

The bear brought his whistle and reached the spot. The rabbit thought that he would run fast from the start line itself and wouldn't rest in the shade of tree. Because of overenthusiasm he started before the signal. The referee

told him that he would be disqualified for not following the orders and the tortoise would be declared the winner.

He listened to the instructions very carefully and followed them meticulously in the beginning but as soon as the race started, he started running fast and lost his balance. He fell down. His mouth and eyes were filled with mud and dirt. His desire to win was so strong that he ran madly and fell down in a pit. He managed to come out and stuck against a big stone. He got wounded. His haughtiness landed him in this situation. People couldn't understand his mad behavior. The tortoise was declared the winner. Some animals lifted him on the shoulders.

The tortoise said, "Instead of me please pay attention to brother rabbit. He may not have been wounded badly." People were surprised at his empathetic behavior. Some people rushed to the rabbit. His head was bleeding. They took him to the crow the doctor. He removed dirt from his mouth and eyes and applied ointment on the wound. After sometime he regained consciousness and saw himself in front of the doctor and immediately understood everything. The tortoise was sitting looking at him. He said, "Brother, you got hurt because of me. Consider yourself the winner. I have no issues."

The crow said, "These shoes and caps are not required for winning. Wise people say, "Wars are not won by weapons but patience and wisdom." The rabbit admitted, 'Conquer your mind to succeed in life.' ❖

LOVE

—Sarika Dang



If you want a happy day
Do things you like, laugh and play

Speak from your heart
And love from the start

Let us think good
As we always should

If you think bad
It will make you sad

Don't worry or complain
Even if you miss the plane

You will know as you grow old
Love is more precious than gold

Everyone will be smart
If they let God in their heart

Love has the power
So let it shower

—Aman Chaudhary

Riddles

1. Long legs, long neck
But I am not giraffe
Symmetry I lack
Can you speculate.
2. I am like a bead
Golden and juicy
Set in dry leaves.
3. In the sky I roam as
vapour Above land,
under the land.
Flowing is my nature.
4. No food I eat,
no water I drink .
But like humans
I always think.
5. Five circles of Olympics
represent which values?
6. What can be spread
without hand and
feet, but result of
hard work and sweat?



Answers:
1) Camel 2) Strawberry
3) Water 4) Computer
5) Five continents of the world
6) Goodwill



INDEPENDENCE AND LIBERATION

— Abhedika Dhanrajani

Independence Day, celebrated on every 15th August is marked as a celebration of how India gained independence from the British rule in 1947. On this day, the nation celebrates in various ways like flag hoisting ceremonies, patriotic cultural programs and morning rallies. It is a celebration that every Indian joins with a true and patriotic heart.

On this day, the Prime Minister delivers a message of hope from the Red Fort in Delhi to all the people of the nation. The whole nation, its school,

buildings and houses are covered in tri color flags. We sometimes also see various activities being held in local communities like kite flying, marches and display by junior NCC cadets as well as children performing songs, dances and skits.

This day we also remember all the freedom fighters, who sacrificed their lives and devoted themselves to fight for this nation's freedom. Some of the freedom fighters, like Sardar Bhagat Singh, Sardar Vallabhbhai Patel, Sh.Lal Bahadur Shastri,

Sh. Subhash Chandra Bose, Rani Lakshmi Bai and many more, have a very inspiring backstory that is often taught to children on this day.

This day also marks the story between the nation's partition history with one of its neighboring countries and how India became a home to many refugees. This is one of the reasons why this country is so diverse, as a lot many people came and settled down here when it gained independence. And so, this day also celebrates the nation's rich culture and diverse population proudly.

But while celebrating this day, we should be mindful of certain things, like not letting the flags that flare, kites that fly, and the posters hanging on the walls of many buildings become the reason for littering. It is sometimes observed that after the celebrations are over, the next day, the tricolors are left lying on roads and streets which is very demeaning in many ways.

This day teaches us the true meaning of being independent and living our lives freely, but also how to not use our freedom to fulfil our needs and desires for a selfish reason. As it is said, with freedom, comes a great power and with great power comes great responsibility. And acting responsibly is the first step towards liberation too. ❖



The Bird

You are ting in size
But very high you can rise.
You are free from
all din and dross of life
For, you have no
struggle and strife.

You are always pure and pious
For you have no prejudice and
bias no evil desings,
no evil thoughts.
In your mind you have got.

○ Saintly bird!
You die free of all regret
No fear of here or
hereafter makes you upset.

○ would that I were you
Only for a moments few!

PUZZLE (WORD BANK)

—Geeta Kumari

ANSWERS ELSE WHERE

1.B												6.K
	8.K											17.R
				15.V		14.W		21.Q				
2.R		12.D	4.O							3.S		18.L
							7.P					
				9.S	16.S			19.D			20.R	
						13.C						
					10.W							
	5.C											
11.R					19.M							

STANDING LINE

- 1- Who installed the ASHOK CHAKRA on the Tricolour (flag) of India?
- 3- Nickname of city Katak (India)....
- 4- Nickname of city Nagpur (India).....
- 6- Which state in India is highly educated?
- 7- Which tree gives oxygen 24 hours?
- 8- Where are railway wheels made in India?
- 9- A fine, soft ,shiny fiber produced by certain insects.....
- 10- An animal with a long, thin, round or flat body.....
- 12- The twelfth month of the year.....
- 13- A wooden or metal stick that helps some one walk...
- 14- To walk in water or something else that makes movement slower or more difficult.....
- 15- A long area of low land between mountain or hills.....
- 17- Make previously unknown or secret information known to others.....

- 18- I am a special permission slip or a certificate that grown-ups get to do certain things....
- 19- When there`s little or no rain for an extended period of time.....
- 20- I catch waves to detect ships and planes.....
- 21- English word with five letters, if you remove my last four, I am still pronounced the same.....

SLEEPING LINES

- 1- National tree in India.....
- 2- Who invent Diesel Engine?
- 5- What is Indian currency made from?
- 8- I have many keys but cannot open a lock.....
- 11- A sport or contest of speed.....
- 16- A small animal with eight legs and a body made up of two parts...

Answers
an
other page

OBE-CITY

—Suhani Dhanrajani

Are we ready, to be the change and lead to a brighter and healthier tomorrow? For us children to combat obesity, we need to solve a crossword of our lives and ask ourselves the question that “Are we setting a positive example for everyone when it comes to a healthy lifestyle?”

This generation which we call GEN Z has become “thumb atheletes”. Glued to screens wearing antiklears except of sun glasses. Have screens really replaced the fun we all had in our childhoods? In addition, here’s a gold mine statistic: According to the World

Health Organisation, childhood obesity has tripled in the past four decades. To face this phase we must tackle it and take charge. I once heard about a determined teenager named Harry who challenged obesity. He said “I’m not losing weight, I’m gaining health and happiness.” His journey gave inspiration to many other teenagers for giving such a silver lining from his oblivious experience. Coming to the end of this crossword, we can fight obesity by promoting nutrition and fostering an aura of healthy culture. At last, famously said by William Shakespeare “Our bodies are the gardens, and our wills are the gardeners”.❖

THE RINGED PLANET

—Harjeet Nishad



Saturn is the sixth planet from the Sun. It is named after the god of agriculture in Roman mythology. Saturn is easily visible through a small telescope, and its famous spectacular rings are quite clear. The astronomer Galileo was the first to see the rings through his telescope.

Saturn is a gas planet, like Jupiter, Neptune, and Uranus. Very little of it is solid. Most of Saturn consists of the elements hydrogen and helium. It is covered with bands of coloured clouds and surrounded by a number of thin rings made up of water ice and ice-covered particles. Photographs taken by the Voyager 1 and 2 spacecraft show that these rings range in size from a speck of dust to the size of a house. Voyager 2 took the photograph you see here.

Because Saturn is made of different substances, different parts of the planet rotate at different rates. The upper atmosphere swirls around the planet at rates of 10 hours and 10 minutes (Earth time) and about 10 hours and 40 minutes. The inner core, which is probably made of hot rocks, rotates in about 10 hours and 39 minutes.

Saturn takes 29 years and 5 months in Earth time to go around the Sun just once. The Earth goes around the Sun once every 365 days. Saturn's year is so much longer because the planet is so much farther away from the Sun than Earth is.

Astronomers have found that at least 30 moons orbit Saturn. The largest of these is Titan, which is almost as large as the planet Mercury or Mars. In our photograph, you can see two of the moons as tiny white spots to the lower left of (Dione) and below (Rhea) the planet. Other satellites include Mimas, Enceladus, and Tethys.❖

LAUGHING TIME



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.

In an interview for security guard, a man was asked if he could converse in English. The man said, "Sir! Are we expecting thieves from England?"

Teacher : Vicky! Tell me where are the Himalayas?

Vicky : Sir! I don't know.

Teacher : Stand Up on your bench.

Vicky : (Vicky stood up on the bench) Sir! I still cannot see it.

A mouse told the cat that she was inviting him for dinner that day. The cat agreed happily. When the cat came in the evening, the mouse said, "Please wait, Let me hide myself."

A man went to a hotel for dinner.
Waiter : Sir! Our food will give you a feel as if you are eating at home.

Man : Then I better eat at home.

Tenant : Does this roof leak continuously?

Landlord : No! It leaks only during rainy season.

Doctor : I had given you a medicine to boost memory last time. Is there any improvement?

Patient : No Sir! I forget to take the medicine every day.

— Prateeksha Kushwaha



BUTTERFLY POSE

—Niharika

Here's a step-by-step guide on how to do Butterfly Pose (Baddha Konasana):

STARTING POSITION :

Sit on the floor with your legs extended straight in front of you (Staff Pose or Dandasana).

BRING THE FEET TOGETHER:

Bend your knees and bring the soles of your feet together, allowing your knees to drop out to the sides.

HOLD THE FEET:

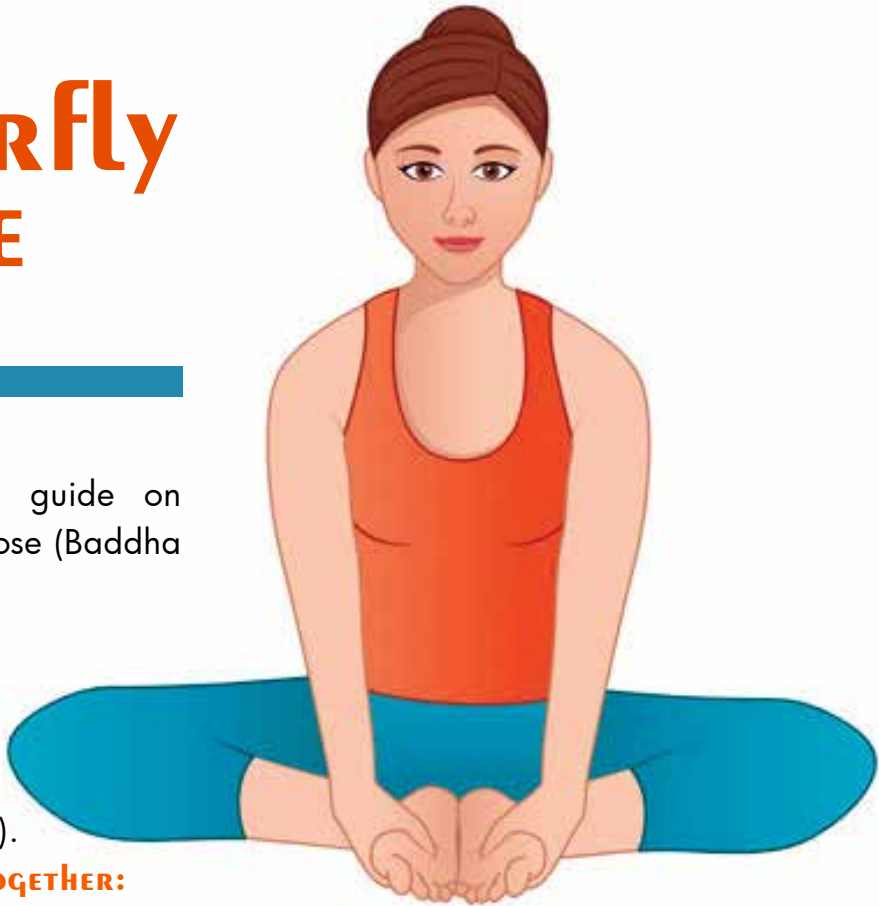
Hold your feet with your hands. You can grasp your toes with your fingers, or hold onto your ankles or shins, depending on your flexibility.

LENGTHEN THE SPINE:

Sit up tall, lengthening your spine. Imagine lifting through the crown of your head to maintain good posture.

FLAP THE KNEES:

Start to gently flap your knees up and down, like the wings of a



butterfly. This movement can be slow and rhythmic, synchronized with your breath.

Stay Relaxed: Relax your shoulders away from your ears and soften your facial muscles. Allow your hips and groin to open naturally with each breath.

HOLD THE POSE:

Hold the pose for several breaths, breathing deeply and evenly. You can gently press your elbows against your inner thighs to encourage them to open further.

BUTTERFLY POSE (BADDHA KONASANA) OFFERS SEVERAL BENEFITS:

Stretches the Inner Thighs and Groin: By bringing the soles of the feet together and allowing the knees to drop out to the sides, Butterfly Pose stretches the inner thighs (adductors) and groin muscles (hip flexors and abductors).

OPENS THE HIPS:

This pose helps to open and increase flexibility in the hip joints, which can be especially beneficial for individuals who sit for long periods.

IMPROVES FLEXIBILITY:

Regular practice of Butterfly Pose can gradually increase flexibility in the hips, knees, and groin area, making it easier to perform other yoga poses and activities that require hip flexibility.

Stimulates Abdominal Organs: The gentle compression of the abdomen that comes from folding forward in Butterfly Pose can stimulate the abdominal organs, aiding digestion and potentially relieving digestive discomfort.

Relaxes the Body and Mind: The forward fold in this pose can have a calming effect on the nervous system, promoting relaxation and reducing stress and anxiety. ❖

BRUSH UP YOUR KNOWLEDGE?

—Rajat Kapoor

1. What is the ratio of length to width of the Indian national flag?
2. On Independence Day, the Prime Minister of India hoists our tricolor flag at-
3. The famous quote "a tryst with destiny" is given by-
4. When did the Jallianwala Bagh Massacre take place?
5. In which year was Non-Cooperation Movement started?
6. Who played Shehnai at the celebration of Indian Independence Day 1947?
7. In which of the following Congress sessions, the Indian National Congress declared Purna Swaraj?
8. Who was conferred with the rank of first Field Marshal of India?
9. In which year were the first Lok Sabha elections held in India?
10. In which year did India make education the fundamental right of children? ❖

Answers

- | | |
|----------------------------|--------------------|
| 1) 3:2 | 6) Bismillah Khan |
| 2) The Red Fort, Old Delhi | 7) Lahore Session, |
| 3) Pt. Jawaharlal Nehru | 8) Sam Manekshaw |
| 4) 13 April 1919 | 9) 1952 |
| 5) 1920 | 10) 2010 |

Find 10 Differences



MOTHER TERESA

—Nehal Khatri

Agnes Gonxha Bojaxhiu, who later came to be known as Mother Teresa, was born on August 26, 1910, in Skopje, Macedonia. From a young age, she showed a strong inclination towards charity and helping those in need. At the age of 18, Agnes joined the Sisters of Loreto and began her journey in Ireland to become a nun. In 1929, at the age of 19, Mother Teresa arrived in India and began her work in Darjeeling, undergoing training before taking religious vows. Initially, she taught at St. Teresa's School and adopted the name Teresa. Later, she taught and became the headmistress at the Loreto convent school in Calcutta. Mother Teresa founded the Missionaries of Charity in 1950 which organization primarily worked to provide love and care to the poor, the dying, and the marginalized.

Her work spanned a spectrum of humanitarian causes, aiding the poorest, orphans, homeless, AIDS and leprosy patients, disabled individuals, and flood and epidemic victims.

Mother Teresa received numerous awards like the Padma Shree, the Ramón Magsaysay Award, Jawaharlal Nehru



Award for International Understanding and honors, the Bharat Ratna, the Nobel Peace Prize, and many more such national and international awards throughout her lifetime in recognition of her exceptional humanitarian work.

On September 5, 1997, Mother Teresa departed from this world. This day is also celebrated as Mother Teresa's feast day to commemorate her life and the extraordinary service she provided to the poor and needy. Mother Teresa was a very kind caring lady and never once refrained from showing compassion to the one in need. Her work built and impacted lives with no walls based on religion, caste, age, etc and she continues to inspire us till this date. ❖

PUZZLE (WORD BANK) ANSWERS

1.B	A	N	Y	A	N	T	R	E	E	6.K
H	8.K	E	Y	B	O	A	R	D	17.R	E
I	A			15.V		14.W		21.Q		E
M	P			A		A		U	V	A
2.R	U	12.D	4.O	L	F	D	I	E	3.S	18.L
A	R	E	R	L		E		U	I	A
O	T	C	A	E				E	L	L
A	H	E	N	Y			7.P		V	E
M	A	M	G	9.S	16.S	P	I	19.D	E	20.R
B	L	B	E	I			P	R	R	A
E	A	E	C	L		13.C	A	O	C	D
D		R	I	K	10.W	A	L	U	I	A
K	5.C	O	T	T	O	N		G	T	R
A					R	E		H	Y	
11.R	A	C	E		19.M	O	L	T	E	N

RESULT FOR THE MONTH OF June 2024 ISSUE

CONSOLATION ENTERIES



Neha Tiwari

Age - 15

Baba Colony, Burari Road
Delhi-110084



Nisha Verma

Age - 14

Sector -16 Rohini
Delhi



Ridha Singh

Age -10

7/185 Geeta Colony
Delhi



Lakshita (Delhi)

Kusham (Panipat)

Pratiksha (Delhi)

Richa (Dehradun)

Shaila (Newada)

Reena Tyagi (Kanpur)

Rama Kumar (Lucknow)

Neetu (Delhi)

Rubi (Kanpur)

Neha (Sonipat)

Ankita (Panipat)

Nisha (Delhi)

Sudeep (Delhi)

Pooja (Varanasi)

Teena (Bhilai)

Colour it for August Issue

On page 41, a beautiful picture is given; colour it and send it to us latest by **September 20, 2024**. Office address: HANSTI DUNIYA, Nirankari Complex, Near Nirankari Sarover, Nirankari Colony. Delhi - 110009

The result will appear in October 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

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