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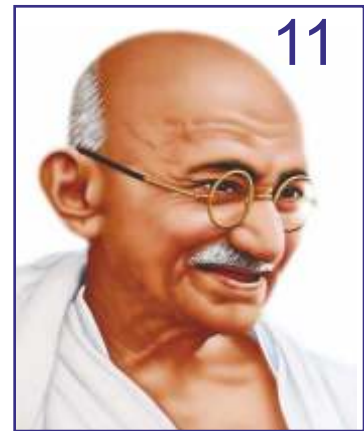
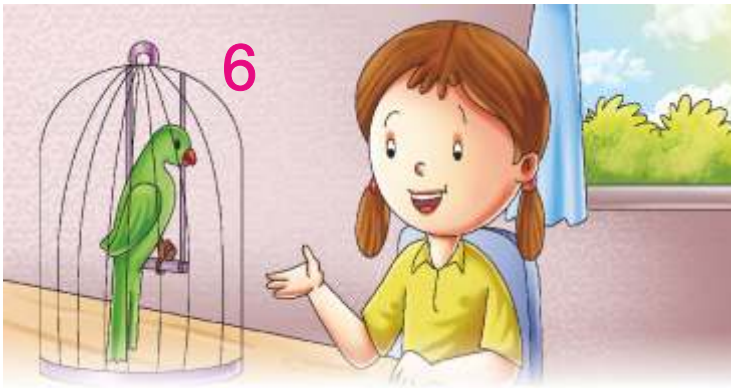


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HAIL THE SOLDIER— HAIL THE MAN

There have been two great personalities in the history, both of them born on 2nd October. Their thoughts and viewpoints were constructive. They were always keen to work for the progress of the nation. Their names are Mohandas Karam Chand Gandhi and Lal Bahadur Shastri.

Both were known for their high ideals and personality, and not because of their common date of birth. Many people share the same date of birth but the high character and personality make them great. Mahatma Gandhi taught the lesson of non-violence and gave a message, "See no evil, hear no evil, speak no evil." He prayed to God that "Ishwar, Allah tero naam, sabko sanmati de Bhagwan," meaning thereby that Ishwar and Allah are both names of the same God Almighty and only he provides good thoughts to all. He gave a message of morality to entire nation and prayed for the welfare of the humanity and inspired everyone to live a life full of good deeds. His own life was also full of such human qualities.

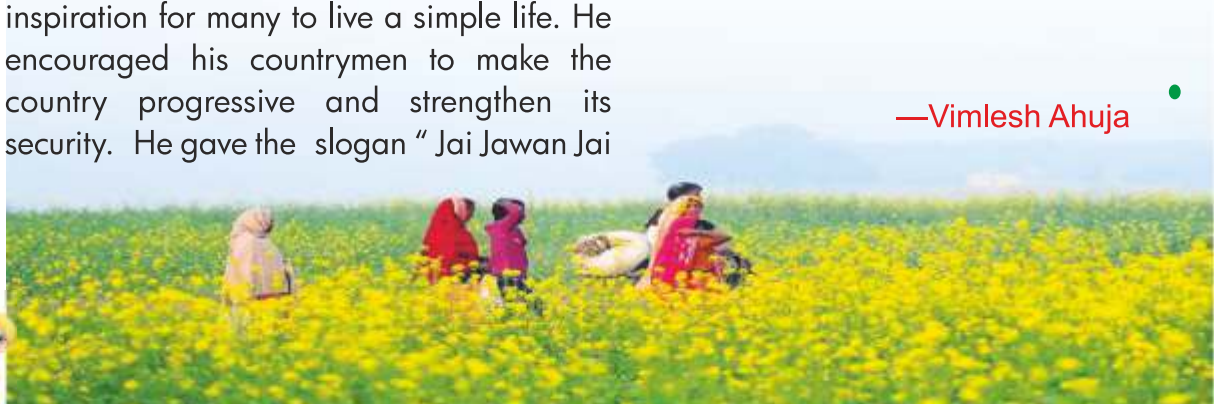
Lal Bahadur Shastri was a man of simple nature and noble attitude. His lifestyle was an inspiration for many to live a simple life. He encouraged his countrymen to make the country progressive and strengthen its security. He gave the slogan "Jai Jawan Jai

Kisan." The defence personnel who lay their lives for the security of their country, he had deep love for them. He inspired the farmers to increase the crop output so that the food deficiency could be reduced and he persuaded the inhabitants of the country to fast once a week. He himself used to fast on every Monday and millions of people started following him in this regard.

Dear friends! the purpose of highlighting all these things is that we must also make efforts to do similar good things for our society and nation. We should have the enthusiasm like that of our army personnel but at the same time be non-violent also. We should have the capacity to increase the produce of the country by working hard like farmers and willingness to lead our country to the state of welfare through our thoughts and actions as well.

With this kind of thinking we can prove to be better human beings, a good person is always answerable to his responsibilities. If we are aware of our duties, then it will set an example for others. Then there will be an echo of, '*Jai Jawan, Jai Kissan and Jai Insaan*'.

—Vimlesh Ahuja





I have seen God

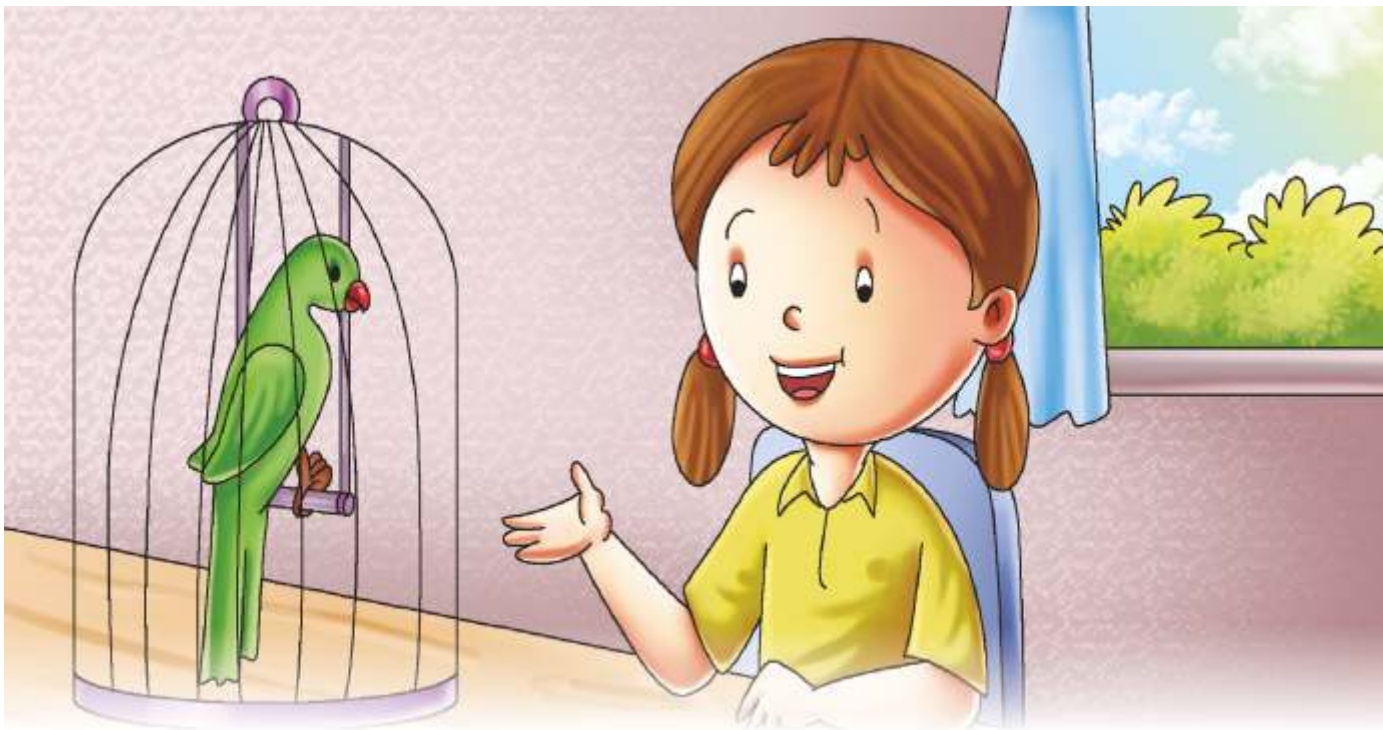
Song — H.S. Nirman, Chandigarh

I have seen God, yes, seen God;
And shall never die.
I am happy, very happy;
You ask how and why.

Neither through any worship, nor through any search;
Rather these efforts had left me in the lurch.
Did not pay anything, yet God did I buy.
I am happy, very happy...

With the grace of Nirankari,
My Satguru of the day
I entered the kingdom of heaven by the way—
In a twinkling of an eye, he gave me third eye
I am happy, very happy ...





An inspiring Story: Roopnarayan Kabra

CHILDREN with CLEAR HEART

Seema kept the cage on the table and started talking to her lovely parrot Romi-

- Romi, how do you feel in the cage ?

- Seema, how would you feel locked in a room ?

- Very bad. I will weep, shout. But you don't weep, Romi.

- Who sees our tears. Neither we can express our happiness by laughing or smiling nor our sadness by weeping.

- We, love you so much, provide you food-drinks, even then you are sad.

- Seema Rani, who doesn't like freedom. It's true that your warmth gives solace, but that free flying under the blue sky, enjoying the company of our fellow beings, visiting different states, relishing different fruits - your hospitality is zero in front of that free life.

- And what about my love ?

- Why only human - animals desire love. I am alive out of your love only, otherwise I would have died



long ago to free myself from this bonded life.

- Do you find any trouble here other than your freedom ?

- If you truly ask, perhaps I have lost my freedom.

Possibly, I will not be able to fly that much now. My friends may also not accept me now. I am afraid, I may fall victim to the falcons. I am at least safe here. But my grief is somewhat different now.

- what is that, Romi ?

- Please don't take it otherwise, Seema. When I listened to your father talking about using unfair means in exams and offering bribe. I felt uneasy then. Yesterday only, your father was telling the teacher, "See that Shaillu clears the examination, I will get you a suit of clothes." My grief just doubled when I found the teacher also accepting the proposal. What will be the future of the nation, when a guide or the builder of the great nation starts misguiding.

- Romi, you also have care of your nation.

- Why not. I too take food of this earth and breathe in this very air.

- Romi, you are right. Whatever is going on at my place, I shall oppose it. Will you support me?

- You will protest, but how?

-With peaceful weapons of Bapu (Mahatma Gandhi)- Satyagrah and hunger-strike.

-The father had heard the entire conversation standing behind. He came and kissed Seema in appreciation.

-Seema and Romi, your dialogue has opened my eyes today, I had just gone blind in selfishness and greed.

- If you want to succeed, you must make your own opportunities as you go.

— John B. Gouge

- The man who can not believe in himself can not believe in anything else.

Thoughts

— Ray. L. Smith

- They conquer who believe they can.

— John Dryden

- Happiness does not imply that god I also part of our life, instead happiness is that god I solely our life.



SAMPURAN AVTAR BANI

Ik Tu Hi Nirankar - 121

DANI DAN BHANDARA TOON EYN TOON EYN IK GARIB NIWAZ;
 KAR BAKHSHISH TE BHAR DE JHOLI KHOLH DE APNE SARE RAAZ.
 SARE JAG DA WALI TOON EYN GUR GOBIND GOPAL HAIN TOON;
 JAG DA PALANHAR HAIN TOONHION ROOP JAWANI MAL HAIN TOON.
 SABH TON AVAL HASTI TERI KHALAQ TOON KARTAR TOON HI;
 BHAGAT JANAN DI RAAS TE POONJI ROOHAN DA ADHAR TOON HI.
 SATGUR POORA HAI JAG-KARTA VEHAM DILAN DE DOOR KARE;
 BAKHSH KE APNE NAM DI JOTI DIL VICH MERE NOOR KARE.
 HOCHHA MOORAKH SAAR NA JANAN BHULLA RASTE PA DEVO;
 LA KE APNE GIAN DI TEELI MAN DI JOT JAGA DEVO.
 GUN TE SIFAT NAHIN KUJH PALLE NEECHON NEECHANJAN HAN MAIN;
 MEHRTERI DE SAE HETHAN AA PAHUNCHA BHAGWAN HAN MAIN.
 HATH JOD KE BENTI MERI LAKH LAKH VARI EY PARNAM;
 AVTAR KAHE SUN JAG DE SAIN JHOLI PA DE APNA NAM.

Gist : Thou Formless One

You are the great benevolent repository of benediction and the sole benefactor of the poor;

Be gracious and fill my empty bowl and reveal your mystery.

You are the Supreme Lord of the universe, you are the True Master as well as the Almighty God;

You are the sustainer of the whole world and you are the beauty, youth and the wealth.

Your entity is supreme, you are the creator and sustainer of all;

You are the capital and the asset of the devotees and the support of all the souls.

The perfect True Master moulds the world and he removes doubts and delusions from the hearts;

He bestows the light of his Divine Name and illumines my heart.

I am shallow, unwise and unaware of the Truth, please show me the right path;

With the light of your divine knowledge, please kindle the lamp of my mind.

I possess no merit or quality, I am the lowliest of the lowly and ignorant;

O' Lord Master, I have come under the shade of your divine grace.

With folded hands I pray to you and I pay obeisance to you a million times;

Avtar says, listen, O' Lord Master of the World, fill my empty bowl with your Divine Name.



Youth and The Mission

— C. L. Gulati, Secretary, Hq. SNM. Delhi-9

Sant Nirankari Mission stands for perception of all pervading formless God, resulting in love, mercy, compassion and peace for every body. As a vast reservoir of peace, it calls for abridging the communication gap between Mission and the weary mankind. To begin with, it is the founder devotees who, facing odds, put their heart and soul in establishing roots of the Mission. Thereafter, it is the Second Line who work for the Mission in unison and globalise it. Identifying the Second Line, it is obviously the youth whose intimate involvement in the Mission has been stressed time and again.

While the Mission looks forward to the youth to carry the Mission at every door step, the youth equally needs the Mission to spiritualise their energy for an accomplished and blissful life. It is, therefore, high time to focus on the youth to tap young talent. On the other hand, it is the foremost task of the youngsters to study the literature of Mission to know its history and imbibe its philosophy. This will help them sort out their own queries and also make them well-versed potential

representatives of the Mission. The enlightened and educated youth can successfully make inroads in every strata of society by their logical and scientific approach.

In the field, we remember that Sanyojak is designated by Satguru himself. Respecting him is equivalent to respecting the Satguru. Conversely, Sanyojak, like the head of family (Sangat), is to ensure that every able and available devotee is effectively involved in the activities of the Mission. The youth have got to make themselves available to the Mission according to their capabilities. If they have the knowledge of computer, accounts work or any other specialization, they should report their ability and availability to the local Sanyojak. Increasing membership of Nirankari Magazines is the minimum must which the youth can be entrusted with.

With the blessings of HH Satguru Mata ji, when the maturity of elders is combined with the dynamic energy of the youth, it produces wonderful results. The elders have a major role to play to help the youth come forward. Respecting the youth will spontaneously bring respect to the elders, Let the Sanyojaks and the youth around the world open their close fists for a promising handshake to convey the Mission to every head and heart through multi-reach methods and prove that: When the Mission and youth combine,

It marks the birth of Second Line.



STORY OF MOUNT EVEREST

By : Vidya Prakash

Reaching 29,029 feet (8,848 meters) above sea level, Mount Everest is the highest mountain on Earth. Located in the Mahalangur section of the Himalayas, the mountain's summit straddles the border separating China and Nepal.

The naming of Everest is an interesting story. Earlier it was called as 'Sagarmatha' in Nepal and Chomolungma in Tibet. In the year 1852 an expedition of Indian climbers collected essential pieces of facts and information with regards to this mountain peak. One member of expedition clerk named as clerk Radhnath Sikdar provided that information urgently to general surveyor Everest. Sikdar also researched about the height and the surroundings of the peak. Sikdar named it after Sir George Everest Surveyor General of India from 1830-1843 to honour him

In the beginning Mount Everest was a topic of mystery and curiosity for many people. In 1921 an expedition went from England to collect information on Everest but it

could not gather much information. In 1922 the challenge of climbing the Everest was accepted for the first time. After that many efforts were made to climb the Everest but all in vain. On 29th May year 1953 at hour of 11.30 Edmund Hillary of New Zealand and Sherpa Tenzing Norgay were successful in climbing the Everest. According to these climbers, "It is not a child's play to climb the Everest." After that many climbers got success in climbing the Everest peak.

Over, 5,000 people have successfully climbed Mt. Everest among them

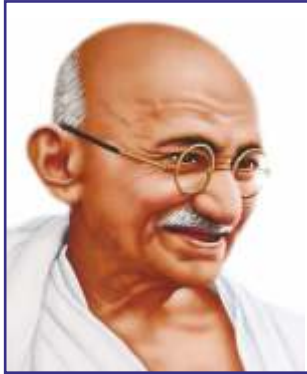
13 years old blind boy and 73 years old woman. Bachendri Pal was the first Indian woman to climb Mt. Everest in 1984. Santosh Yadav was Indian woman to climb Mt. Everest twice. She successfully climbed it from Kangshung face.



An Inspirational story: Jayender

Unforgettable Teachings Of Mahatma Gandhi

Gandhi Ji used to believe in simplicity and self-dependence. He disliked outer pretension and also show-off. He considered extravagance of even a penny as a loss to the nation. During his tour of Noakhali, the village people used to give him a warm welcome, sometimes by decorating the village with Palm tree leaves. Babu Ji never objected to it. But once in Devipur village, the people decorated the village with flowers, silken bands and various other multi- coloured papers etc. And also lit lamps of ghee and oil. This decoration didn't suit Babu Ji and he asked, who had provided the funds for this decoration?



Some people replied that it was done out of the donation received from the public.

Babu Ji said, “This decoration is a mere waste of money as it won't long last. This is all extravagance. This simply reveals that you are not following me. Instead of these flower garlands, had you welcomed me with cotton thread garlands, that would have been used to make clothes afterward and thus not gone waste. Moreover, you are the volunteers (karyakarta). I just find that all these volunteers who used to be recognized for their service to mankind, if they are offered some position, they may not degrade themselves in the lust of garlanding each other.”

Yes, Gandhi Ji's version stands equally true in today's time also.

Here is another inspirational event from Gandhi Ji's life. Gujarat Vidyapeeth institution was opened in Ahmadabad. Now the question arose whether schedule caste people be given admission there or not? In organizational set up of the institution some people were in favour of schedule caste, so didn't want any amendment. Taking this unresolved issue the volunteers went to Gandhi Ji. They stressed the need for compulsory admission to schedule caste. The news of

this matter spread in entire Gujarat. Some of the upper class people said to Gandhi Ji that national educational programme is a big charitable programme and they are prepared to donate as much money as you say but this schedule caste matter should not appear.

The reply Gandhi Ji gave to them is worth noting. He said, “Not to talk of Vidyapeeth institution, even if tomorrow some one offers me to accept the rule of India with the condition of keeping untouchables out, I will not accept it.”

Similarly, he continued to fight against spreading the poison of communal vices. He emphasized the need of communal harmony amongst various people belonging to different religions. Hindus and Muslims are inseparable parts of Indian society. He was of the belief that for a healthy society both have to be strong.



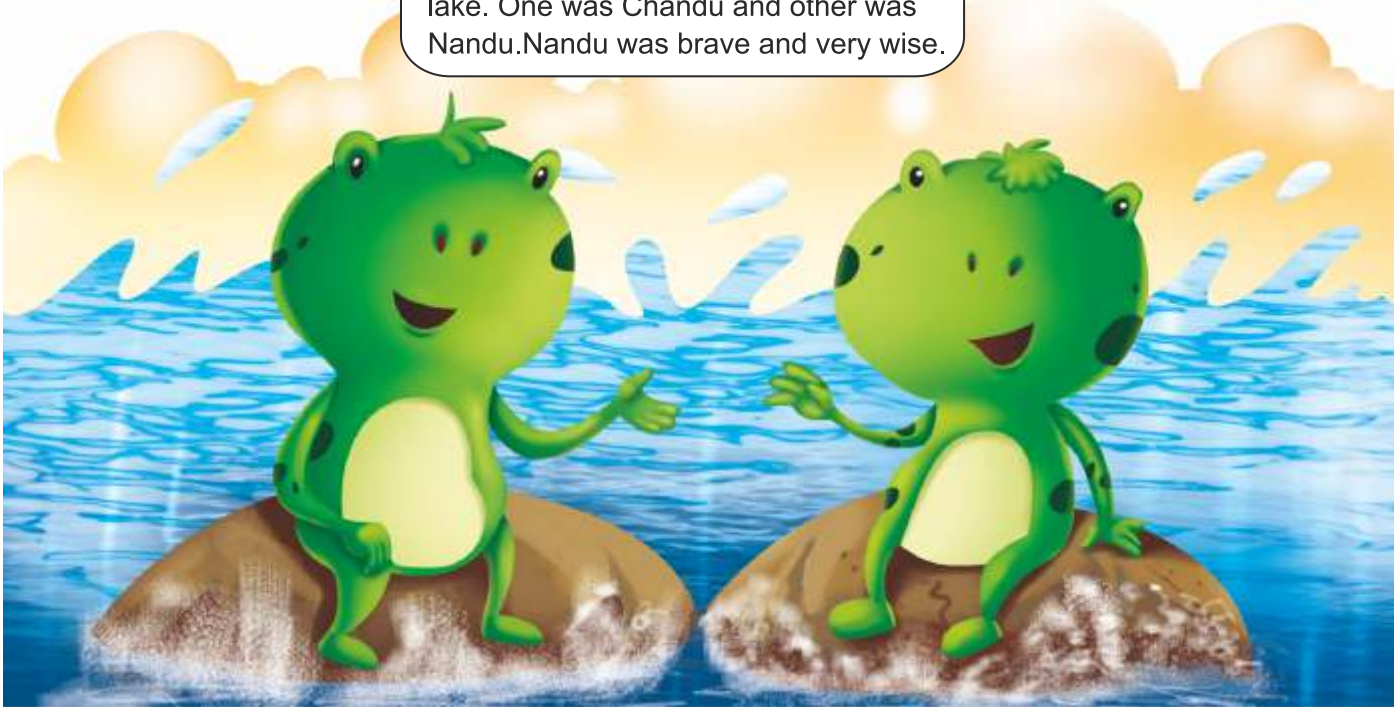


Grandpa

Story & Illustration


— Ajay Kalara

Two frogs used to live in the corner of a lake. One was Chandu and other was Nandu. Nandu was brave and very wise.




"Oh we have roamed around the jungle a lot now let's roam around the city, this way we shall be able to visit the city"

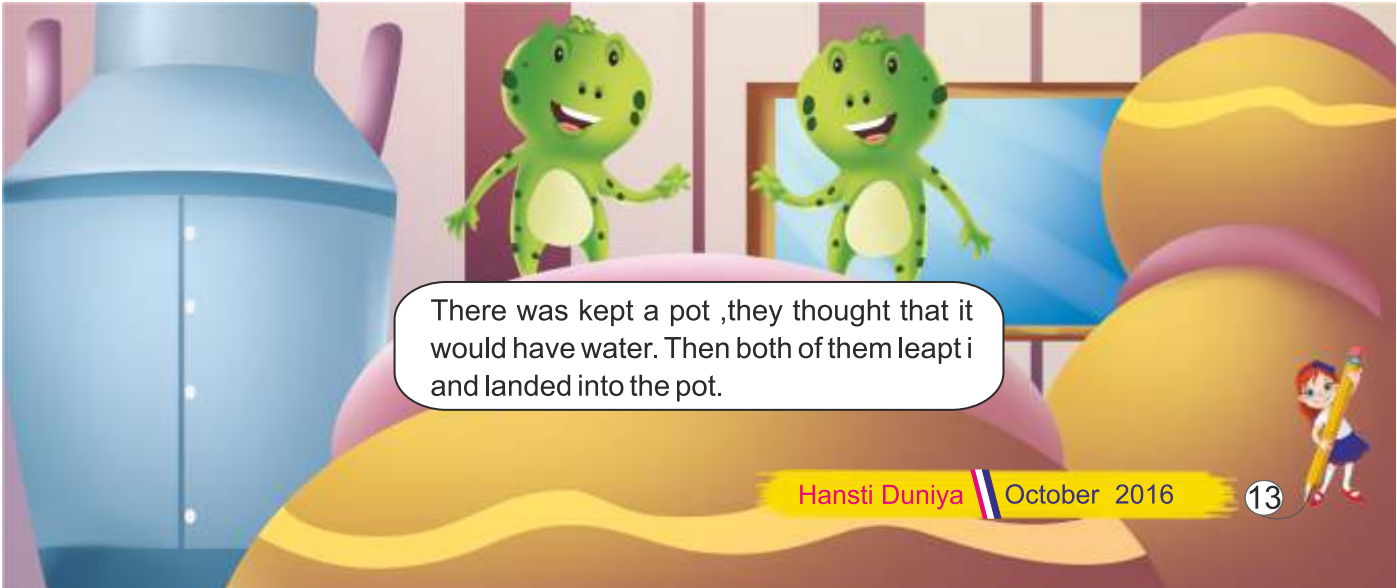




Both of them crossed the border of the city and reached there. There they saw huge buildings, vehicles running on road, people running here and there to earn money, small children engrossed in studies or games.



Both of them got very tired. They wanted water to rest in the wet surface. They both entered the shop of a milk man in search of water.



There was kept a pot, they thought that it would have water. Then both of them leapt in and landed into the pot.



But alas! The pot didn't have water but milk cream. Both of them started choking in the milk cream.

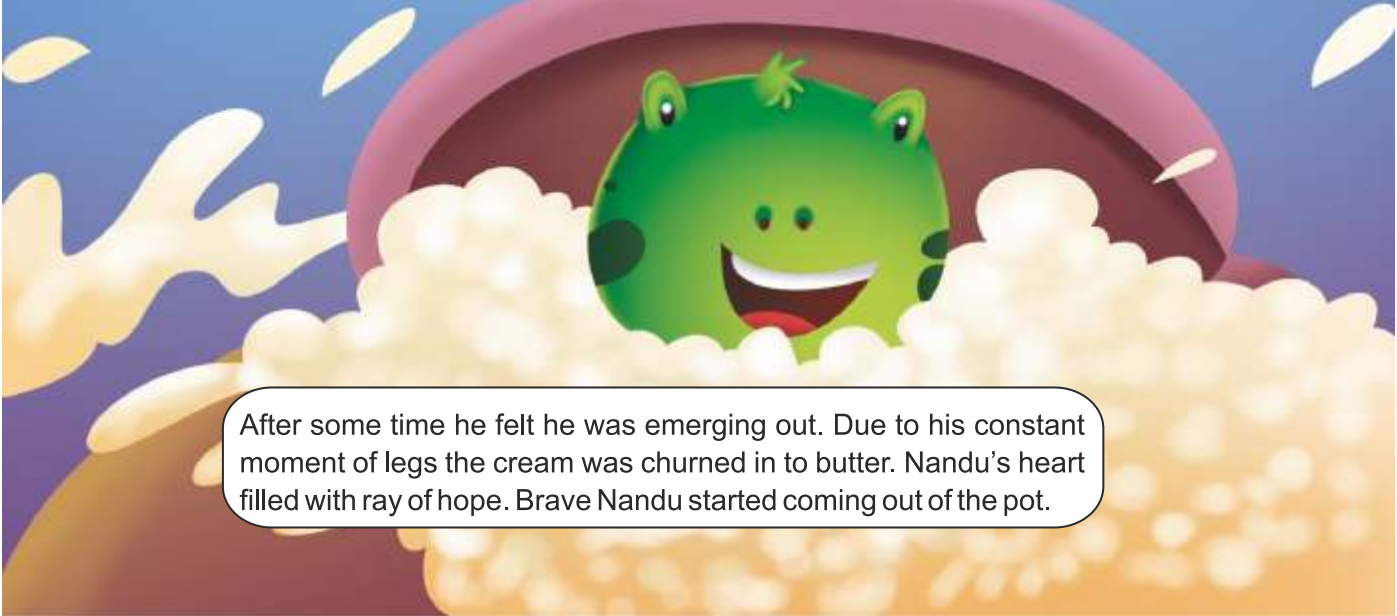


Chandu thought he was about to die so he started calling out for his God.

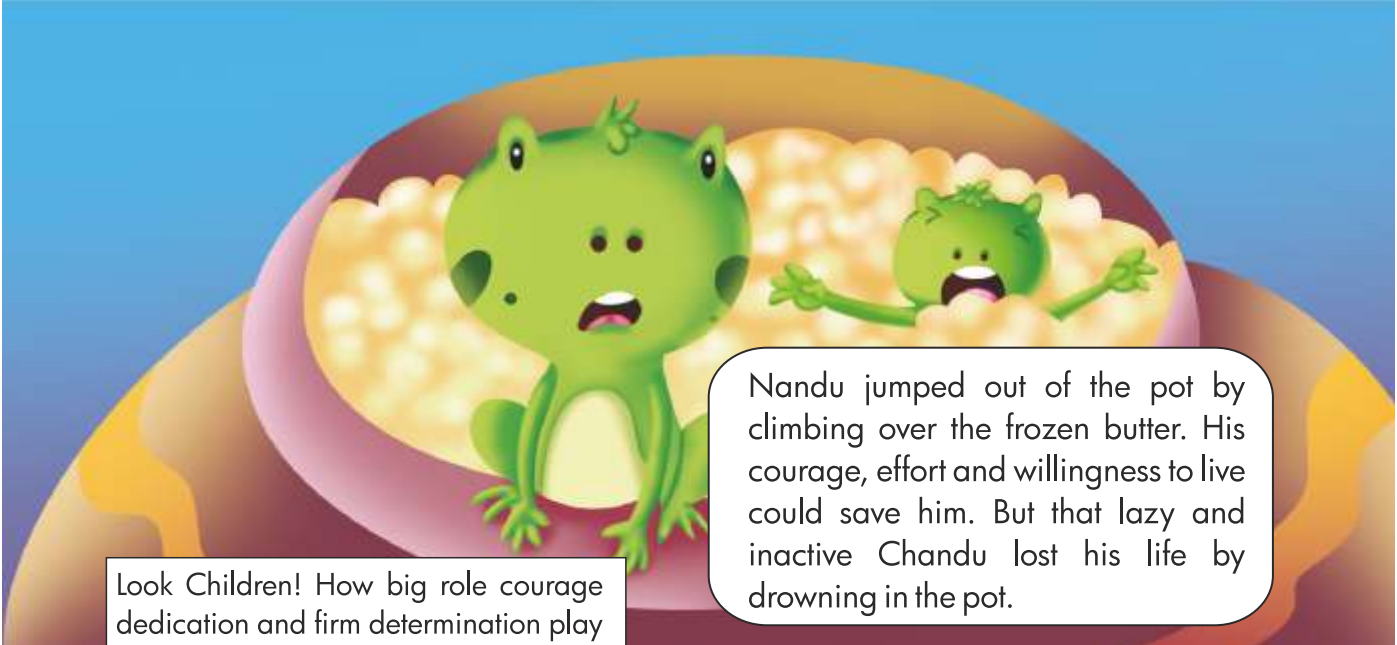


But Nandu wasn't ready to accept defeat. He started shaking his legs very fast but could not emerge out of the pot on trying very hard. Still he did not give up.





After some time he felt he was emerging out. Due to his constant movement of legs the cream was churned in to butter. Nandu's heart filled with ray of hope. Brave Nandu started coming out of the pot.



Nandu jumped out of the pot by climbing over the frozen butter. His courage, effort and willingness to live could save him. But that lazy and inactive Chandu lost his life by drowning in the pot.

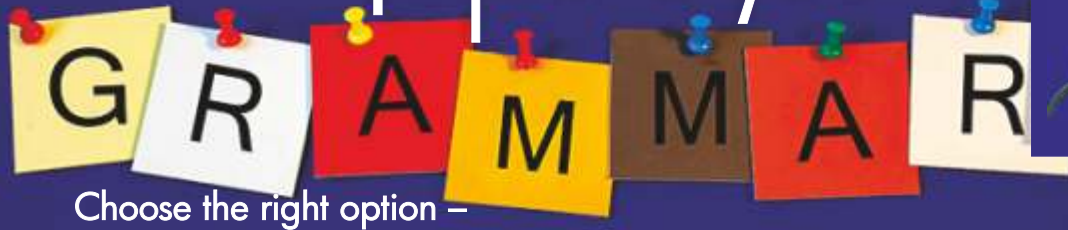
Look Children! How big role courage dedication and firm determination play in our life. Do you know the meaning of firm determination?

Yes, Dada Ji, should I tell the meaning of determination?

Yes

When we wrongly solve a mathematical problem once, and do not put effort to attempt it again out of fear, but when we are determined to solve it correctly, then we definitely do it and get the better score.

Improve your



Choose the right option –

1. The students as well as the teacher _____ in the class.
a) IS b) ARE
2. If all available land were _____, there would be no shortage of food.
a) PLOUGHED b) CULTIVATED
3. The thief made off _____ all the money.
a) WITH b) UP
4. Positive: DRY, Comparative: DRIER, Superlative: _____.
a) DRIER b) DRIEST
5. Finally, the prizes were _____ to all successful participants.
a) HANDED b) DISTRIBUTED
6. Form adverb from the word 'EASY'.
a) EASILY b) EASILLY
7. The father gave a severe punishment to his son so that he _____ from drinking in future.
a) ABSTAINS b) PREVENTS
8. Change the gender :
Masculine: Lion, Feminine: _____
a) LIONRESS b) LIONESS

Answer Sheet	1	2	3	4	5	6	7	8



Judge your position from the table given below:
 All correct – Excellent Grammar
 5 – 7 correct – Average Grammar
 Below 5 correct – Go through the Grammar book everyday.





Just As

I enquired of the rose—How do you manage to smile when you are surrounded by sharp thorns?

Said the rose in reply—Just as the thorns retain their sharpness inspite of being surrounded by delicate flowers.

I enquired of the lotus—How do you retain your fragrance in your muddy surroundings that emit obnoxious smell?

Replied the lotus—Just as the mud manages to retain the stink in our fragrant environment.

I enquired of the soul—How is it that you preserve your consciousness intact even when you incarnate yourself in the gross bodily frame?

Replied the soul—Just as the bodily frame retains its grossness even when I inhabit it.

GREATNESS

(Inspirational Incident: Gaurishankar Kumar)

A distinguished English scholar Thomas Cooper from England, after his dedicated and hard efforts of eight years had prepared about two third of the biggest English dictionary.

One day when he was going out from his home, his wife gave him a list of items to be brought from the market and asked him to bring those items without fail while coming back. But how could Cooper remember the household items?

As in the evening he returned empty handed, his wife's anger Knew no



bounds and she threw the dictionary prepared by him into the fire.

When the wife narrated her action to Cooper, he smilingly said, 'No problem, I myself was thinking to do some rectification in this dictionary. But yes, now I have to put another eight years of hard efforts again.

We cannot reverse whatever has already happened. We have to accept it at any cost. Some people do it smilingly while others do it crying.



By: Kamal Saugani



TERRIBLE TREES OF NATURE

Friends! You will astonish to learn that in this world, there are such trees, plants which suck the blood of insects and birds and eat their meat also. These plants are called carnivorous. As in Beehad forests of Spain, such forest trees of *Trorirfa* specis are found, which make wild ants as their food through their roots. Blood like red drops remain accumulating there on the leaves of these trees, which keep on falling on the floor as the wind blows. Due to such red drops, the land surrounding these trees also becomes red coloured.

There are enormous carnivorous trees, - plants in Uganda forests. These trees eat butterflies, cockroaches, insects and sparrows etc. Actually the body of these trees is just like that of our digestive system. There are enzymes and acids in these trees which destroy the cells of the insects, then these trees intake them through their thorny leaves.

In Beehad forests of South Kenya, there are two ends of 'Rimayat Tree'. There are three lobes or empty parts in its top portion, out of which if one is touched, the other two automatically get closed, by which the



insects get trapped. These can entrap 70-80 insects at once. Being carnivorous, these trees are of deep red colour.

In Beehad forests of Tundra there are trees named 'Dye Far'. Their leaves are divided into different parts. These entrap the insect as soon as it comes close to them. The closing and opening of these leaves is with the help of a valve. Yes, after completion of the digestion process, these become ready for further hunt.

In Daldali forests of Siberia, a carnivorous plant named 'Patrician' is found. Its leaves are like a surahi and keep on emanating mild fragrance. This fragrance attracts the insects towards it. As soon as the insect moves to such leaves, it slips inside and gets entrapped in a special type of liquid. Under the surahi like leaf, there exist bacteria and digestive elements for digesting the meal, that helps in extracting the nutrients. These elements get dissolved in water and the leaves absorb it.

In forests of Peru, thorny trees of 'Trafcus' spices are found, out of which an intoxicating fragrance comes out. When small birds, insects, butterflies get attracted and come close to the thorns, the thorn abruptly enters to their body and sucks their blood, and thus drops them on the floor.

In Daldali forests of Africa, 'Sundew' trees grow which have small leaves. On these leaves dew drops shine, which are called 'Tentacles'(Nalia). In sunlight, these tentacles shine like drops. The insects getting attracted by these shining drops come closer and suddenly the mouth like tentacles get closed. These also generate a sort of digestive element due to which the insects get automatically attracted.





1		2		3		4
5	6		7		8	
9						
10		11		12		13
14						

Left to Right →

Up - Down ↓

1. Capital of Tamil Nadu.
5. Plural of THEIST.
9. Sardar _____ Bhai Patel was first deputy Prime Minister and Home Minister of India.
10. Let bygones be _____.
14. Mother of Lakshman in Ramayana.

1. Send this away, mice will be at ease.
2. Female of a sheep.
3. The abbreviation of 'Nirankari International Samagam'.
4. The abbreviation of 'Indian Administrative Service'.
6. An adjective used to describe a thing that is difficult to lift or move.
7. The Eskimo's dome-shaped dwelling made of snow.
8. Singular of TABLES.
10. A vehicle found in the word COMBUSTION.
11. A sticky substance used for sticking things together.
12. Find the odd one out: EAR, NUT, EYE, LEG.
13. The level of the surface of the sea relative to the land is called _____ level.



Fragrance Of Love

The fragrance of love,
peace, harmony around all,
Let's thank Almighty God,
the provider of all.

God is supreme and creator of all,
With no difference, He dwells in all.
Who believe in God, would believe in all,
Out of love and passion, He generated all.

This universe is wonderful and
charming for all,
The Earth, the sun, the moon and the stars,
so small.
With Divine arrangement He illuminates all,
Inspire us to love all and give peace to all.

Let's adorn our lives with grace and charm,
And make the world charming,
compassionate and calm.

Let's beautify with love,
this universe around,
spite of diversities all around.

(Rani Vohra, Chhatarpur, Delhi)





Children Story : Ankushree

Ravana Still Alive

There was a rush of people in Ramlila Ground. Mona and prince were standing with their father at one corner. Dimpy also came with her father to see Ravana's effigy being burnt. Meghnatha and Kumbkarana's effigies were already burnt. In the end the effigy also started bursting with crackling sound. Dimpy saw Ravana being burnt down and asked , " Father, why is Ravana's effigy burnt?" "Ravana was a devil. He was full of ego. Father

continued , " Man also has an evil inside him. We burn Ravana to eliminate evil inside us and the society." With the burning of Ravana effigy the programme ended. People started leaving. The crowd began to disperse. Then suddenly there was a loud noise of someone shouting. There was confusion all around. No body knew the reason of this commotion. Someone shouted from other side that the place caught fire due to Ravana's



burning effigy. The crowd went berserk. Everyone was making wild guesses. In the process many people got injured, as the crowd ran amok. Many lost shoes and cycle and other things. After almost 2 hours the crowd left. Then could the situation come under control. Dimpy's father took her under the shade of a tree. This way they were saved from being pushed around. After it got peaceful, Dimpy asked, "Dad why was everyone running here and there?" Just then Mona and Prince came there with their father. They also didn't go with the crowd. Both stopped with their children

under a tree. They spoke, "Some thief snatched a women's earrings and necklace. As she shouted he hit her on the head and went away. Is her situation serious?" Oh God! Dimpy's mouth remained opened with shock. Father, is stealing not a bad deed? It is a bad deed, but you were saying that we burn the Ravana's effigy to burn evil inside us. Yes dear, this is the sad part, that we burn the Ravana's effigy but it refuses to die within, that is the reason it is burnt every year to remind us.



Poem : Raman Chauhan, Victoria (BC), Canada

PRAYER



I close my eyes and say a prayer
my mind becomes clear,
Make this prayer come true
For my truth and life are you

It is only your touch
That cleans my heart
and touch brings me glory
And duly sets me free

Though my eyes are still closed
I see you in my silence
In your hands I place my soul
For my mind to be in control.



This is my true home
Free of false pretensions.
Self-conceited and arrogant songs
Here, there is equality and joy
The language of love I enjoy



My prayer to you, my Lord
Is to see you in all your glory
Save me from my fall
To become righteously tall.



Man Proposes, God Disposes

This is a story of three in a forest. They were young and had beautiful visions of a handsome future. The first tree prayed to be a treasure chest, so that it could be adorned with gold leaves and precious gems. It wanted to nestle in itself, jewels and treasure. The second tree prayed to be a great ship that would be used by a mighty king. The third tree just wanted to be a tree so that it could grow bigger and bigger and grow closer and closer to God and heaven. One dream was common to them all they all wanted to be famous.

One day, a woodcutter came and cut the first tree. The tree was excited, thinking that soon it would be carved into a beautiful treasure chest. But alas, the woodcutter sold it to a poor carpenter, who made a box, for feeding animals from it. A farmer filled it with hay for the horses.

The second tree was chopped down and sold to a carpenter who shattered all the wonderful dreams of the ship. He made a little fishing boat from the wood. The tree was very sad indeed.

The third tree was scared of being cut. But one fateful day, it too fell to axe. It was slivered into a shed.

Years went by and the trees had forgotten their dreams. But had God forgotten.

A lady gave birth to a child in a barn. There was no crib, so the child's father placed the baby in the feed box made from the first tree. But did the man know that he was fulfilling the dream of a tree? The greatest treasure lay nestled in the lap of the old feed box.

Many years later, a group of men in a fishing boat, got caught in a storm. One of the men, who had been asleep, woke up and said, 'Peace!' The storm let up and the fishing boat sailed. The second tree knew that it had aboard itself the 'King of Kings.'

Lastly, a tired and weary man carried a cross, made from wooden planks through streets lined with people who jeered at him. The man was then nailed to a cross that was made from the planks and raised up high into the air. The tree wept, for it was as close to God as it could ever have beenfor Jesus had just been crucified on it.

Eventually, each of the trees got what it had prayed for. We don't know how God plans to fulfill our dreams. His plans may not seem to be right to us, but they surely are perfect in the end.

Whatever man cannot do, God alone can. Whatever man can do, God can do better. God alone can do, 'Better than the best.' So, do your best and leave the rest to God.

Moral :- Be content, nothing can happen against His will.



OLYMPICS AND MEDALS



First Modern Olympics: 1896: In Athens, Greece.

But, the topper got only Silver Medal, Second a Copper, and Third received Bronze.

In 1900 Games, the winners received Cups and Trophies.

In 1912 Games, Last time A Gold Medal was a Gold

Constitution of Medals and Their Value:

GOLD : Gold- 1%, Silver- 92.5% and Copper- 6.5%. Rough Value: \$564

(If the entire medal was made of gold, it would value at nearly \$22,000)

SILVER : Silver-92.5% and Copper-7.5%. Rough Value: \$330

BRONZE : Copper- 97%, Zinc- 2.5% and Tin- 0.5%. Rough Value: \$4.70



Women at the Olympic Games

At the first modern Olympics in Athens 1896, No Women competed as founder Pierre de Coubertin felt their inclusion would be " Impractical and un aesthetic".

In 1900, Women first compete in Olympics, and now women participate in All Sports, Whereas, Men Don't.

In Olympics 2016, Two Women only could win medals for INDIA.

- 1) **PV SINDHU Silver in Badminton and**
- 2) **SAKSHI MALIK Bronze in Wrestling**



Size and Weight of Medals:

All medals are of 85 mm in diameter and weigh 500gms.



Medals First Given: In 1904, St Louis Games hosted by the US, Gold, Silver and Bronze medals were first given. The Athletes who won in 1896 and 1900 were retrospectively awarded gold, silver and bronze medals by the IOC.

Beyond the gold, silver and bronze, all athletes from positions 1 to 8 receive Olympic Diplomas also. Further, all athletes receive participation medals and diplomas.

Why Gold, Silver and Bronze Medals only? The Science Behind :

- 1) Our galaxy was formed by an exploding star.
- 2) Elements of the solar system and planet formed inside that star, lighter elements in greater abundance than heavier.
- 3) Elements were arranged on periodic table, lighter elements toward the top, and heavier at the bottom.
- 4) Elements more abundant on top, rarer are towards the bottom.
- 5) The 3 Olympic medal metals located in same column of periodic table.
- 6) Share many characteristics making them good for creating medals.

Bronze: Made up of mostly copper which is at the top of the column, it's least rare. So, Third Place.

Silver : *One level down, rarer than copper. Hence, Second Place.*

Gold : *One step below silver, so it is the rarest. Gets First Place.*

DEVENDER CREATED HISTORY

An Indian named Devender Jhajharia created history by winning a Gold Medal in Javelin Throw in Rio Paralympics. He had also won Gold in 2004 in Athens Paralympics. He is the first Indian to win Two Gold in Paralympics Games. In Olympics also no Indian could win Two Golds. After his win, 35 years old Jhajharia said that he has won this gold after a deal with his six year old daughter. He told that he had promised his daughter Jia that if she topped in her LKG exams, he would also bring Gold in Paralympics. The daughter told him over phone that she had topped, and it was his turn. After this when I came down to the stadium, these words were echoing in my ears.

When Devender was only eight years old, while climbing a tree his hand touched 11000 Volt high tension wire. He just fainted and fell down. His left hand was badly burnt, which had to be chopped off later on. Jhajharia was honoured with Arjuna Award in 2004 and with Padam Shree in 2012.



H.D. Answers

— Rajesh Rai (Dehradun)

Q.1. How can one find peace of mind and joy?

Ans. The best way to be peaceful is to keep the company of saints and study spiritual literature which is a source of joy for ever.

— Ashok (U.S.A)

Q. Can it happen that one may never need a medicine?

Ans. The cause of disease is disease, so if one remains at "ease", one may never need a medicine.

— Dharveer (London)

Q. How can music be beneficial to us?

Ans. Music enjoyed on low volume helps relax our tension.

Q. What is it which touches one and binds the two?

Ans. Wedding Ring and Braham Gian.

— Jotish (Azamgarh)

Q. What is the most important source of human potential?

Ans. Will power.

— Prdeep (Noida)

Q. How can one become more positive person?

Ans. By removing the negative emotions.



Improve your Grammar

Answers:

1	2	3	4	5	6	7	8
B	B	A	B	B	A	A	B

Q.No.

Explanation

1. If two subjects are joined together by AS WELL AS, the verb will act according to the first subject. Here, STUDENTS is the first subject, so, ARE is used.

Example: If the two subjects are interchanged then the correct sentence will be: The teacher as well as the students is in the class.

2. CULTIVATE is the general word for farming. PLOUGH is merely a part-process.

3. If you MAKE OFF WITH something, you steal it and take it away with you.

4. The Superlative degree of DRY is DRIEST, not DRIER.

5. The prizes are always distributed, not handed. We have so many times heard of 'Prize Distribution'.

6. The adverb formed from the word 'EASY' is 'EASILY', not 'EASILY'.

7. The word 'ABSTAIN' means to hold oneself back voluntarily, especially from something regarded as improper or unhealthy.

8. The Feminine of Lion is Lioness, not Lionress.



Is your heart burning when you have heartburn?

Compiled by Gaurav Mehta, Delhi

No, the heart is not burning. We call this sensation "heartburn" because it occurs near the heart.

It's a problem of the digestive system. Each of us has a tube, called the esophagus, which goes from the mouth to the stomach. When we swallow, the tube opens to let food and drink go into the stomach, where strong acids and other chemicals digest the food.

Usually, when we are not swallowing, the esophagus stays closed and stops anything in the stomach from moving into the esophagus. But sometimes it opens. Then acids in the stomach splash into the esophagus. Those acids cause the discomfort we call heartburn.

Many things can trigger heartburn. Some causes are easy to avoid, such as overeating and drinking too much soda pop. Other causes can be serious medical conditions. Anyone who has frequent heartburn should talk to a doctor about it.

(Google world)



Riddles



1. Which Union Territory is known for cherry?
2. How can we make seven even?
3. Which is the longest rope in the world?
4. Which is the longest pan in the world?
5. The Children's Day falls on what date?
6. Which is the longest road?
7. Which is the largest planet?
8. In which state of India the maximum marble mines are found?
9. Which is called the pink city?

Riddles Answers
1. Puducherry 2. By removing 'S' from seven
3. Europe 4. Japan 5. 14th November
6. G.T. Road 7. Jupiter 8. Rajasthan 9. Jaipur



Thoughts TO PONDER



- ★ Religion unites never divides.
—Nirankari Baba
- ★ It is not a women's issue. It is a male issue: Men have stopped behaving like human beings and started behaving like animals worse than that.
— Derek O Biren
- ★ The goal of life is joy and serenity and not pleasure or happiness.
— Dr. Radhakrishnan
- ★ Associate yourself with men of good quality if you esteem your own reputation; for it's better to be alone than in bad company.
—George Washington
- ★ Experience convinces me that permanent good can never be the outcome of untruth and violence.
—Mahatma Gandhi
- ★ The whole secret of existence is to have no fear. Never fear what will become of you. Depend on one, only the moment you reject all help, you are free.
— Swami Vivekanand
- ★ You are only responsible for what you say, but also for what you don't say.
— Martin Luther
- ★ There are three gates to self destructive hell; lust, anger and greed.
— Bhagwat Gita
- ★ We cannot always prepare a future for the youth, but we can prepare youth for the future.
— Nirankari Baba
- ★ For they sow the wind and shall reap the whirlwind
— Bible
- ★ Knowing your self is the beginning of all wisdom.
— Aristotle
- ★ Let us forget bitterness of the past and strive to foster mutual understanding and harmonious relations.
— Nirankari Baba





Kitty

Story & Illustration — Ajay Kalara

My father has brought new clothes for me, today I will wear new clothes.



Chintu if you wear new clothes , how can I stay behind. My mom has also brought new clothes for me, so I will also wear them.





Today, I will do my homework first, then I will have food.



Yes-yes, I will also do my homework, then eat food.



Wow! tomorrow teacher will praise me.



Oh, so Kitty is copying me, now I will read and complete the book of stories.



Oh, its really simple, I will also read the full book of stories.



Today I will complete my homework early and clean the room.



Yes I can also clean my whole house today.

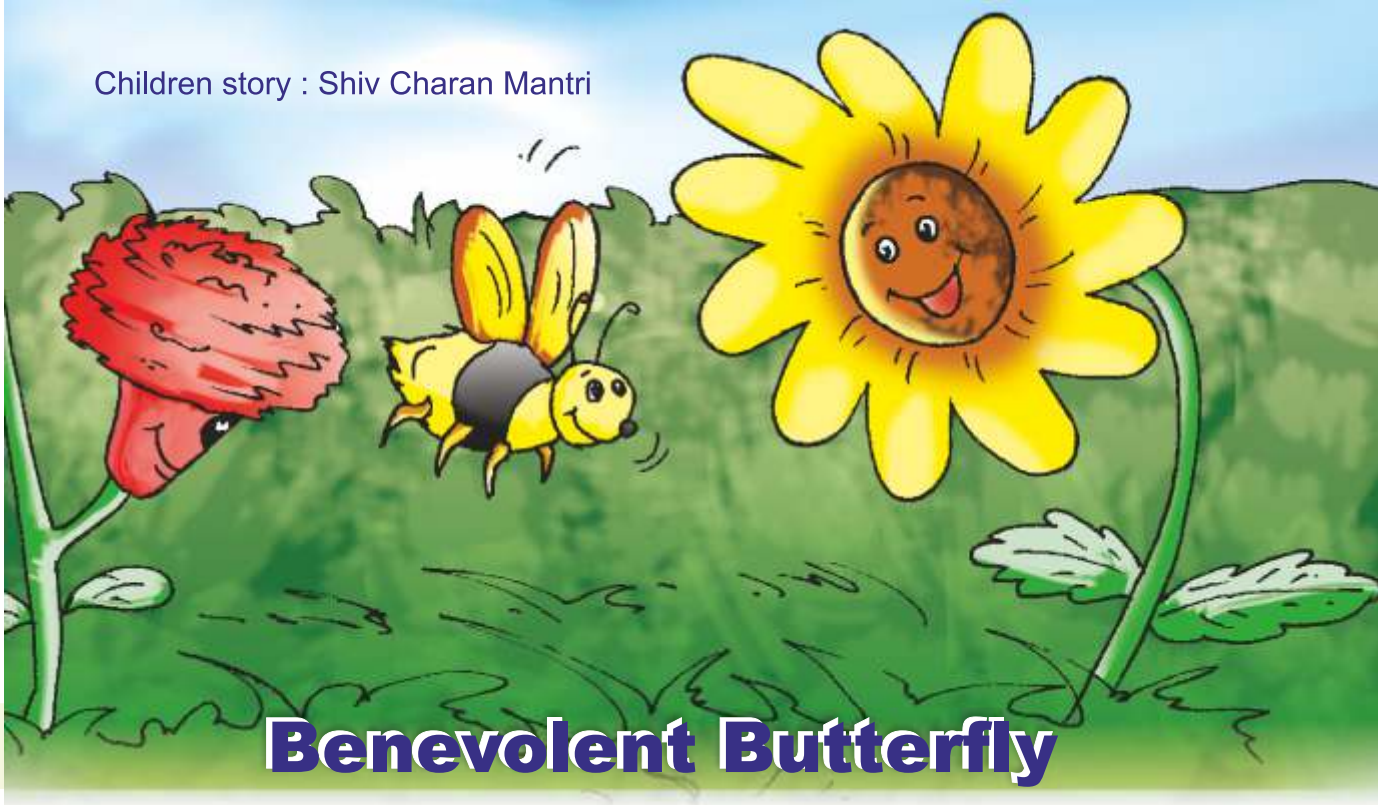


Now my full room is clean, I will rest now.



I am tired of copying Chintu , his house is so small , but my house is bigger.

Oh my hands and feet are aching. I did a big mistake to copy Chintu. Now I understand that even to cheat one must use intelligence.



Benevolent Butterfly

A small garden. Various types of flower plants in the garden. All plants were laden with flowers. The flowers such as Rose, Zuhi, Mogra, Champa and Sunflower etc. were adding to the fragrance of the garden. Black wasps were fluttering over the flowers. Many types of beautiful coloured butterflies were also fluttering around. The entire atmosphere was very beautiful and it was full of mild fragrance.

At the same moment a bee came to suck the pollen of flowers. While flying the bee tried to sit on a rose flower. The rose flower simply got frightened at this, and said, Oh! "Dear sister bee, listen to me, please don't sit on me."

Why, what happened? Asked the bee.

You pierce my delicate leaves with your teeth. It pains me very much.

Supporting this argument of rose, the Zuhi flower in the neighbourhood said, you also suck the essence of our flower. At this....

Yes, yes zuhi sister, you are speaking the truth. This bee is doing like this only. Donot sit on us, Champa spoke from nearby.

"To sit on flowers and take their nectar has been my nature, and you have been providing your juice out of your benevolent nature."- bee said.

Sister, you are right. Mogra asked



while proceeding further,- “ what you do with our essence?”

I convert this essence to honey.

What is this honey? How is it formed? and to what use it is put to?- Asked the fresh growing sunflower in astonishing style.

When I fly after taking essence from you, some chemical reactions take place in my body and as a result of which I produce honey. I hold this honey in my beehive. Hundreds of bees help me in this task of mine. All of us when collectively fill this beehive with honey, then we release it ourselves. As soon as we leave this beehive, the people take honey out of it.

What do the people do with this honey?- out of curiosity, a marigold flower asked.

Honey is very sweet. The people relish it. It is also used as medicine,- said the bee.

For what type of diseases, the medicines are made out of honey?- asked Jasmine flower

Stomach disorders, loss of appetite, cough and cold, diarrhoea etc., in so many diseases honey is used.. it is used as tonic also.

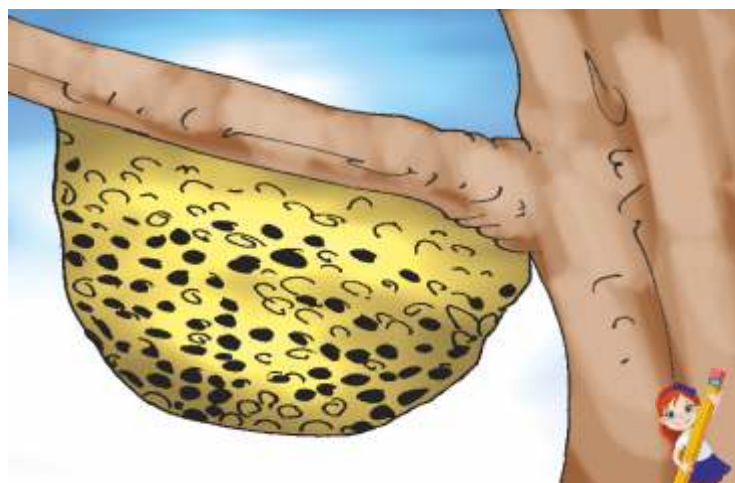
Oh! You are very much benovolent. You work very hard through out your life for others only.



The Rose flower said with great emotion- You are great, bee. Thanks to you.

But all the blooming flowers here also deserve thanks,- said the bee, because you give fragrance to others. With your sweet scent and smile you keep human mind fresh and healthy, and thus provide them fresh courage, hope and energy.

After saying this, the bee flew towards its beehive.



Thoughts

— Dr. Ashok K Chitkara,
Chancellor Chitkara University, Chd.

- 1-The more you complain, the less you'll obtain. The person who is always finding faults seldom finds anything else. Therefore, live your life as an exclamation, not an explanation.
- 2- A life of complaining is the ultimate rut. The only difference between a rut and a grave is their measurements. Those who have nothing good to say are always stuck.
- 3- Small things always affect small minds. Some people are confident they could move mountains if only someone else would just clear the foothills out of the way.
- 4- Don't complain.
The wheel that squeaks the loudest often gets replaced.
If you complain about other people, you have no time to love them.
When you complain, you explain your pain for no gain.
- 5- When you feel like complaining, bring God into the situation.



and THEIR SUBJECT MATTER

Anand Math (BanmkinChandara Chaterjee)

In , this patriotic literary effort, Chatterjee seeks to inspire the Indians with the Nationalistic aspirations to realize the same. The British Government banned it throughout India. Our National Song Vande Mataram is taken from this.

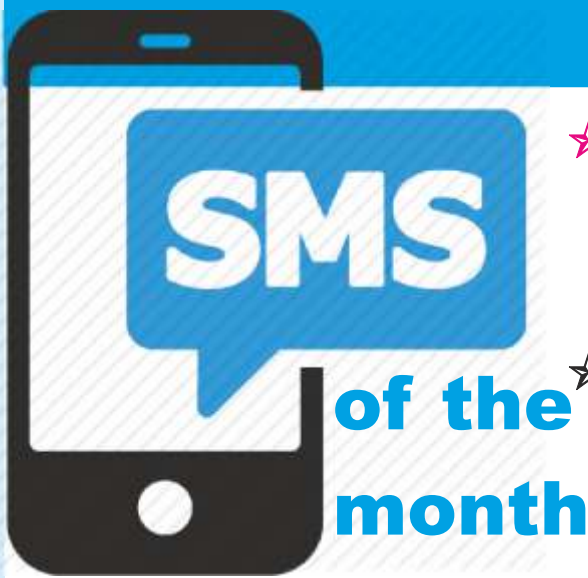
Artha Shastra (Kautilya)

One of the greatest books on ancient system of statehood, economy and polity of the east. It remains unsurpassed till today. Kautilya is also known as Chanakya and was the Prime Minister of Chandragupta Murya he was groomed under his guidance to be the king.

Aine- E- Akbari-

Written by Abul Fazal is a biographical record of Akbar besides diplomacy.

The Mahabharat written by Shri Veda Vaysa. It is celebrated Hindu epic in Sanskrit narrates the story of the conflict between the Kauravas and the Pandavas; now interpreted symbolically as a story of conflict between the forces of 'Good and Evil' waged in the mind of man with Lord Krishna symbolizing the consciousness- the Chetna. It is the longest book in the world. The most well known Chapters are called Gita. — Compiled By Harjit Nishad ●



★ The ultimate measure of man is not where he stands in moments of comfort and convenience, but where he stands in times of challenge and controversy.

Sonna, Ahmedabad

★ The wisest man has something yet to learn.

— Raj Arora, USA

★ Thinking hard about the past brings tears, pondering about the future brings fears, enjoying the present with a smile brings cheers.

— Ashok Rai, Mumbai

★ Any chance you get, take it. You never know what it could lead to.

★ —Ashok Nirankari, USA
No one has ever manufactured a lock without a key. Similarly God won't give a problem without a solution.

— Kiran, Ambala

★ Apologising does not mean that you are wrong and the other person is right. It simply means that you value the relationship much more than your ego.

— Nirmala, Nirankari Colony

★ One tree is sufficient to make lacs of match sticks, and one matchstick is sufficient to burn lacs of trees.

—Avneesh Gulati, Chandigarh

★ The possibilities are numerous when we decide to act and not react.

—Kiran, Delhi

★ Ups and downs in life are important to keep us going. A straight line in an ECG means that the man is not alive.

—Ashok Nirankari, USA

★ In order to have a comfortable journey of life, reduce the burden of desires.

—Utsha, Agartala

A very short but very nice line for a true relation "Hurt me with the truth, but never comfort me with a lie"





Compiled by— Sakshi Gulati, Chandigarh

Laughing Time

"Since he lost his money, half his friends don't know him any more."

"And the other half?"

"They don't know yet that he has lost any money."

Banta owned a factory. He issued orders that only married men would be employed.

Friend : Why this?

Banta : Because married men are more obedient.

Car Salesman : "We have a car, that can climb any hill."

Client : "That doesn't surprise me. The one I bought here last year was so ambitious that it tried to climb a tree."

Teacher : Who is a doctor?

Student : A doctor is a person who kills our ills with pills (tablets) and kills us with his bills.

A servant to his mistress: "Mem Saheb! I am leaving your job as I have a better offer from a mental asylum."

"But you have no experience of working in a mental asylum."

"So what? I've served in your house!"

Employer : Do you think you know enough to be useful in this office?

A jobless boy: Yes, I know enough, I left my last place because the boss said I know too much.

Silence in the court — Cried the judge.

The next man who shouts will be sent out.

Hurrah! shouted the prisoner.

Client : To be very frank, you are too young to conduct my case.

lawyer : But, Sir, you may rest assured, by the time the case makes some progress. I'll be quite old.



Editor : Isn't it the same manuscript I rejected last time?

Author: Yes.

Editor : Then why have you brought it again?

Author: Because since then you have obtained three years experience.

Father : Son, you have scored very low marks in History. What is the reason?

Son : Absent, Daddy.

Father : What absent? I dropped you on my scooter that day.

Son : Not me, Daddy. The student sitting next to me was absent.

Shiva : Why did you print your wedding invitation so big?

Ram : In case there is shortage of plates, we can use the cards.

Teacher: What would happen if there was no Sun?

Student: Our electricity bill would go up.

Prevention In Case of Dengue and Chikungunia -

- * Try to wear full sleeves clothes
- * Make use of Odomos and Petroleum Jelly
- * Keep your surroundings clean
- * Do not let water accumulate anywhere in your home and surroundings.
- * Grow Tulsi plant at your home and mix its leaves with water and drink
- * Take medicine only after doctor's advice

CROSSWORD SOLUTION

1 C	H	2 E	N	3 N	A	4 I
A		W		I		A
5 T	6 H	E	7 I	S	8 T	S
	E		G		A	
9 V	A	L	L	A	B	H
	V		O		L	
10 B	Y	11 G	O	12 N	E	13 S
U		U		U		E
14 S	U	M	I	T	R	A



Happy Birthday



Ayush (Dare-salam)



Aseema (Ghaziabad)



Adwait (Mumbra)



Amukampa (Kurukshetra)



Sadik (Delhi)



Mitali (Nandura)



Aswin (Delhi)



Ridhi (Paria)



Kashwi (Delhi)



Anurag (Bhagirathpur)



Aneesh (Bir Tungal)



Aditya (Gopeshwar)



Suhani (Gandhi Nagar)



Veda (Delhi)



Taresh (Karmala)



Meet (Gwalior)



Ruchita (Amalner)



Sahil (Pandori)



Akshat (Nawa Shehar)



Sudiksha (Indore)



Saksham (Jeera)



Navneet (Hissar)



Mannat (Amritsar)



Honey (Kolhapur)



Dilpreet (Lakhnaura)



Arun (Kakkad Majra)



Ahilpreet (Sirhand Mandi)



Shivani (Mumbai)

❖ Under this column, photographs of children up to the age of 10 years only are entertained. Please send passport size photographs only, Which should reach us at least two months before.



Editor, **Hansti Duniya**
Magazine Section
Sant Nirankari Mandal
Sant Nirankari Colony, Delhi-9

HAPPY BIRTHDAY
The above coupon must be affixed on the back side of the photograph

Name..... Date of Birth.....Year.....

Address.....

.....



Winners of August Issue

First :

Yash Dattaray Chavan,

Age 12,
Ganesh Nagar,
Nasik , (Mah.)



Second :

Yatish N. Patel

Age 8,
14/A, Ganesh Lane
Colaba Market, Mumbai



Third:

Sahas Raj

Age 10,
New Abadi, Ward No. 2
H.No. 172
District : Ferozpur (Pb.)



Consolation Enteries

Arpit Shivam

Ajay Nagar, Ajmer (Raj.)

Pridhi Gauri

(Paschim Vihar, Delhi)

Harishita Chugh

(Rohini, New Delhi)

Shushant Kamble

Phaltan, Satra (Mah.)

Avnesh G. Kulkarni

(Pune, Mah.)

Hardik Sharma

(Gorakhpur, U.P.)

Advik Dioegar

(Shimla, H.P.)

Revati Subhash Kamble,

Satara (Mah.)

Lokesh Girish

Nanded (Mah.)

Khushi Rana

Rudraprayag (U.Kh.)

Namarata Chawla

(Ambala City , Hry)

“Colour it” for October Issue

On page 44, a beautiful picture is given; colour it and send it to us latest by **November 15, 2016**. Office address: **HANSTI DUNIYA**, Nirankari Complex, Near Nirankari Sarover, Nirankari Colony. Delhi - 110009

The result will appear in **December** issue. Full name and address should be mentioned clearly at the prescribed place. Children up to the age of 15 years only will be eligible to participate.



Colour it



NameAge.....

Address

.....

.....



Kishan and Manjari

There was a village named Surajgarh. As per aged persons of that village, various pedigree of Suryavanshi Emperors used to live here for long time. Various ancient buildings had been reduced to debris here. A river used to flow through the village end.

There used to live brother and sister named Kishan and Manjari there. Both of them were known for their bravery and courage. Their father was a good swimmer, so how could his children be lagging

behind? Both of them had good expertise in swimming.

Once they saved a drowning child and received a bravery prize from the school.

The villagers were social and cultured people but for quite sometime, the youth of the village had been addicted to intoxicants and drugs.

Don't know why the village atmosphere was deteriorating day-by-day. There used to be thefts also in the village now.

But one day all limits were crossed. Jewellery worth millions of Rupees vanished from the house of Lala Champat Lal, the richest person of the village.





Kishan and Manjari were also listening to the village head while standing on the side of the meeting room. Kishan said to Manjari, "Manju, this can also be possible that the thieves belong to the same group who are responsible for making the intoxicants available in the village."

Manjari nodded her head in the affirmative and said, "Yes, dear brother, if it is so, it will be killing two birds with one stone."

One day, Kishan and Manjari were playing in a mango garden near the river. Both of them ran and reached the bank of the river. Suddenly, they saw the ancient building on fire that had been reduced to debris. This building belonged to Suraj Singh. Many years ago they had moved to the city after leaving the village. Since then this building was known as a deserted building.

Kishan thought of looking into the things deeply as to what was going on in that deserted building?

When Kishan reached near that building, he found some persons

Seth Ji was a very kind hearted person. He never refused to help anyone. Even the elders living in that very village were very much perturbed at the news of theft at his residence.

Looking to the deteriorating law and order condition, the village head called a meeting. Seth Ji was also invited to that meeting. The village head tried to raise the morale of all. The village head said, "It is the limit." I thought that every thing would be in order within a few days. But it has not so happened. Now we have to catch hold of the thieves collectively.



sitting around the fire and talking.

Both started listening to their conversation while hiding themselves. One of them said, "The villagers have become alert now and are in search of the thieves. Better we leave this place."

The other person said, Yes, this will be right.

Then only, Kishan looked towards the person with long hair and beard.

He immediately turned around and came out with Manjari. He then came to the village head and narrated him everything.

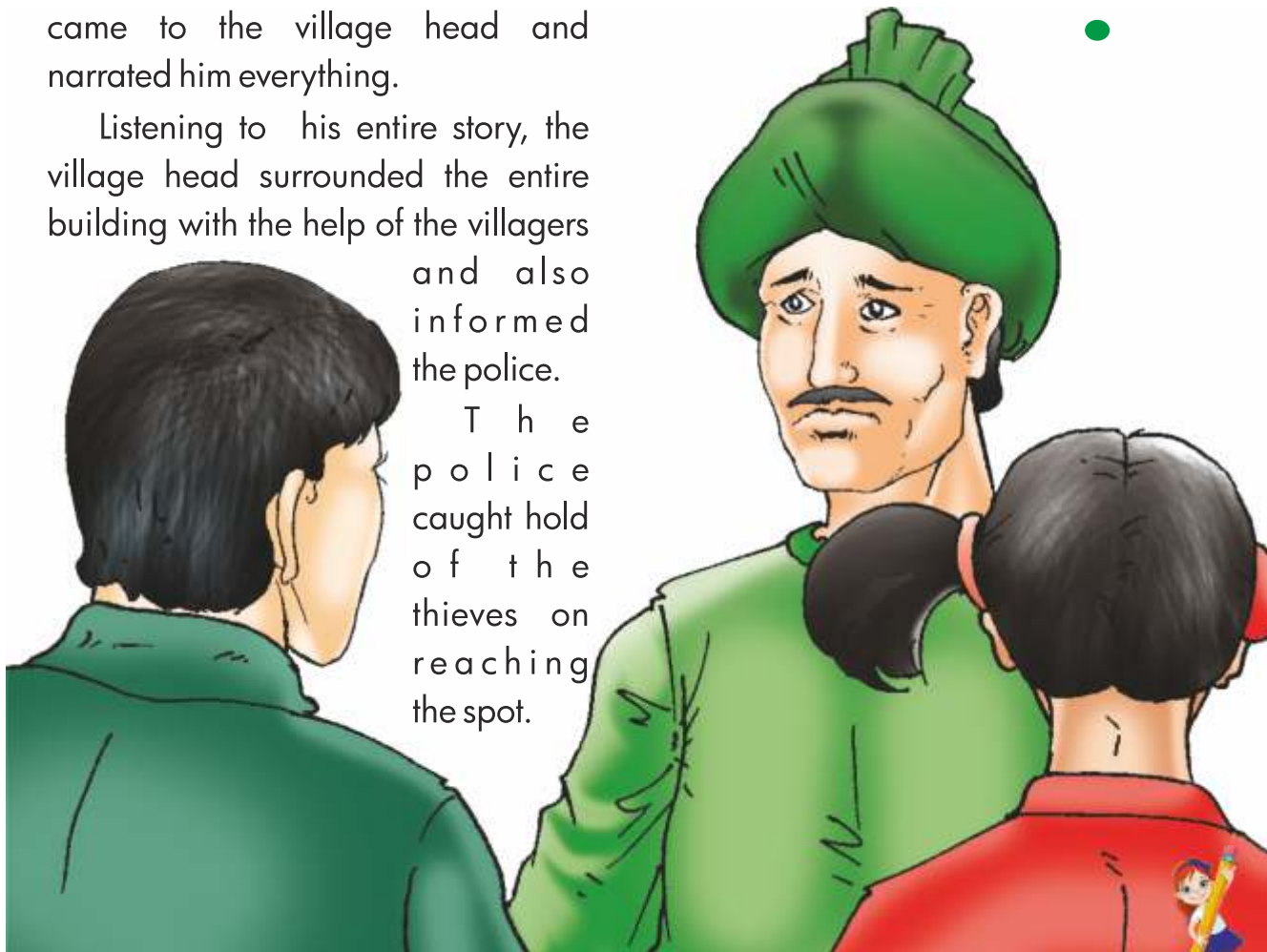
Listening to his entire story, the village head surrounded the entire building with the help of the villagers

and also informed the police.

The police caught hold of the thieves on reaching the spot.

Thus, Seth Ji was able to get his jewellery back due to the alertness of Kishan and Manjri. Also at the same time the people involved in black marketing of intoxicants were also caught by the police.

Now all around in the village, Kishan and Manjri were praised for their bravery and sharp presence of mind due to which the village was rid of all evils



Shrines And Temples of India

By : Sunil Nagpal

India is a country of more than 1.25 crore people. The people speak dozens of languages including Hindi, Bengali, Telegu and Tamil etc. Many also speak English. The country is birth place of two major religions. Hinduism and Buddhism. Both were founded in ancient times but many people in India still practice them, especially Hinduism. Other religions in India include Islam, Christianity and Sikhism. The country's capital is New Delhi.

The people from all over the world travel to see its beautiful historic buildings and temples. Long ago for instance Bhuddhist built dome shaped shrines called Stupas. These were built in places where the founder of the religion Buddha lived, visited or preached. Some of the most famous Stupas are in Sanchi and Sarnath. A Chatiya is a Bhduddhist temple or place where people pray together. There are some beautiful Chatiyas carved out of cliffs at Ajanta. The Ajanta caves are also known for their paintings and their frescoes. The paintings are about 2000 years old. They still look bright and beautiful. The people who see

them are just amazed and spell bound by their beauty.

India has also several Hindu rock temples. The Kailash temple at Ellora is carved out of solid rocks. So are the sculptured temples of Khajuraho. Stone Raths or shrines of Mahabalipuram are also remarkable. The black Pagoda or the Sun temple of Orissa is a real marvel. India is famous for Taj Mahal, mausoleum Emperor Shah Jahan built for his wife Mumtaz Mahal. It is a magnificent building built of pure white marble. It took more than 20 years to complete this wonderful building. The marble was procured from Makrana mines of Rajasthan. Beautiful inscriptions of Quran are written in calligraphy. Many precious stones are fixed in the building like lapis Lazuli, jade etc . This building attracts millions of people every year. There is a beautiful garden right in front of building with Cypress trees.

Somebody said, " It is a tear on the cheek of time."

Frescoes A Painting done in water colour on wet plaster or Wall or ceiling, so that the colours penetrate the plaster and become Fixed as it dries. Ajanta cave paintings were done with vegetable colours





By- Nishtha Kawrani, Delhi

World as We Visualize

Last weekend, I left my home-town to visit my village and spend some time with my cousins. I travelled by bus. It was all crowded inside. Many passengers climbed on to the roof of the bus so that at least they could get some room to sit there. During my journey, I observed a man who was in hurry to reach his destination, criticizing the driver, who in his opinion was driving the vehicle at a slow speed. The man after every ten minutes shouted at the driver, "Can you drive little faster, because if you continue to drive like this, I doubt, I will reach my destination?" The driver replied in anger, "It's my job and I know how to do it."

From the other end, I heard a woman grumbling to the driver, as she thought that the bus was moving rather fast, and wanted the driver to slow down. According to her she was not able to enjoy her journey for which she had paid. I was continuously looking at both of them and trying to comprehend the reason behind their frustration and fury.

Unconcerned to the situation, I saw the guy who was completely engrossed in enjoying the picturesque beauty of the nature and expressing his happiness, "It's so beautiful, marvellous, I just love this journey."

The boy was talking to himself. He was least bothered about the surrounding, how people were falling on



Cellular Jail

— Karan Arya (Gurgaon)

Cellular Jail is located at Port Blair, the capital of Andaman and Nicobar islands. It is a mute witness of the tortures faced by the Indian freedom fighters. The jail was called 'Kala Pani' because it was especially built in such a way that no prisoner could hope to escape.

Deportation to the Cellular Jail (Kale Pani ki Saza) was one of the most feared sentences in the times of struggle for Indian independence. It was referred to as 'Hell on Earth'. Many of those sentenced to the Kala Pani died during their voyage to the island due to the inhuman conditions of transport. The plight of those who landed there was worse. The prisoners were subjected to inhuman labour and fell victim to diseases.

The construction of the prison started in 1896 and was completed in 1906. It acquired the name 'Cellular' because it was entirely made up of individual cells for

the solitary confinement. The three-storied prison was built in the form of a seven-spoke wheel. The spokes or prison cells were guarded from three watch towers built within the premises.

About 600 prisoners could be accommodated at a time in the prison. They were made to work continuously at the oil presses to extract oil. If their work was not finished, they were subjected to severe beating. A wooden bed, a blanket, an iron plate and a dish were the only articles allowed in the cell.

The Cellular jail is one of the darkest chapters in the Indian history during the British colonial rule. Many notable freedom fighters of the great Indian freedom movement, such as Veer Savarkar and Batukeshwar Dutt were imprisoned there. It is now a place of pilgrimage for all freedom loving people. It has been declared a National Memorial. The main attraction of this place is its museum that exhibits the hardships faced by great Indian political prisoners.



→ him, the crowd, the noise; he was completely lost in his own world of enjoyment. I realized that some people always complain in whatever situation they are, whereas there are others who always try to appreciate the situation, come what may.

This rightly proves the point that we perceive what we assume and yes it is, the "WORLD AS WE VISUALIZE"





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