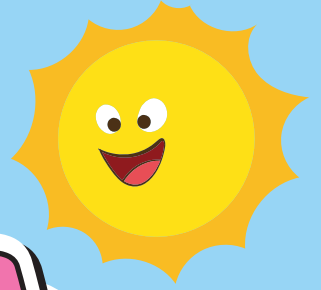
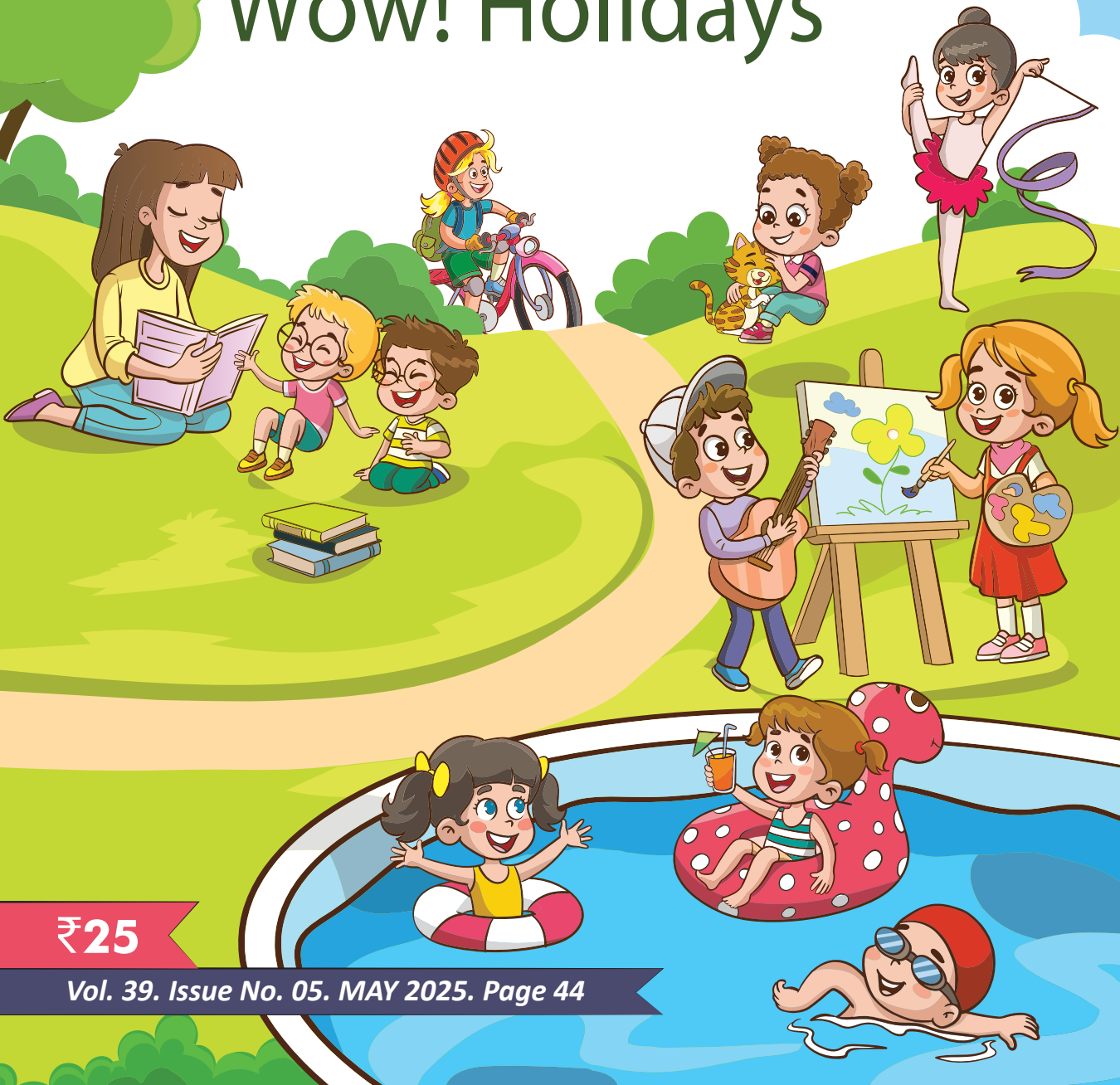


HANSTI DUNIYA



Wow! Holidays



₹25

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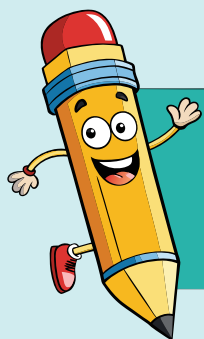
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Sit yourself down, take a pencil in hand,
Read the HASTI DUNIYA, let your laughter expand.

Wow! Holidays

The editor may not agree with the views of the authors
of articles and poems in this issue. All disputes are subject to Delhi Jurisdiction only



4

EDITORIAL

In this Edition

30

TRAVEL BUDDY



STORY GOES FOR PICNIC

7

20

STORY OF STORY



32

MY LABORATORY



10

Poem



22

NUTRITION



TECH TOWN

34



11

RHYME

23

NATURE TEACHER



LAUGHING TIME

36



12

BODY BUILDING

25

MAY
Important Days



37

Mysterious Genie



14

Picture Story

Story & Illustration : Ajay Kalora



INSPIRING INCIDENT

26



38

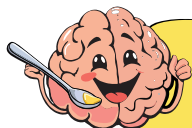
PARENT'S CORNER

18

Story Tells



28



Food for thought



PARABLE

40



EDITORIAL

Be Practical

Everyone, whether a student, employed in an office, working in a factory or doing something else likes one thing. He waits for holidays and when he comes to know that he is getting holidays, he becomes very happy. He happily starts thinking about what he will do during those holidays and one day the holidays pass and he starts going to work as usual.

For some days he forgets his studies, expertise and accumulated knowledge and spends all his energy on entertainment only. But he never forgets that he has to again concentrate on the same work, studies. But now his mind is not able to concentrate for some time. At this time nature teaches us that the breath, kidneys, liver and blood flow in the body etc. have served us continuously. If they had also taken leave then, perhaps we would not have been here today.

One thing is worth paying attention to/ What is the right thing to do? From childhood till now whatever we have learnt from our family, society, environment and the world. How are we using that knowledge? Have we forgotten our roots and got lost in the world of entertainment?

Once a beggar was crying on the roadside and was saying that he had been robbed and ruined. A saint was passing by. He asked him the reason for his distress.

The beggar said- All the wealth of my life has been stolen. I collected money by begging every day and buried a gold brick here. I used to come and see it every day. But someone has removed that brick and placed a clay brick.

The saint said calmly- what use was that brick to you, you used to get happy just by seeing it. Now you should be happy seeing the clay brick.

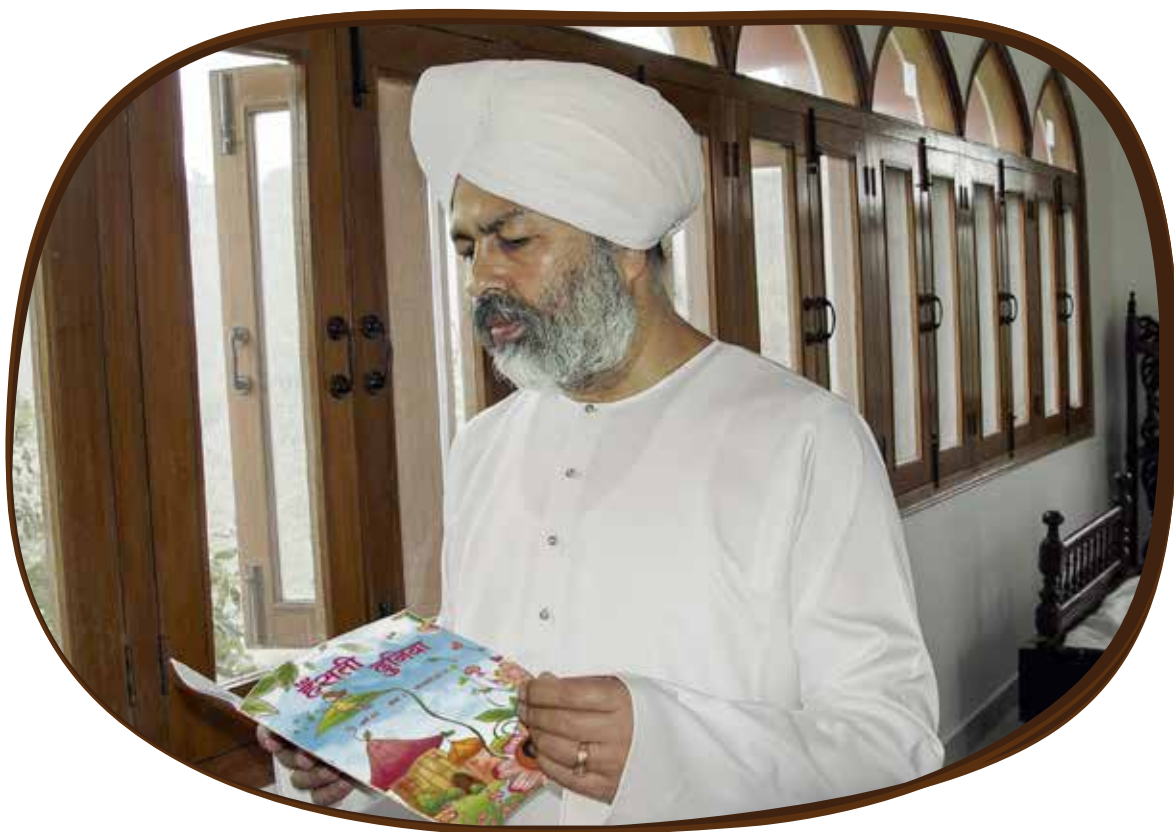
Friends, similarly all our acquired knowledge is only for teaching others and for increasing our prestige. If we are not applying it in our day-to-day life, then like that beggar, we can only feel happiness outwardly but nothing in reality.

Nirankari Baba Hardev Singh Ji Maharaj also taught us similar values. Many times, he said - feeding the hungry and giving water to the thirsty reflects human values. Otherwise, a friend is not a friend at all. There should be a flow of kindness, compassion and love in one's conduct. In this way, he called the entire human society as friends. On 13 May 2016, he said goodbye to this world after teaching the lesson of humanity to the entire humanity. Adopting His teachings in life will be a true tribute to Him. The present Satguru Mata Sudiksha Ji Maharaj also loves children very much.

-Vimlesh Ahuja

The divine personality of 'Yugdrishta' (visionary) Baba Hardev Singh Ji

A Unique Example of practical spirituality



Satguru Baba Hardev Singh Ji Maharaj observing the 'Hansti Duniya

The entire life of 'Satguru' Baba Hardev Singh Ji Maharaj was dedicated to humanity. He gave a lot of importance to the upliftment of the entire human family and fully cooperated towards the related tasks of society. It was his inherent nature to participate in everyone's joy and sorrow. He considered all the 'sevadars'(volunteers) as his own family. He used to say on many occasions that if a person lacks humanity, he is not entitled to be called a

human. Where there is goodness in the heart, the person naturally becomes good. It will bring love in the home, bringing love, peace and goodwill in the society and the country. The effect of a good society will permeate in the world, resulting in world peace. Then humanity will prevail. This will eliminate mental pollution and also raise the level of spirituality.

He said many a times that if a person treads a wrong path, the destination can never be correct? It would actually take more time to reach the destination if the path taken is wrong. Everyone is trying to find a good person but, few try to become one. This is the irony.

Practicality holds special importance in human life. Only when words and deeds match, a person can present a good example of practical life, devotion becomes spontaneous and effortless, and there is no worry about the ups and downs of life.

Throughout his life Yugdrishta Baba Hardev Singh Ji Maharaj, influenced every section of society with his divine personality and also taught his followers as to how spirituality could be incorporated in day to-day life. Everyone had the opportunity to witness his teachings come alive. In one such incident of April 2014, when 'Yugdrishta' Baba Hardev Singh Ji was on a salvation tour of Maharashtra and Gujarat, he reached many small 'Satsang Bhawans' of Talasari, a tribal area on the border of both the states and blessed the devotees by his divine presence.

Observing the discipline, dignity and devotion of the tribal area, it felt as though the teachings of Sant Nirankari Mission had truly come alive.

Baba Hardev Singh Ji gave immense love and affection to those innocent, rural tribal devotees and got completely involved in them. Nearly a dozen places were visited during this tour. Senior officials of the local administration and police were also present there. They were deeply impressed by the divinity of Baba Hardev Singh Ji. They also spoke to 'Yugdrishta' Baba Hardev Singh Ji Maharaj and said that earlier they used to come to this area to resolve their disputes, but since they have joined the mission. Their lives have undergone a constructive transformation. change in their lives. Their lifestyle has changed. Such is the wonder of your divine presence and personality.



STORY GOES FOR PICNIC

Sidak's Secret to an Awesome Summer!

Sehejta and Sidak are excited about their upcoming summer vacations. Sehejta plans to have lots of fun, meet her friends, and completely enjoy her holidays. Sidak also plans to enjoy the holidays in a slightly different way than Sehejta. Today is their last working day at school. As they meet, they get into the following conversation-

Sidak: Hi Sehejta

Sehejta: Hi Sidak bhaiya, finally our long-awaited vacations have begun!

Sidak: Absolutely!! I plan to complete my holiday homework in the initial 10 days so that I can focus on my holiday plan.

Sehejta got curious, and asked, "Holiday plan?" and what is your holiday plan?



Sidak: While setting my goals, I committed to do some community service.

Sehejta: Wow, that's inspiring!! Would you like to share your thoughts, maybe I can help you.

Sidak: Sure, here is my list:

- Giving water to birds
- Keeping my room clean
- Watering my plants
- Doing exercise every morning
- Giving a like to at least two people, I watch 20 mins on social media
- Creating a book club in our society
- Write five articles for my school magazine

You can even join me if you'd like!

Sehejta: O these are very interesting ideas. But how is exercise a community service?

Sidak: Actually, I don't intend to exercise alone, I am designing a poster that I will display in society inviting interested friends to join me to do exercises in the mornings.

Sehejta: Yes, I heard my Papa saying- 'The more, the merrier!!' But what about cleaning your room?

Sidak: If I keep my things in the right place and keep my room tidy, the house help will be comfortable cleaning my room further, and my parents will be happy. So that's about my family community.

Sehejta: That's amazing Sidak Bhaiya. I'll also complete my homework early so I can use my free time for community service.

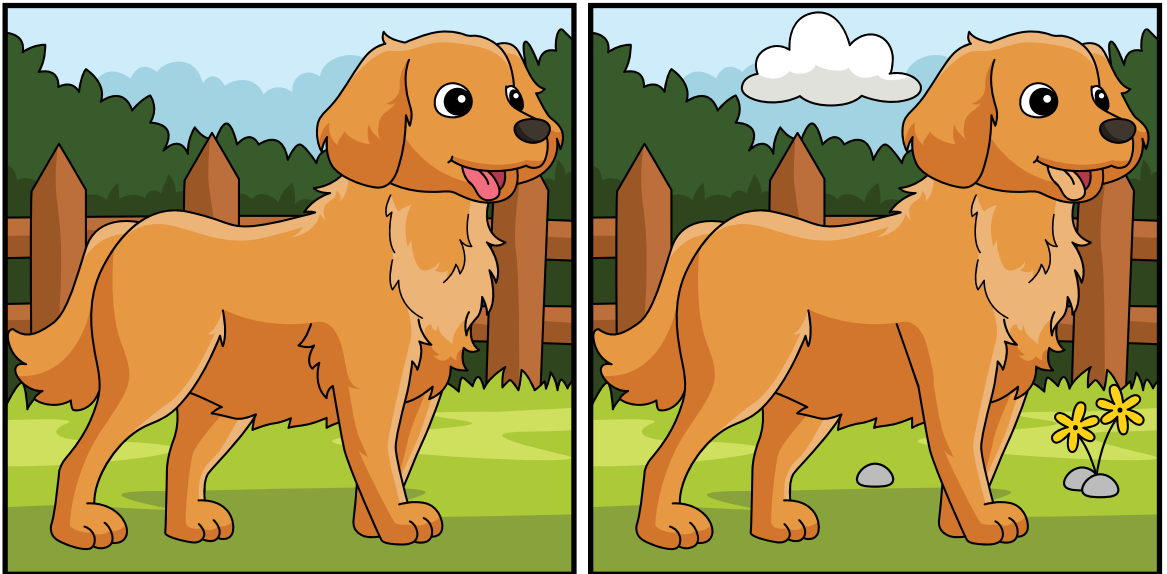
Sidak: I am glad you liked my holiday plan.

THINK IT OVER

When we think of community service, we visualize- volunteering, fundraising, or initiatives to uplift others. Yet, there exists another profound form of service—self-improvement. By striving to become better versions of ourselves, we contribute positively to the world around us. It's a ripple effect- better people create better communities, which ultimately create a better society. May we spread a message that even self-improvement is a community service.

-Jyoti Arora

Find 6 differences



Poem



Magic of a Holiday!

The sun is shining, the sky is blue,
It's a holiday, what shall we do?
We jump out of bed, full of cheer,
Thank you, God, for bringing us here!

We race down the stairs, all set to play,
We shout, we laugh, it's our special day!
We splash in puddles, muddy and wild,
Oh, how we love being carefree and like a child!

We share our toys and play with friends,
Laughter and joy that never ends!
Pillows piled high, we jump and fall,
In our cozy fort, we have a ball!

As the stars come out, we stop and stare,
We thank you, God, for this love we share.
Then we crawl into bed with a big, tired yawn,
Thank you, God, for the best day, till dawn!

Before we sleep, our minds start to race,
What new adventures will tomorrow embrace?

Prerna Sharma



RHYME



Life!

Life always gives you a Choice,
Through feelings and voice,
Gives you a chance,
For you to enhance,

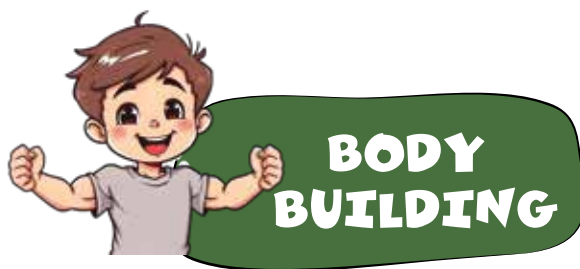
You need to amply,
You have to decide,
You want to apply,
Keep your vision wide,
Strive for the best,
You will seize the highest.

The thing you think,
It will sink.
If you think good,
You'll strive for the best...
If you choose happiness,
The lord will shower bliss...
If you choose sadness,
Life will bend to tenderness...
If you choose health,
Your body will become your wealth...
If you choose friendship,
You'll sail smoothly in all relationships...

Live life, not just king size,
But be the king of being wise...
This year was full of fear,
Leaving us nothing good to hear.
Still taught us many things,
Changed our attitude,
By adding Love,
compassion and gratitude...

If you choose love,
You'll choose Life,
Transforming me into we,
the choicest for your life,
And You will choose Life!!

Narita Ahuja



Heatwave

How to protect yourself
from heatwave?

Important information for children

Introduction

In summer, when there is very strong sunlight and hot wind, it is called heatwave. Due to a heatwave, there can be a lack of water in the body and many people can fall ill. Therefore, we should be careful and take precautions to avoid the heat.

What is a heatwave?

When the temperature of a place stays very high (above 40°C) for several days and hot winds blow, it is called a heatwave.

Symptoms of heat stroke (Lu)

Excessive sweating

Headache and dizziness

Feeling weak and tired

Lack of water in the body (dehydration)



Easy ways to avoid heat stroke

1. Do not go out in the sun

Going out in very strong sunlight can overheat the body and cause heatstroke. Stay indoors between 12 noon to 4 pm.

2. Drink plenty of water

Do not let your body run low on water . Drink at least 8-10 glasses of water throughout the day.

3. Wear light and loose clothes

Wear light-colored and soft clothes so that the body remains cool. Use a hat or an umbrella for protection.

4. Eat cool and nutritious food

Drink fruit juice, coconut water and lemonade.

Eat fruits like watermelon, cucumber, snake cucumber (kakri) and mango.

Avoid spicy and fried foods.

5. Drink ORS or salt- sugar solution

If you feel weak, drink ORS solution a homemade salt-sugar solution.

6. Keep the house cool

Put wet curtains on windows and doors. Use fans and coolers.

Wash your face and hands with cool water several times a day.

Too much running around can quickly overheat your body. Keep drinking water while playing.

What to do if someone gets heatstroke?

Take them to a shady and cool place immediately. Pour cold water on the affected person's head or place cold compresses on it.

Give him oranges, lemonade or coconut water. If the condition worsens, consult a doctor immediately.





Picture Story

Story & Illustration : Ajoy Kalara

Good morning, Grandpa! Grandpa, did you see that? Oh... I can't find it anywhere! Mom!." Tell me, how shall I enjoy my summer holidays without it.



What is the thing without which you will not enjoy your holidays?





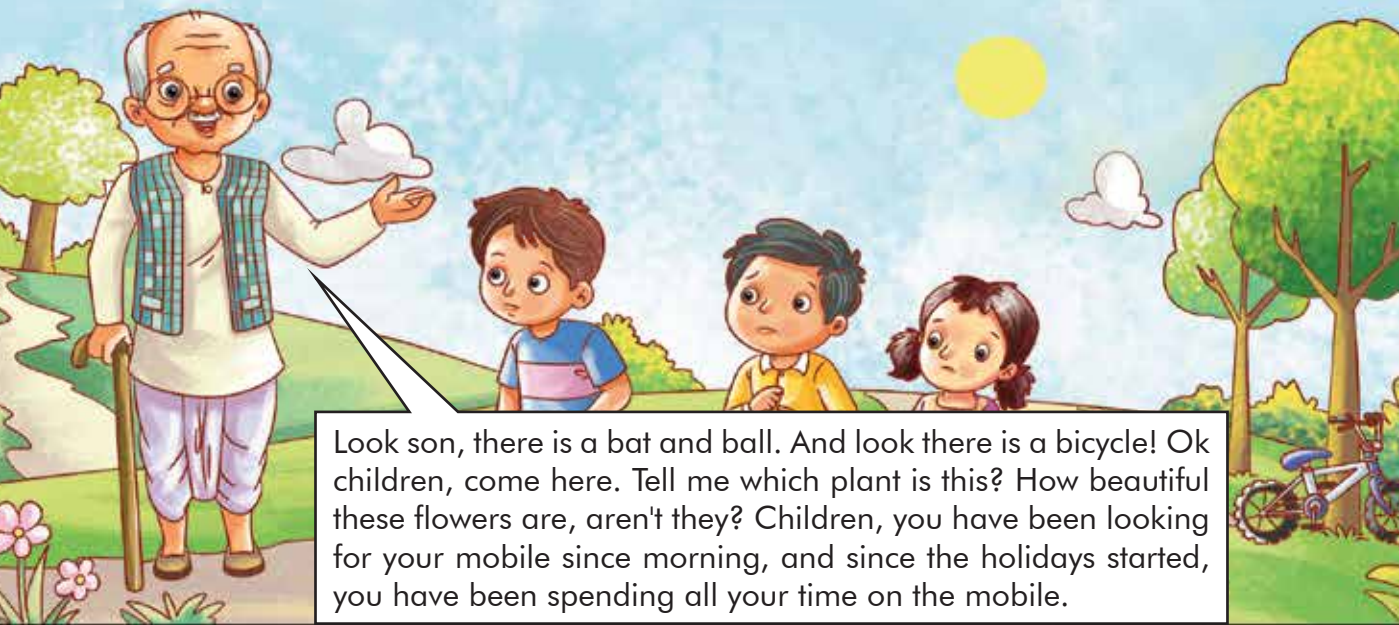
Mobile phone, Grandpa. I had made a list of shows I wanted to watch and video games to download. But now I haven't been able to find it since morning.



Oh, don't worry kids. Come let's go to the garden. Don't refuse.



What a boring day it is, Grandpa. I don't know what to do without my mobile phone.



Look son, there is a bat and ball. And look there is a bicycle! Ok children, come here. Tell me which plant is this? How beautiful these flowers are, aren't they? Children, you have been looking for your mobile since morning, and since the holidays started, you have been spending all your time on the mobile.



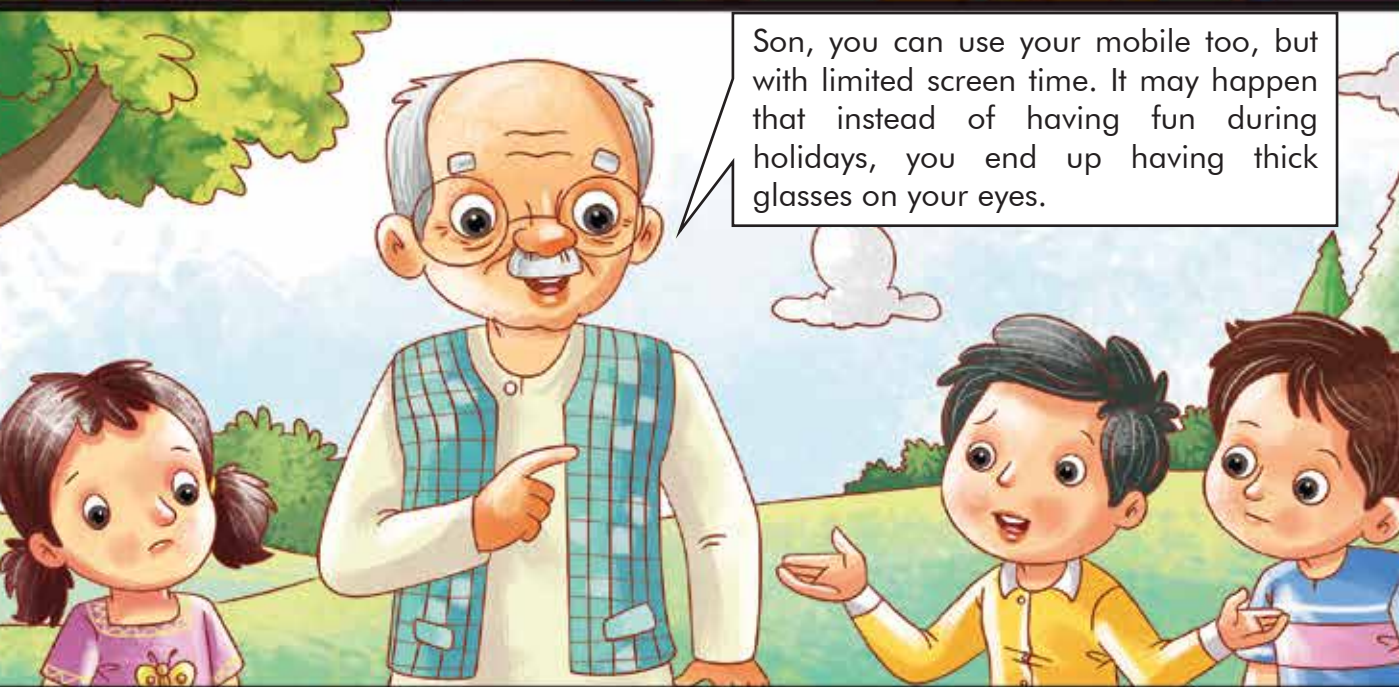
Now that we have got a break, Grandpa, should we enjoy using the mobile phone?



Children, now that you have a break, relax your mind too. Give yourself a chance to grow. Go out into nature, learn new skills, talk to friends, play.



Grandpa should we not use the mobile phone at all?



Son, you can use your mobile too, but with limited screen time. It may happen that instead of having fun during holidays, you end up having thick glasses on your eyes.



Oh no! Now we will make a new list for summer vacations- less mobile time and lots of growth activities.



While on vacation with her parents, Riya asked, "Why are we going to spend our vacation in an orphanage?" She was expecting to go to a luxurious resort, not a place where she would have to help someone. As soon as they reached there, a crowd of happy kids ran to meet them. Riya gave a fake smile and kept a distance from them. She had no interest in making friends. Her parents and grandparents immediately joined in helping out in the kitchen, playing with the kids and telling them stories. While Riya on the other hand sat in a corner and got busy with her phone.

One day one of those children, a little girl named Meera, asked her, "Will you play with me?"

Riya did not feel like playing with her but for the sake of it she said yes.

But as she spent time with Meera and other children, she changed her mind. She realized that those children had no parents to put them to sleep at night, no siblings to play with, and no grandparents to tell stories to. Still, they were happy and grateful for the little joys.

That evening an elderly caretaker stroked her head and said, "Child you are so lucky, you have parents and grandparents who love you, not everyone gets this happiness and that is why these relationships are so precious."

Riya thought about her family. She had spent a lot of time ignoring them. She had taken their presence for granted. Seeing the children at the orphanage enjoying every moment with the elders around them made her realize how precious her own family was.

The next morning, instead of sitting alone, Riya helped prepare breakfast. She played with the little children, listened to stories from the elderly caretakers and for the first time, she felt grateful for her family.

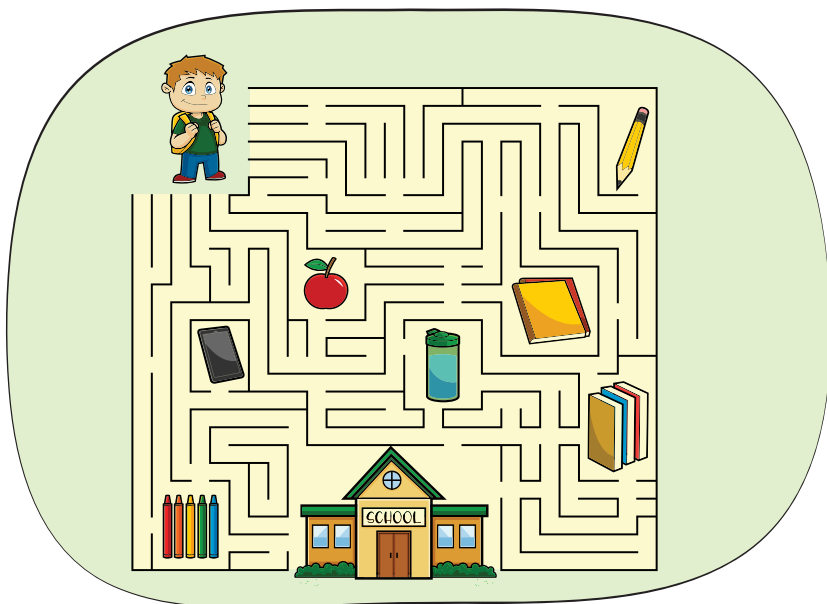
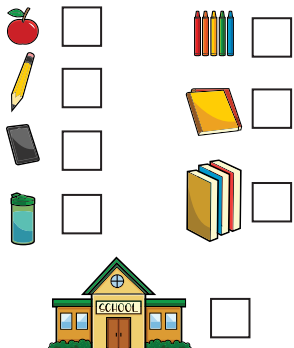
When she was going to her home from the orphanage, Meera hugged her tightly and said, "Come again, sister Riya!" Riya became emotional and smiled genuinely. She admitted to her parents and grandparents saying- This was the best vacation ever, not because of the place they visited but what she learnt.

Grandmother held her hand and said that family was the best gift.

She nodded her head smilingly because she had understood that family was precious and should never be taken for granted.

— Shruti Chelani

Where will you
reach fastest



STORY OF STORY



Amazing Holidays



One day when Rohit went to his school, he came to know that the holidays would begin the next week and his school had decided to visit a nearby village . When he went home and told this to his parents, his mother said, “This is a very good thing. Taking children to a good place during holidays is very rewarding.” Rohit's father said, “You are right, through this, children will get to learn and know many things.

A few days later, when Rohit went to the village with his school children, he met an old woman who had been living in that village for many years. He asked , “Grandma, whose mango tree is this?” The woman said, “This tree was planted by my father-in-law. He was very fond of eating mangoes but unfortunately, he died a few weeks after planting this tree. Rohit said, “Grandma, we will eat these sweet and juicy mangoes and plant trees like him.”

The woman saw some children playing nearby and asked Rohit to give them some mangoes. Rohit asked the woman, “Grandma, we don't even know them.” “Son, this is a village, not a city. Here all the people live together and share their joys and sorrows. So, you go and give these to them because happiness increases by sharing.”

Rohit said, “I have understood what you

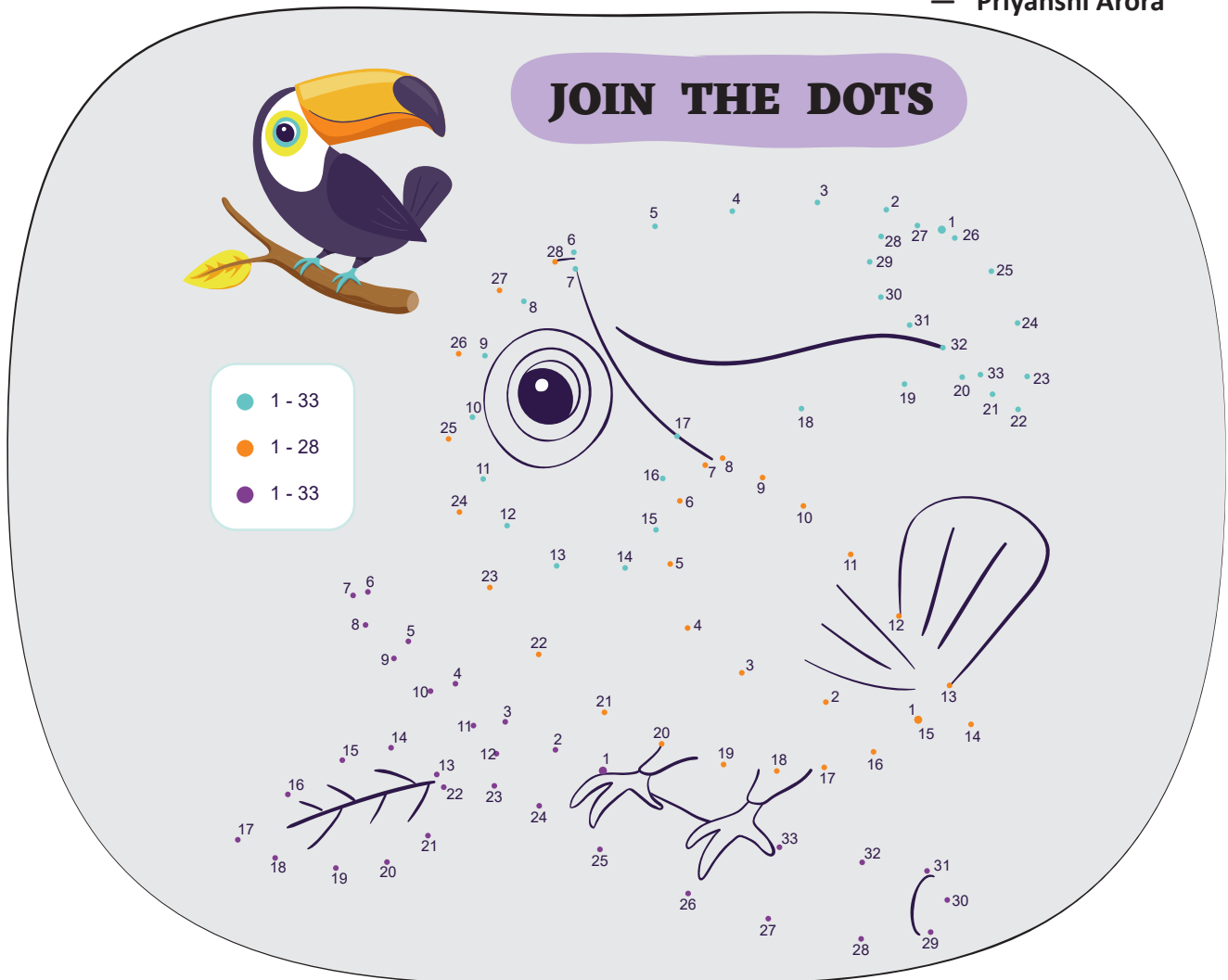
are saying. I will give them mangoes right now." All the children enjoyed the mangoes and planted many trees. Pleased by their concern for environment the village head welcomed them with great enthusiasm. He also took the children around the village and treated them with the famous food of that place.

Rohit said, "I don't feel like leaving this place. One can't find such a good and simple life in the city, especially one without pollution and noise of vehicles? I wish such natural greenery was present in cities too!"

Grandma said, "That is right, so children, take a pledge that from now on we will use as little plastic as possible, will not throw garbage here and there and will try to use only government vehicles?"

"Yes Grandma!! We should always take care of our nature because it is a gift from God. We must take care of and protect and plant as many trees as possible."

— Priyanshi Arora





Probiotic = Pro kid



You must be wondering what probiotics are?

'Pro' means 'for' and 'bios' means 'life'. They are good bacteria that fight against the bad microorganisms and maintains the natural balance of our gut microbiota.

Since, 80% of our immune cells are in the gut so keeping it healthy is the key to good health.

Probiotics can help children who are lactose intolerant, allergic to wheat (Celiac disease) and have poor digestion by maintaining healthy bacteria, mitigating inflammation, increasing absorption of nutrients and boosting brain function and immunity thus making us stronger.

How to get Good Bacteria?

The answer is Fermented Foods.

Include yogurt, buttermilk, kombucha, kanji, homemade idli, dosa and dhokla etc in your diet.

Isha Dhaliwal



**NATURE
TEACHER**

IKEBANA

The traditional art of Japanese flower arrangement



Introduction

Ikebana is a beautiful and meditative art of traditional art of flower arrangement. The word "Ikebana" means "giving life to flowers". It is not just a process of arranging flowers, but also a way to connect with nature and inner peace

Characteristics of Ikebana

1. **Balance and Beauty** - The natural beauty of flowers , leaves and twigs is brought out by arranging them in a balanced and aesthetically pleasing way.
2. **Asymmetrical Composition** - In Japanese art, asymmetry is considered more aesthetic than perfect symmetry.

3. Importance of Empty Space - Empty space is also an important part of the design in Ikebana. It symbolizes peace and balance.
4. Harmony in nature - flowers and leaves are chosen according to the seasons, maintaining a strong connection with nature.

Major Styles of Ikebana

1. Rikka :

This is a traditional and elaborate style, with long branches and multiple layers of flowers.

2. Shoka :

This is a simple and minimalist style using only a few select elements.

3. Moribana :

This is a modern style in which flowers are decorated in a wide and flat vessel.

Importance of Ikebana

- It helps maintain mental peace and concentration.
- It teaches the art of connecting with nature and appreciating its beauty.
- It is a medium for understanding Japanese aesthetics and culture.

conclusion

Ikebana is not just flower decoration, it is a process of meditative practice that connects us with nature and brings inner peace. This art teaches us that beauty exists not only in living things but also in empty spaces.



13th May
Samarpan Divas



9th May
Mother's Day



1st May
International
Labor Day



8th May
World Red Cross
Day and World
Thalassemia Day

22nd May
International
Biodiversity Day



MAY

Important Days



16th May
National Dog Day



15th May
International
Family Day



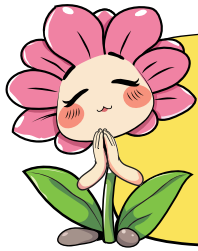
18th May
International
Museum Day



30th May
Hindi Journalism Day



12th May
International
Nurses
Day



INSPIRING
INCIDENT

Lesson Learnt in Childhood



This is an incident from the childhood of Shri Vivek Shauq ji, a great thinker and famous poet of Nirankari Mission.

Vivek Ji's father, Shri Dharm singh Shauk ji, used to go to Bal Sangat(Children's congregation) from time to time and explain the importance of Satsang (Congregation) to the children. Once, Vivek Ji had not completed his school's homework. It was time to go to Satsang in the evening. Now if the homework remained incomplete, he could get punishment in school the next day. So, Vivek Ji said to his mother, "Mother, my homework is incomplete. Tell father not to take me to Satsang today!"

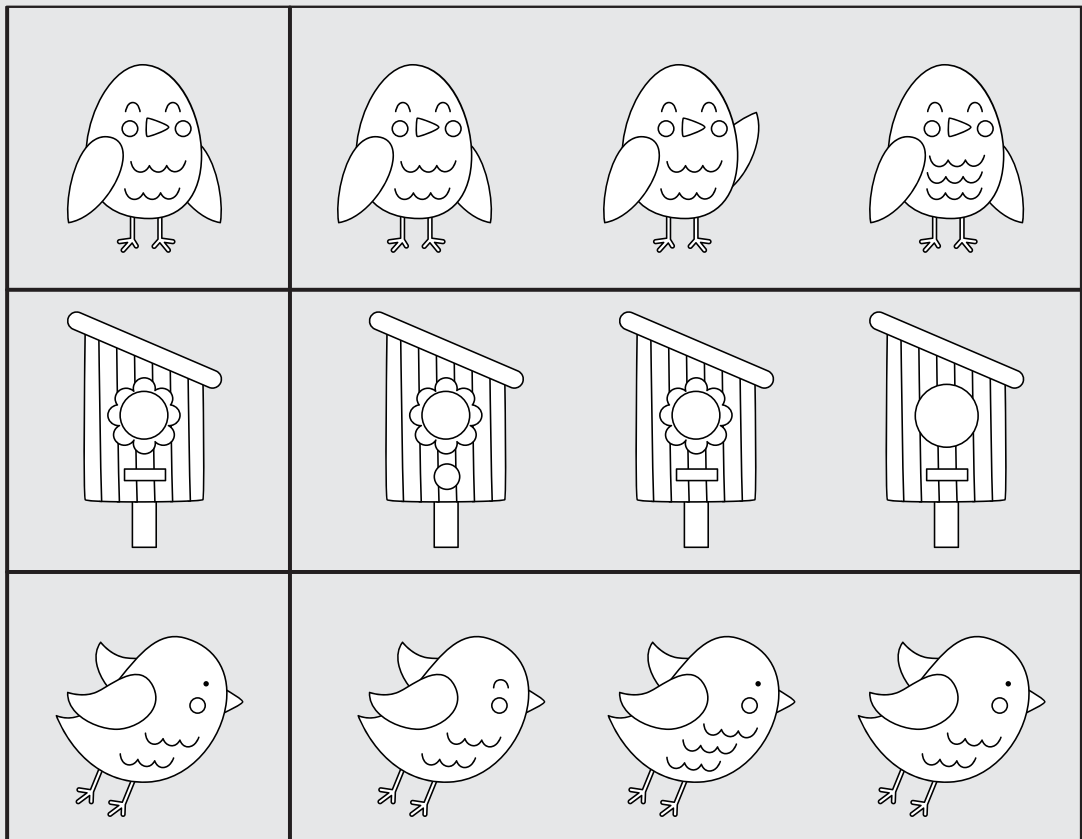
On his mother's request, his father did not take him to the Satsang and did not say anything at that time.

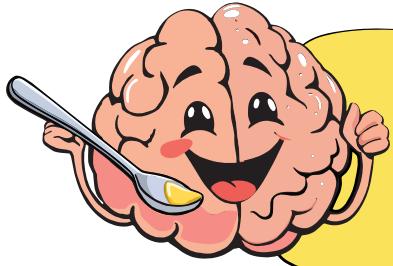
After a few days, Dharam Singh Shauk ji took Vivek ji out for a stroll. While on the way, he asked Vivek ji, "Son! If you don't do your school's homework, what does your teacher do?"

Vivek ji said, "Madam punishes me and also insults me in front of everyone."

Dharam Singh Ji smiled and said, "Well, if you don't do your school homework, Madam punishes you, you know this and you are also careful to avoid this. But have you ever thought what is the loss of not going to Satsang? The words of saints and great men bring good changes in our lives. Our destiny can change with their grace. The loss of not going to Satsang may not be visible immediately, but it is huge. Therefore, from now on, complete your school studies first and then go to Satsang. Thus, Dharam Singh Ji's way of teaching was different. This teaching changed Vivek Ji's life and he always gave priority to Satsang.

Find same image





**Food for
thought**

Mother's Day

Mother is like glue. Even when you can't see them, they are still holding the family together.
-Susan Gale

In many nations including India, Mother's Day is observed on the second Sunday in May. Mothers are honoured on this particular day for all that they do.

WHAT MAKES MOTHERS UNIQUE?

Mothers provide us with :

- Unwavering love, support, and care.
- Make us feel secure and confident.
- Cook, clean, and assist with our academics.
- They are our dearest friends and our first teachers.



IN WHAT WAYS DO CHILDREN OBSERVE MOTHER'S DAY?

- Kids compose poetry,
- give gifts, cards, or flowers.
- Prepare delicacies.
- help with household chores,
- give special hugs, sayings "I love you" or "thank you".

MOTHER'S DAY AT THE SCHOOL

To honour mothers, several schools host special events such as skits, dances, and songs. Children appreciate demonstrating their affection for their mothers in entertaining and innovative ways.

THE IDEAL PRESENT FOR MOM

Our time, kindness, and respect are the greatest gifts for our mothers. Our mother will feel appreciated if we listen to her, help out around the house and be courteous. Mother's Day is not the only occasion to show love and respect, it should be shown every day.

A PARTICULAR THANK YOU

Our moms deserve all the love we can give them because they do so much for us. Let's make them feel special not just today but everyday!

Happy Mother's Day! Let's honour
our wonderful mothers with
love, happiness, and
warm smiles!

— Savita Saini



TRAVEL BUDDY



FINLAND - The Land of AURORA'S STAGE

Hello friends!

Let me introduce myself as your travel buddy!

Today, we're traveling to Finland! - a country in Scandinavian region of Europe with its capital, Helsinki.

Finland is also home to children's favourite Santa Claus. Rovaniemi is renowned as the official hometown of Santa Claus. While growing up, I believed Santa would leave gifts under my pillow. And you know it happened, but the Santa turned out to be my parents when I grew up.....🙈

Finland has been ranked as the happiest country in the world for the eighth consecutive year, according to the 2025 World Happiness Report. This achievement is attributed to several factors, including a strong sense of community, trust among citizens, and a culture of caring and sharing.

Today, we'll learn about Finland's unique natural wonder, the Northern Lights (Aurora Borealis). These lights occur when solar particles interact with Earth's magnetic field, creating colourful displays that appear as curtains, rays, spirals or dynamic flickers covering the entire sky.

It's a surreal beauty of nature! Planets in the solar system, brown dwarfs, comets and some natural satellites also host auroras.

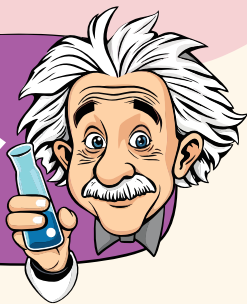
Also, Finland has the world's largest archipelago (a group of islands), with thousands of islands along its coastline

I hope you enjoyed this information.
See you next time for more! Keep exploring!

-Taruna Manchanda



MY LABORATORY



Creative Ways to Spend Time during Summer Holidays

It's May already... Aren't you excited for the "Summer Holidays"?
No school, no uniforms, and no monotonous routine!
You'll also get to play more, enjoy the leisure time,
attend more 'Satsang' (congregation)
and participate in 'Sewa' (service) activities.
Here are some creative ways to spend your summer holidays:



Unleash Your Inner Artist:

Take professional training in singing, dancing, acting, or playing a musical instrument. Record your progress and reflect on your journey.

Get Creative with Art:

Enjoy drawing, doodling, sketching, or making mehndi designs?

Grab a sketchbook and let your imagination run wild!



Write Your Heart Out:

Love writing? Try journaling, poetry, or storytelling. Get a new diary and pen and start expressing yourself!



Craft Your Way:

Interested in crafting? Gather scrap materials and create something useful. Find inspiration on YouTube!

Cook Up a Storm:

Love cooking? Plan new recipes, watch videos and get help from family and friends. Don't forget to take selfies with your creations!



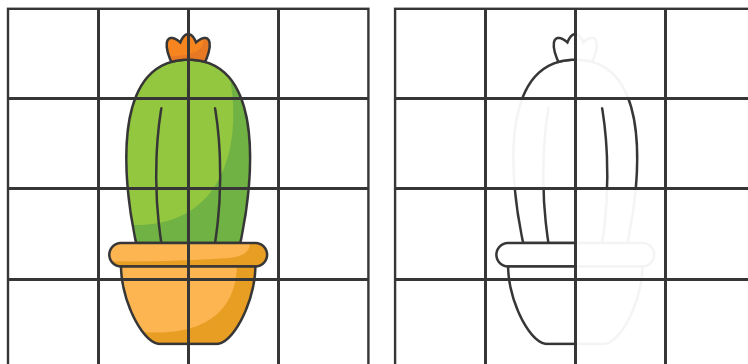
Stitch Your Way:

Interested in stitching? Start with simple projects like handkerchiefs, phone covers, or table mats. Use old clothes or fabric scraps to create something beautiful.

Remember, the possibilities are endless! Identify your interests and plan accordingly. Have a fantastic summer holiday filled with love, relaxation, and enjoyment!

- Shikha Karan Arya

COMPLETE THE PICTURE





TECH TOWN

Welcome to Tech Town!
Hey, future tech wizard! Ever wondered what's going on inside your computer when you press a button? Let's zoom over to Tech Town and see what's happening



1. Meet the Computer Superheroes!

Your computer is full of superheroes! Check out who's saving the day:

Processor (CPU): The brain of the operation! It's like a speedster, making everything happen super-fast.

Memory (RAM): Imagine your backpack. RAM holds all the stuff you're using right now—more RAM means more room to carry stuff!

Hard Drive (Storage): This is your computer's closet. It holds everything you save—games, pictures, memes... you name it!

Graphics Card (GPU): This hero is the artist of the group. It makes everything look awesome—like video games or cool cartoons!

2. How Do Computers Talk?

Computers speak a special language called code—kind of like their secret superhero code! When you play a game or watch a video, the computer is following secret instructions to show you all the fun stuff. It's like telling a robot to “spin, jump, and dance” and it actually does it!

3. Time for a Tech Challenge!

Can you match the superhero to their job? Ready, set, go!

Processor – Thinks fast!

Memory – Holds what you need now!

Hard Drive – Stores everything!

Graphics Card – Makes it all look amazing!

Draw a line between them!

4. Did You Know?

The first computer was so HUGE it took up a whole room! Imagine having a computer that big at home... you'd need a really big desk. Now, your phone is a super-powerful computer that fits in your pocket!

5. Tech Tip Time!

See that blinking line (the cursor)? It's your computer saying, "What do you want me to do next?" Type something in, and BAM! It follows your instructions.

That's all for today's Tech Adventure! Who knows, maybe YOU will build the next coolest video game or create a robot that makes pizza one day! Keep being curious and keep having fun with tech!

Join with Shadow

—Prerna Sharma



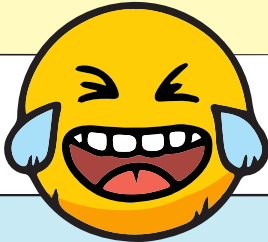
Mintu wanted to celebrate his birthday in a restaurant. He had invited many friends. Every one wanted to enjoy tasty dishes. Every one ordered according to his taste. Finally, mom ordered mushroom patties.

Mintu: Mom why is mushroom invited to every party?

Mom: You don't know?

Mintu: No...

Mom: (Jokingly) Because it is a Fungi...



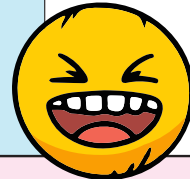
Rony wanted to celebrate his birthday with his friends. He couldn't express his desire to his mother.

Rony: Mom! I want to eat outside today.

Mom cooked the food and placed it in the courtyard.

Mom: Here! Come and eat outside.

Rony: Mom-----



Ram and Sham were very much fond of their cows. Each one of them would talk about their unique behavior. One morning Ram came running and said, "Sham! Now no cow can compete with my cow."

Sham: What is so special?

Ram : She is a budding scientist.

Sham: What?

Ram : She was repeating mew mew mew mew mew (μ) -----the whole night.

(μ represents many scientific terms like micro meaning 10^{-6})



**LAUGHING
TIME**



Ritu and Meetu had gone in the fields to enjoy some fresh air.

Ritu: (Looking at big windmill blades) Vow! Huge. What are they meant for?

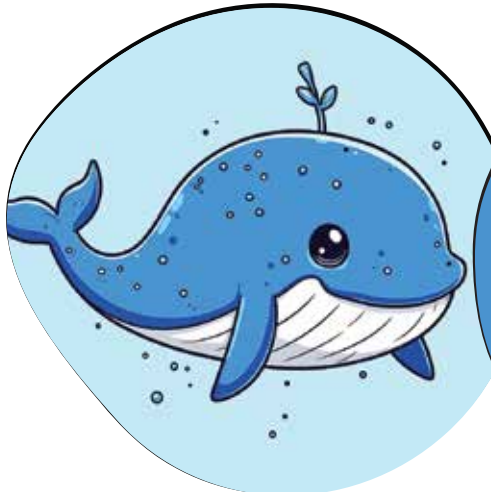
Meetu: They are big fans of renewable energy. Ha Ha Ha-----

Mysterious Genie



Glowing creatures
Some marine creatures such as jellyfish and fireflies produce a glow in their bodies. This is called "bioluminescence", which makes them glow at night.

Polar bears are white
Polar bears have white fur, which allows them to hide in the snow and hunt. But their real color is black, which helps them absorb heat.



The largest living organism on Earth
The 'Blue Whale' is the largest living creature. This ocean-dwelling whale can be about 30 meters long and weigh more than 180 tons.

INTERNATIONAL DAY OF FAMILIES



PARENT'S CORNER



International Day of Families: Celebrating the Pillar of Society
The International Day of Families is observed annually on May 15.
Established by the United Nations (UN) in 1993 to highlight the significance of families in our society. It aims to promote awareness of family-related issues and social, economic, and demographic factors affecting families.

Themes and Focus Areas

Each year, the UN selects a specific theme to address contemporary issues affecting families.

The theme for year 2025 is: Family – oriented policies for Sustainable Development. Towards the Second World Summit for Social development 2025. This theme emphasizes the importance of family centred policies in achieving the 2030 Agenda for Sustainable Development, specifically highlighting the family's role in Upcoming Second World Summit for Social Development.

Ways to Celebrate

Community Events : Organizing seminars, discussions, and workshops on family-related topics regularly.

Family Bonding Activities : Encouraging family gatherings, storytelling, and quality time.

Social Media Campaigns : Raising awareness using hashtags and sharing stories about strong family values.

Charitable Acts : Supporting underprivileged families through donations, volunteering, and advocacy.

Ponder Over

The International Day of Families serves as a reminder that of the importance of strong family units in building a better society. By addressing challenges and promoting supportive policies, communities can create a nurturing environment for future generations. Everyone has a role to play—individuals, governments, and organizations—in strengthening family bonds and fostering inclusivity.

—Manmohan

Request to Writers

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

Note : The title of the August 2025 issue is '**Freeom**'. Its compositions can be sent till 30 May 2025.

— Editor, Hansti Duniya
www.kids.nirankari.org
must visit!



PARABLE

DON'T HOLD ON TOO TIGHTLY; Embrace Change Gracefully

Tia is a wonderful girl—sensitive yet strong—who loves being around people and making friends. When we look at Tia’s journey, it unfolds those valuable lessons she learned during one of her summer holidays at her maternal grandmother’s house.

Every year, Tia visited her grandmother's house in the mountains, in a beautiful village in Himachal Pradesh called Arki. Along with her grandparents and beloved cousins, Tia had a dear friend named



Sakshi, whom she considered her a friend for life. The two girls eagerly awaited summer holidays, making plans to enjoy their time together. They would climb the treehouse near the woods, chase butterflies, sit on mountain rocks to watch the sunset, or wake up early at 4:30 AM to witness the beautiful sunrise. Their favourite activity, however, was plucking berries from the trees, which they could do for hours. These were memories they would cherish for a lifetime.

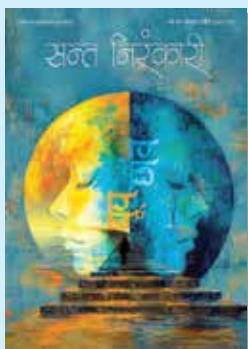
One summer, however, things changed between the two friends. With time, they had grown into teenagers with different thinking and interests. When Tia arrived at her grandmother's house, she rushed to meet Sakshi. Sakshi greeted her with a smile but without their usual jumping hug. This was Tia's first setback but she brushed it off, eager to reconnect. As they sat together, Tia sensed that something was off. Sakshi was quieter than usual. The next day, when Tia tried to visit her again, Sakshi coldly told her, "We're not kids anymore. Grow up, Tia. I have more important things to do than running around with you". Tia was taken aback and ran back home with tears in her eyes.

Tia's grandmother, a Brahmgyani (God Realised) saint, understood what had transpired and was affecting Tia. In a beautiful and an enlivening conversation, she asked Tia, "Do you feel sad when season changes?" Tia replied, "No". Her grandmother added, "Because you understand that nature's change is inevitable. For example, the cycles of spring, summer, autumn, and winter showcase how nature continuously adapts. Trees shed their leaves in autumn, flowers bloom in spring—each season brings inevitable changes. Nature's ability to evolve and adapt is a reminder that change is part of life".

Tia was then able to accept that her friend had changed, and that letting go was part of growing. Change is inevitable and constant.
Think It Over: Never hold onto any situation too tightly, as it may cause pain. The more loosely you hold, the better you can handle situations. – Nirankari Rajpita Ji

—Taruna Manchanda

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