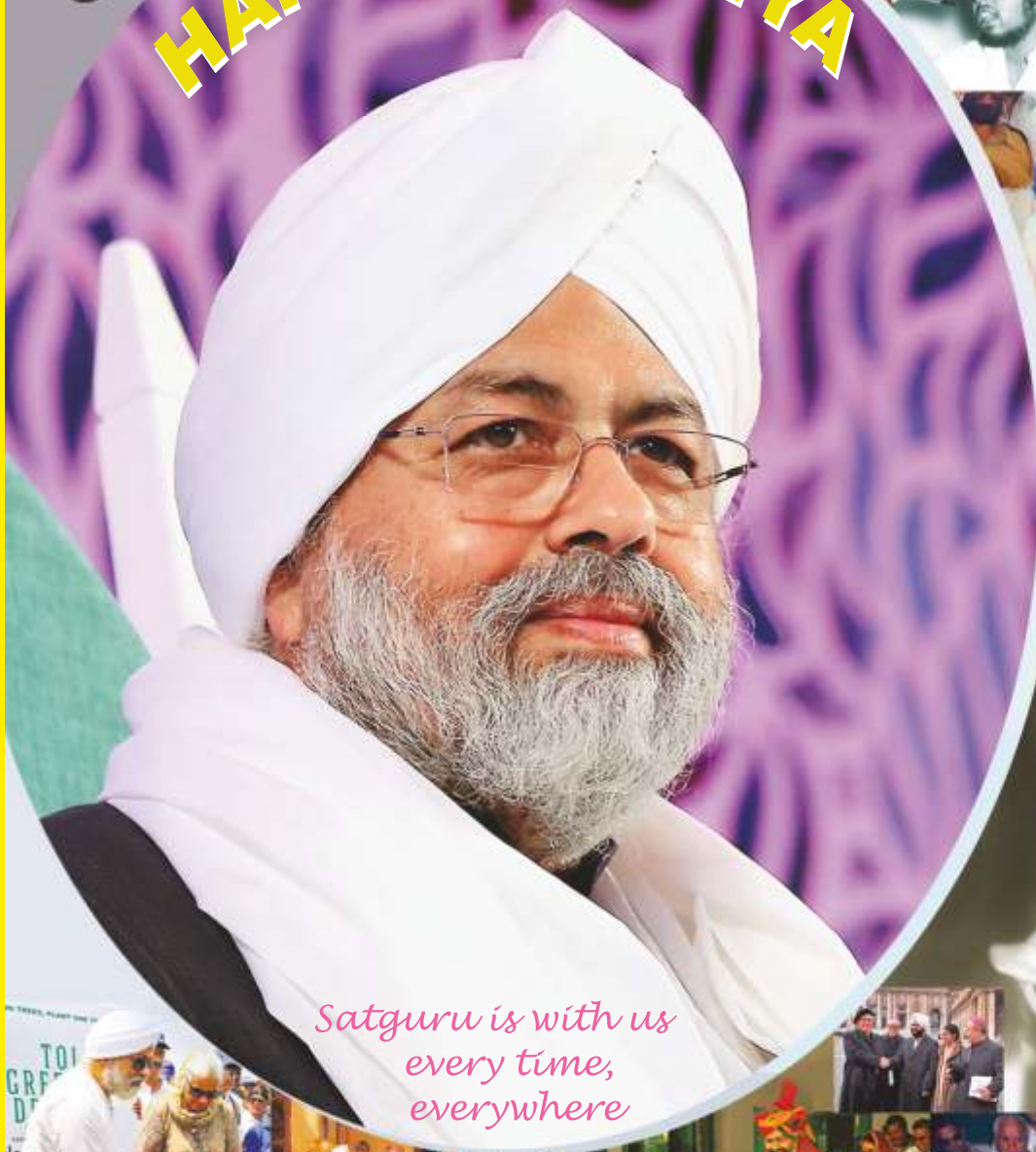




HANSTI DUNIYA



*Satguru is with us
every time,
everywhere*





Hansti Duniya

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Harjeet Nishad

Chief Editor

Vimlesh Ahuja

Editor (Honorary)

Rajat Kapoor

Associate Editor (Honorary)

Email: editorial@nirankari.org

Ph.: 011-47660200

Fax: 011-27608215

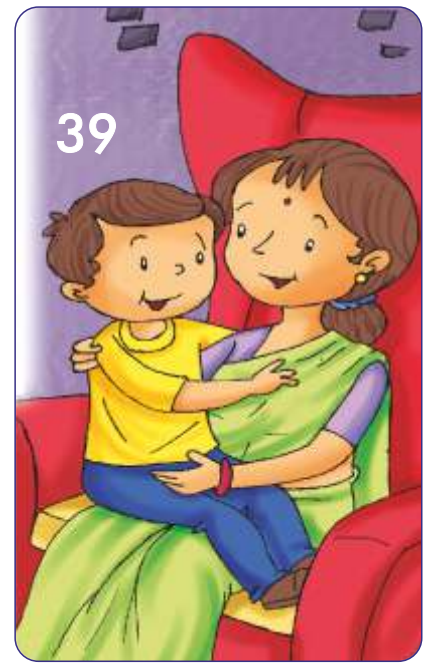
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Ability & Strength

Two friends were talking amongst themselves. One was hale, hearty and healthy and the other quite normal. The healthier one was named so – Strength. The other one was also named accordingly – Ability. The one who was powerful was just bragging about himself.

Everyone is afraid of me. Everyone listens to what I say. The other one was listening carefully and his listening was being considered as a sign of agreement. Both reached their class. When the teacher came back both gave regard to the teacher and got busy with their studies.

The teacher also asked some question. The answers were given by Ability only but Strength kept sitting quietly. On this the teacher said, "Strength you must learn something from Ability." In anger Strength was about to speak something to the teacher while the teacher continued and asked

Ability also to learn something from Strength. Now what the teacher said made Strength and Ability think that what can be learnt from each other.

Friends we must have the knowledge about our strength and ability. The meaning of strength is power. If the strength is limited to the body only then it is called as bodily strength but if it is directed towards making the mind stronger then it becomes centred. As such, the meaning of ability is- the potential to complete the task.

To increase the strength of our body, we eat right food, we exercise and if for some reason if we are ill, we also take medication.

So this way we must increase the ability of our mind alongwith the body and make it more able. If the mind is attached to its source, then inspite of its habit of running here and there it can still stay stable.

Before listening to what my mind says one must compare it with ones current set of values and compare whether it matches with it or not. Doing every task with caution and care one must think that every action of his is finally for the sake of mankind's upliftment and his own self. Thinking in this fashion has not yet come in our daily habit so it would be tough in the beginning but slowly we shall be able to feel internal strength, potential and talent. Then the circumstances may change and we shall remain centered. That is why there should be a balance of ability and strength inside all of us.

—Vimlesh Ahuja

Hansti Duniya



Lord Krishna and the Lapwing's Nest

It was the battlefield of Kurukshetra. The white conch-shells were about to sound, the elephants to march forward, and the attack of the archers to commence. The moment was brief and terrible. Banners were flying, and the charioteers preparing for the advance. Suddenly a little lapwing, who had

built her nest in the turf of a hillock in the midst of the battlefield, drew the attention of the Lord Krishna by her cries of anxiety and distress for her young "Poor little mother!" He said tenderly, "let this be thy protection!" and, lifting a great elephant-bell that had fallen near, he placed it over the lapwing's nest. And so, through the eighteen days of raging battle that followed, a lapwing and her nestlings were kept in safety in their nest, by the mercy of the Lord, even in the midst of the raging field of Kurushetra.



Fat and Diseases



Fats in the diet are obtained in two forms, the visible fats like butter, vegetable oils and invisible fats like milk and eggs. When fatty foods are taken they pass through the digestive tract. Enzymes convert these fats into fatty acids and glycerols (simpler forms of fats). These fatty acids and glycerols are absorbed by the blood capillaries in the small intestine.

Natural oils are also fats. The distinction between an oil and fat is that at normal temperature fats are solid and oils are liquid. Fats play two very important roles for us —

(i) In the formation of cell membrane.

(ii) As a source of energy and for storage of future food. Fats supply more energy approximately 93 calories/gm in comparison of protein and Carbohydrates which provide only 4.5 calories/gm. It also protects our inner organs.

Need of fats for an adult man is at least 22 kg/year.

But in India the consumption of fat is very low. It is about 5 kgs/year. It is because of non availability and high cost of fats. In developed countries like Western Europe the rate of consumption of fat is 21.1 kgs/year.

Natural oils contain mainly two types of fatty acids

(i) Saturated fatty acids.

(ii) Unsaturated fatty acids.

There are some unsaturated fatty acids which the body needs but can not manufacture for itself. These are called Essential Fatty Acids. The

requirement of these fatty acids are very small. These are present in any normal diet e.g. butter. Excessive quantity of these fatty acids cause growth retardation, increased cholesterol metabolism, formation of free radicals which can cause cancer and aging. Excessive quantity of fatty acids causes more incidence of tumors in mice. High fatty acid level in the diet cause coronary heart disease.

The excess of fat is stored as lipid This is due to feeding habit in the first year of life, genetics, sudden lack of exercise and sedentary occupation. In some cases psychological factors and hormonal imbalances may be involved.

Normal cholesterol concentration of human blood should be 250 mg/100gm. Excess amount of saturated fatty acids increases the level of blood. cholesterol which causes high food pressure and heart attack where as excess of unsaturated fatty acids reduce the level. Therefore a diet containing higher amount of unsaturated fatty acids and a lower amount of saturated fatty acids would help to keep serum cholesterol level

lower. The butter and coconut oil are considered more high cholesterolaemic in diet. Solid fat consumption should not be more than 10% of total energy intake. In infants, deficiency symptoms will develop if less than 10% of energy is supplied by the fatty acids.

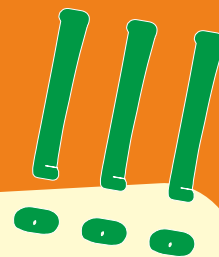
SUMMARY

Nutritionists have emphasized the need for calories, proteins, carbohydrates, minerals and vitamins but they paid little attention towards oils and fats nutrition. Oil's and fat's in human nutrition play opposite roles in developing and developed countries. In the former people suffer due to under consumption while in the later fat causes harm because of hyper consumption.

Thoughts

- The best way to find yourself is to lose yourself in the service of others.
- Service breeds solace that brightens one's face.
- If you judge people, you will have no time to love them.
- A regularly unpunctual man is his own enemy and a nuisance to others.
- Every game you lose, gives you a new lesson to win.

KNOW your scriptures



SAMPURAN AVTAR BANI

Ik Tu Hi Nirankar 118

CHARAN DHOOD NOON MATHE LAYAN HO JANDA EY NIRMAL CHEET;
CHARAN DHOOD NOON MATHE LAYAN SARI DUNIA BANADI MEET.
CHARAN DHOOD NOON MATHE LAYAN KHUSHIAN DE VICH HUNDA VAS;
CHARAN DHOOD NOON MATHE LAYAN LEHNDI GAL CHON JAM DE PHAS.
CHARAN DHOOD NOON MATHE LAYAN HARI DARSHAN HO JANDE NE;
CHARAN DHOOD NOON MATHE LAYAN PAP PUNN KHO JANDE NE.
CHARAN DHOOD NOON MATHE LAYAN MUK JANDA EY AVAN JAAN;
CHARAN DHOOD NOON MATHE LAYAN JEEAN DA HUNDA KALYAN.
CHARAN DHOOD MASTAK TE LAIEY JE KOI SANT FAQIR MILE;
KAHE AVTAR BADA VADBHAGI JIS NOON IH AKSEER MILE.

Thou Formless One 118

By humbly applying the dust of the saints' feet on the forehead, one's mind becomes pure;

By humbly applying dust of the saints' feet on the forehead, the entire world becomes friendly.

By humbly applying dust of the saints' feet on the forehead one remains ever happy;

By humbly applying dust of the saints' feet on the forehead, the shackles of Death are removed.

By humbly applying dust of the saints' feet on the forehead one perceives God;

By humbly applying dust of the saints' feet on the forehead, one gets beyond virtue and vice.

By humbly applying dust of the saints' feet on the forehead, the cycle of birth and death ends;

By humbly applying dust of the saints' feet on the forehead, all the beings are redeemed.

If one comes across a true saint, he should humbly apply the dust of his feet on the forehead;

Avtar says, he is the luckiest who gets this divine panacea.

—Roopnarayan Kabra



A Friend like this

Anil was a student of class 9. Arun was his classmate. Both were good friends but both were different by nature. Arun was hard working and disciplined. He would always stand first in his class. All teachers were happy with his work and nature.

Anil was very careless. He did not have any interest in studies. Neither would he study nor would he be regular to class. Everyday his parents would have to cut a sorry figure in front of his teachers. He did not believe in studying but in cheating. Friend Arun would explain to him a lot but he would not listen to anything he said.

Final exams arrived. It was English exam, he did not know anything, he tore papers from guide books and requested some of his friends to help him in the exam.

That day Mr. Saxena was on invigilation duty. He was very strict by nature. Seeing him on duty he felt helpless and all his preparations for cheating got waste.

The same way Anil could not do any cheating in Maths and Social Science. *In Science he was caught cheating and his paper was cancelled. As a result he failed in the examination.* Anil was depressed and started



ignoring Arun. One day Arun went to his house and asked, "Why have you started feeling so unhappy?" This is the result of not studying and depending on cheating. "See I am your friend, not just your classmate and shall stay that way. Stop being sad and disappointed, decide firmly to work hard and study a lot. I will help you out in studies. I have full faith in you. You shall stand first in the class."

Anil understood clearly. He had already faced hardship. "Arun you are so helpful, you have given me a ray of hope, I shall work hard in future." Said Anil

Anil started following everything in the class. He was regular to class and would regularly do his homework. His preparation was good for annual exam and he stood first in the class. Arun was extremely happy with this that Anil stood first in the class.

Anil's parents and teachers were all praise for the change in him. On receiving prize on Annual Prize distribution day he said, "The credit of my success goes to Arun who despite my failure guided and consoled me and motivated me to work hard. He also helped me out. May God bless everyone with a friend like Anil."



A defeated King took shelter in a cave in a jungle. His enemies were looking for him. They wanted to kill him.

The King had fought bravely. But his army was small. The large army of his enemy defeated his small army. He had to run away to save his life. He was very sad at heart. His courage had left him.

One day the King was lying idly in the cave. A little spider drew his attention. It was trying hard to weave a web across the ceiling. As it was crawling up the wall, the thread of the web broke and it fell down to the ground. This happened several times. But it did not give up. It tried again and again. At last it climbed up the ceiling successfully and completed the web.

The King thought, 'This tiny creature did not give up. How could I give up? I am a King. I must try again.' And he decided to fight his enemy once again.

The King went out of the jungle and met his faithful followers. He collected the brave men of his kingdom and raised a strong army. He fought against his enemy with all his might. At last he won the battle. He got back his kingdom. He always remembered 'the spider who had taught him a lesson.

Moral : Success comes to those who fight hard against failures.

Vikas Stories for Children (Yellow Book)

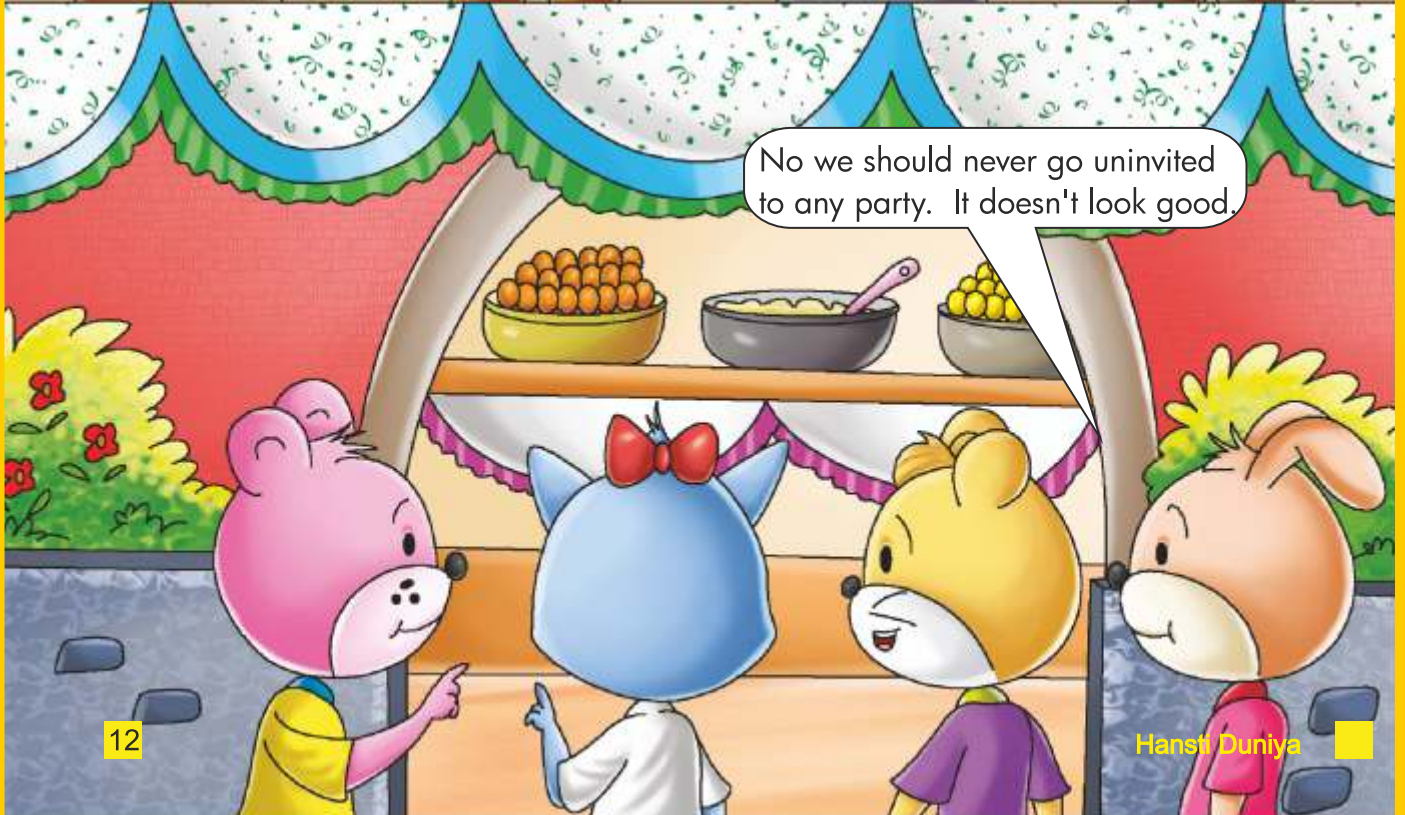


July 2016



Kitty

Story & Illustration
Ajay Kalara







Here is the kitchen. Let me see if there is anyone here.



Wow, such tasty food for us all. Come let's eat it all



Oh, What is this noise in the kitchen, come let's see.



Oh, we are caught, now we will have to face the music.

Hey, what's happening here.



Run, run, they are coming for us, they shouldn't reach us.



Ha, ha, brave kitty, what did you get, food or fight. If nothing, i think you had a good exercise running around.

Forgive me, I called you coward but now i understand that one must never go uninvited to any party.



Soldier Returns Home, 7 Years After 'Death'

Dehradun/Alwar : Bollywood can't better this script. A soldier meets with an accident seven years ago, loses his memory and wanders around Haridwar as the Army declares him dead. And then the unthinkable happens. He is hit by a bike and regains his memory. But there's more.

Retired subedar Kailash Yadav was prepa-ring to deal with a "drunkard" knocking on his door late at night last month when to his utter surprise, he saw his "dead" son Dharamveer Singh standing before him. The startled welcome gave way to a teary reunion as Dharamveer recounted his journey from Haridwar to Alwar to his wife, two daughters and brother.

Singh 39 a Jawan with the 66 Armoured Regiment in Dehradun, had been missing since 2009 and was declared dead three years later, as is the norm. His brother Ram Niwas told TOI, "My brother was driving a military vehicle on Chakrata road in Dehradun when he and two other jawans met with an accident. Their, vehicle overturned on a divider. None of the bodies was found." The other jawans reported back to their units later but Singh . had vanished into thin air.

The Army issued his death certificate and granted pension to his family They had little hope of ever seeing him, but Manoj Devi continued to keep a fast for her husband's safety "Somewhere deep down, I knew I would see him again," she said. And she did.

Singh told his family that he did not remember what had happened to him after the 2009 accident. "All he remembers is that he was begging on the streets of Haridwar last week, when he was hit by a bike. "The rider rushed him to a hospital", where Dharamveer, after regaining consciousness, realised that he had recovered his memory," said Ram Niwas, who is a doctor.

Singh, who can't stop thanking God, said, "The biker who hit me gave me Rs. 500. I took the money and bought a ticket for Delhi. After that I reached my village in Bhiteda, near Alwar. I am in shock. It felt so good to see all of them. I could hardly recognise my daughters. They have become so big." One of his daughters is in Class 10 while the other is in Class 12. The family has now brought Singh to Jaipur for treatment.

(Courtesy the Tribune)

—Vikas Arora (Rewari)

Improve your Grammar



Choose the right option –

1. Our newspapers _____ too much space to political news.
a) USE b) DEVOTE
2. When we change direct speech into indirect speech, TODAY becomes THAT DAY and LAST WEEK becomes _____.
a) THE PREVIOUS WEEK b) THE FOLLOWING WEEK
3. The manager was _____ but was later reinstated.
a) DISMISSED b) PROMOTED
4. The teacher _____ the boy's comic which he was reading during the English period.
a) COLLECTED b) SEIZED
5. Change the gender: Masculine: FOX, Feminine: _____.
a) VIXEN b) MARE
6. The manner in which bombs exploded in four trains within a short span of time suggests that it is a part of a _____.
a) SCAM b) CONSPIRACY
7. What is the plural of Dwarf?
a) DWARVES b) DWARFS
8. Because of the heavy rain, the match was _____.
a) CALLED OFF b) TURNED OFF

| | | | | | | | | |
|--------------|---|---|---|---|---|---|---|---|
| Answer Sheet | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| | | | | | | | | |

See Answers on other page

Judge your position from the table given below:

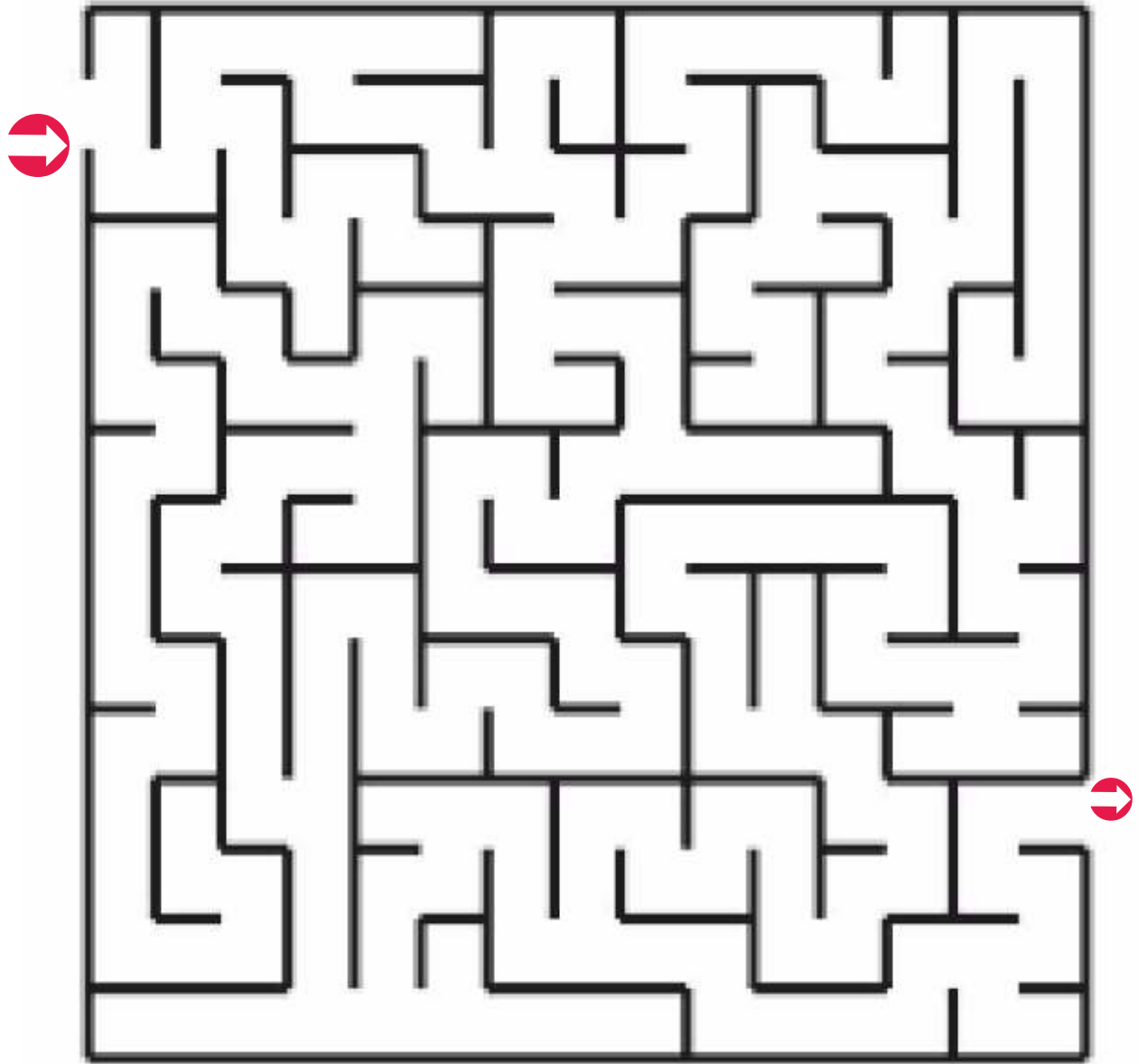
All correct – Excellent Grammar

5 – 7 correct – Average Grammar

Below 5 correct – Go through the Grammar book everyday.

By: Sunil Nagpal

Find the way
Find the way
Find the way



Find the way in half minute, you are Genius.
Find the way in one minute, you are Talented.
Find the way in more that minute, you need to improve.

Compiled by : Hardik Khinda, Delhi

Thoughts to Ponder

- The true Guru is one who dispels your ignorance and not add his own ignorance to you. — Scriptures
- An enlightened being has no desire for fruit of action. —Baba Avtar Singh
- Father, forgive them; for they know not what they do. — Bible (Luke: 23:34)
- What you dislike in another, take care to correct in your self. — Sprat
- In the middle of difficulties, is the opportunity — Albert Einstein
- Selfless service is the highest peak of worship and devotion. — Nirankari Baba
- Association of saints lends an edifying touch, — Baba Gurbachan Singh
- The great hope of society is individual character. — Ganning
- Tulsi, association with a saint even for a short while washes away millions of sins. —Tulsi Das
- Nothing is impossible. The world it self says, I'm possible. — Audrey Hepburn
- Homes really are no more than the people who live in them. — Nancy Reagan
- Think in the morning, act in the noon, eat in the evening and sleep in the night. —William Blake
- The less you talk, the more you are listened to. — D.S. Shauq
- Spirituality irons out inequality. — Nirankari Baba

5 tips for staying healthy in summer

—Hariom Khatana (Gurgaon)



- 1. Stay cool and hydrated:** When you sweat, your body loses water. So, in summer, it is important to drink plenty of water. Don't wait until you are thirsty to have a glass of water. Keep yourself hydrated by drinking at least eight to nine glasses of water a day. Apart from water, make sure that you also consume juices, lassi, coconut water and shakes. Do not hesitate in carrying bottles of liquids with you if you are going out for a long duration.
 - 2. Protection against the Sun:** The sunlight is quite strong in the summer season. So, avoid going out in the sun during the peak of the noon. Also, protect yourself from overexposure to sunlight by wearing a hat. In order to protect your eyes
- from the harmful effects of the sun, wear sunglasses.
- 3. Dress appropriately:** Wear loose-fitted clothing to keep yourself cool during the heat. Avoid synthetic clothes as they do not let the body perspire. During summer season, choose light colours as they reflect more heat than they absorb.
 - 4. Enjoy nature's bounty:** All essential nutrients are required in the summer months, particularly those minerals which are lost in the sweat. Eating lots of fresh seasonal fruits in the form of salads daily nourishes the body. You must include milk, cereals, pulses and foods, such as watermelon, yogurt, berries and curd in your diet.
 - 5. Take care of food :** Preservation of food is a must during the hot weather as it gets stale too easily if precautions are not taken. It may cause food poisoning, diarrhoea and vomiting. Do not keep food out in open unattended for long as the bacteria multiply quickly during hot climate.

C R O S S W O R D

– Vikas Arora
(Rewari)

| | | | | | | |
|----|----|--|---|----|----|---|
| 1 | 2 | | | 3 | 4 | |
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| 6 | | | | | | 7 |
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| 9 | 10 | | | | 11 | |
| | | | | | | |
| 12 | | | | 13 | | |

Left to Right ➡

1. A star at the centre of our Solar system.
3. A mineral containing metal that is valuable enough to be mined.
6. The largest ocean in the world is _____ ocean.
8. Teaching of individual pupils or small groups. (TUTION/TUITION)
9. Dakar is the capital of this African country. (SENEGAL / GERMANY)
12. Verb of 'Trial'.
13. Past of EAT.

(See the answers on another page)

Up - Down ⬆

2. Another name of Parvati, wife of Lord Shiva.
4. The second Indian woman to become Miss World is Aishwarya _____.
5. One fourth of Sixty.
6. Plural of Path.
7. An artificial waterway constructed for irrigating land.
10. The organ of hearing.
11. A small insect found in DELHI CANTT.

It doesn't take much

One of the many reasons I love God's Word is that it is full of little things we can do to bless, encourage, and strengthen one another—things that don't take much time or cost much money. Here are some of the acts of kindness we can and should do for one another:

- Watch over one another
- Pray for one another
- Look for kindnesses we can express to others
- Be friendly and hospitable
- Be patient with one another
- Bear with others' faults and weaknesses
- Give others the benefit of doubt
- Encourage one another
- Be loyal to one another
- Be happy for people when they are blessed
- Keep people's secrets and don't tell their faults.
- Believe the best of one another

The ideas listed here are relatively simple things we all can do if we are willing. We don't have to make special plans for most of them, but can do them throughout the day as we have opportunities.

Improve your Grammar

Answers :

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

Q.No. Explanation

1. If you devote a particular proportion of a piece of writing to a particular subject, you deal with the subject in that amount of space.
2. When direct speech is changed into indirect speech, LAST WEEK becomes THE PREVIOUS WEEK.
3. DISMISS is the antonym of REINSTATE. If you reinstate someone, you give him back a job which had been taken away from him.
4. The comic changes hands – it goes from the boy to the teacher. When someone in authority takes something from you by force, he seizes it.
5. The feminine of FOX is VIXEN, not MARE. Mare is the feminine of Horse.
6. A conspiracy is an evil and secret plan to do something that is harmful or illegal. A scam is a dishonest way or scheme to make money by deceiving people.
7. The plural of DWARF is DWARFS, not DWARVES.
8. If you CALL OFF an event that has been planned, you cancel it.

H. D. Answers

— Archana Garg (Delhi)

Q. What should a person do to overcome anger?

A. Leave that place for a while and keep silent.

— Laxmi (Alwar)

Q. What is evil of all evils?

A. Not to recognise evils?

— Kalpna (Dharampur)

Q. Why does a man remain unhappy even with sufficient wealth?

A. Money can buy material things but not happiness.

Q. What is the right time to stop bad habit?

A. The right and best time to stop bad habit is before it starts.

— D.R. Dogra (Mandi)

Q. When is man most disappointed in life?

A. When his self-interest is not served.

— Avtar (Shimla)

Q. How to convert sadness into happiness?

A. By changing your mental attitude.

— Chhinder Paul (Pandoh)

Q. What to do if one gets tired of continuous hard work?

A. Have a break and start again.

— Ruchi (Bikaner)

Q. In how many languages Hansti Duniya monthly is published?

A. It is published in four languages- English, Hindi, Punjabi and Marathi.

Q: Question A: Answer

Nelson Mandela

—Bhagyesh Ajit Patil (Saral, Alibagh)

Nelson Mandela was the first black President of South Africa. Being a dedicated International peacemaker, he was awarded Nobel Peace Prize in 1993.

He was born in the village of Mvezo on 18th July, 1918. His father was a principal counsellor to the acting king of the Thembu people. When Mandela was nine years old, his father died of lung disease. The king adopted him and thus, he moved from village to the royal residence. Under the guardianship of king, Mandela was groomed to assume high office. He attended a local missionary school, the Clarkebury Boarding Institute and Wesleyan College where he achieved academic success through plain hard work.

Afterwards, he joined African National Congress and became its National Volunteer-in-Chief in 1952. At that time, South Africa was under the British rule. The practice of segregation between whites and blacks led to decades of conflict. Nelson Mandela directed a campaign of peaceful and non-violent defiance against the racist policies. In 1962, he secretly visited England to gain support for the armed struggle to end white minority rule in South Africa. He also received military training in Morocco and Ethiopia.

When he came back, he was sentenced to life imprisonment for terrorist activities. During his years in prison, his reputation



grew steadily. He was widely accepted as the most significant black leader in South Africa as the anti-apartheid movement gathered strength. In 1990, he was released after 27 years in prison. In 1994, South Africa held its first elections in which Nelson Mandela was elected President. He worked hard to protect the national economy from collapse during his Presidency. He signed into law a new constitution for the nation guaranteeing the rights of minorities and the freedom of expression.

During his lifetime, he not only dedicated himself to the struggle of the African people but with his humility, he remained a devoted champion for peace and social justice all over the world. In 2009, the United Nations declared 18th July as 'Nelson Mandela International Day' in recognition of his contribution to democracy and freedom.

He died in Johannesburg on 5th December, 2013. His autobiography 'Long walk to freedom' is an inspiration to all who are opposed to oppression and deprivation. He is respected all over the world as a symbol of struggle against all forms of racism. ●



Poem — Shashi Aneja (Gurgaon)

Awake, Awake

My child

For ages did I sleep in slumber,
Days, years, uncounted in number.
One fine day, His Holiness knocked,
In love for me was all He soaked.
But darkness on me was so heavy,
That I was not able to hear or see.
Who is He with so much love,
Wants to awaken my
sleepy soul behave.

Sweet murmers of His Holiness,
Awake, awake, O my child!
Why ye come to this earth,
get up and find.
To love all and hate none,
To make the entire humanity One.
Be good and compassionate to all,
And always alert to His call.
Serve the weak and the needy,
Hate none even
if someone is greedy.
Forgive the sinner,
forget not the sin,
Lest thee become
next to be trapped in.
Ask not any questions
nor the ways,
Only listen and
act as Satguru says.



— Gurdip Roopra,
Birmingham, UK

Human Kind

A human finds peace when removing fume-in-his mind
The Humankind is human, when a human is kind

When your mind is clouded, you'll hear your mind scream
The key to a healthy mind, is to keep your mind clean
Eat healthy, think healthy, there's no reason for pain
There can always be a rainbow, outside the season of rain
Love one another, for contentment and bliss
A healthy mind and body is the key to this

A Human finds peace when removing fume-in-his mind
The Humankind is human, when a human is kind

Jealousy and envy always bring you down
Remove your hate, love isn't a mere noun
Stay happy, and smile; remember what you deserve

Happiness is life, and to love is a verb
God is the key; give your emotion to him
He's amazing; he gets the ocean to swim

A human finds peace when removing fume-in-his mind
The Humankind is human, when a human is kind

Clean the world, as you would clean your mind
Diversity in unity is humanity defined
All colours are united like a rainbow

We have many differences; we are the same though
We need a roadmap to peace, signposted here
By working together we can beautify our atmosphere

A human finds peace when removing fume-in-his mind
The Humankind is human, when a human is kind.



What We Need is **Light not Heat**

— Somit Sengupta, Kolkata

In 1881, a professor asked his student Naren (Vivekananda), whether it was God who created everything that exists in the universe?

Vivekananda replied: Yes

He again asked: What about evil? Has God created evil also?

Vivekananda got silent... Then he requested that may he ask a question from him?

Professor allowed him to do so.

Vivekananda asked: Does cold exist?

Professor said: Yes! Don't you feel the cold dear?

Vivekananda said: I'm sorry but you are wrong sir. Cold is a complete absence of heat... There is no cold, it is only an absence of heat.

Vivekananda asked again: Does darkness exist?

Professor Said: Yes!

Vivekananda replied: you are again wrong sir. There is no such thing like darkness. It's actually the absence

of light. Sir! We always study light & heat, but not cold & darkness.

Similarly, the evil does not exist. Actually it is the absence of Love, Faith & True belief in God.

Can't stop myself to share this with you. Actually I was also thinking the same way as the teacher did. I was researching the dark, keeping the light of knowledge of the almighty god aside. This story opened my eyes and I realized that I must concentrate on the light, not on the dark. ●

CROSSWORD SOLUTION

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| 12 T | R | Y | | 13 A | T | E |



GRANDPA

Story & Illustration
Ajay Kalara





Once upon a time there were two best friends

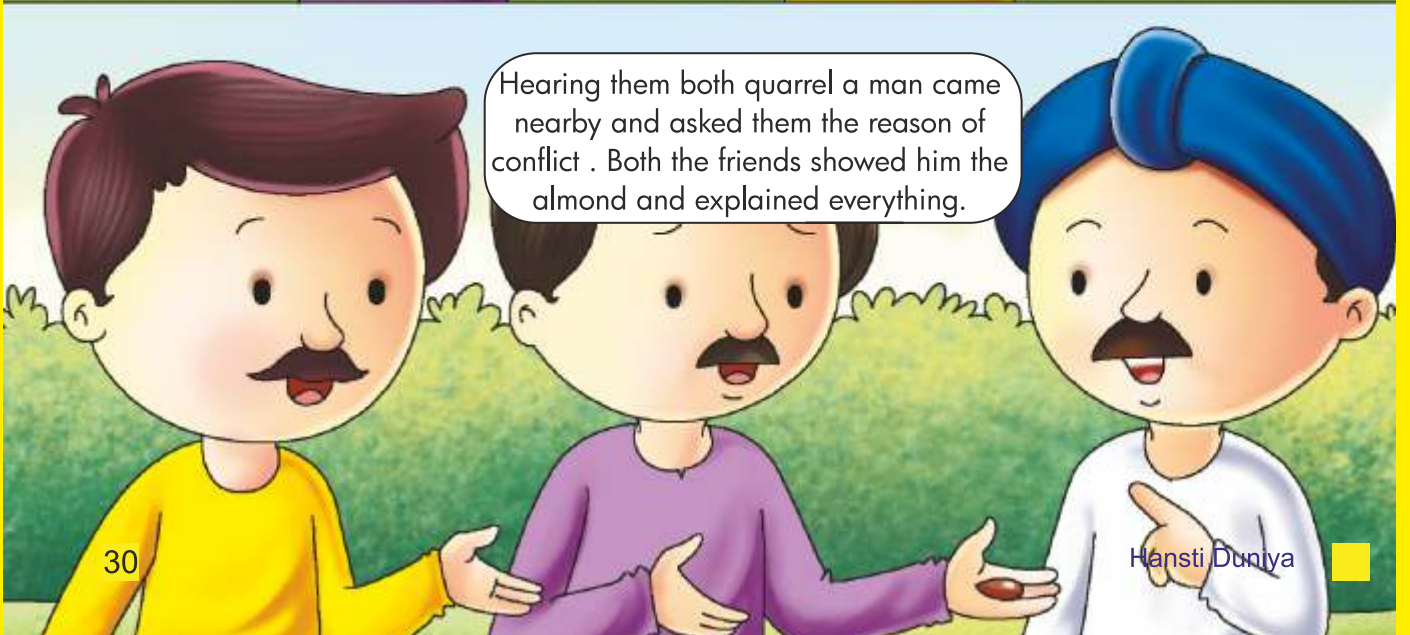
But, what Dada ji.



One day they were walking together.



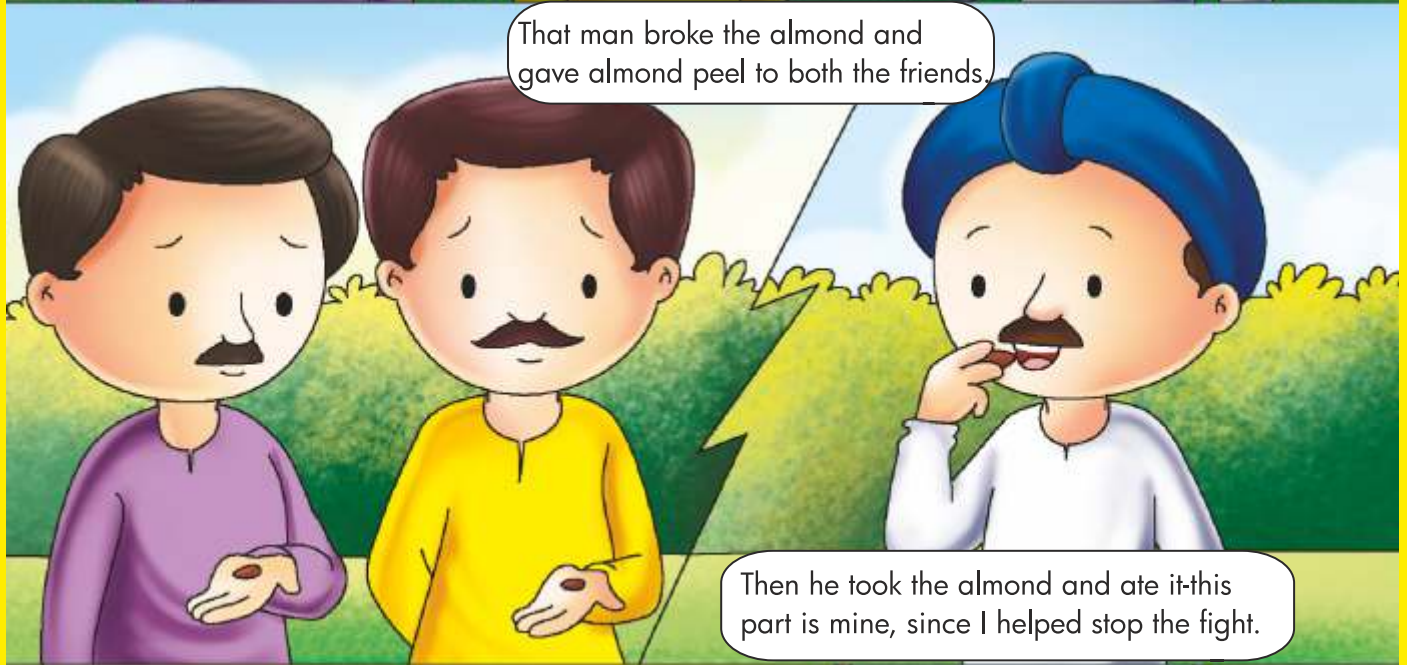
Just then they saw an almond on the road.





The man took almond from him.

That's it, such a small issue. I will just find a solution to this.



That man broke the almond and gave almond peel to both the friends.

Then he took the almond and ate it-this part is mine, since I helped stop the fight.



You both also must never fight for anything, otherwise I will make use of that situation for my benefit.

Hearing the story the friends understood that they must never fight since some third person will always make use of the situation for his benefit.

Story :Priya Tandon, Chandigarh

The Greedy Neighbour



A poor family had gone without food for several days. They were starving, but their devotion to God was unsurpassed. They prayed to God, to show mercy. It so happened that an Angel passed by just then and heard their prayer. He appeared before them and gave them a box. The angel said, "This magic box has only two laddoos (round shaped sweetmeat, yellow in colour) in it. You must take out only one and close the lid. After you eat it and open the lid again, there will be two laddoos in it as before. You can do this any number of times; but if you take out both the laddoos together, the box shall lose its magic." So saying, the angel disappeared. As directed, the man took out one laddoo, closed the box and fed his son. He opened it again to find two laddoos! Similarly he fed his

daughter, then his wife and last of all himself. The family feasted on laddoos several times in the day. Soon they became healthy and strong.

Their neighbour saw their rosy cheeks and robust bodies and felt jealous. She asked the lady of the house, how they had suddenly become so healthy and prosperous. The lady confided to her neighbour about the magic box.

A few days later, the magic box vanished from their house. Some body obviously stole it . The first family prayed to God again. As luck would have it, the same angel was passing by that way and heard their prayer. The angel got very angry, thinking that

these people were very greedy. The angel came and gave them another magical box. He said, "Make sure you open this box only when your doors are locked. Let no one see you or hear you, when you open it." As soon as the angel left, the man gathered his family into the inner room and bolted the door. Carefully he opened the box. Out of it flew invisible slaps, punches, pushes and blows ... All four of them got a terrible beating by some invisible hands. With difficulty they were able to close the box. Their faces were red and swollen after the sound beating they had just got.

Meanwhile, the neighbour decided to try just once, what would happen if they had both the laddoos together. After that, the magic box failed to produce any more laddoos. The neighbour was very upset and dejected indeed. That evening the neighbour noticed her friend, with a swollen red face. She asked her, "How come your face is so red? Do you have another magic box?" By now the lady was sure that the earlier box had been stolen by the neighbour, so she

answered contemptuously, "Yes, and it's even better than the first one."

Sure enough, the very next day the second box went missing. As soon as the neighbour's family opened the box, they were showered with blows, punches, slaps etc. They rushed out of the house, screaming in agony.

The angel meanwhile decided to come and check out the plight of the family. He was surprised to hear the screams coming from the neighbour's house! The angel entered there and saw both the magic boxes lying there. He understood what had happened. He restored the magic to the first magic box and restored it to the first family.

As far as the second family was concerned, they had had enough of magic boxes. They never wanted to go near a magic box again.

Moral:

Everyone is eager to be happy; everyone thinks that wanting more and working less to earn the things wanted, is the quickest way to be happy. No one tries the other method wanting less and working more.





— C.L. Gulati, Secretary, (Hqrs.) SNM, Delhi

Union With God is Strength

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

The eternal and universal factor of strength is to remain attached with the all powerful God. What it needs is actual realisation of all pervading God and full concentration on Him. That is the most real strength in the world.

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

But if you hold the magnifying glass still, allowing it to focus the rays in a concentrated beam of sun energy, you harness the power of the sun and multiply it through the lens—starting a fire. Focusing also works with your power of thought.

Imagine the result of your strength when you have union with God and concentrate on Him without shifting or wavering your faith on other sides!



By- R. K. Kapoor, Delhi

Benefits Of Lemon

Lemon is known as “Neembu” in Hindi. Ayurveda has regarded lemon as a valuable fruit and admired its properties. Its biggest benefit is that it helps in digestion, prevents throat trouble, acidity and vomiting. Here are its other benefits.

- 1— Lemon juice is a powerful anti bacterial.
- 2— Since it is very acidic in nature, it should not be taken in concentrated form as it will harm the enamel of teeth. But mixed with sugar and water it makes “Shikanji” a very beneficial summer drink.

3— Lemon is very useful in maintaining the health of teeth and the bones.

4— In places of high altitude including Mount Everest lemon is useful and even the first man who put his foot on Mount Everest used lemon to reach.

Golden Words to Follow

— Ashok Saini

There are four sorts of men:

- * He who knows not and knows not that he knows not.
— He is a fool, shunt him.
- * He who knows not and knows he knows not.
— He is simple, Teach him.
- * He who knows and knows not that he knows.
— He is asleep, wake him.
- * He who knows and knows that he knows.
— He is wise follow him.



SMS

of The Month



- ★ We do not see things as they are,
we see them as we are.
—Lakshita , Delhi
- ★ Happiness, like unhappiness, is a
proactive choice.
—Nidhi, Snt Nagar
- ★ Whatever the mind of man can
conceive and believe, it can
achieve. —Raunak , Mumbai
- ★ We are all here for some special
reason..Stop being a prisoner of
your past. Become the architect of
your future. —Rohit , Ludhiana
- ★ The beginning of anxiety is the end
of faith, and the beginning of true
faith is the end of anxiety.
—Tapsya, Gurgaon
- ★ Prayer is not overcoming God's
reluctance, but laying hold
of His willingness.
—Ratnesh, Surat
- ★ Be better than you were yesterday.
—Onu, Mumbai
- ★ If you do not have enough time,
Stop watching TV.
- ★ Life is simple. Open your mind,
arms and heart to new things and
people. We are united in our
differences.
- ★ Some opportunities only come
once, seize them.
— Prateek, Muzaffar Nagar
- ★ The one who receives God
knowledge, inhibits the feeling of
love.
- ★ There is always something to be
thankful everyday to see the
beauty of being alive under God's
grace.
- ★ Beauty attracts the eye but
personality captures the heart.
—Utesha, Allahabad
- ★ Happiness starts with you not with
your relationships ,not with your
job, not with your money but with
you.
—Shailesh Pandey Lucknow

— Dhruv Sagar (San Francisco, CA)



Many of you have probably already heard of the famous proverb “Sharing Is Caring”. This is because when you share, you are caring and showing compassion for the other person. You spread happiness to both people, and they will spread that happiness to other people. Eventually that happiness will reach around the world. It also shows love to people, who spread that love around the globe, so basically sharing is a connection of love. It can start a chain reaction of friendships and relationships. Many people fail to realize how important sharing is in our

lives, how important it is to share with loved ones. I would like to share a story on sharing:

There was once a boy who was very rich and clever. He had practically everything a boy could ever want, so he was only interested in the most rare and curious of objects. This happened to him in relation to a very old mirror, and he convinced his parents to buy it from a mysterious old man. When the mirror arrived home, the boy went to see his reflection in it. His face looked very sad indeed. He tried smiling and making funny faces, but his reflection continued with its sad expression.

Surprised, the boy went off to buy sweets. He came home as happy as can be, to look in the mirror, but his image was still sad-looking. He bought all kinds of toys and old junk, but forever looked sad in that mirror. Fed up, the boy stuck the mirror off in a corner.

"Crikey, what a terrible mirror!" It's the first time I've seen a mirror that didn't work properly!"

That same afternoon he went into the street to play and to buy a few toys, but on his way to the park he saw a little boy who was crying his heart out. The boy was crying so much, and looked so lonely, that the rich boy went over to help him and to see what had happened. The little one told him that he had lost his parents.

Together the two boys set off in search of them. As the little boy wouldn't stop crying, our boy spent his money on buying him sweets to cheer him up. Finally, after much walking, they found his parents who were out looking for him, very worried.

The rich boy said goodbye, and walked off towards the park. But,

seeing the time, he decided to turn round and head for home, without having been able to play, without toys, and without money. At home, he went to his room, and noticed a shining light in the corner; the same corner he had left the mirror in. Seeing this, he went over to the mirror, and realized that the light was coming from his own body, so radiant with happiness he had become.

And so he understood the mystery of that mirror, the only mirror which could faithfully reflect the true joy of its owner. He realized it was true; he felt genuinely happy at having helped that little boy.

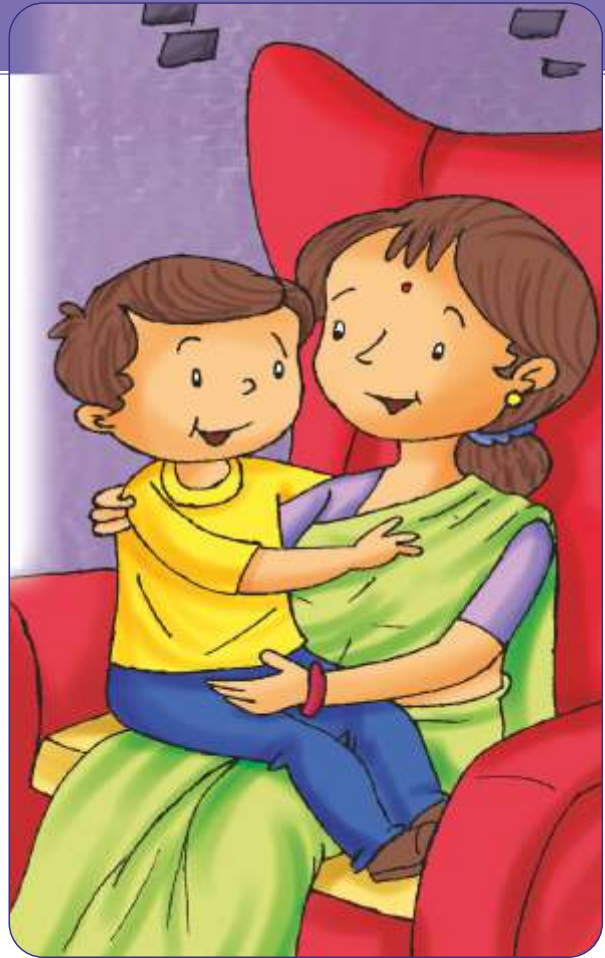
And since then, each morning when he looked in that mirror and failed to see a special shine, he already knew what he had to do to bring it back.

The moral of this story is that everyone should try to be like that boy, and have those qualities that make a good person. So that, every day we should try to see our smiling faces through that mirror.

Poem : Puneet Khara

Mother

O! my dear loving mother
Like you there is no other.
You are the greatest lover,
Of me and my brother
About difficulties you never bother
Even in bad times you are sincere.
I promise never to put you to tears
May you live for thousands of years.



Wisdom

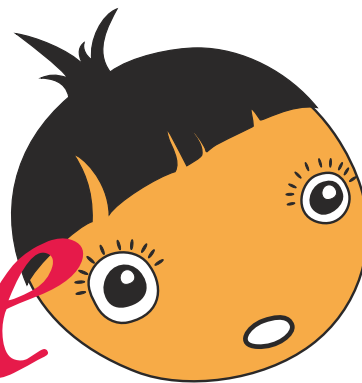
Poem : A.K. Bhatt

Every moth is not a glow-worm.
Nor every gust of wind a storm.
Things are very much deceptive here
In this world of name and form.
Ignorance is man's greatest foe.
It is the cause of his weal and woe.
So, my children, have wisdom.
It is an illusion-eraser.
It teaches us the art
Of weighing things in correct measure.



Compiled by :
Pulkit Bhardwaj, Panchkula

Laughing Time



Teacher : What is nearer — Russia or Moon?

Student : Moon sir, was the quick answer.

Teacher : How?

Student : We can see moon from our own place but we cannot see Russia, sir.

* * *

A policeman went to his friend's place.

Friend : What a surprise! Where did the sun rise from this morning?

Policeman : I don't know. I was on night duty.

* * *

Father : Why are you making a hole through your text book, son?

Son : Because teacher asked me to go through the whole book.

* * *

Teacher : Ashok, why are you late?

Ashok : Sir, there was a sign board on the road side.

Teacher : What do you mean?

Ashok : It read, 'Go slow, school ahead,'.

Santa : Waiter, it's been half an hour since I ordered the turtle soup.

Waiter: Yes, sir, but you know how slow turtles are.

* * *

Doctor (To a lawyer): Your profession is very bad. A slight mistake on your part can make a man hang five feet above the ground.

Lawyer: And your profession is rather worse. The slightest mistake on your part can make a person get buried five feet under the ground

* * *

Anil : Who tied this knot in your handkerchief?

Sunil : My wife, she wanted me to post a letter without fail.

Anil : So did you post the letter or not?

Sunil : No, she forgot to give it to me.

Mother : Why did you get such low marks on that test?

Chintu : Because of absence.

Mother : You mean you were absent on the day of the test?

Chintu : No, but the kid who sits next to me was.

Ashok : I have lost my dog!

Ajay : Have you tried putting out a message on the Internet.

Ashok : Don't be silly! My dog doesn't use the Internet.

Dad : I've bought an expensive television, so we have to control our expenses. I'll start taking the instead of the taxi.

Mother : I'll stop buying expensive dresses and women's magazine.

Son : I'll stop going to school.

Suru : Ramu, none of the matchsticks light from the matchbox you bought yesterday.

Ramu : That's strange. I checked every matchstick by lighting it up.

Rnnku : Doctor, When I sleep, I see monkeys playing cricket match in my dream.

Doctor : Take this medicine and you will not see such dreams.

Rinku : Doctor, I can't start this medicine from tomorrow.

Doctor : Why is that so?

Rinku : Because today is the final match between the monkeys and I want to see that.

Doctor : It seems that you do not exercise. Do you go for playing in the afternoon.

Monu : Yes, I do.

Doctor : In the playground?

Monu : No, on the computer?

Neetu : Would you like to play with our new dog?

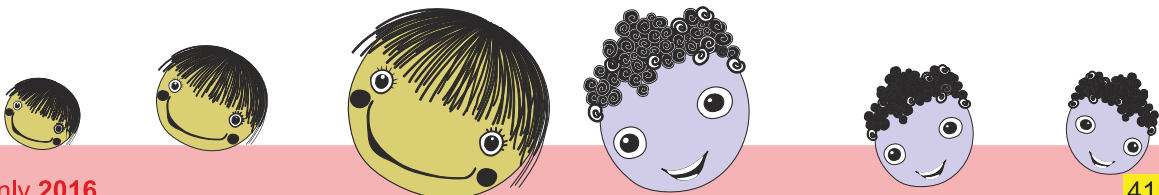
Ritu : He looks very fierce. Does he bite?

Neetu : That's what I want to find out..

You are a nice person....but...you have to do 2 things early in the morning.....

1st : Pray to God so that you can live.....

2nd.Take a bath so that others can live...



Happy Birthday



Aaradhak (Delhi)



Hiyya (Delhi)



Navjot Kaur (Delhi)



Samdish (Chandigarh)



Ykshita (Nagina)



Satakshi (Fatehgarh)



Mansi (Byaspur)



Prisa (Mandi, Dabwali)



Vivan (Chandigarh)



Anurag (Amarawati)



Aarman (Sidhi)



Simrat Singh (Talwandi)



Ardhya (Soopar Jamua)



Bhavika (Sivani)



Ranbir Singh (Delhi)



Seerat (Delhi)



Ridhika (Rampuraphul)



Ashima (Sunderchak)



Chetan (Nazadela)



Anushaka (Delhi)



Divit (Jammu)



Mayank (Soopar Jamua)



Aryan Singh (Fatehgarh)



Shubnit (Karmala)

❖ 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 May Issue

First :

Roshni

Age :12
D-16, Telephone Colony
Yogesh Nagar (Hry.)

Second :

Atharv

Age 9
1E /22 Swami Ram Tirath Nagar
Jhandewalan, Delhi

Third:

Gulshan Sharma

Age : 11
102, Hazari Villa, Near Post office
Distick : Thane (Mah.)

Consolation Entries

Manvi Maurya

56 Apo

Amandeep Singh

Kapurthala (Pb.)

Akhilesh Rana

Amrapuri, Rudraproyag

Sakshi Devi

Anandi Darashan (East Mumbai)

Aayushee Sandeep Jadhav,

M.D. Kini Marg Bhandup
East, Mumbai

Jhellamba

Vasundhra Enclave, Delhi

Ishaana Sethi

Nirankari Colony, Delhi

Sae M Berde

Kaiwa Thane Maharashtra

Gayatri Bullar

Kalyan (W)

Maharashtra.

Shreya

Jahangirpuri (Delhi)

Prerana

Indore (Delhi)

“Colour it” for July Issue

On page 44, a beautiful picture is given; colour it and send it to us latest by **August 20, 2016**. Office address: **HANSTI DUNIYA**, Nirankari Complex, Near Nirankari Sarover, Nirankari Colony. Delhi - 110009

The result will appear in **September** 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

.....

.....

Complied by : Taruna, Faridabad

One Step Towards Changing the World



Once upon a time, there was an old man who used to go to the ocean to do his writing. He had a habit of walking on the beach every morning before he began his work. Early one morning, he was walking along the shore after a big storm had passed and found the vast beach littered with starfish as far as the eye could see, stretching in both directions.

Off in the distance, the old man noticed a small boy approaching. As the boy walked, he paused every so often and as he grew closer, the man could see that he was occasionally bending down to pick up an object and throw it into the sea. The boy

came closer still and the man called out, "Good morning! May I ask what it is that you are doing?"

The young boy paused, looked up, and replied "Throwing starfish into the ocean. The tide has washed them up onto the beach and they can't return to the sea by themselves," the youth replied. "When the sun gets high, they will die, unless I throw them back into the water."

The old man replied, "But there must be tens of thousands of starfish on this beach. I'm afraid you won't really be able to make much of a difference."

The boy bent down, picked up yet another starfish and threw it as far as

he could into the ocean. Then he turned, smiled and said, "It made a difference to that one!"

We all have the opportunity to help create positive change, but if you're like me, you sometimes find yourself thinking, "I'm already really busy, and how much of a difference can I really make?" I think this is especially true when we're talking about addressing massive social problems like tackling world hunger or finding a cure for cancer, but it pops up all of the time in our everyday lives, as well. So when I catch myself thinking that way, it helps to remember this story. You might not be able to change the entire world, but at least you can change a small part of it, for someone.

They say that one of the most common reasons we procrastinate is because we see the challenge before us as overwhelming, and that a good way to counter that is to break the big challenge down into smaller pieces and then take those one at a time—like one starfish at a time. And to that one starfish, it can make a world of difference.

"A single, ordinary person still can make a difference – and single, ordinary people are doing precisely that every day." ●

The Cost of Perfect Love

Compiled by : Sunil Negpal, Delhi

You have all walked past a jewellery store and looked into the window, staring at all the beautiful jewels. You may see a little ring with a price tag of fourteen dollars or a silver neck chain that is twenty dollars, or perhaps an attractive gold bracelet that is only ten dollars. Then you see a stunning piece of jewellery that catches your eye, but the price tag is turned over. You think it's probably not too expensive, so you go in and ask the clerk what it costs. He turns the price tag over and you're shocked at the cost!

The most priceless pieces of jewellery — the kind that become lasting family heirlooms — are always made out of authentic metals and jewels. They are never cheap. So perfect love has a high price tag! It's like expensive jewellery — it's not cheap. Perfect love always calls for costly commitments to care — always.

—Vandana Keswani

Say No To Drugs

To “Just Say No” to drugs and alcohol, one must have a reason such as there are more interesting activities to choose from. It helps to have an answer to peers who may offer these substances to you.

Many teenagers think they are bored and have nothing better to do. So they decide to try drugs, because it would be interesting. People do not understand that drugs can cause serious damage to their health.

Some people think that they can take any drug and stop taking it afterward. But the majority of people become addicted. Most drugs are habit-forming. Even prescribed medicines can be addictive if one takes them wrong. Experimentation might be a popular excuse, but it is one of the easiest ways to ruin your life.

No matter how glamorous it may look. It goes to harm much more than you could ever gain. There are many reasons why people after take to drugs. Some take just because their friends insist, some take because they are depressed. People want to do things that can take pain away.

Be strong or sometimes even lie to say no to have drugs. We can win this war with everyone’s help. Parents can set rules, plans and talk to their children when required and explain them about consequences of having drugs.

Drugs aren’t good for anyone. They can damage the brain, heart, and other important organs of body. While using drugs, one is not able to do well in studies, sports or any other activities. It reduces stamina. It’s hard to make good decision or think clearly. People become dumb or do dangerous things once they are drunk.

No one can be happy or lead happy life once he gets addicted to drugs. It slowly damages every part of body which can cause many diseases, out of which most common is cancer. Almost 500,000 people die from drugs each year. Therefore learn to say 'No' to drugs as there are many things around us that can interest us. If your friends insist you doing it anyway, leave them. But leave the door open for them to change their minds and join you.

Look at the list of people who have been destroyed, even killed by drugs and alcohol. Remember that the future is full of hope and promise . Having drugs and alcohol might rob you of those beautiful promises.

The Result to Fear

Compiled by : Laxmi, Delhi



Once I attended a rather prestigious affair in Hong Kong. (Actually it was a banquet.) I was sitting next to a very important gentleman — a leading citizen of the city. The table was beautifully spread when we were seated. The fruit cup, which was the starter, was already set before us. Also, in front of us were the rolls, the butter, and the dessert (which was cake, as I remember). As soon as we sat down, we began to eat.

The gentleman to my right started by pushing aside the fruit cup and reaching for the dessert. He ate the piece of cake before the fruit cocktail! That struck me as rather peculiar so I

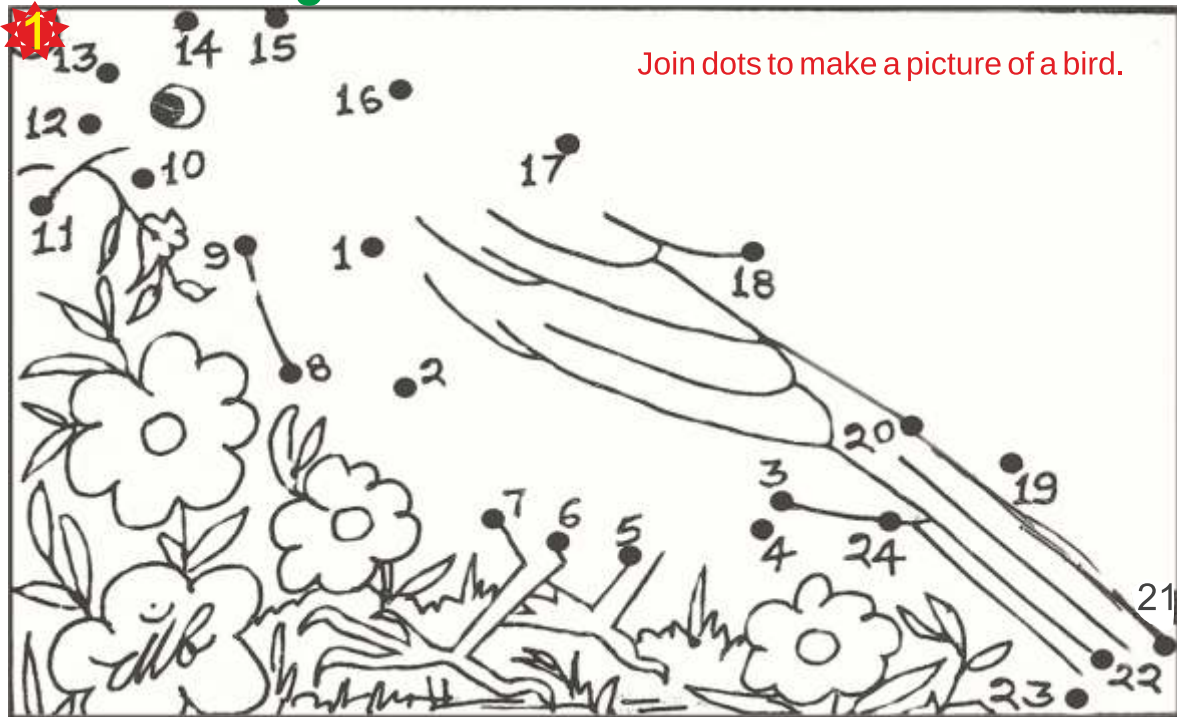
said, 'That's interesting — you ate the dessert first!' 'Yes,' he replied, laughing. 'It's one of my eccentricities.' An executive in a major international firm, this distinguished English gentleman explained, 'I developed the habit as a child.' 'Oh?' I responded. 'My folks

always said, "You can't eat dessert until you've finished your vegetables." 'Til tell you what happened with me,' he went on. 'My father always ate the dessert first. I can still remember him saying, "There might be a fire so eat your dessert first!"'

These little fears do some funny things to people, don't they? I mean, if you let them get into your mind and under your skin, fears can make your decisions; fears can set your goals; fears can determine how you approach a problem, or run away from it. Before you realize it, you have surrendered leadership to your fears. And fears can kill you!

Interesting Picture Riddles

— Chand Mohammad Ghosi



2

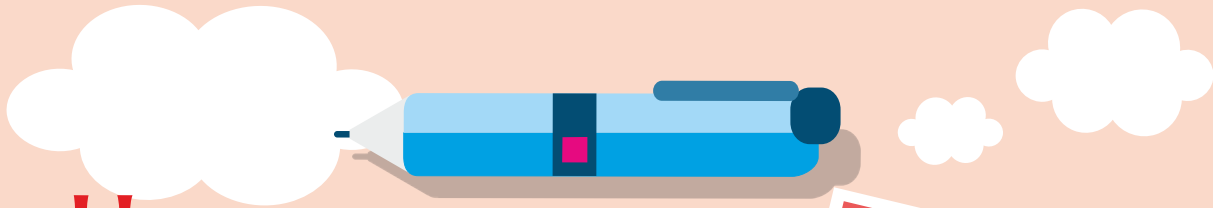


Name these great men of India.

Who gave the slogan 'Freedom is my birthright?'



Answers : A. Shivaji, B. Bal Gangadhar Tilak, C. Maharana Pratap, D. Akbar.
The slogan is Bal Gangadhar Tilak.



Have your say

It is really so nice of the editor of Hansti Duniya who gave the readers a unique idea in his editorial 'Long - Live My Love' to live and lead a perfect life of Gursikh as per wishes of Baba Hardev Singh jee Maharaj. Stories published in the June issue are very interesting and give very good lesson e.g. How we create the Dividing Walls, The Real Mother, Good Heart and Bad heart are very nice stories. Article Nirankari Baba Hardev Singh didn't eat the melted chocolate without sharing with his friends is worth reading. Know your Scriptures (Avtar Bani) is most meaningful regular column, children and elders read this page very sincerely. The Messenger of the Millennium Departs is a very special article which gives readers a vast knowledge about Baba Hardev Singh Jee Maharaj.

Photo Features, stories, Kitty and Grandpa are very entertaining and the children enjoys so much. Poems 'Faith, Love, Be the Pride of Nation and the Sun



are very interesting and children recite the poems so many times. This time the Jokes published under the title laughing time are very new and selection is so nice.

Thoughts and SMS are also very nice and give good education to the readers. Thanks you for giving good matter to the readers.

— Dimple, Ludhiana

Thoughts

It is not important how much we have, but how much we enjoy, with what we have.

Every esence is special when you are anchor.

Let us leave a mark that spreads the fragrance of humility.

—Nirankari Baba



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|---|---------------|----------|
| 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.niranakrifoundation.org

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