

₹15/-

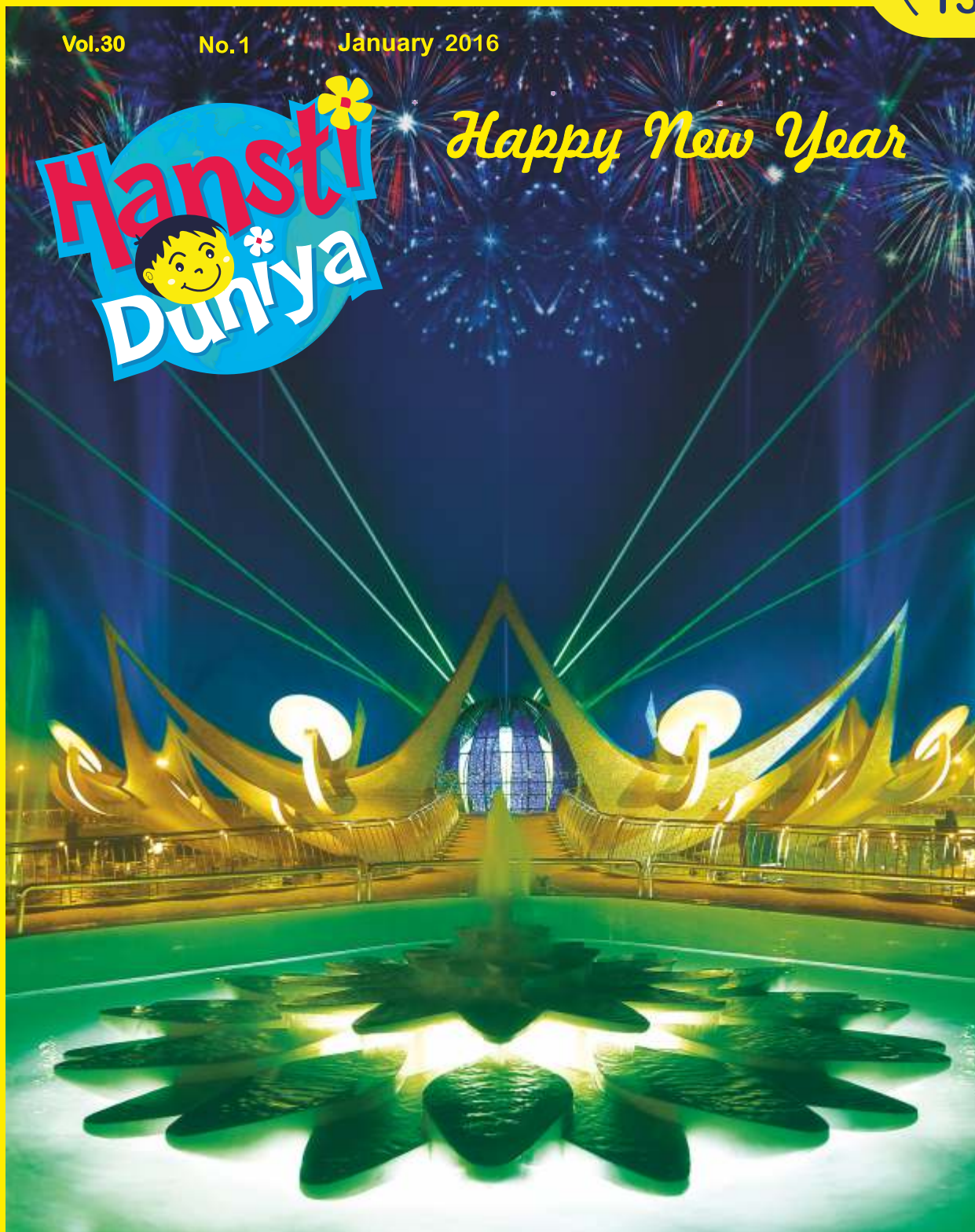
Vol.30

No.1

January 2016



*Happy New Year*



Know Your Scriptures \* Avoid Excess \* Improver Your Grammer \* Smile \* SMS

H.D. Answers \* A Diamond's rough Ride \* Glory of Mother Land \* Crossword



## Hansti Duniya

● Vol. 30 ● Issue no.1 ● January 2016 ● Page 44  
 (A Monthly for Children's Mental Development)  
 Published in English, Hindi, Punjabi and Marathi

**C.L. Gulati**

Member Incharge Magazine

Printer & Publisher Radhey Shyam, on behalf of  
 Sant Nirankari Mandal (Regd.), Delhi-110 009.  
 printed at Rave India, A-27, Naraina Indl. Area,  
 Phase-II, New Delhi-110028 & published at Sant  
 Nirankari Satsang Bhawan, Sant Nirankari  
 Colony, Delhi- 110009

**Harjeet Nishad**

Chief Editor

**Vimlesh Ahuja**

Editor ( Honorary )

**Rajat Kapoor**

Associate Editor ( Honorary )

Email: editorial@nirankari.org

Ph.: 011-47660200

Fax: 011-27608215

Website: <http://www.nirankari.org>  
[kids.nirankari.org](http://kids.nirankari.org)

### Subscription Value

	India/ Nepal	UK	Europe	USA	Canada/ Australia
Annual	Rs.150	£15	€ 20	\$25	\$30
5 Years	Rs.700	£70	€ 95	\$120	\$140

### Other Countries

Equivalent to U.S. Dollars as mentioned above.



38

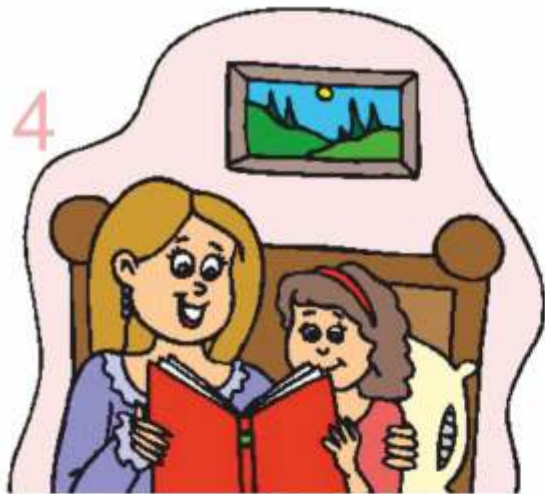


### Regular Columns

- 4 Editorial
- 8 Know Your Scriptures
- 19 Thoughts To Ponder
- 22 H.D. Answer
- 27 Cross Word
- 27 Have You Say
- 32 H. D. News
- 34 Sms Of The Month
- 37 Happy Birthday
- 38 Laughing Time
- 41 Colour It

### Photo Features

- 12 Kitty
- 28 Grandpa



## Articles

- 5 Youth, Rush to the People with Nirankari Magazines  
C.L. Gulati
- 9 Pujiya Mata Swinder Ji  
C.L. Gulati
- 16 Avoid Excess  
Ashok K. Chitkara
- 18 A Diamond's Rough Ride
- 21 Selfless Service Follows Love  
—Archana Garg

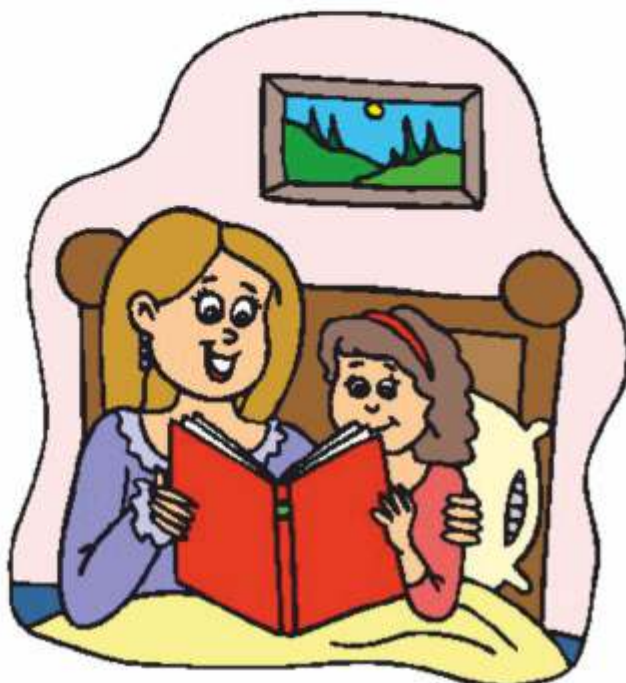
## Poem/And

- 17 Improve Your Grammar  
Vikas Arora
- 20 Prayer  
Radhe Lal Navchakar
- 33 Guru Vandna
- 35 Happy New Year  
Tanya Sood Ghazibad

## Stories

- 6 Putting Love in Action  
Arti Nehru
- 23 What's in the Roti?  
Sanjay Tandon
- 25 Glory of Mother Land  
Raj Kumar Jain "Rajan"
- 35 Fairies of the Evening Star  
Gopal Kumar

## Utilization of Time



**Some** students were standing outside examination hall discussing question paper. One said that the paper was nice, but had we got one day more for preparation then it would have gone much better.

The second added that if we had got 2-4 more hours, it would have been sufficient.

From this things, it can be easily determined that the students already had an idea of date of paper. So they have to prepare within given time.

Had the preparation been done with hard work, dedication and devotion, within the time given, then

there would have been no need of such a discussion.

This situation is not only of those students, but all. In our lives too. During travel, business and at home we often fret over less time left in our hands.

Today in this age of rat race we all have to face this situation. The sole reason for this being that we do our task as per our comfort rather than according to pre planning. For living a comfort filled life we make use of all such things which are necessary for living such a life. Even then we are not able to live the life the way we wish to and get stressed out.

Today the thing worth noting is that we should do our tasks with preparation and attempt it in a disciplined manner. This way we can complete our tasks in comfort zone without taking much tension.

Year 2016 has gifted us with one additional day, 366 days. Everyone says that we don't have sufficient time, this year we are getting 24 hours extra or 1440 minutes extra. This gift for all of them who say that they have less time on hands.

—Vimlesh Ahuja

## Youth, Rush To The People with Nirankari Magazines

The first meeting of All India Editors of multi-lingual, inter-regional Nirankari Magazines was convened by the Magazine Deptt. at Sant Nirankari Mandal, Delhi-9 on May 2-3, 2008. Addressed and blessed by His Holiness Satguru Baba Hardev Singh Ji Maharaj, it was very revealing and promising.

During the proceedings, our young participant Mr. Vikas Arora created a pleasant suspense to present a meaningful demonstration. He invited attention of the audience to a glass kept at a distance and asked about its content. Some guessed, it was cold drink; others imagined it was coffee, some suggested it could be lemon water. In the absence of actual knowledge, they were keen to know the reality, but somehow felt hesitant to go to the glass. In the fitness of things, Vikas asked sewadar Manoj to rush with glass to the stage Secretary, Mr. Sulekh Sathi. He discovered that it was unexpectedly tea in the glass. With this demonstration, the meeting disbursed for Tea-break and started discussing the moral of the demonstration.

Sant Nirankari Mission stands for perception of all pervading Formless God resulting in universal integration through love, mercy and compassion. On

the other hand, ignorant of Divine Knowledge, the Brave New World with all its scientific progress and material achievements, is torn asunder by hatred and violence turning superhuman into subhuman.

Caught in the grip of suspense and superstitions, the world is curiously watching and guessing the role of Mission. To lay open the Truth (like tea in the glass), we all, particularly the Nirankari youth, have to rush to the masses with the Nirankari Magazines inviting them to come close to the Mission to understand the soothing message of Nirankari Babaji, "No God, No Peace; Know God, Know Peace" and request them, "Door te na karo gallan nere aa ke dekh lo, thand peyndi akhiyan noo, deed kar ke dekh to." (O' people of the world not do keep on guessing and talking about the Mission from a distance. Come near and see it for yourself to enjoy the bliss of life). It is a New Year Invitation.



—Arti Nehru (USA.)



## Putting Love in Action

There was once a little girl who had a bad temper. Her mother gave her a bag of nails and told her to hammer a nail into a fence every time she lost her temper.

The first few days, the girl had driven numerous nails into the fence. As weeks went by, she learned to control her anger and the number of nails hammered daily gradually dropped down. She discovered it was easier to hold her temper than to drive nails into the fence.

Finally the day came when the little girl didn't lose her temper. She was able to

control her anger. Her mom suggested that the girl now pull out one nail for each day. After some time the girl told her mom that she had taken all the nails out.

Her mom said, "You have done well, my daughter, but look at the holes you left in the fence. They will never be the same. When you say things in anger, you leave a scar just like this one."

I realized a few months back that when I got upset with a professor, or colleague, or friend .. I tend not to express my anger or negative feelings. But when it comes to my family

members, I express my feelings without thinking twice. And sometimes, I think, I am disrespectful.

When you love someone, it can be easy to take advantage of that love, sometimes without knowing it.

With my parents, I know that they will always love me no matter what I do .. but why is it, we often treat those we love most with less respect than strangers?

Let us not make this same mistake with God. Let us not take His love for granted. We should remember to constantly thank him and ask for His forgiveness.

Suppose a man is in a courtroom. The judge gives the man one final chance to say something before his sentence is pronounced. The man says, "My dear judge, I know you are kind-hearted and good. So, please forgive me for my (transgression) misdeed".

The judge will respond, "I am a good judge and that's why I will carry out justice. I will give you your sentence and protect others from your sins.

We must remember - for those who God loves, He disciplines.


But when we sincerely ask for forgiveness and withhold (refrain) from repeating the same mistakes, then God

never fails to take care of us. We just have to remember this step.

Suppose you are in court and the judge has given you a choice: imprisonment or pay a fine. You're a poor man and cannot afford the fine.

But somebody you don't know suddenly stands up in the courtroom and says, "I will pay your fine."

Chances are you will run to that person and profusely thank him.

We must thank God for all the bounties and mercies. 

Compiled by : Sunil Nagpal

## SMILES

Are

Fat — Free

Sugar — Free

Reduce Blood Pressure  
Absolutely Free Of cost

So keep Smiling

And

Win hearts

Smile is an inexpensive way to have  
good looks

When we smile, we exercise 17 muscles  
When we frown (Get angry) we exercise  
43 muscles.

It is better to smile and have good looks.

Smile is like a magnet to attract and  
please others.

Everyone likes smiling faces.

# KNOW your scriptures



## SAMPURN AVTAR BANI

Ik Tu Hi Nirankar 112

SANT JANAN DI SANGAT KAR KE RAB DI SOCH VICHAR KARO;  
SHABAD GURU DA RAKH KE DIL VICH EKE DA ADHAR KARO.  
HOR JATAN NE SARE JHOOTHE JHOOTHE NE SABH HOR UPA;  
MOD KE MAN NOON DUNIA VALLON CHIT GURU DI CHARANIN LA.  
IH DUNIA DA KARTA DHARTA KHALAQ TE DATAR VI EY;  
ESE DA LAD PHAD LAI BANDE IH MALAK KARTAR VI EY.  
LAI IH DHAN JO BHARE KHAZANE OHO SHAHUKAR BANE;  
KAHE AVTAR IH US NOON MILDA DAS JHDA IK VAR BANE.

Thou Formless One 112

O' man, seek the company of saints and contemplate God;  
Keep the word of the True Master in the heart and have reliance  
upon the One.

All other means and the efforts are futile;  
Divert your mind from the material world and concentrate it on  
the feet of the True Master.

He is the creator, sustainer as well the supreme benefactor of the  
whole world;

Rely only upon Him since He is the supreme lord and the doer of  
everything.

The one who fills his treasures with this wealth of God knowledge  
becomes a truly rich person;

Avtar says this divine treasure can be had only by the one who  
surrenders with humility once for all.



# PUJIYA MATA SWINDER JI

—C. L. Gulati,  
Secretary (HQ) & Incharge Magazines

If one word from the True Master can inspire change across countless lives, then imagine a life that has followed every word from him, Pujya Mata Swinder Ji.

Born on 12 January 1957 in Delhi, her birth itself etched the great epic of sacrifice and devotion when her proud parents, Mata Amrit Kaur and Rev. Manmohan Singh Ji gladly accepted Shehanshah Baba Avtar Singh Ji's word and handed over their beloved daughter Swinder to Rev. Gurmukh Singh Ji and Mata Madan Kaur Anand Ji from Farukhabad (U.P.). Spiritually awakened, both were known as good and great families.

Brought up amidst abundant love and affection from both the families, childhood of Swinderji was nourished and guided with the teachings of Satguru. While her voluntary involvement in the holy congregations cemented her belief in the message of truth, she acquired education and shaped her learning curve from the renowned Waverly Convent Jesus and Mary School, Mussoorie. It also helped her gain discipline laced with 'Gurmat' and proficiency in English language.

Her sincere endeavours and dutiful approach pleased Baba Gurbachan Singh Ji to accept her as his daughter-in-law. Her marriage with the divine personage Seth



Hardev Singh Ji took place on 14 November 1975 in Delhi during the 28th Annual Nirankari Sant Samagam. It marked yet another milestone in a divine journey to follow.

But just like in the life of any great disciple, testing times were around the corner. On 24th April, 1980 the crusader of human unity and peace, Baba Gurbachan Singh Ji was assassinated. Millions of devotees of the Mission across the globe were shaken. Young Hardev had lost not only the Satguru but also his beloved father. This was the period of a great stress and grave test.

Immediately after the cremation of Baba Gurbachan Singh Ji, Seth Hardevji was greeted and hailed as the Head of the Mission on 27 April 1980. Everyone present witnessed the Satguru manifesting



in him. His Holiness declared, "Baba Gurbachan Singh Ji's martyrdom is the will of God". Calming the torrent waves of time, he ruled out even the remotest thought of vengeance, "It would go contrary to what Baba Gurbachan Singh Ji lived and sacrificed his life for."

From the Satguru's daughter-in-law to the True Master's life partner, Swinder Ji's circumstances and responsibilities grew manifold. Addressed as Pujya Mataji at a young age of 23, she not only served her duties to perfection but also became the epitome of love, devotion and humility. Staying true to her virtue of minimal words backed with immense actions, Pujya Mataji is a 'Mission in Action' and describes the entire epic of her life in a single sentence, "They say, love is the highest degree of acceptance, but I think, acceptance is the primary requirement of love."

Accompanying Babaji on salvation tours across the globe, spreading the message of

spiritual awakening, Pujya Mata Swinder Ji has been a living portrait of sainthood following into the footsteps of her sole inspiration, Satguru Baba Hardev Singh Ji Maharaj.

Be it initiating Blood Donation Camps back in 1986, to establishing Old Age Homes, Tailoring and Embroidery Centres and arranging Medical Check-up Camps till date, Pujya Mataji always leads the Social Welfare Department. The personal example of blood donation by Satguru Babaji and Pujya Mataji has made blood donation a way of life with Nirankaris. Marking human unity, the Mission is No. 1 in blood donation in the country, both in quality and quantity.

With the Mission getting new dimensions, Nirankari Babaji remains very busy. Mataji takes special care to attend to the visiting saints and provides her guidance to sort out their matters. She finds happiness in helping the hapless.

Mother showers love, affection and care on all. Right from visiting inmates of jails, to orphanages, she gives the practical message of the Mission. Pujya Mataji is painting the globe in rainbow colours of love and giving the message of harmony in oneness.

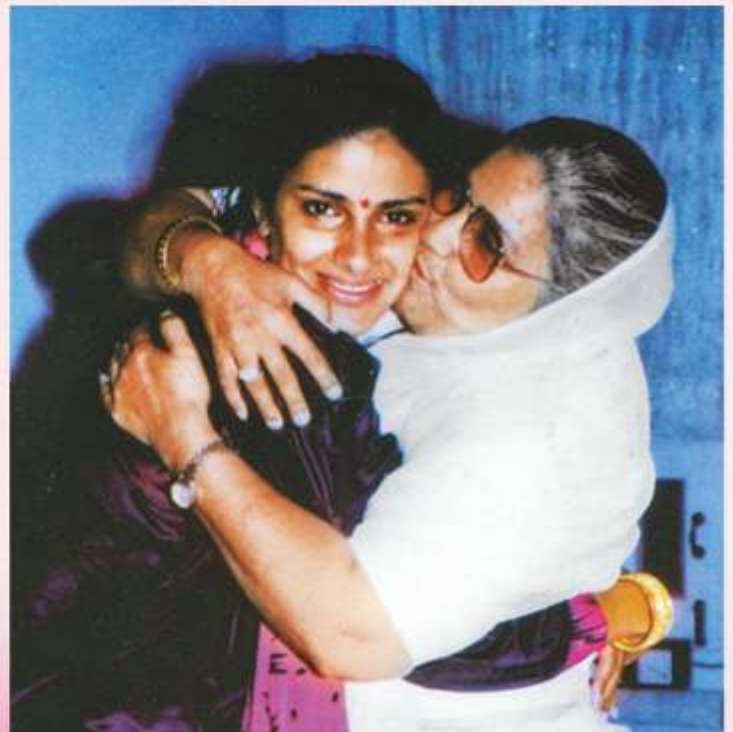
Identifying youths as the spinal chord of the Mission, Mataji channelizes their potential and skill towards the Mission's activities. Mataji guides them on to the course of spiritual development, encouraging dynamism and inspiring new ideas. Her affection and patience has enabled the entire young generation to get closer to the Satguru's Mission.

Translating into action the words of Babaji, Pujya Mataji conveys to the world, "Loving is living and that is possible with attitude of gratitude borne out of love for God. When this power of love overcomes the love of power, the world will know peace." The words will always fall short while describing this ever flowing wave of love and humility. In fine, it is worth summing up with 'insightful message from Pujya Mataji herself; "There's a little difference in people but that little difference makes a big difference. The little difference is of attitude, and the big difference is whether it is positive or negative."

Pujya Mataji is a graceful mother of three, devoted and dedicated daughters - Samta, Renuka, Sudeeksha and grand mother of two beautiful gifted grand children, Hardik and Sampreeti. To

millions of people across the world, she is image of maternity helping all to lead happy family and spiritual lives. She says, "Guru's blessing cures every curse"

An epitome of humility, Nirankari Rajmata reached out to the hearts of global community, be it a child, youth or elderly. She always maintained that the best way to promote and spread the message of Mission was to display it in action in day-to-day life, "Knowing the truth is knowing the destination and living the truth is reaching the destination." Many have the good fortune to have enjoyed the benign love and affection of Nirankari Rajmata Kulwant Kaur Ji. But those who somehow could not, can now experience the same love and affection from Pujya Mata Swinder Ji, the spiritual image of Nirankari Rajmataji. •

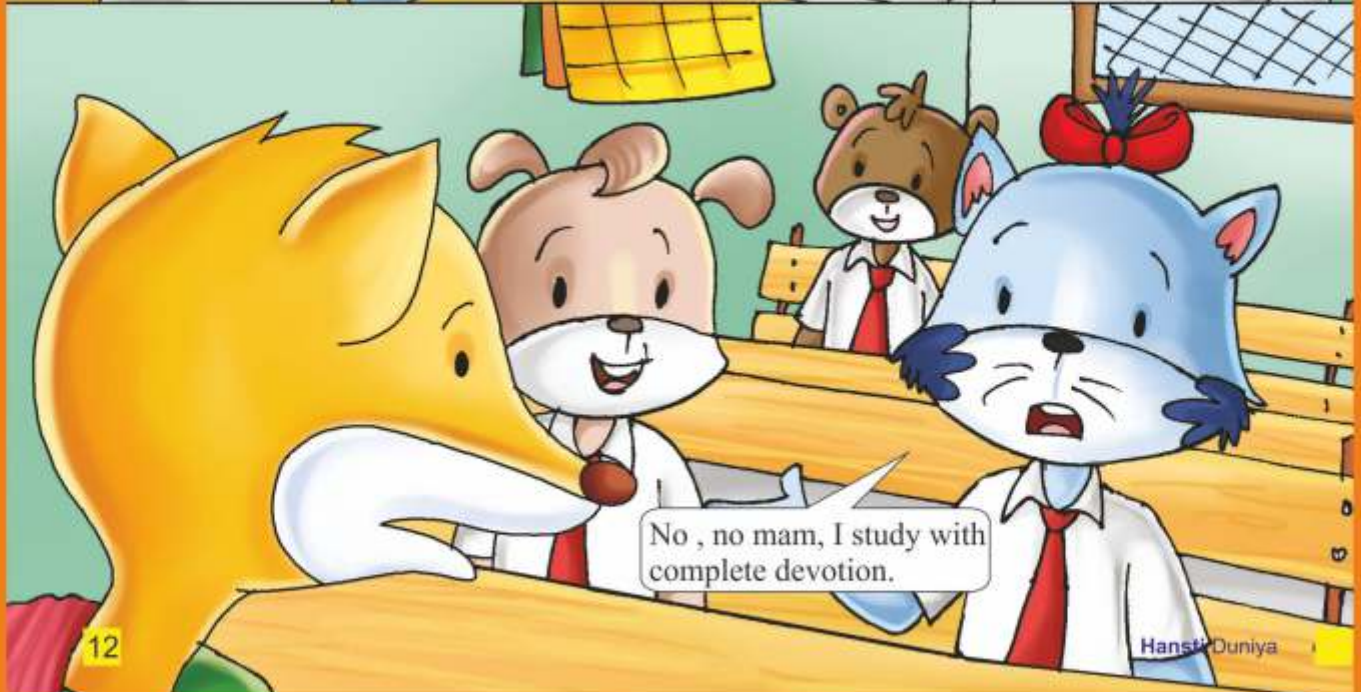




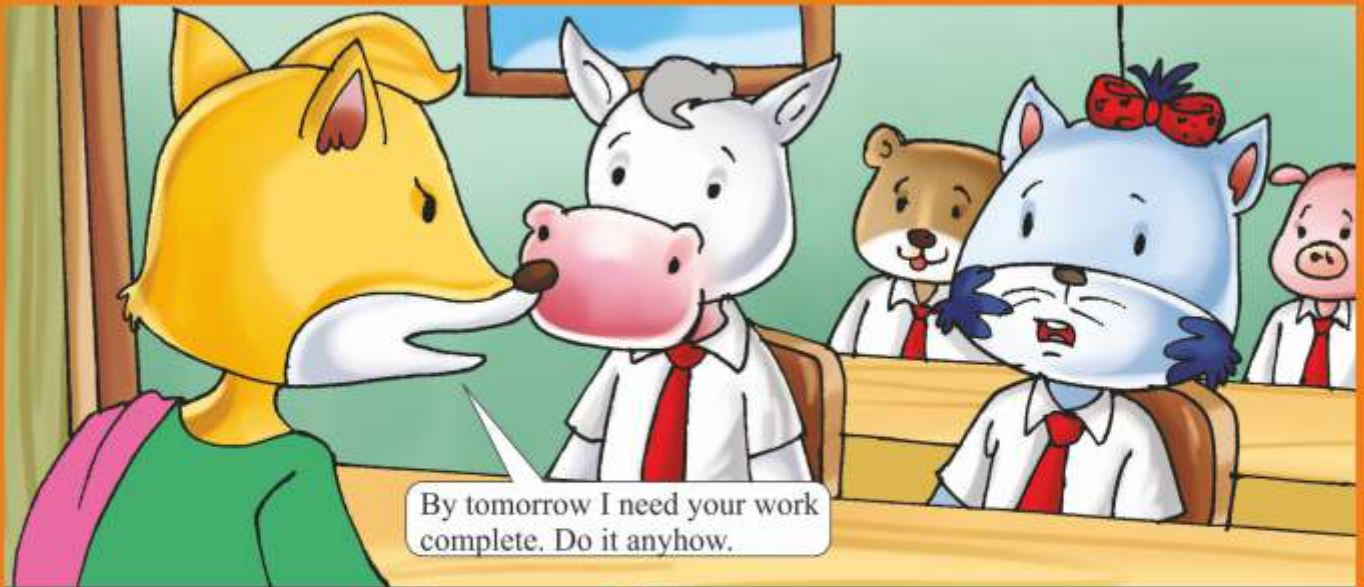
# Kitty

Story & Illustration  
Ajay Kalara

Kitty you are very lazy. You don't finish any work in time. You don't study at all. Even your homework is never complete.



No , no mam, I study with complete devotion.



By tomorrow I need your work complete. Do it anyhow.

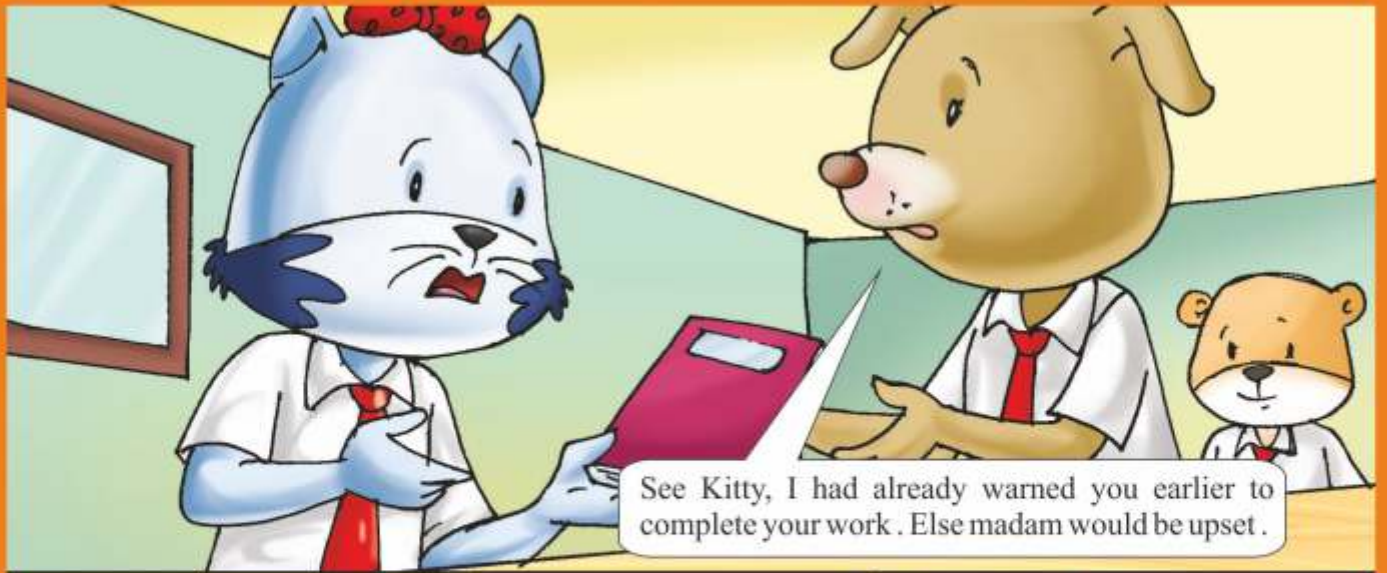


Chintu can you give me your copy for completing work? Or else tomorrow I will be in trouble.

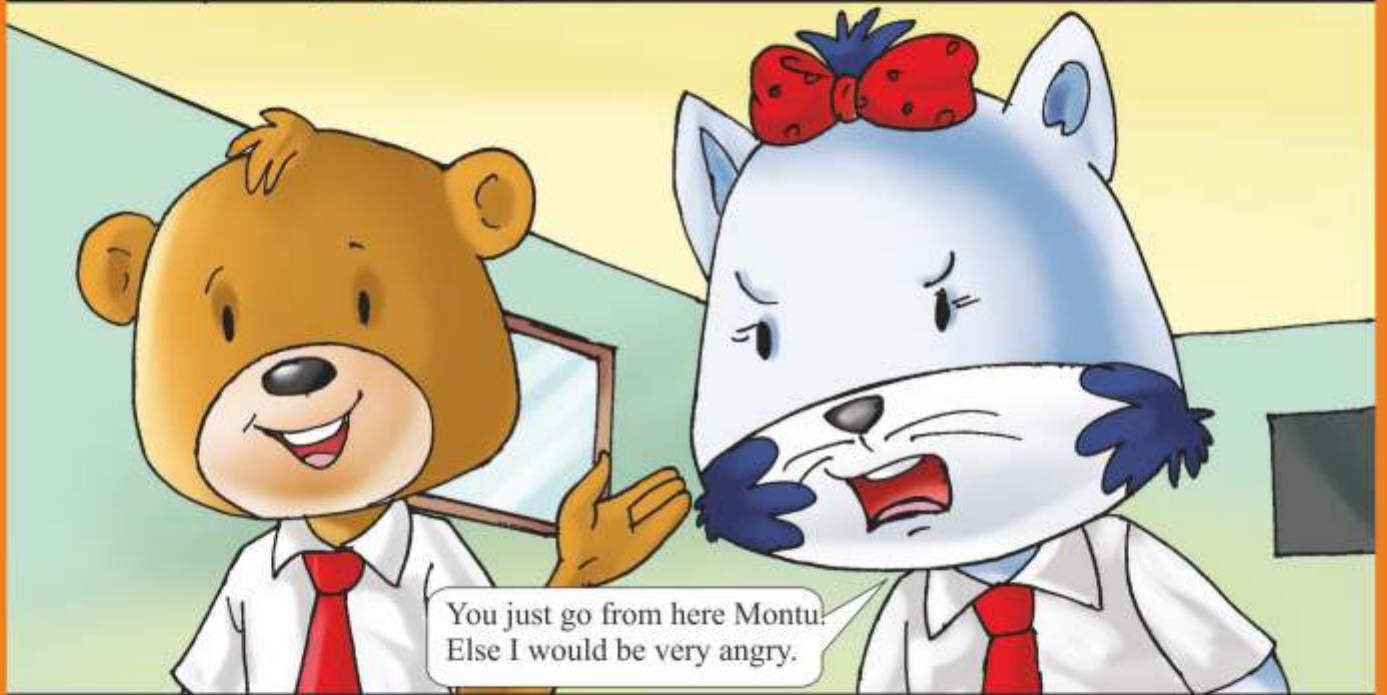
Yes Kitty why not? You can have it. But please don't let them get dirty and don't spoil them.



Ok Chintu, I will take care of it. Just give it fast, I need to complete the work.



See Kitty, I had already warned you earlier to complete your work . Else madam would be upset .



You just go from here Montu. Else I would be very angry.



And I will throw away these copies.



See, here go the copies.

Kitty, you threw Chintu's copy also. See they are torn now.



Now your punishment is that you will now make two copies. One yours and another Chintu's. And that too right in front of me.



Oh, I was thinking of making Chintu do the work for me. Now I will have to do the work twice. That is why it is said that anger is harmful. Now I will never be angry again.

## Avoid Excess



"Your body is the baggage you must carry through life.

The more excess baggage, the shorter the trip."

Someone once said, "Excess is the devil's playground." Any time we become excessive in anything, we are no longer in balance. According to God's Word, lack of balance opens the door for the devil. One of the main things the devil wants to do is steal our joy and push us towards excess. Having anything in amounts beyond our capacity for use complicates our life. It's like watching a small child put his hand in a cookie jar and insisting on pulling out many at once. He is unable to physically remove his hand from the jar, so both his hand and the cookies are stuck! Excess gets complicated!

If you want a simple approach to life, balance is required. Excessive talking causes problems. Excessive eating causes problems. Excessive debt causes problems. 'Excess' is just a problem.

The Bible talks about a process called 'pruning.' When the gardener finds one of his trees has excessive or diseased branches, he trims them or cuts them off. Some of the excess branches are referred to as 'sucker branches.' They grow on the lower part of the tree trunk and, although they suck sap from the tree, they never add to the tree's value because these branches cannot bear fruit. The gardener actually has to get rid of them or they will make the entire tree weak and unattractive.

Don't be afraid to cut back on what you don't really need. I believe it opens the door for God to bless you even more. If you have more possessions than you can possibly use, share them with someone who doesn't have enough. By doing this, you will plant seed for a future harvest in your own life.

There are other excesses we experience other than the material ones. If you need to lose some weight, cut back on your portions of food and you will gradually see a difference. If you have trouble due to talkaholism, talk less and listen more.

Say 'no' to excess and 'yes' to removing the complexity from your life today.

If you want to enjoy Journey travel light. If you want to enjoy life desire less. Too much of sweetness begins to cloy. Everything in excess becomes poison. ●



# Improve your Grammar

Choose the right option –



1. It will take \_\_\_\_\_ for the wounds to heal.  
a) SOME TIME                      b) SOMETIME
2. What is the antonym of BRAVE?  
a) HEROIC                              b) COWARD
3. I had a glass of orange juice to \_\_\_\_\_ my thirst.  
a) FINISH                              b) QUENCH
4. The university \_\_\_\_\_ the application fee for low-income students.  
a) WAIVES                              b) WAVES
5. Find a countable noun in the following sentence:  
He found five dollars on the road.  
a) DOLLARS                              b) FIVE
6. A \_\_\_\_\_ is now leasing the apartment.  
a) TENANT                              b) TENET
7. The verb HAS is used for plural subjects.  
a) TRUE                                      b) FALSE
8. Present: CRY, Past: CRIED, Past Participle: \_\_\_\_\_.  
a) CRY                                      b) CRIED



Answer Sheet.....some other page

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.



## A Diamond's Rough Ride

now only 105.6 carat and weighs 21.6 grams

In 1526 The diamond came in possession of Babur when he invaded India and established the Mughal Empire. He also renamed it the 'Diamond of Babur'

1739: It was snatched away from the Mughals in 1739 by Persian ruler Nadir Shah, who supposedly gave its current name 'Kohinoor' -the mountain of light

The diamond went to Iran but soon after Nadir Shah was killed and there was a lot of infighting in the family. It was then one of Nadir Shah's grandsons, Shuja Shah, escaped to Punjab with the diamond and asked King Ranjit Singh to help him

In 1800, Ranjit Singh was given the diamond for helping Shuja Shah and it remained with him for nearly three decades

In 1849, post the second Anglo-Sikh war, the diamond was finally confiscated by the British under Lord Dalhousie. From there, it reached Britain in 1850

### Current location

The diamond is a part of the Crown of Queen Elizabeth II. Sadly, till now Britain has refused demands to return the diamond to its country of origin. It can be viewed as part of the crown jewels collection in the Tower of London (Courtesy TOI.)

A group of Indian businessmen and actors plan to reclaim the Kohinoor diamond from the British Queen by carrying out legal proceedings against the royals. The attempt has been made at a time when PM Narendra Modi was on a three-day visit of the United Kingdom, starting November 12

It was originally owned by the Kakatiya dynasty, which had installed it in a temple of a Hindu goddess as her eye. In 1310, it was acquired by the Khilji dynasty when they raided Warangal. The diamond remained there for some time and was later passed on to dynasties of the Delhi sultanate

### 1- TheKohinoor

The diamond was mined in medieval times in the Kollur Mine in Andhra Pradesh's Guntur district. At one time it was considered the largest diamond in the world — 739 carat when uncut. However, it is

Compiled by : Hardik Khinda, Sanskriti School, Delhi

## Thoughts to Ponder

- Man's greatness lies in behaving as a man.  
— Nirankari Baba
- You pray for rain and get the mud also. That is a part of it.  
— D. Washington
- To listen well, is as powerful means of influence as to talk well, and is as essential to all true conversation.  
— Chinese Proverb
- He is great who can do what he wishes; he is wise who wishes to do what he can.  
— Iffland
- Saying sorry and thank you is more than good manners. It is a mark of spirituality.  
— Malkiat Khinda
- Let us leave a mark that spreads the fragrance of humility. —Nirankari Baba
- It takes a very long time to create a deep and lasting relationship, but it takes only a few seconds to break the bonds of love and friendship. Be careful.  
— Nirankari Babaji
- Nothing is complete and thus nothing is exempt from criticism. — J. L. Adams
- The essence of devotion makes my life come alive. —Nirankari Baba
- One man with courage makes a majority  
—Andrew Jackson.
- You can't just talk positive and be a winner. You have to believe it deep inside  
—Roger Staubach
- Personality can open doors but only character keep them open.  
—Elmer G Laterman.

—Radhey Lal Navchakar

# Prayer



Thou are the sustainer  
We the children, ignorant  
In everything visible  
Thy love is evident.

Rivers and Ocean deep  
There are also mountains  
high Mars, planets, sun and moon  
The wandering clouds in the skv.

What so is in the nature  
All give a fine lesson  
To live life is an art  
Do they tell,  
without a mention.

Ever do on us  
thou shower  
Thy blessings  
O God great  
We the children,  
bow to you  
For thy love  
we can't state.



## Selfless Service Follows Love

—Archana Garg, Vasant Kunj, Delhi

We talk about selfless service but first let's try and understand what we mean by the two words 'selfless' and 'service'? Let's try to understand the meaning of 'service' first. Whenever a person seeks a favour from another person, then we say that the other person he is at their service. He tries to make an impression that he is ready to help them. However, inside them, immediately a calculation starts that if he helps him in the name of service, he would be of some use to him in future. Service alone is considered as equivalent to helping somebody with a wish to get something in return.

On the other hand, the word selfless is very strong but at the same time demands a big heart. Being selfless means surrendering oneself to the feet of the Satguru and believing that only God is the doer of everything and he is only the medium. Even in Gita, Lord Krishna advises Arjuna to perform his duty as a warrior selflessly considering The Almighty God as the real doer of everything. As is said by holiness BABA Jee.

**Miles and miles, Sense with smiles**

This simple phrase contains the secret of true happiness in our lives,

Saints, when we minus the self i.e our ego, which is possible only through BRAHMGYAN, the scene of selfless services arises in us.

Selfless & Service combined together brings cheerfulness, satisfaction and bliss. In spite of all the worldly fame and reputation, true devotees try not to be deprived of the service of the fellow saints, the service of those who God has created in his own image.

What is our profit though?

Why should we serve selflessly?

In my thought, we can impact our lives very positively in three ways. Firstly, we effortlessly walk on the path the true master is showing us. Secondly, we can open the windows to the unseen pleasures and satisfaction. Thirdly, we receive blessings as a return gift. It is said that it is very easy to become a saint on the mountaintop but the real proof comes when we return to the marketplace.

There are many real life examples to to admire and follow. Examples include people like Mother Teresa. She lived and served the poor and the needy selflessly.

Our great saints like Santokh Singh ji, Laabh Singh ji, Amar Shingh ji and Chacha Pratap Singh ji worked for the welfare and betterment of humanity. We salute them for their social welfare work. They did selfless service with the blessing of the true master.

As written in the Holy Sampuran Avtar Bani, service done without the greed of anything in return as well as on the order of the True Master is the best service; better than any service done physically, intellectually or mentally. Selfless service is useful only when it is accompanied by the realisation of this omnipresent Lord i.e. through God remembrance or Simran.

The simple sign that one is performing selflessly is that he would do it whole heartedly and would enjoy bliss in every aspect of the service.

May Satguru bless me so that I could lead my life the way the Almighty wishes and expects me to; that too with the blessings of the Lord. In the end I would say that everyone can't help everyone but everyone can help someone. Thank you Babaji for everything you have blessed me with.

•

# H. D. Answers

— Sakshi Gulati (Chandigarh)

Q : When does man realise his misdeeds in life?

Ans : When he faces its consequences.

— Richa (Dehradun)

Q : What is the easiest way of achieving One's goal in life?

Ans : Honesty, devotion and hardwork.

— Ramkhelwan (Bombay)

Q : If good begets bad result then what should one do?

Ans : Follows the right path without wavering.

Q : What to do when someone gets angry without any reason?

Ans : Keep yourself simple and humble, everything will become normal soon.

— Parmod (Jaipur)

Q. What is it that man learns from mistakes?

Ans : Not to repeat mistakes.

— Ankur Arora (Rewari)

Q. : What is disease?

Ans : Disturbing ease disease.

Q. : What is cure of curse?

Ans : Guru's blessing cures every curse.

— Vinod (Azamgarh)

Q. : How to please the master?

Ans : By complete surrender to him.

— Pawan (Delhi)

Q. : Can man shape his own destiny?

Ans. : Man is of course the architect of his destiny.

Q. : Where is the heaven that we so often hear about?

Ans : Where there is mutual love, honour and peaceful co-existence.

Q: Question    A: Answer

—Sanjay Tandoon, Chandigarh

## What's in the Roti?

Guru Nanak and his companion Mardana, once visited the house of Bhai Lalo, a poor man. They were given a warm welcome. Naturally Bhai Lalo was expected to offer some food to the travellers. He offered them a large roti (Indian bread) made of barley. It was stale and did not look inviting. Mardana who was usually hungry, looked at the roti and said, "Oh! I do not feel like eating at all." Guru Nanak gave a small piece of roti to him and said, "You must eat, Mardana, for you are tired and hungry." Mardana found that the roti tasted wonderful, but now Guru Nanak, refused to give more to him saying that it was to be distributed amongst the others too.

One day, while Guru Nanak was still staying at the house of Bhai Lalo, He received an invitation to a community feast by a rich landlord called Malik Bhago. Guru Nanak declined the invitation. But, Malik Bhago insisted again and again for



Guru Nanak to grace the occasion.

On his insistence, the Guru agreed to go. While going, he asked Lalo to pack one of his coarse barley rotis. When they reached there, Malik Bhago asked the Guru, "Oh! Holy one; why did you refuse to accept my invitation earlier?" Guru Nanak smiled, "I eat simply; I am just a fakir." Bhago served him various kinds of delicacies that had been prepared for the occasion. Guru Nanak picked up a handful from the food served to him in one hand and took the barley roti from Bhai Lalo in his other hand. He squeezed both hands. From Bhago's food poured out drops of blood. From Lalo's roti, poured out pure milk! Everyone was dumbstruck. Guru Nanak explained, "Bhago your

food is earned by sucking the sweat and blood of many poor people. Laio's food has been earned through honest means.

"People today earn money in so many different ways, from begging to dacoity. It is not wealth that is important. Character is primary. "

That was the reason, why the great Saint was reluctant to eat at the hearth of Malik Bhago! Upon his insistence, Guru Nanak decided to go to his house and also make him understand that his way of earning was deplorable and despicable (bad).

Even in today's day and date, if each one of us were to look within and judge for ourselves, whether we earn our bread and butter through honest means or through the blood and sweat of others, we would surely be doing a great favour not only to ourselves, but also to our families, the nation and to the whole world.

Corruption is eating away the wealth of our economy like white ants devour wood. The only way to cleanse our system of corruption and malpractice is that each one of us looks within and takes corrective action. ●

## Improve your Grammar

### Answers:

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

#### Q.No.      Explanation

1. The two word form SOME TIME means 'an unspecified interval or period of time'. The adverb SOMETIME is written as one word: He promised to paint the garage sometime soon.
2. The antonym of BRAVE is COWARD, not HEROIC.
3. When you satisfy your thirst by drinking something, you quench it with that thing.
4. WAIVE means to give up one's rights or claim. WAVE means to flap your hand in farewell.
5. The word 'DOLLAR' is a countable noun.
6. Tenant is one who rents a property and Tenet is a principle or belief.
7. The verb HAS is used for singular subjects, not plural subjects.
8. Here, the three forms of verb are CRY, CRIED, CRIED.





## ***Glory of Mother Land***

King Vijaypratap was the ruler of kingdom of Mahendragarh. As his name, so were his deeds. He was brave, competitive and kind-hearted. He would face unknown adversity with bravery. Once King Vijaypratap received a unique bird as a gift. The bird was so beautiful that all the ministers were praise for it. When the bird would start singing, everyone would leave their work and start listening to it. One day the king ordered that a cage of gold be built for the bird. In that there must be blanket of rabbit wool and food must come from the king's kitchen only. It should get so much luxury that it might never have seen earlier. Staying there it will sing in its beautiful voice. The king

would hear its beautiful voice and would rest and enjoy. People would say that in nothing could be compared to its beautiful voice in all heavens. One day the bird became sad. It stopped singing. "It is used to fly in open air, It felt suffocated in this small cage." While pondering over it, king ordered the cage to be hung in garden outside. That garden was the most beautiful in entire world. Still, the bird was sad. King Vijaypratap started thinking what the matter was. On advice of some experts he ordered the cage be hung in open air garden. But the bird was silent even there. The next advice the ministers had been that the cage be taken to many countries far across and the bird might

start singing again. The king started his visit tour carrying the cage, taking it to all corners of the world. At last they went to a mountainous place. The place had open fields as well. There was abundance of fruitful trees there. Nearby was a beautiful lake making peaceful serene sounds. There the cage was hung on the branch of the tree. Everyone slept off after soldiers were overlooking over the cage.

As soon as the dawn broke, the bird opened its wings and started wiping them with his beak. Seeing this the soldiers awoke the king. Just then the sun shone over the horizon. The bird tried to spread its wings and struck the wires of the cage and fell down in attempt to fly. Then it saw in all directions and started singing in slow sad voice. Hearing her voice the other birds started gathering

around her cage and matched her voice in the sad song. So here is where our bird was born here is her. Seeing this the king started pondering. He also became sad. He also started thinking of his own motherland which he had left around 12 months ago. Open the cage and free the bird. The king ordered.

And as soon as the cage was opened, the bird started singing beautifully again. Other birds also joined in the song. The bird sang in the state of freedom and returned to her motherland.

Then the king spoke instantly. "That is the glory of one's motherland. Only here one can sing songs in state of full freedom and pride".



## Have your Say



'Sweet and Polite behaviour is the ornament of saints' is a nice lesson which we learn by reading story 'The Sharp Pepper' Articles and stories printed in the December 2015 issue are very new ,interesting and educative.

'Self Esteem' is very nice editorial .The editor gives us very clear instructions how to live .Read his views 'Those who work with all their heart automatically gain and become partners of well being.'

Poems 'Support'' Don't be angry with your friend' and 'Be true to life' are very nice and children enjoy reading these good poems.

By reading small articles '7 benefits of drinking green tea' and Drink water on empty stomach' readers can improve their health.

Little children enjoy so much reading stories 'Grandpa' and 'Kitty'.

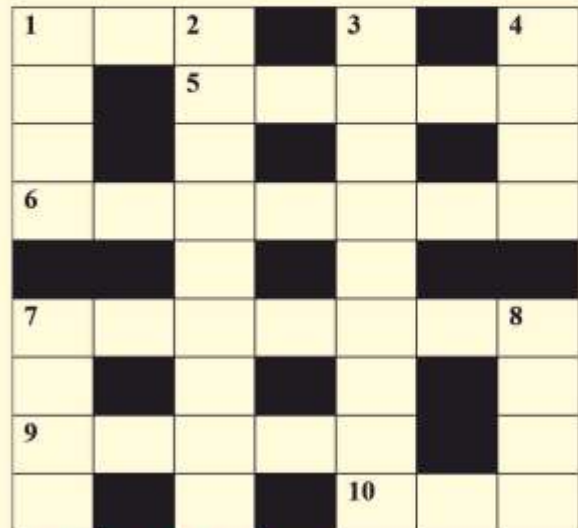
Riddles' printed in this issue of Dec.2015 are new and entertaining. Please always print new riddles and something new so that children enjoy and learn. Jokes (Laughing time) are amusing.

Small children feel happy to see their own and friends photos on the Happy Birthday

—Amit Kumar,New Delhi

– Vikas Arora (Rewari)

## CROSSWORD



### Left to Right ⇨

1. Singular of Ribs.
5. Fourth month of year.
6. Find out the country that lies in Europe: ROMANIA, BAHRAIN, MYANMAR.
7. Main language spoken in Finland.
9. Capital of South Korea.
10. A part of human body that suffers from Cataract.

### Up - Down ⇩

1. Lion's cry.
2. Saina Nehwal is the first Indian \_\_\_\_\_ player to win a medal at the Olympic Games.
3. The personal rule of conduct. (PRINCIPAL/PRINCIPLE)
4. The inventor of Electric bulb was Thomas \_\_\_\_\_ Edison.
7. Antonym of Slow.
8. Find the odd one out: PINK, BLUE, HARE, GREY.



# DADA JI

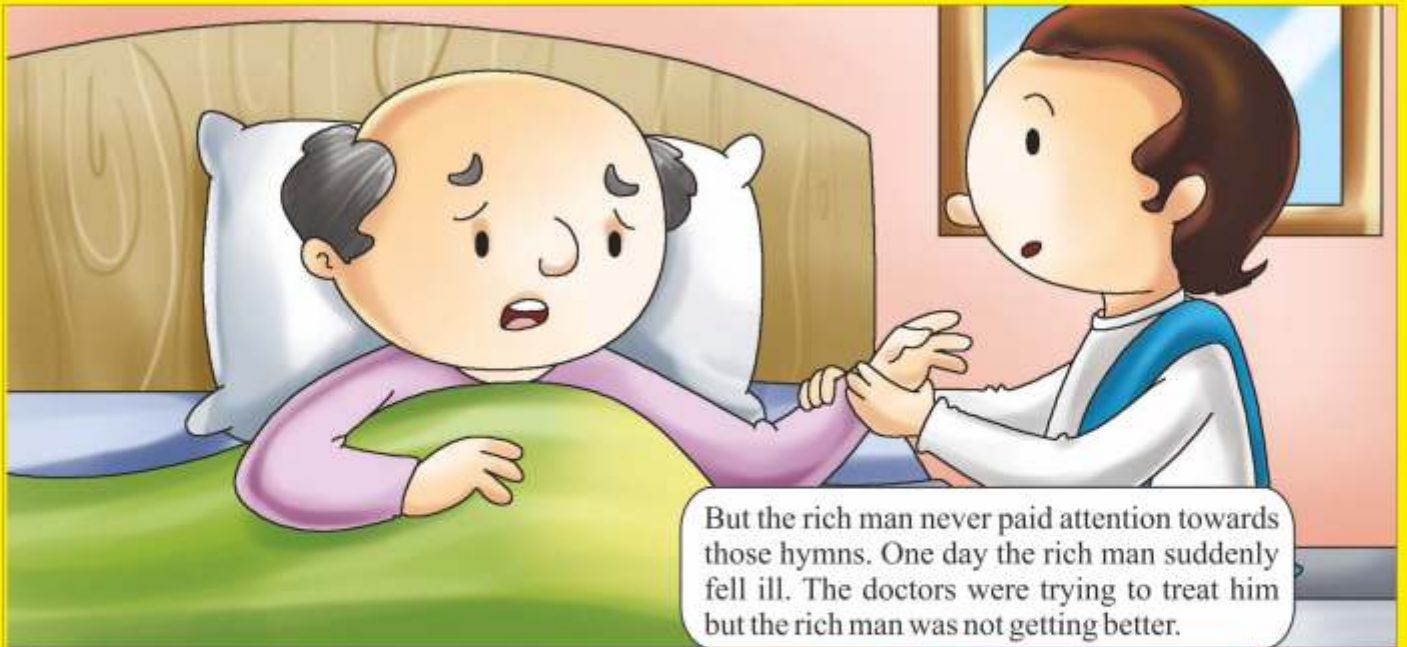
Story & Illustration  
—Ajay kalara



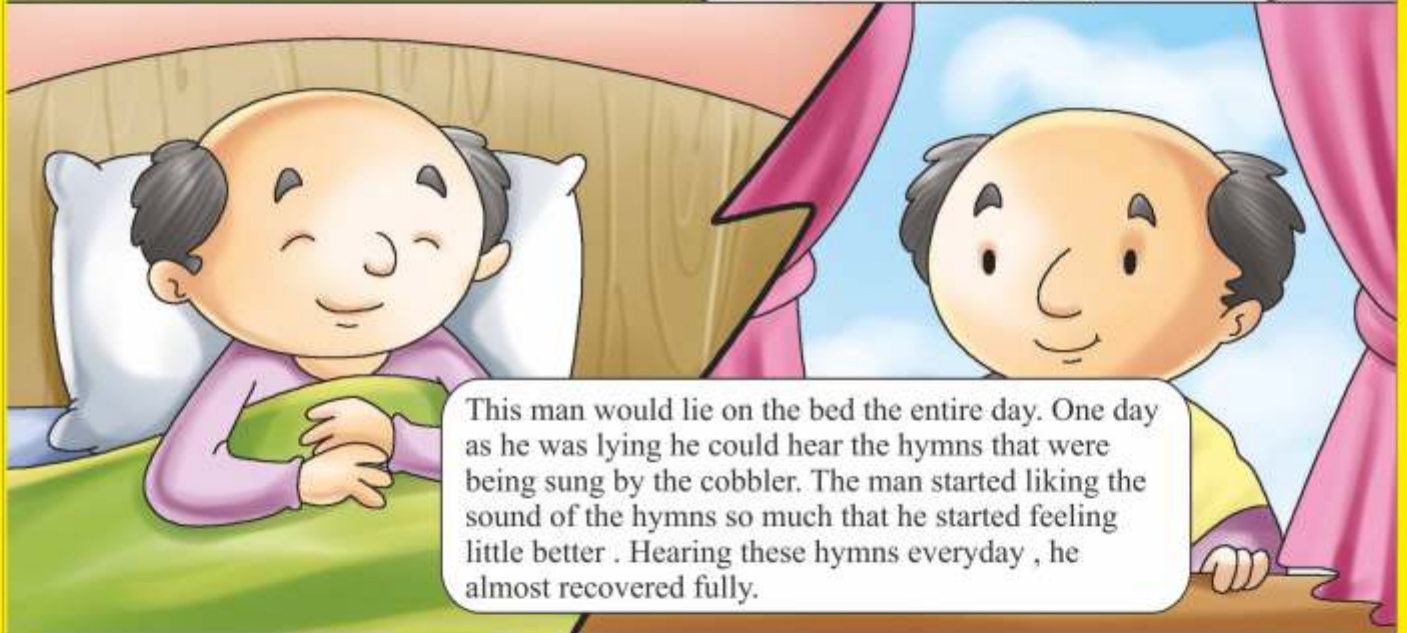
In a village a rich businessman used to live. In front of his house there was a poor cobbler's shop.



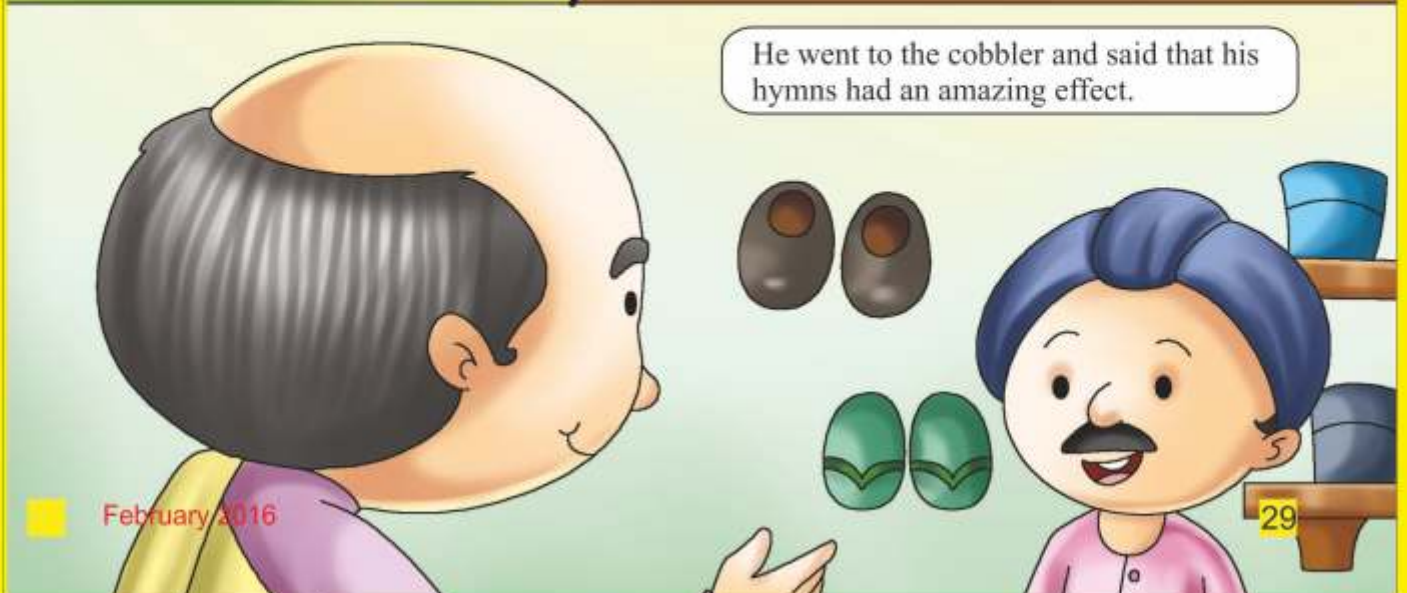
This cobbler had a habit of humming hymns as he would stitch shoes.



But the rich man never paid attention towards those hymns. One day the rich man suddenly fell ill. The doctors were trying to treat him but the rich man was not getting better.



This man would lie on the bed the entire day. One day as he was lying he could hear the hymns that were being sung by the cobbler. The man started liking the sound of the hymns so much that he started feeling little better. Hearing these hymns everyday, he almost recovered fully.



He went to the cobbler and said that his hymns had an amazing effect.



Take these 1000 rupees.

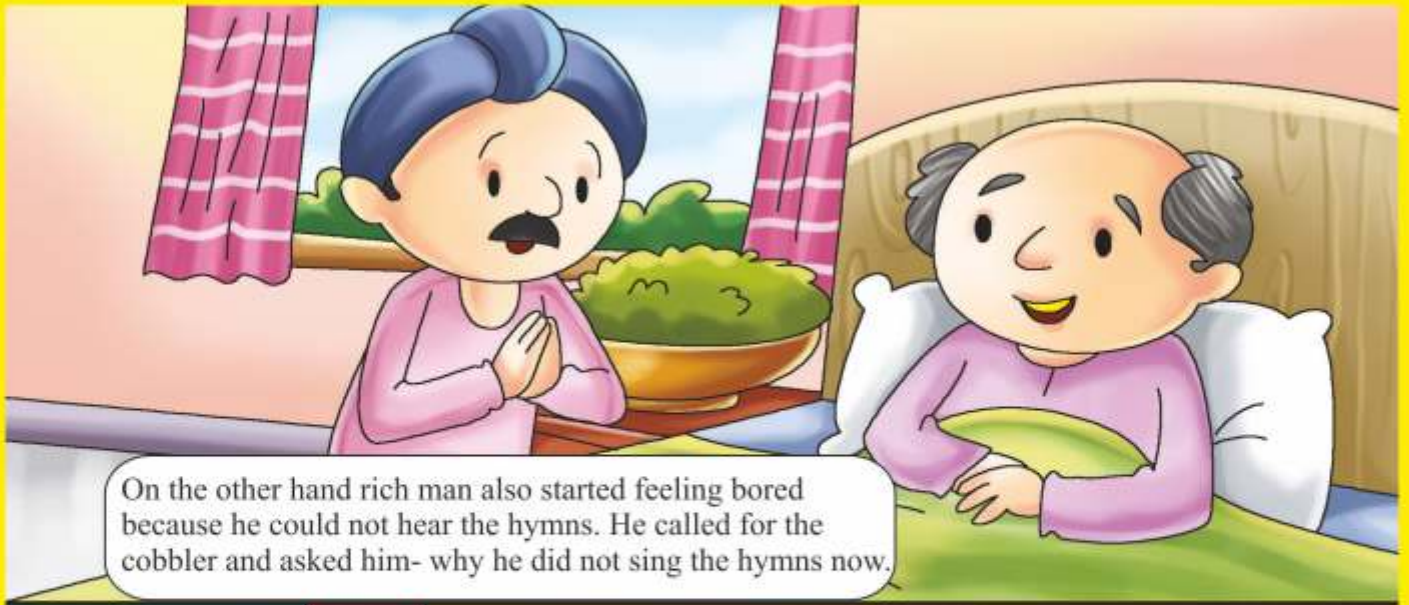
The cobbler took the money



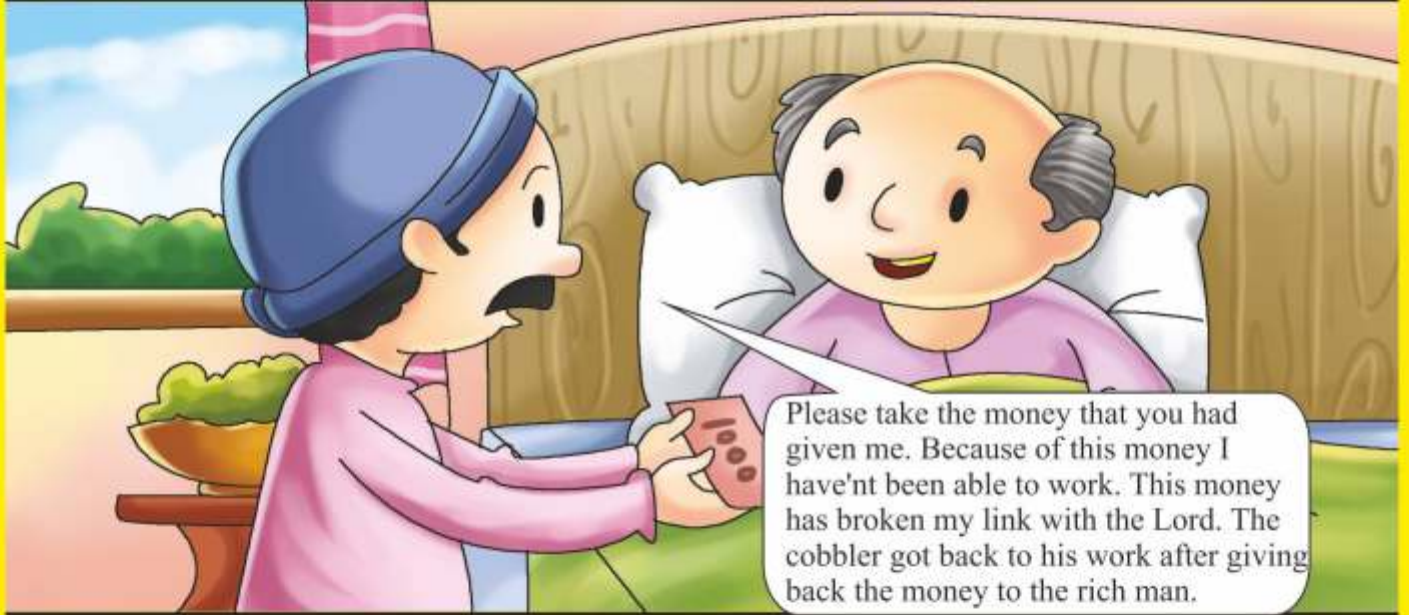
But he could not sleep the entire night with the excitement of the 1000 rupee note.



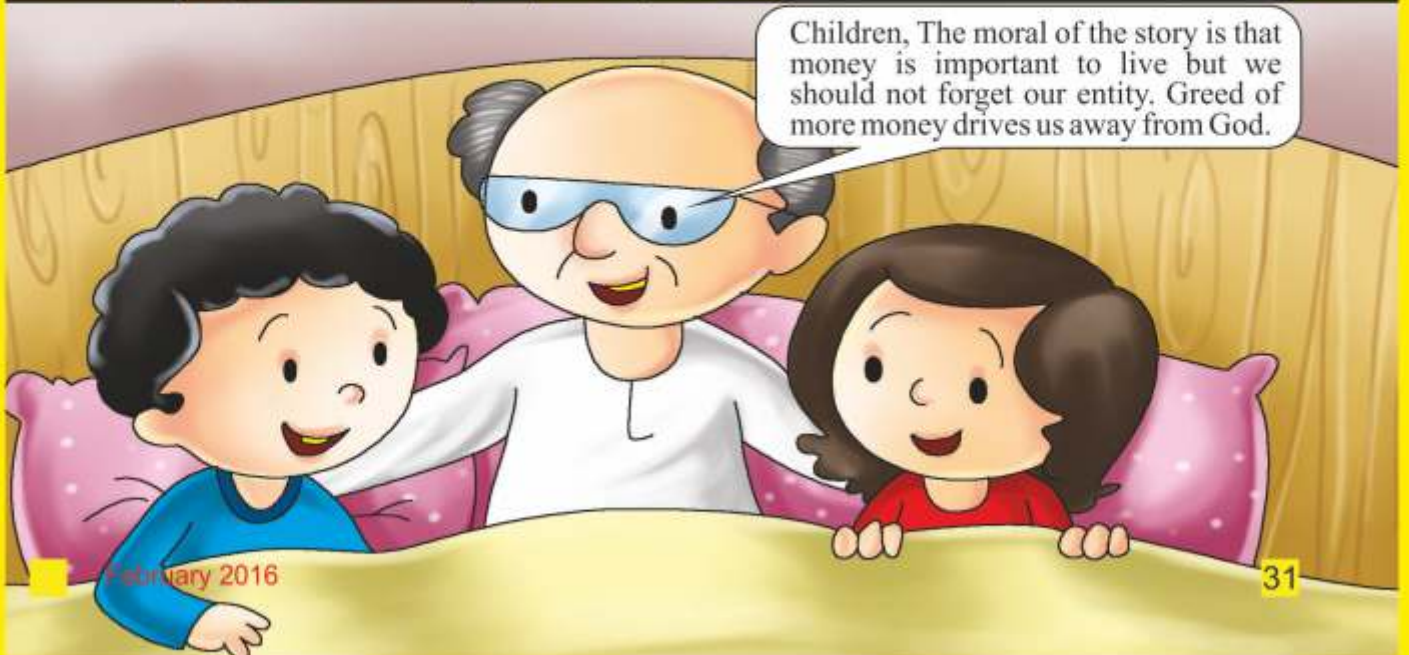
Due to this reason he forgot to go to work the next day and almost forgot to sing the hymns the next day. He would just think about money day and night.



On the other hand rich man also started feeling bored because he could not hear the hymns. He called for the cobbler and asked him- why he did not sing the hymns now.

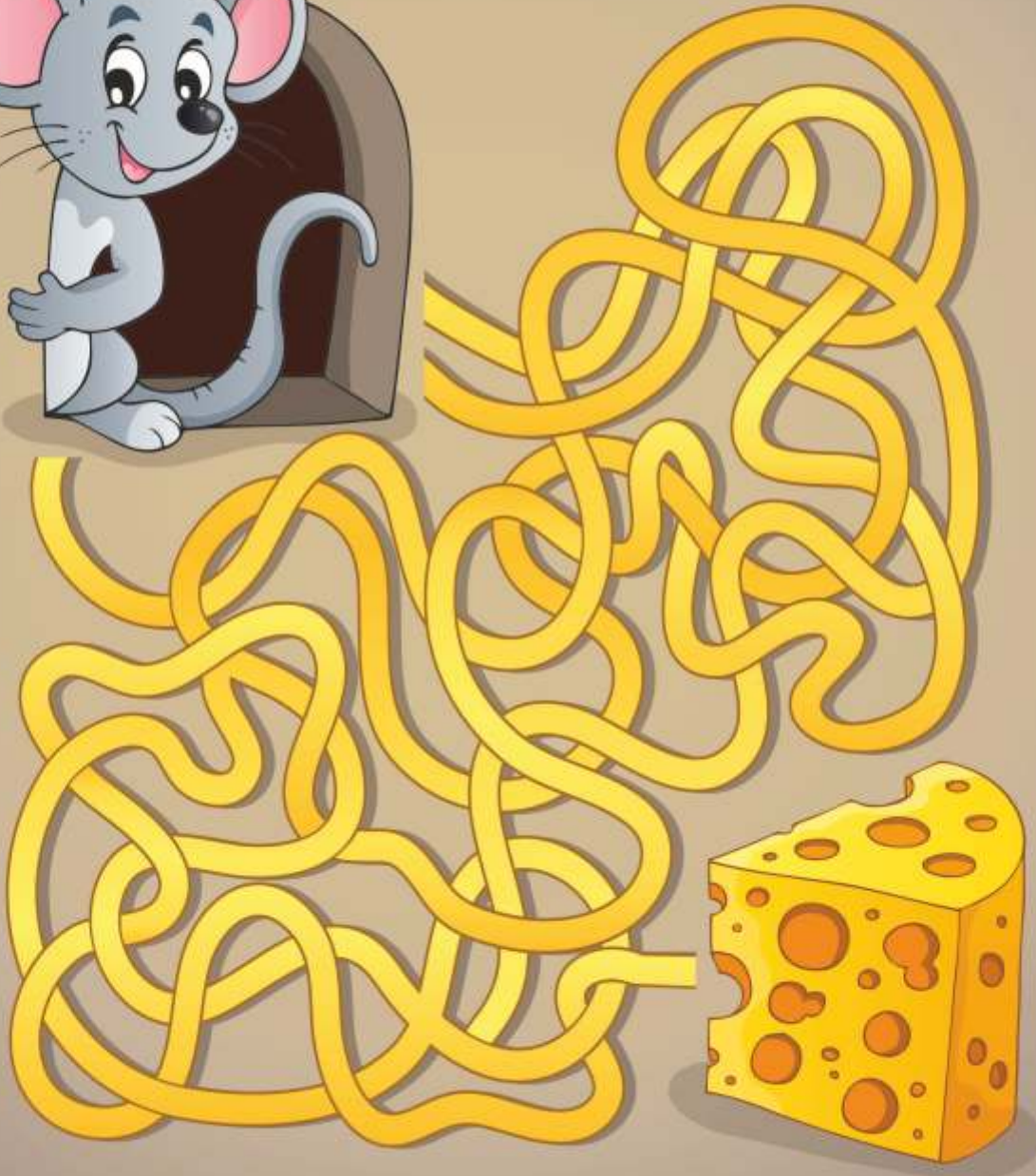


Please take the money that you had given me. Because of this money I have'nt been able to work. This money has broken my link with the Lord. The cobbler got back to his work after giving back the money to the rich man.



Children, The moral of the story is that money is important to live but we should not forget our entity. Greed of more money drives us away from God.

**Guide me to reach food**





# National Emblem

The National Emblem Of India, Which is replica of the capitol of the Asoka Pillar at Sarnath, Formed of three (In the original there are four), lions mounted on an abacus with 'Dharma Chakra' careved in center, a bull on the right and a horse on the left and the outline of the 'Dharma Chakra' on the extreme right and left. The words 'Sayameva Jayate' taken form 'Mundaka Upnishad' meaning 'Truth alone triumphs are inscribed in Devnagari right at the bottom.



# National Flag

National Flag. On July 22, 1947, the Constituent Assembly of India adopted Tri-Colour with the Asoka Chakra in the center as India 's national flag. The national flag of India consists of three equal horizontal bands— saffron, white and dark green—with Ashok's wheel (having 24 spokes) in dark blue colour in the center of the white band; all strips being equal in width.

No other cloth to be used for National flag except hand-spun and hand —woven Khadi' The flag is rectangular in shape, the ratio of the length to breadth being 3:2 the emblem of the flag is an exact reproduction of the wheel on the Capitol of the Asoka Pillar at Sarnath.



Saffron colour stands for bravery , the white stands for truth-peace and the green colour signifies growth and prosperity . It is called 'Tri-colour .



## Seven Magical Pearls

— Mahender Singh Shekhawat

This story goes long back in time. The city of Rampur was progressing gradually. The people lived in peace and happiness.

Seeing this king of the neighbouring city, Chandanpur was amazed as that the people of his city were neither happy nor prosperous like the people of Rampur.

For knowing the reason, the king of Chandanpur visited Rampur and asked the king about the cause of the progress, peace and happiness.

First, the king of Rampur welcomed the king of Chandanpur and then explained that— 'In our city the cause of peace, happiness and progress is because of magic of seven pearls.'

Hearing this king of Chandanpur spoke – 'What is the magic of seven pearls? I haven't been able to understand its meaning.'

Then the king of Rampur explained to him 'In our kingdom, you will find seven pearls in every household. Every pearl gives out a message and this way seven pearls give out one message each, which are as follows- 'follow the truth,' →

By : Ramesh Thukral, Delhi

## WITTY ONE-LINERS

\* A sharp tongue can cut my own throat.

If I want my dreams to come true, I mustn't oversleep.

Of all the things I wear, my expression is the most important.

The best vitamin for making friends..... Bl.

The happiness of my life depends on the quality of my thoughts.

The heaviest thing I can carry is a grudge.

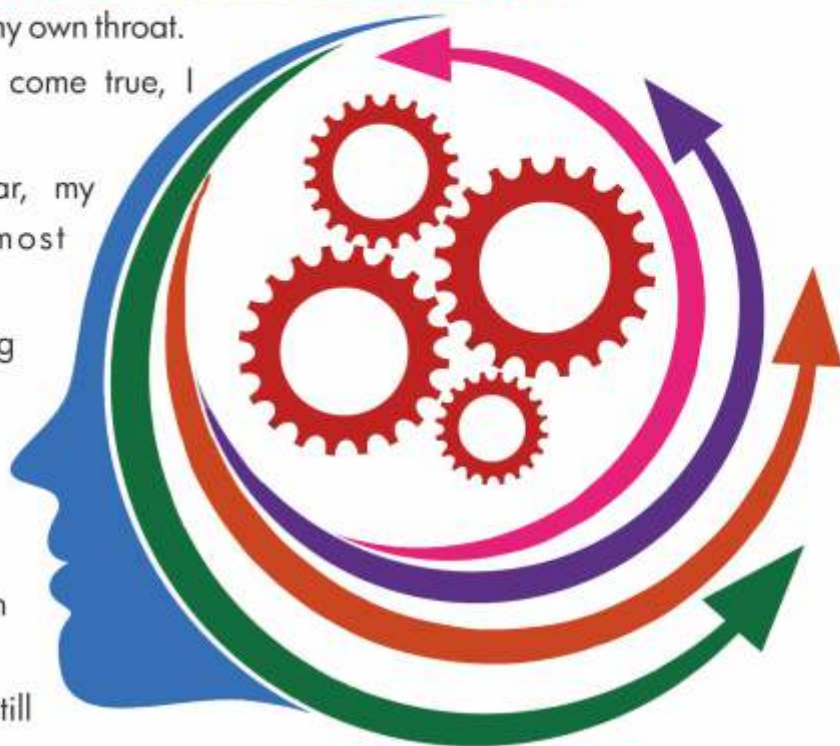
One thing I can give and still keep... is my word.

If I lack the courage to start, I have already finished.

One thing I can't recycle is wasted time. Ideas won't work unless "I" do.

My mind is like a parachute... it functions only when open.

The 10 commandments are not a multiple choice.



→ be non-violent person, don't speak ill of others, be hard working, be sacrificing, be tolerant and learn to be content.' This way, every person who wakes up every morning follows these seven principles reminded by seven pearls.

The king of Rampur then further clarified' This way every person wakes up in the morning and while seeing the seven pearls takes and oath to follow its principles in his life. So this is the reason why there is no one who is unhappy or sad in the is city. Everyone lives with a feeling of brotherhood while helping one another. While living with love and contentment they help each other and helps in the progress of the city also.'



# SMS

## of The Month

“Heart is the only machine that works without any rest for years. Always keep it happy whether it is 'yours' or others'”

Sometimes we feel all doors are closed in our life, but all the closed doors may not be locked. They may be waiting for your knock.

—Harjeet Nishad , Delhi

“A winning horse does not know what is WIN. It only runs due to the pain given by the rider. So, whenever you are in pain, think that God wants you to win.”

Beautiful pictures are developed with negatives in darkroom. If anytime you see darkness in life, it means God is developing a beautiful picture for yours.

Coins always make sound, but the currency notes are always silent. So, when you learn keeping silence, your value increases.

Respect those people who have time for you in their schedule. Love those people who even alter their schedule for you. A happy person is not one who has everything but one who makes the most of everything he has.

Never stop believing in hope because miracles happen every day.

—Avneenish Gulati, Chandigarh



Life is short. Cut out negativity forget gossip, say goodbye to people who hurt you spend your days with the people who are always there.

Honest relations are just like water, no color, no shape, no place, but still very important for life.

—Gurdev Pandoh, Chandigarh

There is no need to be jealous of others. What 's for your you is for you and what they have would not fit in yours anyways. Be thankful for all you have and know that all your desires is on the way.

—Ashok Nirankari, USA

Never give up on anybody. Miracles happen every day.

Always accept outstretched hand.

—Ramesh Thukral, Delhi

**Happy Birthday**



Ravi (Fazilka)



Sudiksha (Delhi)



Subhrit (Mumbai)



Khusee (Gwalior)



Aayush (Delhi)



Mahak (Raipur)



Abhinav (Kanota)



Anisha (Delhi)



Devansh (Kanpur)



Mohit (Datiya)



Prochi (Raipur)



Aseem (Delhi)



Bhavesh (Bhimukhari Sahib)



Arpita (Ajmer)



Byoam (Pune)



Sherth (Kanpur)



Stuti (Kanpur)



Arjun (Jamnagar)



Hardik (Amarawati)



Abhash (Rudrpur)



Byoam (Pune)



Ritvik (Sirsa)



Anjali (Jamnagar)



Aaradhya (Panipat)



Hardik (Amarawati)



Vedant (Thane)



Saparsh (Lucknow)



Arman (Chandigarh)



Sristee (Kanpur)

❖ 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.....

.....

Compiled by :  
Sakshi Gulati, Chandigarh

# Laughing Time



Sonu : "Excuse me. Do you know the way to the zoo?"

Monu: "No, I'm sorry I don't."

Sonu: "Well, it's two blocks this way, then one block to the left."

Ankita : You dance beautifully.

Ekta : I wish I could say the same for you.

Ankita : You could, if you were as big a liar as I am.

Father: My son, why did you sleep in the examination hall?

Son : Daddy, you yourself had told me, "if any question is difficult to answer, don't waste time, do something else," So, I slept.



Son : Daddy, can you sign with your eyes closed?

Daddy : Yes, why not. It's so easy.

Son : Then sign my report card.

Praveen : Dr. Sahib, I have to convey my thanks to you.

Doctor : But I am seeing you for the first time.

Praveen : You are right! In fact, you had given treatment to my uncle. He has died and I have become the owner of his property.

A guy says to his friend, "Guess how many coins I have in my pocket." The friend says, "If I guess right, will you give me one of them?" The first guy says, "If you guess right, I'll give you both of them."

Ankur : Just look at that young person with the short hair and blue jeans. Is it a boy or a girl?

Anish : It's a girl. She's my daughter.

Ankur : Oh, I'm sorry, sir. I didn't know that you were her father.

Anish : I'm not. I'm her mother.

Patients (at a mental hospital) : "We like you better than the last doctor."

New Doctor (flattered) : "How is that?"

Patient : "You seem more like one of us."



Doctor : You should play, walk and do some exercises, your health will improve soon.

Patient : Yes Doctor, I play football, cricket, tennis and many other games!

Doctor : Good, where do you play all these games?

Patient : On my mobile phone or computer!

-----

Pankaj : Past is a wastepaper, present is a newspaper and future is..

Babloo : Yours or mine ....?

Pankaj : Both of ours ...

Babloo : Mine is a question paper and yours is a tissue paper.

-----

Ramesh was arrested and brought before the Judge.

"Who brought you in?" asked the judge,

"Two policemen, Sir."

"Drunk, I assume?"

"Both of them, Your Honour, both of them."

Lady (At the phone) : "Will you call my husband, please?"

Operator : "Number, please."

Lady (Angrily): "How many husbands do you think, I have"

-----

Man: O God, What are a thousand years for you?

God : Just a second.

Man: And what are a million rupees for you?

God : Just a paisa.

Man: Then give me a paisa.

God: Wait a second my child.

-----

Child : Papa are you a man?

Papa : Yes, child.

Child : Then I am your father.

Papa : What nonsense?

Child: Why, haven't you read Wordsworth's line "Child is the father of Man?"

-----

Santa was standing in sun on a hot sunny day.

Banta asked: What are you doing?

Santa: Drying sweat.



## Winners of November Issue

### First :

**Sukriti Singh**

Age:12

Ward No.3, Kushi Nagar

Distt. : Kangra (HP)

### Second :

**Priya Rana**

Age 13

Village : Amarapuri

Distt. Rudraprayag (Ukh.)

### Third:

**Taruna Verma**

Age 13

H.No. 88, Sun City,

Distt. : Ropar (Pb.)

### Consolation Entries

**Yash Dattatray Chavan,**  
Ganesh nagar(Nashik),

**Amandeep Singh,**  
RCF,Kapurthala.

**Bhati Sewanee**  
Krishnanagar(Satna)

**Mahek Shaikh**  
Kansara(Palghar)

**Daksh Shailesh**  
ChandiBengal Chowki  
(Amhednagar)

**Hardik Sewance**  
Krishna Nagar(Satna)

**Aarav Nehru**  
Pomposh Enclave,  
New Delhi

**Priya Rai**  
Azamgarh (UP)

**Sumanyu,**  
Dheerpur, Delhi

## “Colour it” for January Issue

On page 41, a beautiful picture is given; colour it and send it to us latest by **January 20, 2016**. Office address: **HANSTI DUNIYA**, Nirankari Complex, Near Nirankari Sarover, Nirankari Colony. Delhi - 110009

The result will appear in **March** 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.



# Color It



Name.....Age.....

Address.....

.....

.....

Poem : Tanya Sood Ghaziabad

Hey its 2016  
The new year has just begun  
Then  
For whom are you waiting  
Let's start celebrating.  
It's the new year  
Let your loved ones come more near  
Do not have any fear  
Because the new year is again here.

Make new promises,  
That you will definitely fulfill  
This year don't break anybody's heart  
Or you will be apart.



2016

Do the best you can  
This year crackers must be banned  
It is a good thing you must do  
And it is definitely true.



Do your best  
Best than the rest  
Be like a flower  
And you will shine like a star.

So why shall we wait  
Let us celebrate  
So do not look left or right  
There-is a party on tonight



*Service with Humility*



## NIRANKARI VOCATIONAL CENTER

Offers

Computer Education Program

Accredited by

NIIT FOUNDATION

**ADMISSION OPEN**

### Courses offered

#	COURSE	DURATION
1	TALLY ERP 9	3 months
2	DTP	4 Months
3	WEB DESIGNING	2 Months
4	ADVANCE EXCEL	3 Months
5	BASIC IT	4 Months

- Note:** 1. The course fee is for the whole course and includes course material, assessment charges and registration fee. No Hidden Cost involved.  
2. All the courses are assessed and certified by *NIIT FOUNDATION*.

### OUR CENTERS :

#	LOCATION	CONTACT PERSON	PHONE NUMBER
1	NIRANKARI COLONY	SONIA BABBAR	9654244598
2	TILAK NAGAR	SUNITA	9899015663
3	MALVIYA NAGAR	GEETA KUMAR	9818371090
4	FARIDABAD	MANOJ KUMAR	8506924747

Nirankari Vocational center is a skill development center run by Sant Nirankari Charitable Foundation ( Regd ), New Delhi with an academic tie up with NIIT Foundation, Delhi with an objective to provide IT related courses at nominal prices

Head office :

Sant Nirankari Charitable Foundation, Nirankari Complex,  
Nirankari Chowk, Burari Road, Delhi – 110009. Ph : 011 47660380  
Website : [www.nirankarifoundation.org](http://www.nirankarifoundation.org)

Registered with the  
Registrar of Newspaper  
For India Under Number 47383/88

:  
:  
:

Delhi Postal Regd. No. DL-(N)-01/0186/2015-17  
Licence No. U (DN)-21/2015-17  
Licenced to post without Pre-payment



## Spiritual Zone for kids



With the blessings of His Holiness  
Experience online spiritual learning  
with exciting and fun features  
highlights our mission's message.  
Visit regularly to watch tiny tots  
excelling in the spiritual journey.

[kids.nirankari.org](http://kids.nirankari.org)

- His Holiness Message
- Glimpse of Blessing
- Message in colors
- Poetry Fantasy
- Wacky and True
- Fun Games
- Hansti Duniya
- Kids Creation
- Kids Activities
- Jokes
- Avtar Vani
- Story Time

**Share**  
your talent  
in form of  
painting, poetry  
& story

