

HANSTI DUNIYA



Union is
Strength



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Hansti Duniya

HANSTI DUNIYA

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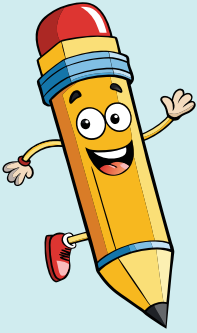
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Keep Smiling

The editor may not agree with the views of the authors of articles and poems in this issue.

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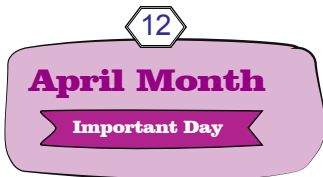
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Once upon a Time



*From the
Editor's Desk*

Unity

A single piece of wood can be easily broken but a bundle of sticks cannot be broken by a single person. We all have heard this example and have been using it to explain unity. This is just one aspect of togetherness and staying united. There are many other aspects of unity and joint work. Without unity and collective effort, we cannot accomplish any work; because to do a work some means has to be adopted. I use that means and work becomes easy because means and I come together. I needed a pen and paper to write, then I used my fingers to hold the pen and started writing. Then I thought, how did I learn to write, who taught me to write. First someone taught me language. For that, parents, Guru-teacher, school, university, everyone contributed. The contribution of those who made pen, paper and ink also comes to mind. Paper cannot be made without trees and plants. For making ink, water, color, many chemicals, then their mixing and many people, natural resources, factories also contributed before it reached me. This is also just one aspect.

Writing can be done with hands, but if the eyes do not cooperate, it will become more difficult. Even when the eyes are seeing and hands are ready to write, but without knowing what to write, task of writing cannot be accomplished. For this I will have to use my intellect. The most important thing among these will be whether my mind is ready? If I do not feel like, then I will not be able to write or say my thing properly. Even if all the resources are available, if the person does not want, then this work cannot be done. Therefore, first of all it is necessary that we have to concentrate, control our intellect and use our acquired knowledge.

A seed must also has to surrender to the soil. It has to lose its identity, only then it sprouts. It becomes a plant, a tree and bears, fruit. It also gets the support of earth, water, sunlight etc.

Friends! To accomplish any taste, we need the help of not only ourselves but also thousands of others. If thousands of hands were not together, the progress made by science would not have been possible. That is what brought humans closer fostering sense of brotherhood. Togetherness shows the importance of unity. The confluence of physical, mental and spiritual consciousness, leads to spirituality.

Nirankari Baba Gurbachan Singh Ji Maharaj also spent his entire life in teaching humanness to humanity with the cooperation of human beings only. Due to his real- life experiences, he is known as 'Jeevant Shikshak'. To learn from his teachings, 'Manav Ekta Diwas' is organized every year. We all bow down to him for his contribution in bringing about unity among humans.

- Vimlesh Ahuja

**Heal the
World**

Earth Day

—Shivi



To leave the world better than you found it, some times you
have to pick up other people's trash — Bill Nye

- ❖ Earth Day is celebrated on April 22 every year. IT is known as “International Mother Earth Day” and is recognized in over 190 countries.
- ❖ The first Earth Day was celebrated in 1970, & it became global event in 1990.
- ❖ Every year EARTH DAY has different theme. It will be celebrated for the 55th time with the theme ‘Our Power, Our Planet, focusing on renewable energy.

Earth Day has played a key role in raising awareness and taking actions on critical environmental issues: -

- a) Climate Change:** Raising awareness about the urgent need to reduce greenhouse gas emissions and transition to renewable energy sources.
- b) Conservation:** Promoting the protection of natural habitats, wildlife, and ecosystems.

- c) **Sustainability:** Encouraging individuals, communities, and organizations to adopt sustainable practices and reduce their environmental footprint

Five characteristics of Earth necessary to sustain life are the atmosphere, the hydrosphere, temperature, gravity, and atmospheric pressure.

WHAT CAN CHILDREN DO ON EARTH DAY

- ❖ Recycle cans, bottles, paper, books and even toys.
- ❖ Brainstorm ideas to go green.
- ❖ Plant trees.
- ❖ Pick up litter.
- ❖ Senior students should write essays on the 6RS Reduce, Reuse, Recycle, Recover, Redesign and Remanufacture as well as ‘Eliminate single use plastic.’



Consensus

One day, there was a fight between the eye and the ear. The eye said arrogantly, "I am superior to you."

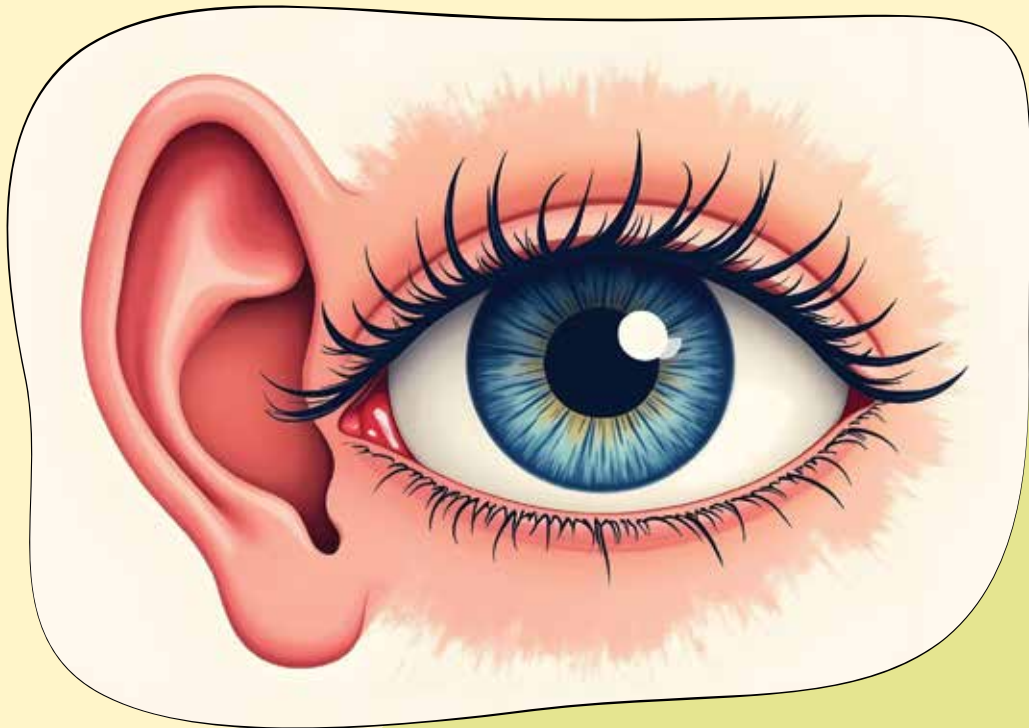
"No, I'm superior." the ear growled.

"I am superior", the eye remained firm in its statement.

"Explain, how are you superior?" asked the ear.

"It is because of me that people can see everything." the eye replied.

"So, people listen because of me."



"People can see the danger from a distance and save themselves because of me."
The eye argued.

"Even by hearing sounds, people can sense danger and protect themselves," the ear argued.

"Don't you know, what I see is true and what you hear is false?" the eye asked.

"Yes, people say so."

"Then, what is left to argue?"

"But that statement is simply incorrect."

"How?" The eye asked irritably.

"People see the Sun moving from east to west, but the truth is that the Sun is actually stationary "

"How is that what people hear is true?" the eye continued arguing.

"Everyone sees the Earth as stationary, but it has been scientifically proven that the Earth rotates on its axis and around the sun. Everyone has heard or read about it, but no one has seen it. It is not even possible to see it." the ear continued, "Day and night as well as the change of seasons, happens because of it."

The eye could not think of any argument. Still ,it asked, "How are you superior?"

"You can see only in one direction and but I can hear sounds from all directions. This is my specialty." The ear added, "A sleeping person cannot wake up by being looked at, but he wakes up by hearing a sound. He can save himself from danger."

The eye was speechless.


When the eye was speechless, ear spoke softly, "Actually both of us have have our own importance: where you are needed, I cannot do anything; where I am needed, you cannot do anything."

"You are right," the eye agreed, loving the idea of compromise.

— Radhelal 'Navchakra'

Art of Living

(An Excerpt from life of Yug Parvartak'
Baba Gurbachan Singh Ji)



Once Baba Gurbachan Singh Ji's daughters along with other devotees went for a stroll in Mussoorie. In the evening, they went to cinema hall from the market itself. In those days, 'Satsang' timings were from 4 to 6 pm. But instead of attending the evening 'Satsang', all of them went to the cinema. After watching the movie, they had dinner at a hotel and reached the Bhawan at around 10 pm. The devotee who had arranged the night's community meal that day was waiting for Baba Ji's children to return after serving meals to all the devotees staying at the Bhawan. When this group returned to the Bhawan, Baba Ji was strolling on the road in front of the Bhawan. When they saw Baba Ji right in front of them, all the devotees who had gone with the children became embarrassed. When they greeted him one by one, Baba Ji asked, "Where were you for so long?"

Everyone was standing like statues with their eyes closed due to embarrassment. The omniscient 'Satguru' himself spoke, "First Company Bagh, Cinema and now you have come back after eating outside. You didn't remember the 'satsang' and forgot about the devotee who had requested you to share the community meal. He is still waiting for you and has not even eaten himself.

Manmohan ji and Jagjit ji (Baba Ji's daughters) bowed their heads at Babaji's feet when they heard his educative advice. Jagjit ji is by nature very cheerful. That day too she accepted their mistake and said, "Baba ji, we are children, mistakes are inevitable. Please forgive us and give us good sense for the future."

Baba Ji explained, "If you want to be happy in life, then learn to appreciate the company and the feelings of fellow devotees. Remember, even a dry loaf of bread filled with love and affection of saints is better than expensive food of biggest hotel. You are a devotee you should not forget that joy and bliss in the company of saints is much more than in

all the fun and frolic of the world. Paying attention to the company of saints lends grace to devotees ."

After Baba Ji's enlightening words, all the devotees prayed, bowing their heads at his feet, "Baba Ji, forgive us. Kindly bless us so that such a mistake is not repeated." Baba Ji patted everyone in a forgiving manner and said, "Go, that devotee is waiting for you for food, accept it so that he too gets happiness. If our fellow devotees are happy, then alone can we be happy." Baba Ji said this and moved ahead. All



the devotees of this group were feeling ashamed of their mistake but they were feeling proud of Baba Ji's magnanimity and teachings that, The true Master had brought Them back on the right path of Gurumat.

Baba Gurbachan Singh Ji Maharaj respected the feelings of every child. He loved children very much. He always respected the devotion, love and service of his devotees and blessed everyone.

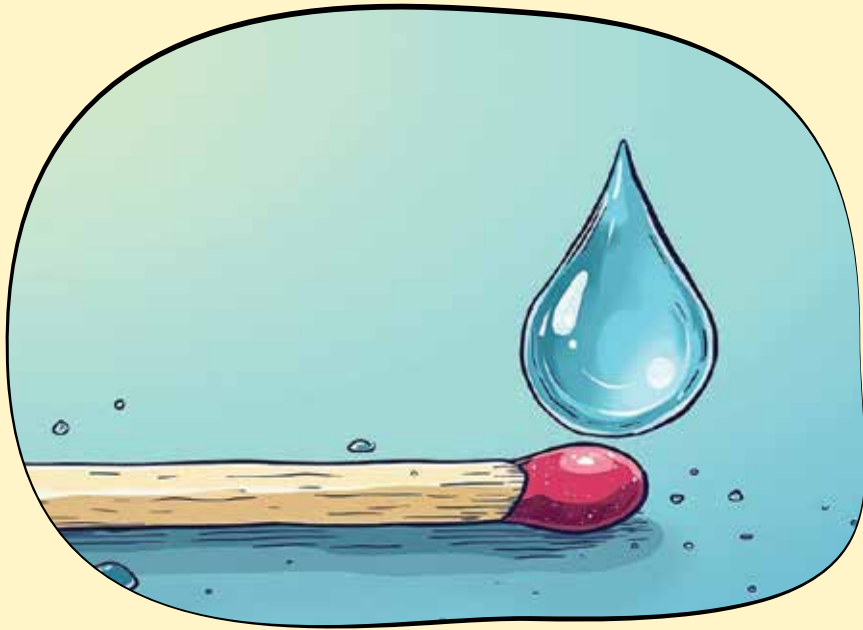
On the occasion of the annual Sant Samagam in Delhi, Baba Ji could sleep only for one or two hours. The congregation was over on Monday. Namaskar and Sangat continued for several hours continuously at the congregation venue on Tuesday too. At around 1 o'clock in the night, Baba Ji went to his residence to rest. He was resting on his bed in the lobby outside his bedroom. At around 1:45 in the night, a devotee Iqbaljit Rai ji, who had a morning flight for America, requested the devotee who served him and went towards the lobby. Baba Ji's back was towards the door. Iqbaljit Rai Ji thought perhaps Baba Ji was asleep. He paid his obeisance at the door, folded his hands from a distance and when he turned back, Satguru called out in his sweet voice, "Yes Iqbal ji! You are leaving without meeting me. You have a morning flight, right?" He got up and sat down as if he was already awake. He bid farewell to the devotee even at midnight and gave him blessings.

(From the book 'Jeevant Shikshak')



Story
Goes
for
Picnic

**Arrogance
Lacks
Sensibility**



There was a matchstick and a drop of water. Both were sitting, talking and enjoying. The matchstick said, "Even though I am small, I am very powerful. If I want, I can burn the entire world to ashes."

"You have misunderstood your power," said the drop. "If I wanted, I could render you powerless in a moment."

When the matchstick heard the drop, she said angrily, "Do you want to compete with me? I have already told you that I can destroy the world. You stand no chance of winning over me. When I shall use my power, you will turn into vapor in a moment and shall run for shelter to the sky."

How could the drop remain silent? She spoke softly in a calm voice, "It's all a matter of time. Even the most powerful are at the mercy of time."

"How can a person without power gain power?" The matchstick said arrogantly, "How can time render the powerful person powerless?"

The drop ended the conversation by saying, "Let the appropriate time come." But the matchstick was proud of its power. She said, "Those who are weak talk of time. You are weak, so continue to wait for appropriate time."

"I do not wish to debate any further," said the drop.

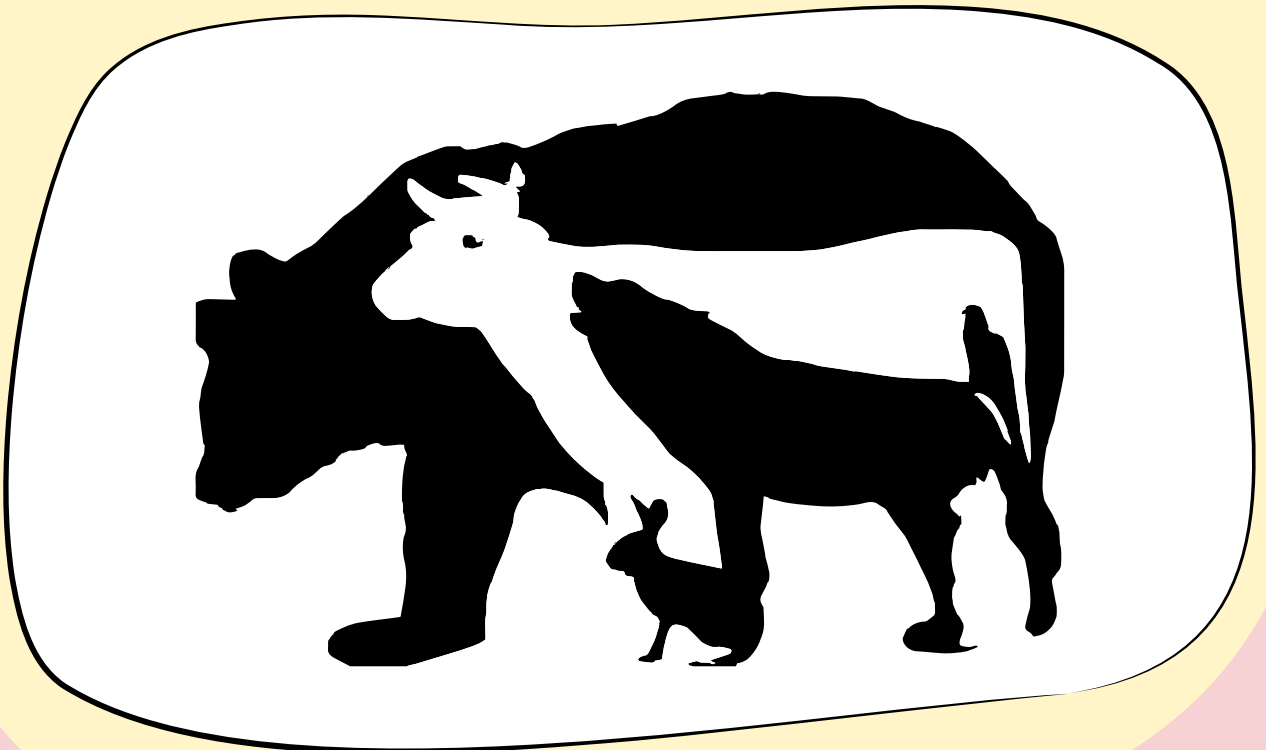
"What did you say? Am I arguing to prove my power?" Matchstick was very angry, "What can someone without power prove by arguing anyway?"

"Okay! Let us stop at this point!! You have been very arrogant." As soon as the drop said this, the matchstick lost its balance. It started trembling in anger. Moving towards the drop, the matchstick said, "Am I arrogant? I will not stop without finishing you off. What do you think of yourself?"

The matchstick lost its temper. It collided with the drop. The moment it collided with the drop, its gunpowder became wet. It became useless. This was the result of anger. The drop was calm as before.

Moral : Arrogance is a barrier between us and those from whom we can learn.

Count the Number of Animals





24 April
(Human Unity Day)



7 April
(World Health Day)



5 April
(National Maritime Day)

17 April
(World
Hemophilia Day)



22 April
(Earth Day)



23 April
(World Book and
Copyright Day)

April Month

Important Day



10 April
(World
Homeopathy Day)



25 April
(World Malaria Day)

11 April
(National Safe
Motherhood Day)



14 April
(Dr. B. R. Ambedkar Jayanti)

29 April
(International Dance Day)



Support

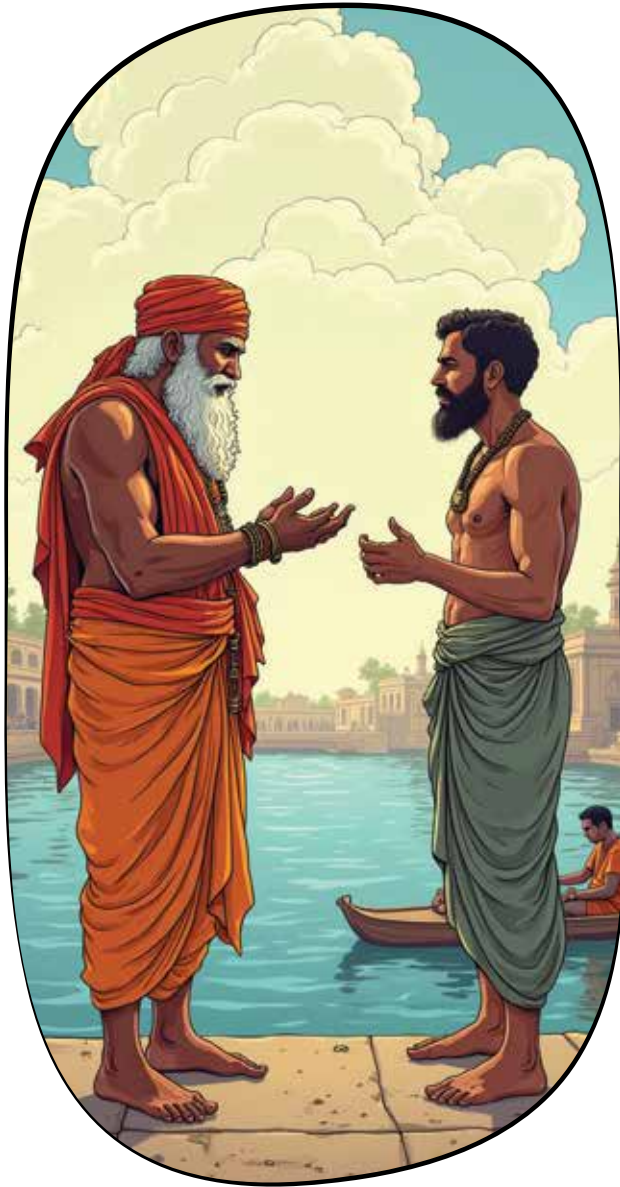
Our habit has always been
to seek support,
getting it from anyone
who can afford,
Also from your family
living in the abode,
giving us happiness
and better grip and hold
Those who support others
they are like gold,
providing warmth to those
who are stuck in cold,
taking it easy
and the concept is old,
so learn to give support,
and always be bold.

— Rajat Kapoor



Long Long
Ago

LIFE IS PRECIOUS



Thiruvalluvar, a great philosopher and poet of south India used to walk around in nature's beautiful valleys in his leisure time. When he would see the wonderful nature, new thoughts would come to his mind and he would think of recording new information in literature. He has praised the beauty of cosmos in his works through different elements of nature.

Thiruvalluvar always gave the right advice to people. Once he was sitting on the bank of a river. Suddenly he saw a man trying to end his life by jumping into the river. Thiruvalluvar ran and caught him. The man complained- 'What is the use of protecting a life which has no meaning?'

Thiruvalluvar said- 'Look, not even a speck of dust is useless in this world. Right

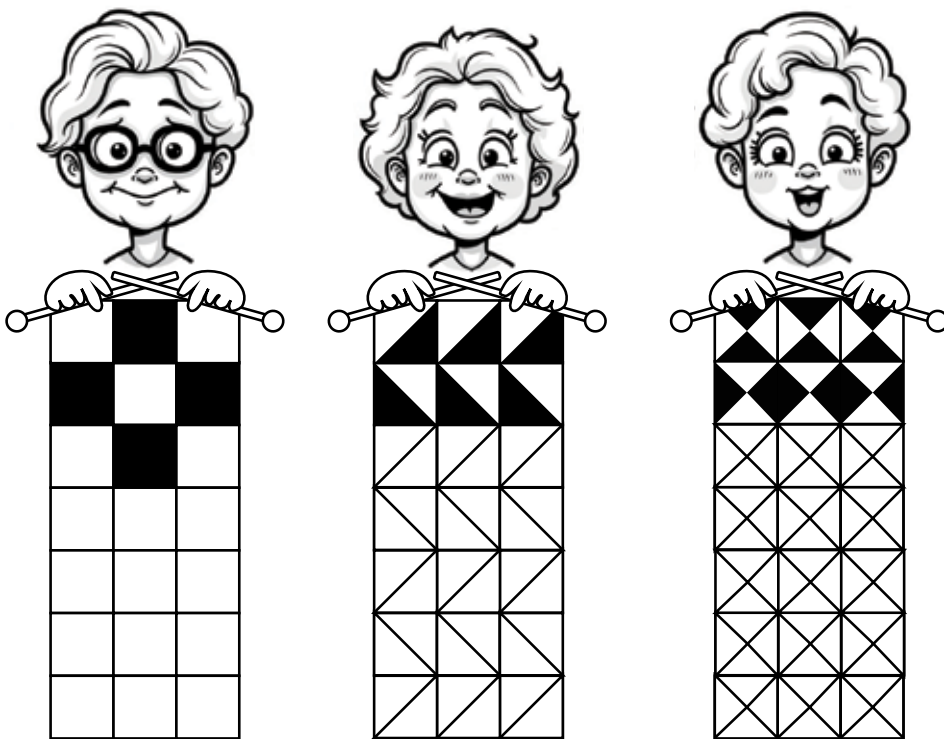
now, you feel your life is useless for you, but is this life for you alone?' If not for yourself, you can become useful for others and when you dedicate your life for others, then your life will seem useful for yourself too.

When the man heard this, he fell at his feet and started apologizing. He said- My brother, I had not understood the value of life till today, but today you have told me its real worth and also told me the way to live. Yes, I promise today that I will serve not just myself but the poor and suffering humanity with true devotion and will also introduce them to the art of living and its importance.

When the poet Thiruvalluvar heard this, he blessed the person and said – May you serve the people and be blessed.

—Archana Sogani

Complete the Pattern





Mysteries of 'The Blue'



When we see the sky at night without clouds, many questions come to our mind. Which other amazing creatures are there with us in this vast universe? We see stars, galaxies, planets, satellites and many more things hidden in our universe. So, let's see who are our companions hidden in the mysteries of our universe.

PULSAR STARS

Pulsars are neutron stars that spin very fast on their axis. When a massive star runs out of fuel, the neutrons that remain after the supernova explosion(Super powerful explosion of a star) become pulsars. These explosions give pulsars a high speed and they keep spinning. Some pulsars spin up to 4 times per second, while others spin hundreds of times! The fastest pulsar ever discovered is PSRJ1748-2446ad, which spins 716 times per second. The Crab Pulsar, located in the Crab Nebula, is one famous pulsar.

Are radio messages from pulsars signs of extraterrestrial life

There was a time when scientists thought that radio waves coming from pulsars could be indications of life. In 1967, scientists from the University of Pennsylvania discovered the first pulsar named SLD1 and thought that the radio waves were signals sent by some aliens in distress. Pulsars are a type of cosmic radio transmitter. They emit radio, X-rays and gamma

rays at certain time intervals. These are detected as pulses by a telescope located on Earth. Their velocity and signal are extremely accurate. Therefore, scientists use them in planetary studies and space research. In future, pulsar signals can be used for navigation in space travel!

Mass of pulsar

Something very special is that if a teaspoon of pulsar material were brought to Earth, it would weigh several billion tons! Some pulsars are called magnetars because they have extremely powerful magnetic fields.

BLACK HOLE

A black hole is formed at the end of a massive star, i.e. after its death. When the star runs out of fuel, it shrinks due to its own gravitational force and turns into an extremely small but extraordinarily heavy point, which is called 'singularity'.

It is said that a black hole has such a powerful gravity that it pulls in all objects around it, even light.

Are black holes massive?

According to scientists, black holes are both small and large. Some are the size of an atom, but weigh as much as a mountain. Black holes that form after big stars die are called stellar black holes, and they can weigh 15-20 times more than the Sun. There are many such black holes in our galaxy. The largest black holes are supermassive black holes, which can weigh a million times more than the Sun! The black hole named Sagittarius A* (Sgr A*) located at the center of our galaxy weighs as much as 40 lakh Suns and can fit millions of Earths in it!

What's inside a black hole?

What is inside a black hole is still a mystery, because once you enter it, it becomes impossible to get out. Its gravitational force is so strong that even light cannot escape from it. On reaching the event horizon (point of no return around the black hole) of a black hole, everything slows down, and if one goes near it, everything gets destroyed due to extreme heat.

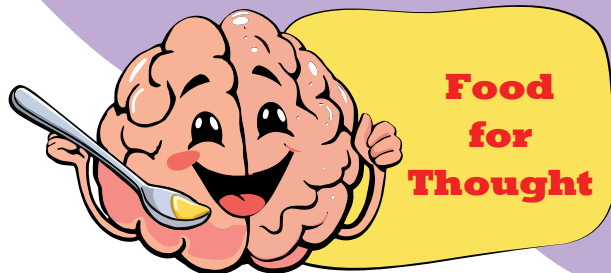
How many black holes are there and what is their history?

Scientists believe that there may be about 40 billion black holes in the universe. In this universe spread over 93 billion light years, their number may be countless. In 1916, Albert Einstein predicted black holes through the theory of general relativity. In 1967, John Wheeler used the term 'black hole', and in 1971, Cygnus X-1 was the first black hole discovered. In 2019, the Event Horizon Telescope took the first picture of a black hole located in the M87 galaxy, which attracted the attention of the whole world.

Can black holes destroy the Earth?

The Earth will not be trapped in a black hole because no black hole in our solar system is close enough to reach the Earth. Even if the Sun is replaced by a black hole of the same mass, the Earth and the other planets will continue to orbit in the same way as before.

HOW ARE BOOKS MANUFACTURED?



We all read books. They enrich our mind and also entertain us. But have you ever wondered how books are manufactured? A lot of hard work and process is involved in the making of books. Let's see the complete method of making a book.

1. Writing

The first step in making a book is writing it. First of all, the author expresses his thoughts and ideas into words. The author does research on the topic of his book and then writes it. This work can last for many months or even years. The author has to present everything in his book in a correct and interesting manner.



2. Editing

The book written by the author is then read by an editor. The editor ensures that there are no mistakes in the book, such as grammatical mistakes or factual errors. He makes corrections in the book so that it is more attractive and easily understood by the reader.

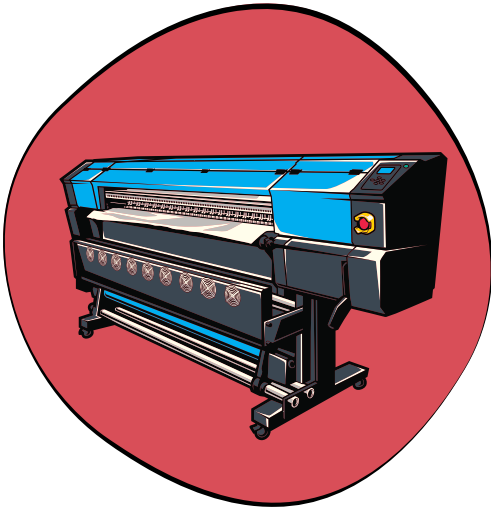
3. Design

The pages of the book are designed to make them attractive. This includes the cover design of the book, the layout of the pages and the selection of pictures. The designer ensures that everything in the book is attractive and pleasing to the eyes. Apart from this, the book cover also has its name, the author's name and pictures, which make the book interesting.



4. Printing

When the writing and design of the book are complete, it is sent to the press for printing. During printing, the pages of the book are printed simultaneously. This is a very precise process in which the pages of the book are printed in the correct manner and order. Thousands of pages can be printed at a time in a printing machine.



5. Binding.

When the pages of a book are printed and ready, the process of joining them takes place. This process is called binding. The pages of a book are joined together, stitched and then the book is bound in a cover. The pages of the book get glued properly and they take the shape of a book. hard work is required to make it!





Mostly observed in Punjab and other regions of India, Baisakhi, also known as Vaisakhi, is a joyful and a significant Festival. Farmers and communities come together to celebrate the start of the harvest season on this special day. Baisakhi is joyfully and enthusiastically celebrated on April 13 or 14 each year.

Why is Baisakhi an Important Festival?

- ❖ In Punjab and Haryana in particular, Baisakhi is a significant harvest festival.
- ❖ It commemorates the period when farmers harvest their wheat produces.
- ❖ There is a lot of joy, dancing, and singing at the celebration.
- ❖ People give thanks for a good crop and offer prayers for future success.

How Baisakhi is Celebrated?

- ❖ Public areas, streets, and homes are all exquisitely decorated.
- ❖ People dress in colourful traditional attire.
- ❖ Both cities and villages host cultural events, fairs, and celebrations.
- ❖ People perform folk dances like Gidda and Bhangra with a lot of energy.
- ❖ Special desserts and snacks are made and distributed to loved ones.
- ❖ Community meals are organised where everyone can eat delicious food together.
- ❖ There are gatherings and processions where people join together to rejoice and sing folk songs.

Conclusion : Baisakhi is a festival of happiness, unity, and thankfulness that encourages us to be grateful, stick together, and embrace life with zeal. India's rich traditions and culture are reflected in the event, which unites people in celebration.



NATURE
TEACHER

Dolphin

DIET



Octopus, cuttle fish,
crustaceans and schools of
small fishes.

Name : Indian Ocean Humpback Dolphin

Scientific Name : Sousa plumbea

Conservation Status : Endangered

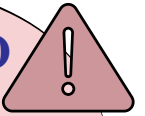
Class : Mammals (give birth to puppies)

Size : 2 to 3 meters long, long pointed
beak-like snout, 150 to 250 kg weight

Color : Dark Grey



THREATS TO SURVIVAL



Environmental pollution,
noise pollution, habitat
destruction, overfishing,
chemical pollution

HABITAT



This species is found near the shore, in shallow waters, near the mouths of estuaries and rivers. This particular species is seen on the 720 km long coastline of Maharashtra specially at the Konkan coast. It is spread across the coastline from South Africa to Western Indochina. Apart from this it is also found in the coastal areas of East Africa, the Middle East and India.

BREEDING PERIOD

Dolphins can breed all year round, but the best time for breeding is from May to June. The gestation period is 10 to 12 months. The female gives birth to one pup at a time. The mother takes care of her pup for about 1 to 3 years.



IMPORTANT INFORMATION

About 18 species of dolphins are found in India. This dolphin is called 'humpback' because it has a raised structure on its back. It is commonly found on the coastline of Maharashtra. It is a social animal and a group consists of 4 to 35 dolphins, which include males, females and pups. Dolphins

use echolocation to find food, avoid boats and navigate through dirty water. Dolphins make whistle like sounds to communicate with each other. Due to its pointed body, smooth skin and broad tail, it can swim fast. Dolphins are considered to be very intelligent and social animals. They regularly come to the surface of water to breathe, as they are mammals, they breathe with lungs.



Union is Strength

Sundar was a dense forest where many kinds of animals lived. Rabbits, deer, monkeys, elephants, lions, foxes and bears all lived there peacefully. The forest was lush green, there was no shortage of food, and all the animals were happy. But their happiness did not last long.

One day, some woodcutters living near the forest came there to cut trees. Slowly their pace of cutting the trees increased. In the beginning, the animals did not pay attention to this, but when the water sources started drying up and the nests were getting destroyed, they realized that their home was in danger.

The animals held a meeting, but they started arguing among themselves. The elephant said- I am very big and strong. I will stop these woodcutters alone! The lion said proudly, I am the king of the jungle. They will run away when I roar! "The fox said, We will remain silent." They will go away on their own. Everyone was trying to get their point across, but no concrete solution was coming out. The monkey was clever and wise. He said- if we fight one at a time, we will lose. We will have to fight together. But the other animals ignored his words. The next day the woodcutters came again. The



elephant went alone to stop them, but they scared him with burning torches.

The lion roared at them, but they were armed with guns. Slowly the woodcutters entered the forest, and all

the animals got scared. Now all the animals realized that they could not do anything if they work single handedly. They made a plan together.

The ants would crawl the woodcutters' clothes and bite them. The monkeys and parrots would take their axes and tools and put them on the trees. The elephants would drench their sticks by throwing water from their trunks. The bears and wolves would hide in the bushes and make scary noises. As soon as the woodcutters entered the forest, all the animals attacked together as planned. They were disturbed by the ants' bites, the parrots and monkeys started snatching their tools. The elephants rendered their sticks useless by pouring water, and the scary noises of the wolf and the bear frightened them. When the lion roared loudly, they ran away to save their lives. After that day, no woodcutter could dare to go towards the forest.

Lesson: The animals understood that strength alone is not enough, the real power lies in unity. If they had united earlier, so much loss would not have happened. If we stay united, we can solve even the most difficult problem.

Forest Life



Story Tells



Test of true friendship

Rimpi and Baldev lived in the same town. Both studied in class eight in different schools. Their houses were not very far from each other. In the evening, they would come to an open field outside the town and wrestle fiercely. This was their only favorite sport.

Rimpi's father was an officer while Baldev's father was a farmer. Although Baldev's school fees was half waived, it was still very difficult for his parents to bear the expenses of his studies. Every year, after getting promoted to the next class, Baldev would buy old books for the new session.

This year, when Baldev got promoted to class nine, the syllabus of Mathematics, English, Computer and Science had changed. So, he needed to buy new books. One evening when Baldev's father returned home, he brought a glass of water for him. After he drank water and



sat down, Baldev said, "Father, I need two hundred rupees to buy new books."

"Two hundred rupees?" Baldev's father was shocked.

"I need four new books because the syllabus for these subjects has changed and we cannot get old ones from anywhere."

"Just a few days ago, I got your uniform stitched for you. I have also paid your school fees, how can I arrange two hundred rupees today?" Baldev's father said in a worried tone.

Meanwhile Baldev's mother said, "If my earrings cannot be of use to my son during his studies, then when will they be useful? You should sell them and arrange for Baldev's books"

"Okay, I will come early tomorrow evening and then both of us will go to the goldsmith's shop." said Baldev's father and then started preparing to take a bath.

The next day, Rimpi's school was organizing a sports competition for students from ten nearby schools. All the students were working very hard. Everyone wanted to make their school proud. The winning player in each category was to be given a cash prize of two hundred rupees. Baldev and Rimpi were also among the players.

Baldev was preparing to wrestle on behalf of his school. Meanwhile, he saw Rimpi taking off his clothes to wrestle with him on behalf of his school. So, Baldev thought that he should wear his clothes because it was not easy to defeat him. But it was a question of his school's honor. So, he came to the ground and started preparing. Baldev was afraid that Rimpi would defeat him in the first attempt and there would be a lot of commotion.

As soon as the referee blew the whistle, wrestling match between the two started. Both of them were trying hard. Using all his strength, Rimpi lifted Baldev onto his shoulder.

All were clapping for Rimpi.

But suddenly Rimpi lost his balance and almost fell down. By then Baldev took advantage of the situation and pushed Rimpi down. Now sometimes Rimpi would be down and sometimes Baldev.

Suddenly Baldev defeated Rimpi.

The voices of "Bravo Baldev, Bravo!" started getting louder. Two of Baldev's friends picked him up and made him sit on their shoulders. Baldev had won a cash prize of two hundred rupees.

Baldev could not believe that he had defeated Rimpi. He was confused. In the evening, he went to Rimpi's house to clear his doubt.

Come on Baldev, congratulations! You did a great job today. How did you get that strength? I tried my best to defeat you but I don't know from where you got such amazing tricks? You did a great job!



“Come, Rimpi,” Baldev said. “Tell me, who is your best friend?”

“You,” Rimpi said.

“Then swear on me and tell me whether you have not lost your game to me today?” Baldev asked.

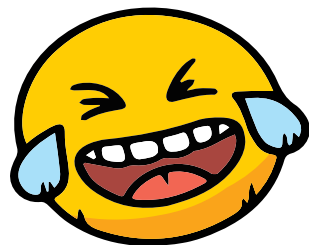
On hearing this, Rimpi face changed completely. It was as if he had been caught. Rimpi could not think of anything.

“The thief has been caught, right?”

Now Rimpi could not control himself. He said, “Baldev, the truth is that I went to your house yesterday. When I entered, your mother was talking about selling her earrings to buy your books. I overheard their conversation and came back quietly. Today, during the wrestling, I thought that you needed these two hundred rupees very badly. That is why I thought it best to lose to you.”

Hearing this, Baldev's eyes welled up with tears. He held Rimpi's hand and said, “Rimpi, you have won even after losing.”

Rimpi hugged Baldev.



A teacher was trying hard to create interest in students' mind for science. She wanted them to ask questions without any fear and answer fearlessly.

Teacher : (Showing a glass half filled with water) Is this glass empty?

Raj : No sir, it is half filled.

Kumar : No Sir, it is completely filled.

Teacher : How..... ?

Kumar : Half with water and half with oxygen, nitrogen, water vapor, carbon dioxide and inert gases.

Teacher : You are a budding scientist

Teacher : Subhash, Why don't you come with your friends to school?
Why do you come alone.

Subhash : Sir, I am a lion. Lion always walks alone.

Ram : I washed my shirt with this soap and it has shrunk.

Sham : So-----?

Ram : I am not fitting in this.

Sham : I have a solution.

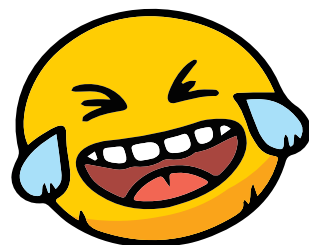
Ram : Hurry up, speak.

Sham : You also bathe with same soap.

Ram : So-----?

Sham : You will also shrink and fit in the shirt.

Ram : Good joke -----



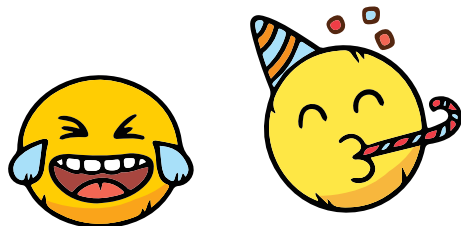
Teacher : Chintu, what is your papa's name?

Chintu : We have still to name him.

Teacher : What?

Chintu : I have been addressing him as papa. I thought it was his name.

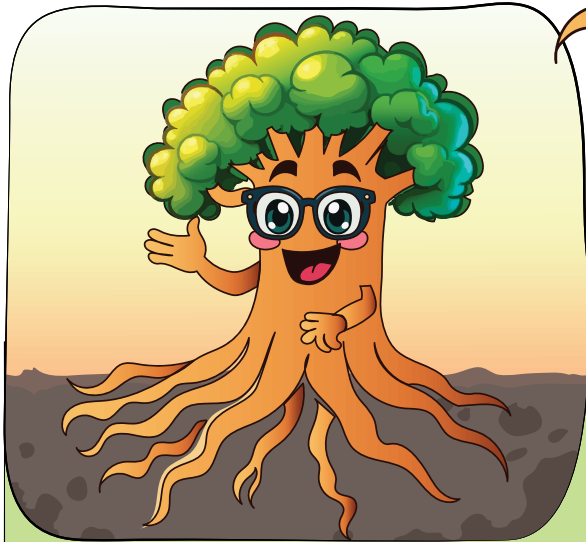
Teacher : Children are innocent.





Mangrove Tree

A Blessing of Nature



Hello, dear! I am Mangal, a tree of Mangrove, which is a symbol of prosperity. My roots whisper tales of love, beauty, and ancient traditions of civilization. Come closer, and I will reveal my secrets to you!



"My roots are like affectionate arms that provide support to mischievous fish, dear crabs, and singing birds. Just as an ecosystem nurtures everyone, I too offer shelter and warmth to every living being."



One day, a fierce storm came, roaring like a lion! But I stood firm, praying for strength. My roots stopped the raging waves and protected the soil. Nature always supports those who respect her.



Water is life, but it must be pure. My roots act as a sacred filter, purifying the water and carrying it to the sea. The way, a pure heart brings peace to the world, in the same manner clean water is critical to life.



My leaves, fruits and wood are gifts of Mother Nature. People use them for medicine, food and building homes, but only as much as is needed. The secret of life is to give with gratitude and take with due regard!



Trees maintain harmony, and keep the Earth stable. Just as a home is incomplete without love, kindness and faith keep our hearts strong, in the same manner my roots hold the soil.

If you protect me, I will protect you too. I don't need much more than love, care and permission to grow. Together we can make Earth safe, strong and full of life!



Door to Hell and Heaven



A saint named Heku was engrossed in his meditation in a forest. Once a soldier named Nobu came to him. He said- O Saint! I have a question that keeps disturbing my mind. Please satisfy my curiosity and help me attain peace.

- Tell me, friend, what do you want to ask? said the saint.

Nobu asked- O saint! Is the concept of heaven and hell real?

- Who are you? Heku asked.

I am a warrior. said Nobu.

- Hey! You are a warrior? Which king made you one? You look like a beggar.
said Heku.

When Nobu heard this, he became furious, his eyes turned red; his arms started trembling. He pulled out his sword from its sheath and shouted, "Quiet! If you say even one more word, your head will be seen rolling on the ground."

These words had no effect on Heku. He mocked the soldier and said again- So, you also have a sword? But it seems its edge has become useless. It will not be able to cut my throat, keep it in the sheath.

When Nobu heard this, Nobu raised the sword to attack Heku.

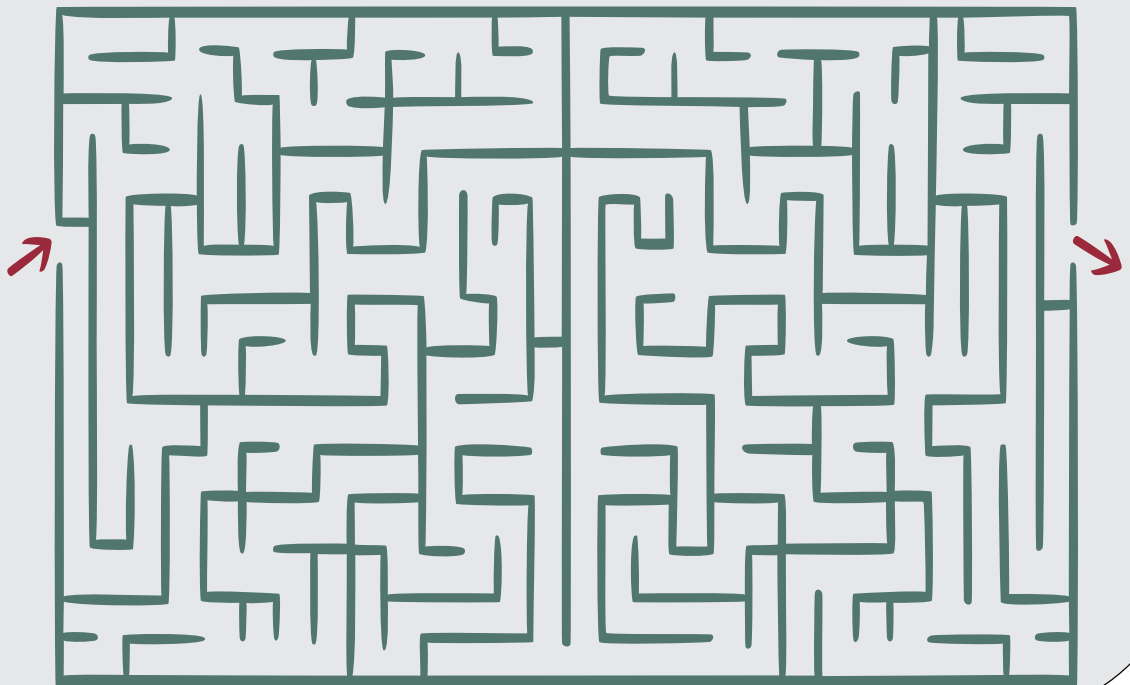
Wait!- Heku said- friend! This is the door to hell.

Nobu was astonished. He sheathed his sword and folded his hands to bow to Heku.

Heku said – Friend, this is the gate to heaven.

— Umashankar Yadav

Maze





DR. BHIMRAO AMBEDKAR

Dr. Bhimrao Ramji Ambedkar, also known as the “Architect of the Indian Constitution,” was a pioneering leader, social reformer, and champion of Dalit rights. Born on April 14, 1891, in Mhow, Madhya Pradesh, into a Dalit Mahar family, faced severe social discrimination due to the rigid caste system of the time. As a child, Ambedkar was often denied access to basic public facilities like water, was forced to sit separately in school, subjected to mistreatment. This early exposure to caste-based oppression profoundly impacted Ambedkar, instilling in him a lifelong determination to fight for the dignity and rights of marginalized communities. Ambedkar overcame immense social discrimination to become one of the most educated Indians of his time, earning doctorates in law and economics and then he went on to become India’s first Law Minister, introducing reforms promoting social justice and equality.

During his lifetime Dr. B.R Ambedkar founded several organizations to unite Dalits and provide them with a platform to fight for their rights. In 1924, he established the Bahishkrit Hitakarini Sabha, which aimed to promote education and socio-economic upliftment among the marginalized. He also led several movements such as the Mahad Satyagraha, the Kalaram Temple Movement to uplift the marginalised classes. In 1936, he formed the Independent Labour Party to represent the interests of the working class. Ambedkar used journalism as a tool to spread awareness about Dalit rights and social justice and launched newspapers like - Mooknayak (Leader of the Silent), Bahishkrit Bharat.

Dr. Ambedkar participated in all three Round Table Conferences held in London between 1930 and 1932, which were organized to discuss India’s constitutional reforms under British rule. Representing the Dalit community, Ambedkar demanded separate electorates and greater political representation for Dalits to safeguard their rights. After intense negotiations, Ambedkar and Gandhi reached a compromise, known as the Poona Pact, which granted reserved seats for Dalits in general constituencies instead of separate electorates.

From 1942 to 1946, Dr. Ambedkar served as the Labor Minister in the Viceroy’s Executive



Council. Some of his key contributions included advocating for minimum wages, social insurance for workers, and promoting a reduction in working hours. As the Chairman of the Drafting Committee of the Constituent Assembly, Ambedkar was instrumental in formulating a comprehensive and inclusive document that aimed to reflect the aspirations and principles of a diverse nation..

After India gained independence in 1947, Dr. Ambedkar became the country's first Law Minister in Prime Minister Jawaharlal Nehru's cabinet. In this capacity, Ambedkar was instrumental in formulating laws to protect civil liberties and promote social justice.

On October 14, 1956, in Nagpur, he publicly converted to Buddhism along with around 500,000 of his followers in a mass ceremony continued to promote Buddhist teachings, emphasizing thier message of liberation and equality.

Ambedkar passed away on December 6, 1956 and each year, to remember and honour his contributions to the lives of every Indian mainly the marginalised comunity, Ambedkar Jayanti is celebrated on the 14th of April.

—Nehal Khatri



Mom, Dad and Guppa

Body Image Issues



WHAT WE SHOULD DO



1. Have an open conversation :

If you think your child is having negative thoughts about his body, talk to him about his feelings about his body, what discontent he is feeling and what he discusses with his friends about this topic.

WHAT NOT TO DO



1. Don't compare your child's body to other kids :

Avoid commenting on other kids' bodies and don't compare them to your own. This can make your child feel even more insecure.

2. Focus on total health : Promote healthy eating habits and regular physical activity to enhance overall well-being, not just focus on weight loss or achieving the ideal figure.

3. Develop a sense of gratitude : Help your child appreciate the unique features of their body, and express gratitude for what his body is capable of doing.

4. Limit exposure to unhealthy media : Talk to your child about how social media, movies and web series portray people with similar body types, which creates unrealistic beliefs in our minds about an ideal body.

5. Seek professional help if needed : If your child is extremely stressed about his or her appearance and frequently resorts to unhealthy habits such as overeating and vomiting, consult a professional psychologist for long-term support.
What we should not do:

2. Criticize your child's body: Don't make repeated negative comments about your child's weight, size, or shape.

3. Don't encourage diets or food restrictions : Don't force your child to diet or restrict access to food, but encourage them to adopt healthy eating habits.

4. Do not give too much importance to looks : Instead of talking about their body, compliment them for characteristics, skills and talents.

5. Don't make it frustrating or trivial : Don't trivialize the problem light by using phrases like 'don't think so much' or 'don't worry so much about appearances.' Instead, have an honest conversation and help your child build a good relationship with his body.



Please Visit
www.kids.nirankari.org



Union With God is Strength

During our school days, we are taught a story. "Union is Strength." It goes like this. There was an aged and ailing person with four sons who constantly quarrelling and were caused great anxiety to their father. To unite them, the old man called them by his bedside. He asked them to break the bundle of sticks lying there. They could not break it. Then he untied the bundle and asked his sons to break the individual sticks. That they did very easily. Thus, he advised them to remain united which was their strength. The moral of the story is appealing but there are very few who act upon such advice.

The eternal and universal source of strength is to remain connected with the all-powerful God. What is needed is the actual realisation of the all-pervading God and full concentration on Him. That is the real strength in the world.

To explain this point, on a clear, bright, sunny day, take a powerful magnifying glass and a stack of newspapers and go outside for an experiment. Hold the magnifying glass over a pile of newspaper. Even though you are magnifying the power of the Sun's rays through the glass lens, you will never start a fire, if you keep moving the glass.

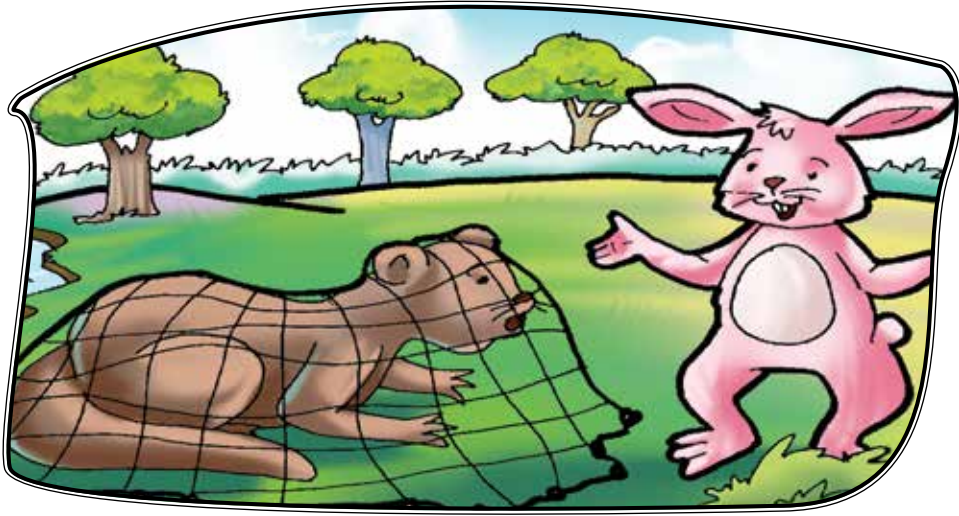
But if you hold the magnifying glass still, allowing it to focus the rays into a concentrated beam of solar energy, you harness the power of the Sun and multiply it through the lens, starting a fire. The same principle applies to the power of thought.

Imagine the strength when you would have when you are united with God and concentrate on Him without shifting or your faith on other sides!



Rabbit's Intelligence

Story
World



Once upon a time, there lived two friends – an otter and a rabbit – on the bank of a river. Both lived together in the same place.

One day, the rabbit asked the otter how many types of skills the latter knew. 'I know nineteen different types of skills', replied the otter. On a similar inquiry, the rabbit said that he knew only one, and that too very little.

One day, the otter got trapped in the net of a fisherman. He tried his best but could not free himself. Back at home, not having a sight of otter's return for quite a long, the rabbit got worried; and started a search for his friend. He reached the site where the otter was wrapped in the net. On a request for help from the otter, the rabbit said 'dear friend, I have only one simple skill/knowledge, whereas you are an expert in nineteen, you should be in a better position to think for the escape'. The otter felt embarrassed and pleaded the rabbit for help.

Finally, the rabbit decided to help and told the otter: "Friend, when the fisherman comes nearer to the net, you act like a dead body. Taking you as a dead one, he would separate you from the net before folding it. Taking this opportunity, you either run away or jump into the river".

The fisherman reached there. Thinking the otter was dead, he took the otter out and laid him on the ground. But, the otter fell asleep. Seeing the plan failing, the rabbit got another idea. He started limping and walked across the fisherman, who got attracted to catch him. The fisherman ran after the rabbit. After a while, the rabbit disappeared from the fisherman's sight. The rabbit woke the otter and advised him either to run or jump into the river. The otter woke and jumped into the river and, thus, rescued himself from the hands of fisherman.

– Vidya Amarsingh



WHAT IS WORLD HERITAGE DAY?

What is heritage?

Heritage encompasses the full range of our inherited traditions, monuments, objects and culture.

What is the difference between cultural and natural heritage?

Cultural Heritage includes monuments, buildings, and archaeological sites (e.g., Stonehenge, the Acropolis).

Natural Heritage includes natural landscapes, biodiversity, and ecosystems (e.g., the Great Barrier Reef, Yellowstone National Park).

When is World Heritage Day celebrated?

World Heritage Day is celebrated on April 18th every year.

Why is World Heritage Day Celebrated?

The day aims to raise awareness of cultural heritage, its preservation, and the importance of protecting historical sites for future generations.

Who proposed World Heritage Day?

It was proposed by the International Council on Monuments and Sites (ICOMOS) in 1982 and later adopted by UNESCO in 1983.

What is the World Heritage Convention?

It is an international treaty aimed at identifying, protecting, and preserving cultural and natural heritage worldwide.

What is the UNESCO World Heritage List?

The UNESCO World Heritage List includes sites of cultural, natural, or mixed significance recognized for their universal value and require protection.



How many UNESCO World Heritage Sites are there?

As of 2024, more 1,150 UNESCO World Heritage Sites exist worldwide.

Some famous UNESCO World Heritage Sites:

Some famous sites include the Taj Mahal (India), Great Wall of China, Machu Picchu (Peru), Pyramids of Egypt, and the Colosseum (Italy).

Why is it important to preserve world heritage sites?

Heritage sites reflect human history, culture, and identity. Preserving them helps maintain cultural diversity and historical knowledge while promoting tourism and economic growth.

What are some threats to world heritage sites?

Climate change, urbanization, pollution, vandalism, natural disasters, and armed conflicts are some common examples.

How can people contribute to heritage conservation?

People can contribute by raising awareness, avoiding damage to historical sites, volunteering, supporting local conservation projects, and promoting responsible tourism.

How can schools celebrate World Heritage Day?

Schools can organize essay competitions, heritage walks, exhibitions, poster-making activities, and awareness campaigns to educate students about cultural preservation.

— Manmohan



**Once upon
a Time**

Unity is Strength- School Project



Ravi, Neha, Aryan and Siya studied in the same class. One day their teacher gave a group project to all the children of the class. Ravi's group had to make a model on 'Conservation of Environment'. Everyone was eager to start working as soon as possible, but as the project work picked pace, problems also started growing.

Ravi wanted to use more pictures and colors to make it look attractive. Neha enjoyed researching and collecting data, but was uninterested in other tasks. Aryan wanted finish quickly, so he was in a hurry and was carrying on with the work without any planning. On the other hand, Sia liked painting and decoration but was not interested in technical work.

Gradually everyone started working but the problem was lack of coordination. No one was listening to anyone and everyone wanted to do the work of their choice. Due to this, their project remained incomplete and time was also wasted.

The next day, their teacher met them and said, "If all of you work in different directions, you will never be able to succeed. But if you work as a team and understand each other's strengths, the project will be completed quickly and well."

The children realized their mistake and together made a new plan. Neha completed Information for the project by research work from books and internet. Ravi made attractive posters and pictures, which made the project look beautiful and interesting. Aryan took the responsibility of time management and motivated everyone to complete the work on time. Sia took on the task of making the project look beautiful and organized, making it even more appealing.

When everyone worked according to their strength, their project was completed on time and was declared the best project. Everyone realized that if we work together, we can overcome any challenge.

Lesson from the story

- ❖ There is strength in unity.
- ❖ Everyone has different abilities, and when they come together, even a big task becomes easy.
- ❖ With teamwork, even difficult tasks get completed quickly and well.
- ❖ When we work together, success comes naturally.

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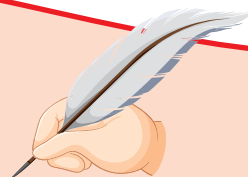
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The writers/readers of Hansti Duniya are requested to submit stories, articles, poems, essays, memoirs, motivational stories etc. based on the title "**Protect Nature**" for the **June 2025** issue. E-mail: hduniya.english@nirankari.org before **15 April 2025** or by post to the Office of 'Hansti Duniya' Administrative Block, Nirankari Sarovar Complex, Delhi-110009.

Note : The title of the July 2025 issue is '**Seasons and Weather**'. Its compositions can be sent till 30 April 2025.

— Editor, Hansti Duniya



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