

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

Website: <http://www.nirankari.org>
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Freedom of 'self'

India got freedom on August 15, 1947 from the slavery of British Empire. Therefore we celebrate August 15 as Independence Day. The soul gets freedom from the shackles of life and death when it realises God. Mukti Parv is celebrated in the month of August in Nirankari Mission.

Ordinarily freedom is equated with the fact that one can do as one wishes, one doesn't have to take permission from anyone. I am my own master, to do anything. Freedom is regarded as not having restrictions on what one eats, speaks and the way one lives. It is also equated with phrases like, 'I don't care about what others think', 'I am not a slave' etc. Such sentences are often heard society in one or another way.

Friends, the point to ponder over is does freedom means simply regarding others as inferior and oneself as superior to others or does it go beyond the mere expression of superiority. Do we know what's our duty in a right manner.

Freedom means understanding ones duties properly.

When a person knows himself, he does not have to depend on others. He listens to himself and does the same. Today we all

say that I am my own master, but if anyone says anything wrong to us we get angry. And if we start answering everyone in arguments, we become a slave to other's question answers. This slavery takes us away from ourselves and we keep changing ourselves in response to others. So if anyone calls us bad, we think bad of ourselves and if someone says we are good, same follows. This thinking makes us a slave.

Satguru Baba Hardev Singh Ji said many times, people may say anything but I keep quiet, how and when that state will become come of me'.

I must understand this that I am not a puppet that dances to everyone's tune as and when someone one says anything to me. I must see myself in my true image as to who am i.

'I want to keep quite so as no one can make me a slave to speaking and force me to forsake my state of bliss.

I must stay in the same state mentally, physically and spiritually. Just as a vessel is cleaned, it must stay clean from within and outside. But the vessel is cleaned more from inside so that the material kept inside stays safe. We must beautify our inner to make it clean, clear and pure from inside. Healthy, clear and pure heart can stay silent and can provide energy to others and prove beneficial for everyone- this is real freedom.

—Vimlesh Ahuja

— C.L. Gulati, Secretary, SNM, Delhi

Words Rule Our Life



Fortunes and misfortunes, friends and foes reside in one's tongue. Prosperity is in the gift of words. Use of unwisely words can hurt the feelings of others and may deprive you of an important favour or opportunity. In fact words rule in our life. Therefore, always make it a point to edit your words to be soothing and inspiring.

Bite your tongue before talking ill of others.

In the universe, only human beings are blessed with the power of speech. It should essentially be true, good and useful. Otherwise, it is better to keep quiet. This is best explained by the renowned philosopher Socrates.

Once, Socrates visited his friend James who ran up to him saying, "Socrates, do you know what people are talking about your student?" Socrates asked him, "Are you sure, what you have heard is **true**?" James replied, "Actually, I just heard about it." Putting next question, Socrates asked. "Whatever you have heard about my student, is that something **good**?" "No, it is on the contrary," came the reply. Socrates continued, "The talk about my student is neither true, nor good but is that **useful**?" James again replied, "No, not really." Socrates concluded, "If the information is neither true, nor good nor useful, then what is the fun of telling it to me?"

Moral : Never utter anything which is not true, good or useful. Let thoughts in sweet words prevail everywhere. This is possible when we get and follow the **Word** of Satguru.



— Goverdhan Lal Sukhwai

The Greedy Jackal

All the inmates of the Forest were fed up with the mischiefs of Piloo Jackal,, He would harass everyone in one way or the other. At times he would sneak into someone's house and decamp with the food. He would not even hesitate to snatch away the bags of the passers by.

Sonu Fox exhorted Piloo: "This is not a good habit. You should learn- to earn your livelihood by working hard."

"You need not advise me; I know what is good or bad", Piloo replied.

Poor Sonu left for her home without saying a word further.

Sonu fox was expecting some guests today. So, she was cleaning her house. She had prepared many delicious foods and arranged them beautifully in a plate. After sometime when the guests arrived, Sonu went into the Kitchen to fetch the plate to serve the guests. But she was stunned to see the food missing from the plate. She failed to get at as to who had taken the food. Suddenly she looked at the kitchen window and saw some foot-prints which resembled those of an animal. When Sonu looked at the foot-prints

minutely, she found them, to apparently of some Jackal Now she could understand without doubt that it was none else but the Pillo jackal who had done this mischief. She had to buy some sweets from the market to serve the guests.

Sonu decided to teach Pilloo a good lesson. She took help of bees and chalked out a plan.

Sonu gathered the bees into a net-basket. Taking the basket along, she started towards Pilloo's den.

By chance Pilloo met Sonu on the very way. Sonu offered the basket to Pilloo saying, "Take these sweets. I have specially brought them for you."

Pilloo was very greedy. He at once pounced at the basket. As he opened the basket to eat the sweets, the bees attacked him and bit him badly. Pilloo screamed in pain.

Pilloo had reaped the fruit of his misdeeds. He fell at Sonu's feet: "Sonu, please forgive me. I will never do any mischief in future. Now I will work hard to eke out my livelihood."

All the animals of the forest were happy at Sonu's success.

There's Something Good in Every Situation

A young man named Aadarsh decided to open a new store— a brand-new business of his own. When he was ready for the grand opening, a merchant down the street got a little nervous about this young man taking some of his business away, so he gave an ad in the local paper. It read: **DO YOUR LOCAL SHOPPING HERE. WE HAVE BEEN IN BUSINESS FOR FIFTY YEARS!**

Young

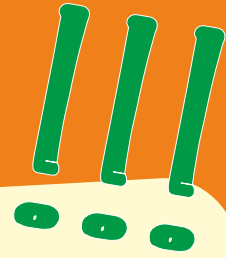
Aadarsh couldn't believe it! How could he handle this competition? What should he do? The next week he countered with an ad of his own. And it read: **WE'VE BEEN IN BUSINESS ONLY ONE WEEK ALL OF OUR MERCHANDISE IS BRAND-NEW!**

And he was off to a great success!

Take all the good news you can. If you're faced with bad news, remember, often there is good news hidden in a bad news. You have to become positivity oriented before you see it.

Compiled by : Bablu, Sultanpur

KNOW your scriptures



SAMPURAN AVTAR BANI

Ik Tu Hi Nirankar 119

NAM DI DAULAT JEKAR CHAHO SATGUR DA SATKAR KARO;
SEES JHUKA KE KAHO SATGUR NOON MEHR MERI SARKAR KARO.
DAR TERE TE MANGTA AYA JHOLI PA DE JEEVAN DAN;
PIAR APNE NAL BHAR DE KASA KAR DE REHMAT TE AHSAN.
SOHNE SOHNE CHARAN NE TERE IS SEVAK NOON DHOODEDI;
APNE RANG VICH RANG LAI MAINOON JO NA KHUTTE MOODI DEY.
APNE JEEVAN DE HAR SAH TE TAINOON IK DHIAVAN MAIN;
TAK KE MAYA RANG BRANGI JEE NOON NA BHARMAVAN MAIN.
DAR AYA NA KHALI TOREN DHUR TON IHO REET TERI;
JAD TAK SAH VICH SAH HAI MERE TOD NIBHE IH PREET TERI.
TERI SAJAN OT LAYEE MAIN TOON EYN MEHRBAN MERA;
AVTAR PAVITTAR CHARAN DHOOD VICH HUNDA RAHE ASHNAN MERA.

Thou Formless One 119

If you wish to attain the wealth of the divine name, you must rever the True Master;
Bow your head in utter humility before him, and say, "O' my Lord, be kind and
gracious to me.

This beggar has come to your divine door, kindly fill my empty bowl with the gift of
true life;

Fill my begging bowl with your love, be kind to me and grant me the favour of your
benediction.

Sublime are your feet, grant this humble being the dust thereof;

Drench me in your own colour and grant the divine wealth which does not diminish.

Bless me so that I may contemplate only you with every breath of life;

And that I may not be lured by the glamour of the multifaceted materialistic world.

You never send back a seeker empty handed and this has been the divine tradition
ever since the beginning;

Bless me that my love for you lasts till my last breath.

I have taken your shelter and you are my sole benefactor;

Avtar says, bless me so that I keep on bathing in the dust of your feet."



LOVE and FAITH

— Niveta Chawla,
Gurgaon

The entire mission today is talking about LOVE. Love is a four letters word, but what does it actually mean?

We all love our family, our friends, our materialistic possessions. But what is the most important love in our life- It's the love for GOD.

"Love is God and God is Love". When we cease to love we cease to live.

The first step to loving God is to know Him face to face with the grace of True Master. We all are a great big family and knowledge of Fatherhood of God spontaneously brings forth universal brotherhood where the enlightened share love and respect for one another. The love of God is unconditional with no borders and boundaries. That is what Satguru teaches us time and again. His every disposition marks love for one and all, depicting that love is the source of all the good things in life.. only thing that sets us apart from the rest of the world is the love and respect that the saints share for one another.

Love begets love. That is what Satguru Babaji taught us with every breath that he took, every small act of his was a display of affection for his disciples. He always taught us that love is the source of all the good things in life.

The irony today is that the biggest enemy of man is man himself. He has become stone-hearted. Somebody rightly said " Aaj to har fun ka nishan pathar hai, haath pathar hai, zubaan pathar hai. Everything has turned into a stone." Even the slightest affection for one another is fading away. The need of the day is to find peace by spreading happiness and love to one another. Satguru Baba Hardev Singh Ji once quoted " Ishq karne ka saleeka phoolon se seekh le, titliyan apne aap uttar aaengi. "

If the power of love overcomes the power of hatred, the world will attain peace and naturally the feeling of oneness of mankind . We are all the

children of the True Master . If we truly follow Satguru, we see God in everything and everybody. Our duality is vanished and we can say with experience.

“Naa koi bairee, nahi baigana, sagal sang hamko ban aayi.

Meaning- no one is my enemy, no one is stranger. I get along with everyone.

We must walk on the path of love, treat each other with mercy and compassion, We have done many mistakes in our life, and we have been forgiven at every step. The time is to recapture the true essence of the mission as Satguru Baba Hardev Singh Ji Maharaj always wanted.

Recent physical departure of our beloved Baba ji has shown that our value becomes zero until and unless we have that one guiding light, one support system along with us.

We are fortunate that we have been blessed once again by the presence of this Nirankar in the form of Her Holiness Mata Savinder Hardev Ji.

There is no greater love than the love of Holy Mother. .

Each one of us learns at some age. It is said that there is a great similarity between how to live your life and how to swim.

True Master is needed to learn the way to lead one's life and a coach needed to learn how to swim.

★ The first lesson is to leave your body inside the water effortlessly, similarly the master teaches us to rest your life in the Lord's hands without thinking that you are the doer. This is called Surrender.

★ The second lesson, the teacher tells you that it is not enough to give away your body to water. Some efforts in the form of paddling are required to keep afloat.

Similarly the true master tells us that we must make efforts in the form of Sewa, Satsang and Simran and keep our thoughts above all worldly matters.

★ The third lesson that the teacher teaches us is that after we have entered water and do our efforts, do not panic which will mean loss of faith in the water's buoyant force.

In the same way the True Master tells you that your faith in God should remain intact, which will help you overcome all the difficulties in life.

Faith in the formless God can help us overcome all the challenges in our life.



Independence Day

—Ankur Arora (Gurgaon)

The Independence Day of India is celebrated on Fifteenth of August to commemorate its independence from British rule in 1947. The day is dedicated to brave freedom fighters who sacrificed their lives for the freedom of their motherland.

The President delivers the 'Address to the Nation' on the eve of Independence Day. The Prime Minister unfurls India's flag and delivers a speech at the Red Fort in Delhi. In his speech, he highlights the achievements of his government during the past year. He also raises important issues and gives a call for further development of the country. The Prime Minister also pays his tribute to the leaders of the freedom struggle. Various flag hoisting ceremonies

and cultural programmes are also held in the State capitals.

The struggle for India's Independence began in 1857 with the Sepoy Mutiny in Meerut. In the 20th century, various political parties launched a countrywide independence movement. As a result, India gained its liberty and became a free country at midnight between August 14 and August 15, 1947. It was then that the free India's first Prime Minister Jawaharlal Nehru gave his famous 'Tryst with Destiny' speech.

The day is also celebrated by flying kites. The sky is dotted with countless kites of various styles, sizes and shades. As a whole, the Independence Day is an occasion to rejoice in our freedom.





Kitty

Story & Illustration
Ajay Kalara



Hurray! Hurray!

Bravo! Bravo!



Reena! What would you like to have from your brother on Raksha Bandhan?



One beautiful suit.



Kitty you have come

Yes, Mama!



Why are you sad today, Kitty?

Nothing Mama.

Kitty, why have you been sad for the last few days.



Laddoo, I have no brother.
Whom shall I tie a 'Rakhee'?



Don't be sad, Kitty. I'll get the 'Rakhee' tied from you.





Truly! you are really so nice, Laddoo.

So, I'll be coming to your house tomorrow.



Kitty, here is your present from me.



Thanks Laddoo! Today, I do not feel that I have no brother.



8 E-mail Mistakes to Avoid

—Sachin Panwar (New Delhi)

Being an important and useful mode of communication, it is important to know how to use e-mail and make it error free. Here are some common mistakes that we oftenly do while using E-mail services:

1. Forgetting the attachment

If an attachment is required in an e-mail, attach it before composing the mail. This eliminates the mistake of forgetting the attachment and making you feel embarrassed of such a silly mistake.

2. Using 'Reply All' button everytime

While responding to an e-mail, make sure you avoid this fatal button because it is such a big blunder regarding group mails. So, before hitting 'Reply All' button, ask yourself whether all need to know about your mail or not.

3. Typing mail with Caps-Lock ON

Capitals can be used to highlight something important in an email but writing whole E-mail in capitals is somewhat childish in manner and can effect your reputation in front of the recipient of the mail. So, use of 'Caps-Lock ON' should be avoided in an e-mail.

4. Replying without reviewing

An e-mail can possibly have spelling errors and grammatical mistakes. So, take time to review it before sending.

5. Using unnecessary fonts

There may be a possibility that you love some of the fonts for writing. But while writing an e-mail, the use of unusual fonts and abbreviations increases the risk of making your mail partially or completely unreadable.

6. CCing every mail

Always give a second thought before Ccing (Carbon-Copying) someone into an e-mail. If it is necessary to include the person into a conversation then it is worth doing but if it is not important to include that person then try to spare that person.

7. Not including the Subject Line

The Subject Line is not just a line but the headline of your message. It describes the base of what you are going to convey and reduces the odds of getting it ignored by recipient. So, try to make it meaningful and concise.

8. Too often use of BCC

BCC (Blind Carbon Copy) should be used carefully. In order to ensure that a private mail should remain with the receivers which are meant to receive that mail, one should avoid using BCC.

—Vikas Arora (Rewari)

Improve your Grammar



Choose the right option –

1. Find out which letter is silent while pronouncing the word 'WHISTLE'.
 - a) T
 - b) L
2. We were certain that the snowstorm was _____.
 - a) UNAVOIDABLE
 - b) IMMINENT
3. What is the singular of Deer?
 - a) DEERS
 - b) DEER
4. Which one of the two is a synonym of RELY?
 - a) DEPEND
 - b) ELUDE
5. The passengers were afraid but the captain _____ them that there was no danger.
 - a) ASSURED
 - b) ADVISED
6. Form adverb from the word 'LOUD'.
 - a) LOUDLY
 - b) LOUDSPEAKER
7. Three forms of verb:
Present: PUT, Past: PUT, Past Participle: _____
 - a) PUTTED
 - b) PUT
8. He makes his _____ visit every week.
 - a) CASUAL
 - b) CUSTOMARY

Answer Sheet	1	2	3	4	5	6	7	8

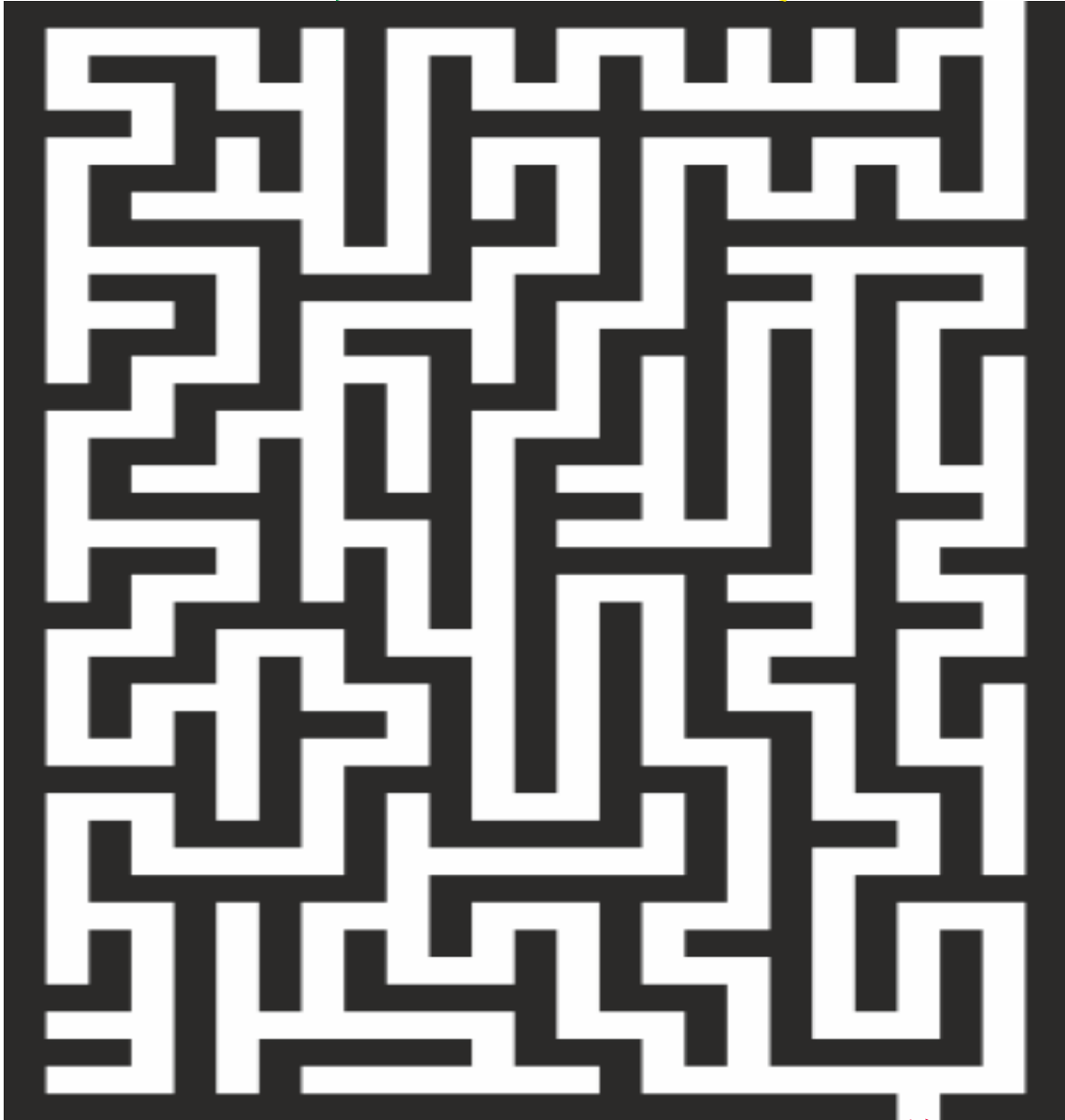
See Answers on other page

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.

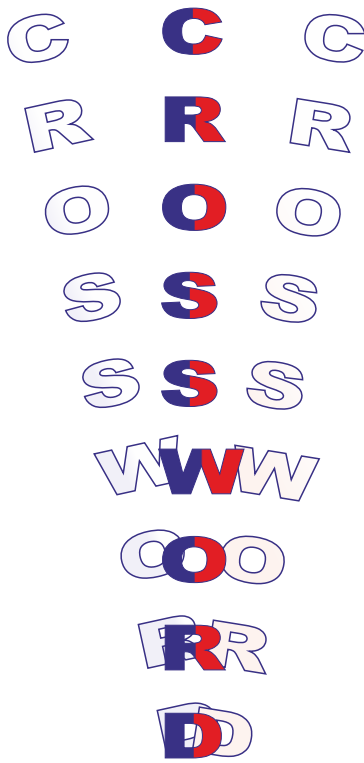
Find the way in one minute, you are Talented.

Find the way in more than one minute, you need to improve.

Compiled by : Hardik Khinda, Delhi

Thoughts to Ponder

- Spirituality irons out inequality.
— Nirankari Baba
- The great hope of society is individual character.
— Ganning
- Nothing is impossible. The world it self says, I'm possible.
— Audrey Hepburn
- 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
- Some people always grumble because rose has thorns. I am thankful that thorns have roses. —Alphouse Karr
- A bit of fragrance always clings to the hand that gives roses.
— Proverb
- We cannot always prepare a future for the youth, but we can prepare youth for the future.
— Nirankari Baba
- For they sow the wind and shall reap the whirlwind
— Bible
- Knowing your self is the beginning of all wisdom.
— Aristotle
- The difference between the impossible and the possible lies in a person's determination.
— Tommy Lasords
- Let us forget bitterness of the past and strive to foster mutual understanding and harmonious relations.
— Nirankari Baba



1		2		3		4
		5				
6						
7						8
9						
				10		

– Vikas Arora
(Rewari)

Left to Right ⇨

1. A small Indian state surrounded by Maharashtra, Karnataka and Arabian Sea.
5. Go away from.
6. A river known as 'Sorrow of Bengal'.
7. Out of these countries, which country lies in the Europe continent: DENMARK, ALGERIA, LEBANON, MORACCO?
9. A dome-shaped building erected as a Buddhist shrine.
10. A mammal hidden in the word 'COIMBATORE'.

(See the answers on another page)

Up - Down ⇩

1. Antonym of Bad.
2. Name of a metal: UUIIMMANL.
3. Riyadh is the capital of this country.
4. A four-hoofed grazing animal (DEER / DEAR).
7. Find the odd one out: DUST, DEER, FISH, MARE.
8. A fastening made by looping a piece of rope on itself and tightening it.

—Manoj Kumar, Delhi



The Feeling of Unfulfilment

We are surrounded by various types of people in society. Attracted by their different personalities, we often try to imitate them. For instance, if our neighbour buys a coloured T.V., we too, tend to replace our Black and White T.V. with a coloured one. Similarly, if some one in our neighbourhood goes in for the latest model of scooter, we too try to get a similar one, for our old modelled scooter starts looking a cart-like. To go a step further, on seeing some one owning a big house, we too develop a desire to have one even bigger than his; or seeing some one well dressed, we too want to discard our present clothes and; go in for those resembling to his. Even the news paper we buy is not because it is to our liking

but because our neighbour reads it. In other words we spend our whole life in the pursuit of such borrowed desires. Though these borrowed desires should be discarded but at the same time they can prove useful, if put to use in a healthy competition context.

Therefore we should not stop from making efforts to fulfil our desires in life. We ought to seek necessary comforts of life, but should never look down upon our present lot. We should shun those comforts of life which ultimately lead us astray. We should learn to exercise self-restraint under all circumstances. Feeling satisfied with what we possess, we should try to fulfil our genuine desires in life, walking on the right path.

If we think deeply over the desires we keep, we would find that all these desires are insignificant for they are all borrowed. Since these desires do not come from within but out of a desire to copy others; they are bound to be unreal. Hence they remain suppressed in us and never see the light of the day. Exactly so, our desire of self realisation does not succeed until it comes from within. We are in fact overwhelmed by the unending desires in life which crop up as a result of imitations of others; the result is that we remain deprived of the attainment of our real happiness. Of-course, for attainment we must nurse a strong desire;" May we, therefore, learn to cherish desires, so that we can struggle in life.

But generally we get ourselves so much entangled in fulfilling the so-called borrowed desires that it becomes difficult for us to discriminate between the real and unreal. And to fulfil them, we often compromise to take recourse to right or wrong. As a result there-of, we develop base traits such as hatred, jealousy, malice and temptations. All these inclinations climax in a downfall and our whole life becomes miserable. Perhaps, we go on bearing with the discomforts in the hope of getting the pleasures of life. ●

Improve your Grammar

Answers :

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

Q.No. Explanation

1. While pronouncing the word 'WHISTLE', the letter 'T' is silent.
2. UNAVOIDABLE means 'certain to happen' while IMMINENT means 'almost certain to happen'. Usually, we cannot be 100% certain of a natural phenomenon like 'hailstorm'. So, it is safer to call it imminent than unavoidable.
3. The singular of DEER is DEER, not DEERS.
4. ELUDE means to avoid or escape someone or something.
5. If you assure me that something is true or will happen, you tell me that it is definitely so.
6. The adverb formed from the word 'LOUD' is 'LOUDLY', not 'LOUDSPEAKER'.
7. Here, the three forms of verb are PUT, PUT, PUT.
8. 'Every week' suggests a routine, a usual happening. So, the word CUSTOMARY is used.

H. D. Answers

—Sidhesh Prajapati (USA)

Q . How can we change the people around us?

A . We cannot change people around us. We can just change ourselves.

— Pramod Kumar (Jaipur)

Q . Can more earning bring more peace in life?

A . No if we earn and also learn , life can be more prosperous and peaceful.

—Aditi (Delhi)

Q . How can we really make our life blissful?

A . By knowing ourselves.

—S.R.P. (Delhi)

Q . How can one get one's sins wiped out?

A . Through repentance and attains spiritual enlightenment through a True Master.

— Nivedita (Delhi)

Q. What is the sign of true religion?

A. True religion unites, never divides.

— Anil (Faizabad)

Q. What's most comforting and what's most painful in life?

A. Contentment is the most comforting and jealousy the most painful.

— Sandeep, (Jhunjhnu)

Q. What has been the landmark quality of legendary Sachin Tendulkar of the cricket field?

A. Humility.

— Ramesh Rai (Bhagalpur)

Q. What will be the benefit of discovering alien life on other planet?

A. If people on earth itself are living like strangers to each other, finding aliens on other planets may not be of any benefit.

Q: Question A: Answer

Poem : Deepak Kumar 'Deep'

The Lovely Toy

O' Mom, I want
In sky shining moon
Bring me that lovely toy
O' mom thou soon

How can I get you
The moon, O' the dear
What you are calling toy
Is far off, not near

The child wept and cried
You fulfil my wish
Else, I won't eat food
Whatever be the dish



Surprised mom then called for
A bucket full of water
Seeing in it the moon-image
The child's mind did alter
On child's getting his toy
The mother heaved a sigh deep
Thereon in mid-night did
She lull his son to sleep

— Simarpreet Kaur Jha (Delhi)

How Important is Breakfast?

Breakfast is the most important meal of the day. It provides fuel to our body after an overnight fast. Breakfast foods should be good sources of important nutrients, such as fibre, iron, calcium, zinc and vitamin B2. If breakfast is missed, all important nutrients can not be compensated for later in the day.

Breakfast provides many benefits to your health and wellbeing. It revitalises you for the day ahead and can reduce obesity, high blood pressure, heart diseases and diabetes. It also restores glucose levels which are needed for the brain to function well.

Extensive research has found that breakfast eaters perform much better in their school work and show extra energy in sports and other physical activities. Breakfast also improves memory and concentration levels and has positive effects on alertness and attention. It also makes kids happier as it improves mood and lowers stress levels.



It is not a good idea to skip breakfast as it affects mental and physical performance throughout the day. When kids skip breakfast, they do not get the nutrients they require and thus, feel tired and restless. If someone is skipping his breakfast to lose weight, it can backfire. Breakfast skippers tend to eat more food than usual throughout the day that can cause weight gain.

Any breakfast is better than no breakfast, but do not have fast food in your breakfast all the time. Breakfast is also an excellent occasion to eat together as a family. Establish good breakfast habits in childhood and maintain them throughout the life for good health.



Story : Dr. Rajeev Gupta



Play With Passion

National Level games were about to begin in Nandanvan. The animals of Champakwan were also waiting eagerly. Whenever they would find time from work, they would start talking about games. This time some players from Chamakvan were also to take part in the games.

Monkey Monty was sure that players of Champakvan would definitely win gold medals. And for this he also had a bet with his friends.

Dog Moti said, "You are right Montu; our Elephant Ganju cannot be defeated by anyone in boxing. Whenever he would punch the opponent, the opponent has to bite dust. He will definitely win gold medal."

On that Fox Foxy said- "Our dear doe is not less than anyone either. She dances like a spinning wheel on the court. People rightly call her the badminton queen. Who can stand in front of her in the badminton court."

Donkey Sonu was standing for a long time- he was listening to everyone , suddenly he spoke up, "I wish I could also get an opportunity to participate in the games and I could also win a medal or two." Sonu which game could you participate in?" Said Lalu hanging from the branch of a mango tree.

Nobody can beat me in back kicking. Nobody cab win over me in this game.

Everybody started laughing on him.
“ Why are you all laughing”, asked Sonu, “ Is there someone else who can win over me in this art?”

“ No one can beat you in this, you are a master of this art.”Foxy couldn't control her laughter.

“Then what is the reason?”

“ In fact brother Sonu! There is no such competition where you can showcase your art of back kicking.”

Hearing this Sonu got disheartened.

“ You must not feel disheartened, if you do want to participate in games, then let it be in the race next time. But for this you must work very hard”, Monty suggested him.

“ Yes,why not, from today itself I will devote myself for next year, “ Sonu spoke with excitement.

“ This is the real spirit of a player”. Everyone encouraged him.

“ This time who all are participating in the race in Champakvan?”. Sonu wanted to know.

“Horse Honey”. Foxy told him.

“ Wow, then he will definitely come back winning. He runs very swiftly,” Sonu praised Honey.

“ Yes, why not, he is a champion in racing. But I have one question in my mind.”Montu started thinking something.

“ What's that?” Everyone wanted to know.



“If we go to Nandanvan and encourage the players, then they would play much better.” Monty gave his suggestion.

“Yes, you are right but for going to Nandanvan and eating and staying there, one would need lot of money,” ‘Foxy said “ Yes this is true. But for this we should do some work and collect some money .Otherwise also we are having holidays in our school” ,Sonu suggested .

“Wow!Sonu today you spoke something worth .From today we must involve ourselves in some work .We will be able to collect some money in these days” .All friends clapped with joy.

Then everybody started in search of work

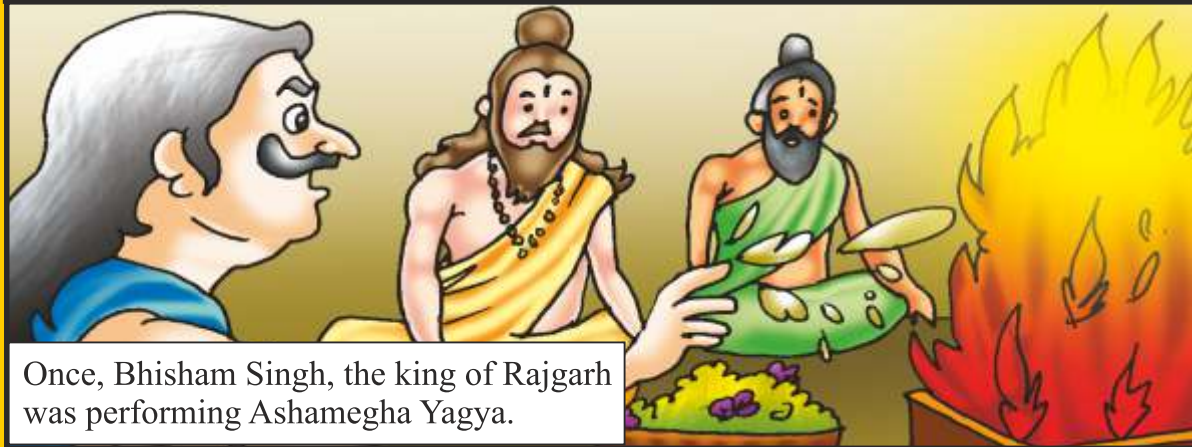
In some days they collected enough money that they were able to visit Nandanvan stadium to encourage their friends with enthusiasm.

Its result was also good .Champakvan players won most of the medals. Its a fact that players get enthusiastic when we give them love, respect and encouragement. ●



GRANDPA

Story & Illustration
Ajay Kalara



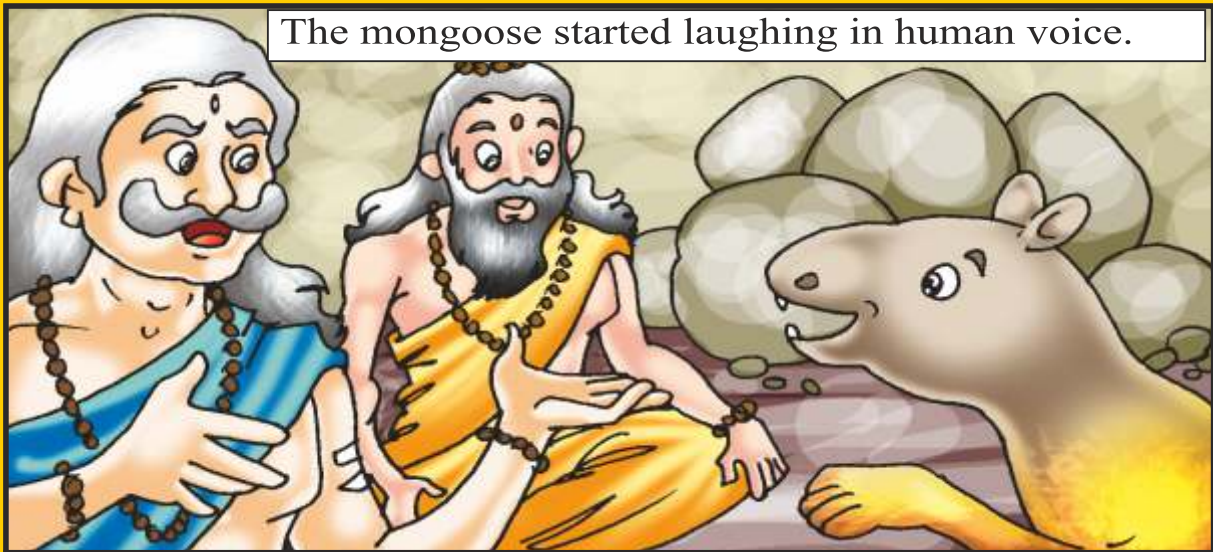
Once, Bhisham Singh, the king of Rajgarh was performing Ashamegha Yajya.



Oh see, what a strange mongoose!



Oh!! half of its body is golden. We have never seen such a strange mongoose.



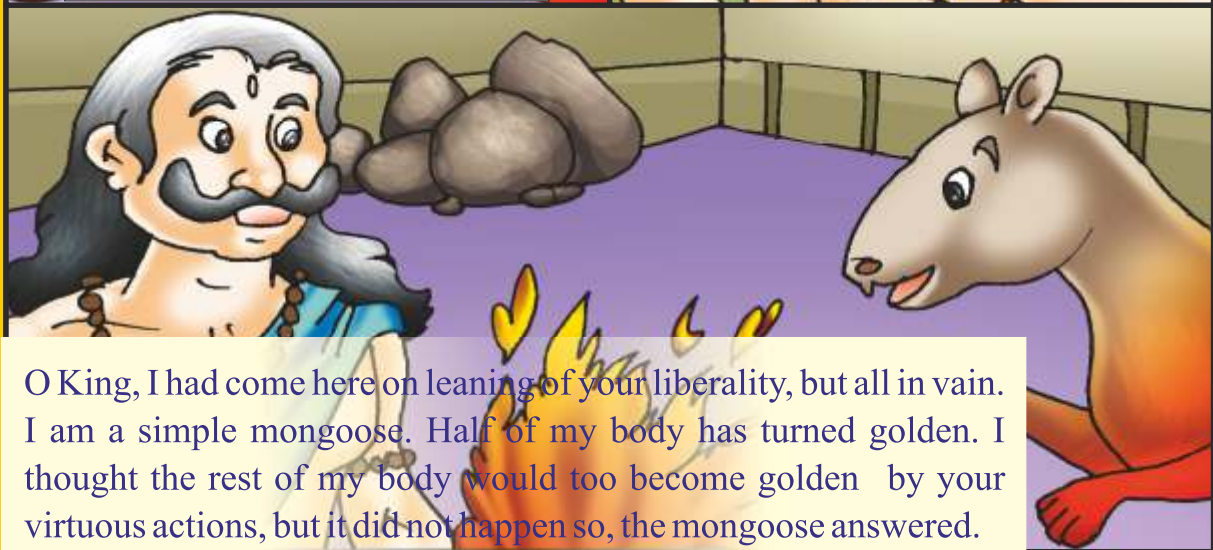
The mongoose started laughing in human voice.



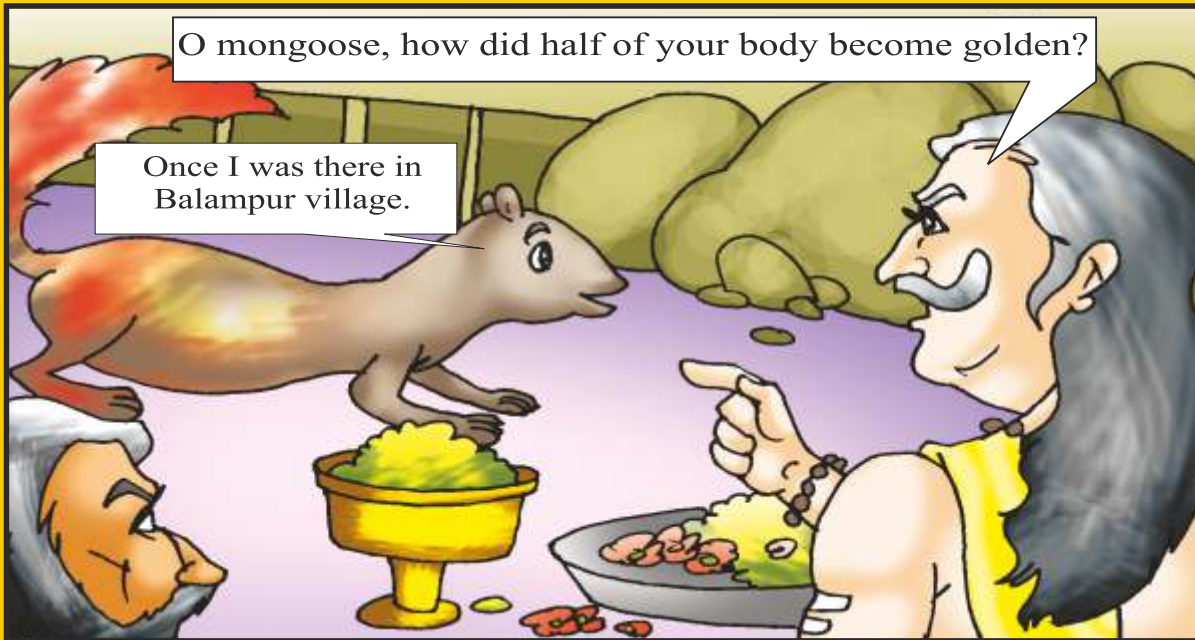
O king! the huge oblation being made by you has made me laugh, the mongoose said.



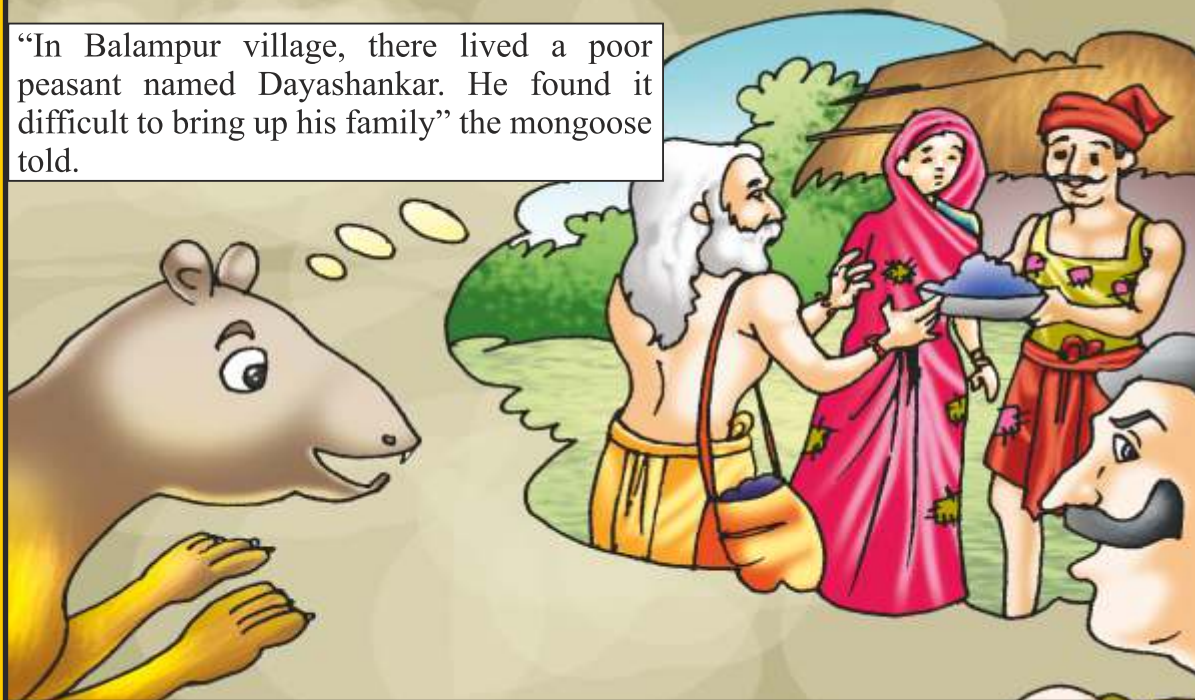
O thou strange being, be kind enough to tell if I have committed some mistake.



O King, I had come here on leaning of your liberality, but all in vain. I am a simple mongoose. Half of my body has turned golden. I thought the rest of my body would too become golden by your virtuous actions, but it did not happen so, the mongoose answered.

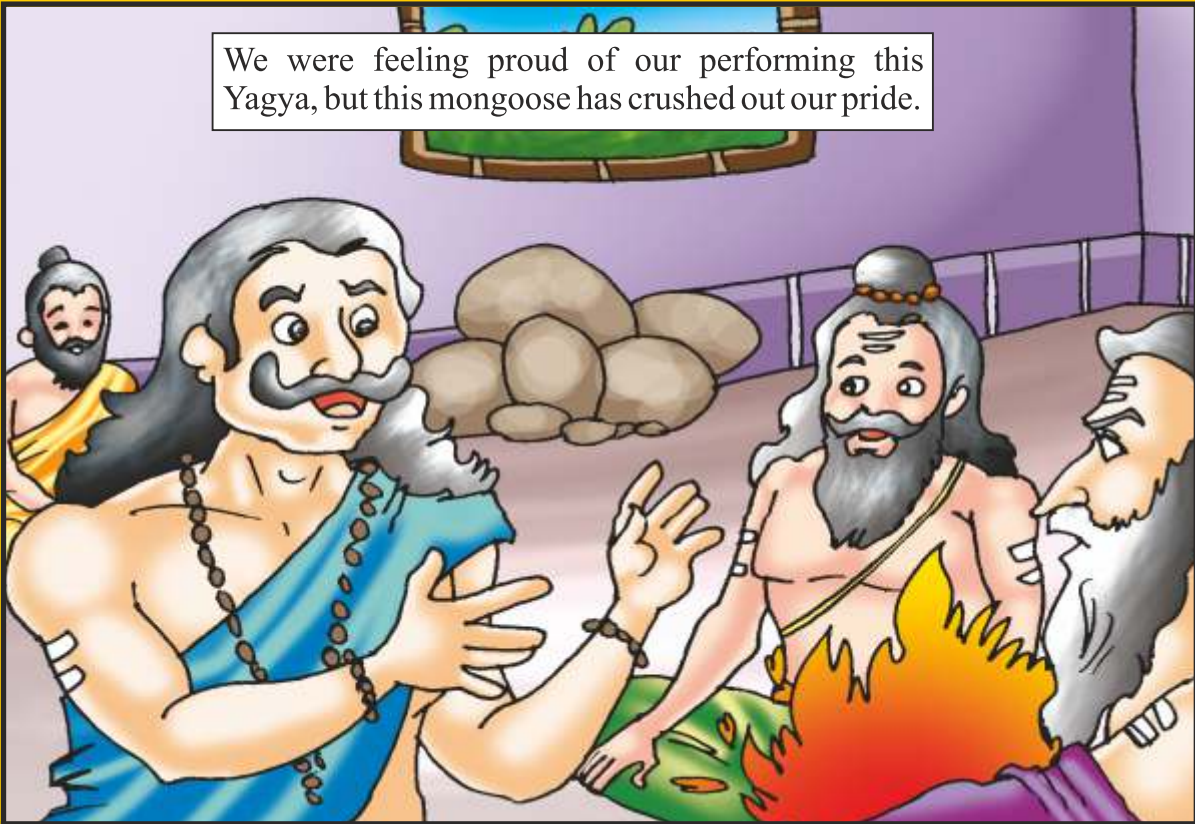


“In Balampur village, there lived a poor peasant named Dayashankar. He found it difficult to bring up his family” the mongoose told.

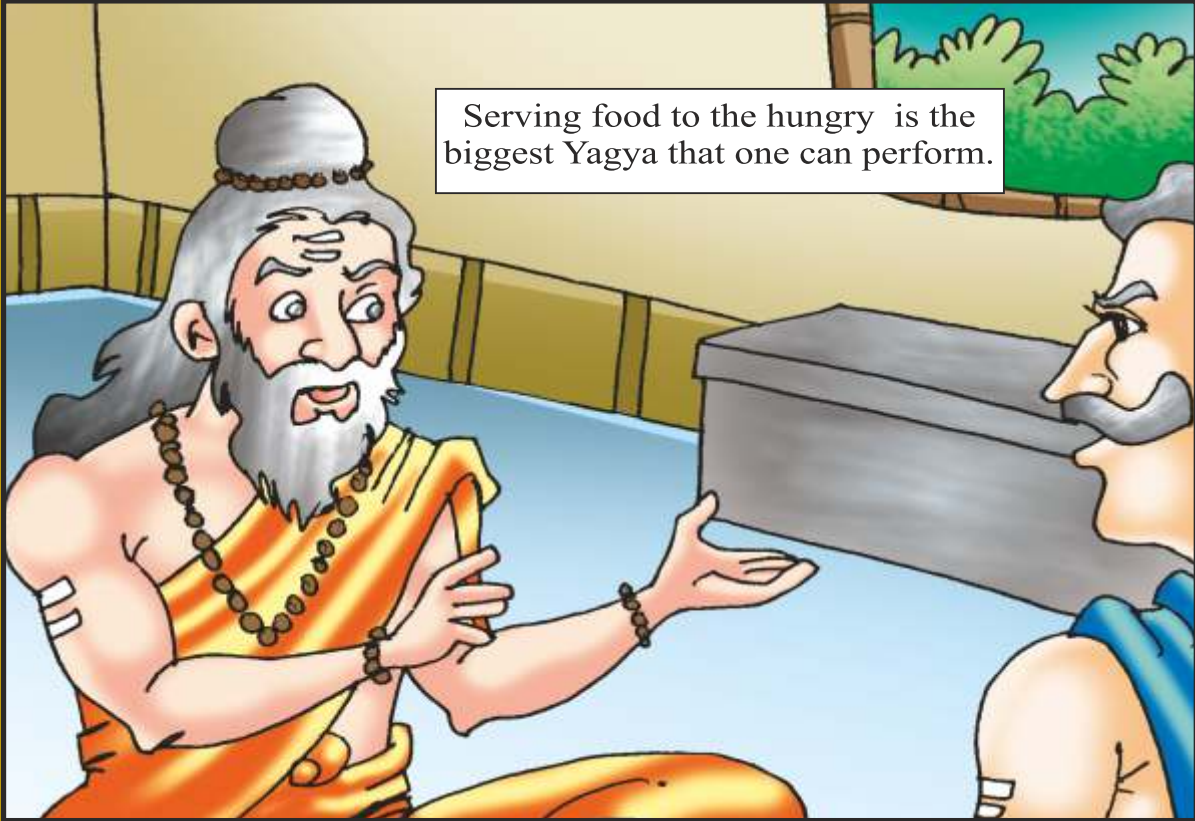


Once, the village was struck by a severe famine. Both the peasant and his wife remained without food for a number of days, taking pity on them, someone gave them some food to eat. The moment they started eating food, a saint, who was pining with hunger, turned up. They served the food to that saint instead, they both died of hunger. Some of the food had fallen on the ground which I ate. Thus, I got the reward of Dayashankar’s liberality. Thus your Ashvamegha Yagya cannot vie with him.

We were feeling proud of our performing this Yagya, but this mongoose has crushed out our pride.



Serving food to the hungry is the biggest Yagya that one can perform.



— R.N. Kabra, Kishore Kutir, Jaipur



Welcome Rain



Rain, rain come, come, come
Dancing, singing chhum, Chhum, Chhum
Cloud thunder dum, dum, dum
Cooling, Wetting, come, come, come

Welcome, my dear Madam Rain
Children playing in the lane
Trees and plants look extragreen
All around is beautiful seene.

All are Happy Merry Gay
Our greetings We convey.
When you say us bye, bye
A rainbow will be in the sky.

Story :-Sanjay Tandon,
Chandigarh

The Science of Prayer



Many years ago, a man was traveling by train. He was engrossed in prayer and moved the beads of his rosary meticulously as he silently chanted the name of God in his heart. A young university student seated beside him watched him intently. The over enthusiastic student said, " You do not seem to be uneducated, Sir. Yet you while your time away in prayer! It is surely a waste of time, isn't it?" The man said, "Is it? I didn't know that! How do you suggest I pass my time, young man?"

The youngster being a student of science said, "Science is the order of the day. Don't waste your time in silly things. Take heed to my word. Toss this rosary out of the window right away and take a look into what science has to offer. It shall surely bowl you over."

The man had tears in his eyes and said simply, "What is this science? I'm afraid, I do not understand. Would you explain it to me?"

The student realized he had hurt the man and thought he should make up for it. He said, "Let me jot down your address. I shall send you some very interesting reading material."

The man dug into the pocket of his coat and drew out a card. He said, "You can have my business card. My address is on it." It read: "Louis Pasteur, Director of the Institute of Scientific Research, Paris."

Many of us today feel that it is futile to pray. Many think of it as a waste of time. We don't realize that God has the answers to all those questions to which man does not have answers. The astonishing progress of science and technology has not brought with it corresponding powers of discrimination and wisdom. Man must realize that the sense organs, through which he explores the external and discovers the powers latent in Nature and the physical universe, function because of the Divinity which is immanent in them. Without the power of the Divine, the eyes cannot see or the ears hear or the mind think!

Moral:—

"Science is related to the power of the mind and machine, whereas wisdom originates from the power of the atma."

Indian 1st Woman to Get Bravery at Sea Award

Five years ago, Radhika Menon became the first woman to become captain of Indian Merchant Navy and this year, she has become the first woman in the world to receive the Award for Exceptional Bravery at Sea from the International Maritime Organisation for saving the lives of seven fishermen, whose hopes of survival were all but over.

Caught in a storm and with its engine having failed, fishing boat 'Durgamma' had drifted from Kakinada in Andhra Pradesh all the way to Gopalpur in Odisha when it was spotted by Menon's team in June last year. The fishermen's families had believed them to be lost at sea and were preparing for their last rites when they received calls about their miraculous rescue.

A native of Kodungallur in Kerala, Menon was at the helm of oil tanker



Radhika Menon will become the first woman in the world to receive the Award for Exceptional Bravery at Sea from the International Maritime Organisations for saving the lives of seven fishermen, whose hopes of survival were all but over.

'Sampurna Swarajya' of Shipping Corporation of India. "I am humbled, honoured and grateful," Menon said in an email. "It is a maritime obligation to save souls in distress at sea and, as a seafarer and master in command of my ship, I just did my duty."

(Courtesy T.O.I.)



I love My Country

I am Arushi, I want to say,
I love my India, Come what may,
I love its rivers, mountains,
Its flora, fauna, entertains.

— Roop N kabra (Jaipur)

It is the land of Ram, Krisna, Gautam,
Summer, rain and winter, autumn.
Mahavir and Wahe Guru,
Allah, Jesus, Nirankar names are true.

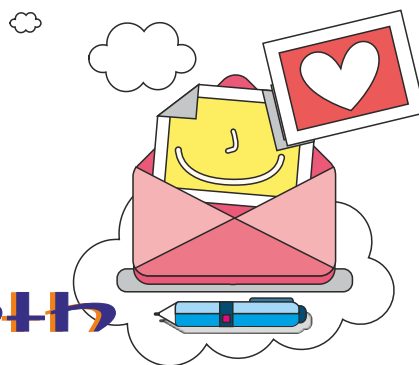
I will serve my motherland,
We live here, like a friend,
May my country rise high,
O.K., Tata, Good Bye, Hai !



SMS

of The

Month



- ★ When the candles cost more than your birthday cake, it is a sign of old age. Never fix more than one candle on your cake— claiming that you believe in the oneness of God.
— Avneesh Gulati, Chandigarh
- ★ Destiny is simply the strength of your desire. If you cry at a bubble, it grows double. If you smile at a trouble, it disappears like a bubble.
— Sheelu Keswani, Houston, USA
- ★ Beautiful pictures are developed from negatives in dark room. So, if any time you see darkness in your life, it means God is developing a beautiful picture for your life.
— Vandana Kalia, Solan (H.P.)
- ★ Discipline is necessary in every field of life; it is the habit of acting in accordance with certain rules.
— Shobhit Khurana, New Delhi
- ★ Hope is one of God's greatest gifts to all of us because it is the magic that inspires us to keep trying, learning, loving and living.
— Rahul, Delhi
- ★ Log kehte hai ki KHUDA nazar nahin aata. Lekin sach to yeh hai ki Ek sirf wahi to nazar aata hai jab kuch nazar nahi aata.
— Ankita, Azamgarh
- ★ Log uss waqt hamari kadar nahi karte jab ham akele hon. Balki uss waqt hamari kadar karte hain jab woh akele hon. Hurting, but true lesson.
— Avinash Garg, Vasant Kunj, Delhi
- ★ Never explain yourself to anyone, because the person who likes you does not need it and the person who dislikes you would not believe it.
— Karuna Rai, Bangalore



—Subhash Chaudhary, (Jhujhnu)

The Sky is Falling

Not too long ago America warned the world that Sky Lab was going to fall to earth. I have a friend who was in Australia during that time. He made some very interesting observations. 'Everywhere I went in Australia people were talking about the probability of Sky Lab falling into their country. Inevitably they reacted in two totally different ways. Some people reacted fearfully. "Oh," they exclaimed, "what if it hits our property?" They saw Sky Lab's imminent descent to earth as a potential menace. Others reacted not with a negative, but with a positive attitude. "What if it lands on our place?" they said. "Won't it be a valuable souvenir? We could even take it to San Francisco and collect the ten thousand dollars cash reward offered by the San Francisco newspaper." '

When Sky Lab did fall to earth, it did, in fact, fall in Australia. Some of the people on whose property it fell never touched it for fear of contracting radioactive poisoning. But one young man believed what he had been told about the pieces of Sky Lab being absolutely safe to touch. He flew to San Francisco with his piece of Sky Lab and collected the ten thousand dollars in cash. Because he held onto a positive attitude, Sky Lab was no menace to him; it was a masterpiece!

A natural law states that whenever a person begins to practice a positive mental attitude, there is a power released — a very natural, human power. God designed human beings so that we produce constructive energy when we think positively and begin to sense the unlimited possibilities in little ideas.



Poem : Rajat Kapoor, Delhi

Saints

When the world moves
in the way it does,
Saints are not
affected by the rush

They always try to help
and others they push,
In the direction of sanctity
saving from sharp bush.

However the saints
never have pride,
Because they always
keep God as a guide,
So saints have freedom,
while the world is tied.

Learn A New Language

— Mukesh Kumar (Gurgaon)

Career in a foreign language is not only attractive in terms of fulfilling the passion to know a new culture but also earns you handsome salary. Knowing one foreign language alongside English adds significant value to career prospects.

Qualification and proficiency in foreign languages opens the gate for career in fields related to tourism, entertainment, publishing, mass communication, interpretation and translation. Additionally, various multinational corporate bodies require candidates possessing excellent language skills in foreign languages. India requires a huge number of Chinese, Japanese, French, German, Portuguese, Spanish and Korean language experts.

Some of the professions a language expert can look for includes Public Relation Officer, Foreign Language Trainer, Translator, Research Associate, Interpreter and Freelance Writer. According to renowned International research companies, it is expected that there would be a requirement of more than 1.5 lakh foreign language

professionals in various BPO, IT and KPO processes in near future. Some of the top corporate companies that hire language experts are Accenture, Evalueserve, Wipro, TCS, Infosys and Tech Mahindra.

Example of Mr. Prasad Bakre when 15-year-old, Prasad Bakre was in 12th standard, he was also studying Japanese part time. He did so well that he decided to concentrate on it and joined a college in Pune. Today, at 30, he is based in Tokyo and earns more than 30 Lakh Rupees per annum. He is working as a Manager in the global sales division of a major Japanese company.

Tips for Getting Hired

- **A passion to learn foreign language is must.**
- Readymade sentences do not help in long term, so, learn the language from scratch and construct your own sentences.
- If active interaction is possible, use it to maximize your language skills. No one can speak better than native speakers, so, talk with them to enhance your spoken skills. •



Compiled by :
Sakshi Gulati, Chandigarh

Laughing Time



Physics Teacher : "Isaac Newton was sitting under a tree when an apple fell on his head and he discovered gravity. Isn't that wonderful?"

Student : "Yes sir, if he had been sitting in class looking at books like us, he wouldn't have discovered anything."

Two factory workers talking-

Woman : "I can make the boss give me the day off."

Man : "And how would you do that?"

Woman : "Just wait and see." She then hangs upside-down from the ceiling.

Boss comes in : "What are you doing?"

Woman : "I'm a light bulb."

Boss : "You've been working so much that you've gone crazy. I think you need to take the day off."



A teacher told all students in a class to write an essay on a cricket match.

All were busy writing except our Santaji.

He wrote "DUE TO RAIN, NO MATCH!"

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

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

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

Interviewer : What can you tell me about the Dead Sea?

Santa : Dead? I did not even know he was sick!

Titanic was sinking. An englishman asked Santa, "How far is land"?

Santa : 2 KMs. Englishman jumped into sea.

Englishman : Now, which direction?

Santa : Downwards!

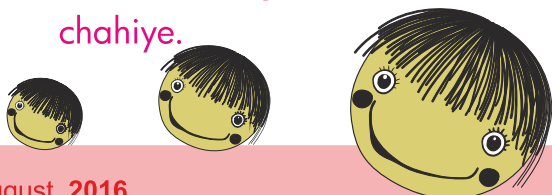
Sardar : You cheated me.
Shopkeeper : No, I sold a good radio to you.
Sardar : Radio label shows Made in Japan but radio says this is 'All India Radio!'

Santa: Why majority of South Indians are black?
Banta: "Oh ji .. Because they always watch Sun TV, Surya TV, without applying Sun screen lotion!"

Santa jungle ke raaste se ja raha tha. Tab uski nazar ped pe latke hue saap pe padi.
Santa :Sirf latakne se height nahi badhegi, mummy ko bolo complain pilaye.

How come this book has only characters without stories?
Oh, you are the one. who took the Telephone directory.

Santa Police ke interview par.
Interviewer-Bheed ko titar bitar karne ke liye kya karna chahiye?
Santa-Chanda mangna shuru kar dena chahiye.



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.

A little girl came home from school and said to her mother, "Mommy, today in school I was punished for something that I didn't do."

The mother exclaimed, "But that's terrible! I'm going to have a talk with your teacher about this ... by the way, what was it that you didn't do?"

The little girl replied, "My homework."

"Isn't the principal a dummy!" – said a boy to a girl.

"Well, do you know who I am?" – asked the girl.

"No." – replied the boy.

"I'm the principal's daughter." – said the girl.

"And do you know who I am?" – asked the boy.

"No." – she replied.

"Thank goodness!" – said the boy with a sign of relief.

Happy Birthday



Aazeen (Dubai)



Sirat (U.S.A.)



Madhav (Pilibanga)



Madhurata (Amrawati)



Anjali (Delhi)



Shailaja (Udaipur)



Shobhit (Delhi)



Jeet (Ballarpur)



Vidita (Lucknow)



Prapati (Kandivali)



Sukhmeet (Chd.)



Prateek (Sikandrabad)



Nirjala (Mahaur)



Sarabjeet (Jaitomandi)



Sukhpreet (Mansa)



Shailender (Ankleshwar)



Jashanjot (Bhanohar)



Sudhit (Delhil)



Ridhika (Jamnagar)



Minakshee (Udhana)



Anmoldeep (Mansa)



Aniket (Gorakhpur)



Anurag (Mohali)



Manvee (Ankleshwar)



Vanya (Aligarh)



Saksham (Rafiganj)



Shre (Lucknow)



Ikamjoot (Mukatsar)



Kanisah (Delhi)



Nivedita (Bhusawal)

❖ 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 June Issue

First :

Vinamer

Age :09
398, Digiana, Jammu
Jammu & Kashmir

Second :

Dinky Gopal Wadhvani

Age 12
G.T. Wadhvani Sindhi Colny
Hinghan Ghat

Third:

Naman Kapoor

Age : 09
Fair Land Colony
Fatehgarh Churiya Raod
Amritsar (Pb.)

Consolation Entries

Golory

New Abadi, Talwandi Bai

Aditi

Nirankari Colony (Delhi)

Radha

Mukundpur (Delhi)

Sangeeta Kumari

Jhunjhunu (Raj.)

Revati Subhash Kamble,

Satra (Mah.)

Khushi Rana

Rudraprayag (U.Kh.)

Ishaana Sethi

Nirankari Colony, Delhi

Amandeep Singh

Kapurthala (Pb.)

Gayatri Bullar

Kalyan (W)

Maharashtra.

Ankita Rai

Sant Nagar (Delhi)

Priyanka

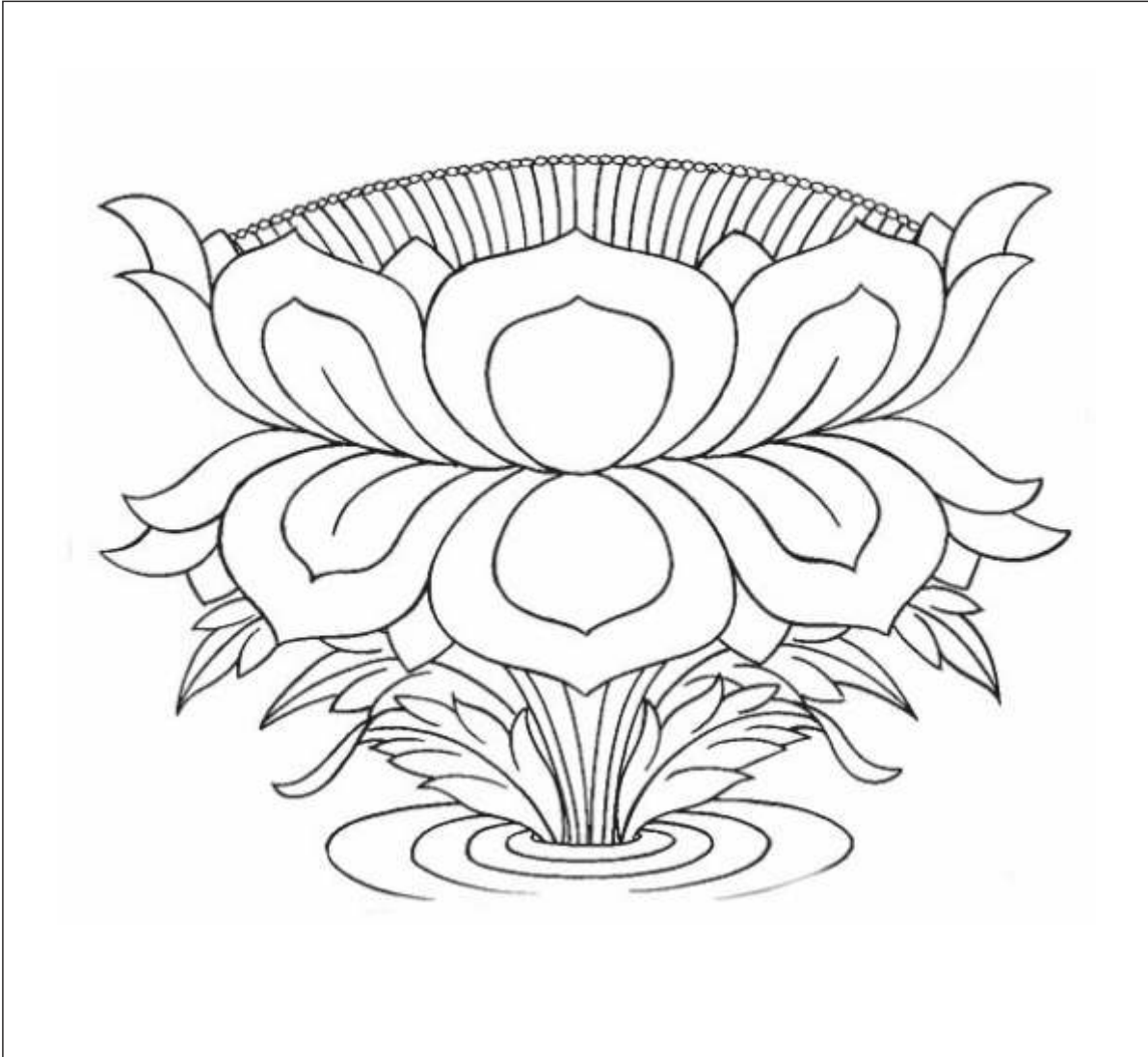
Sant Nagar (Delhi)

“Colour it” for August Issue

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

The result will appear in **October** 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

.....

.....

Poem : Payal Kumar, Washington DC

We will Always Love You Baba Hardev Singh Ji

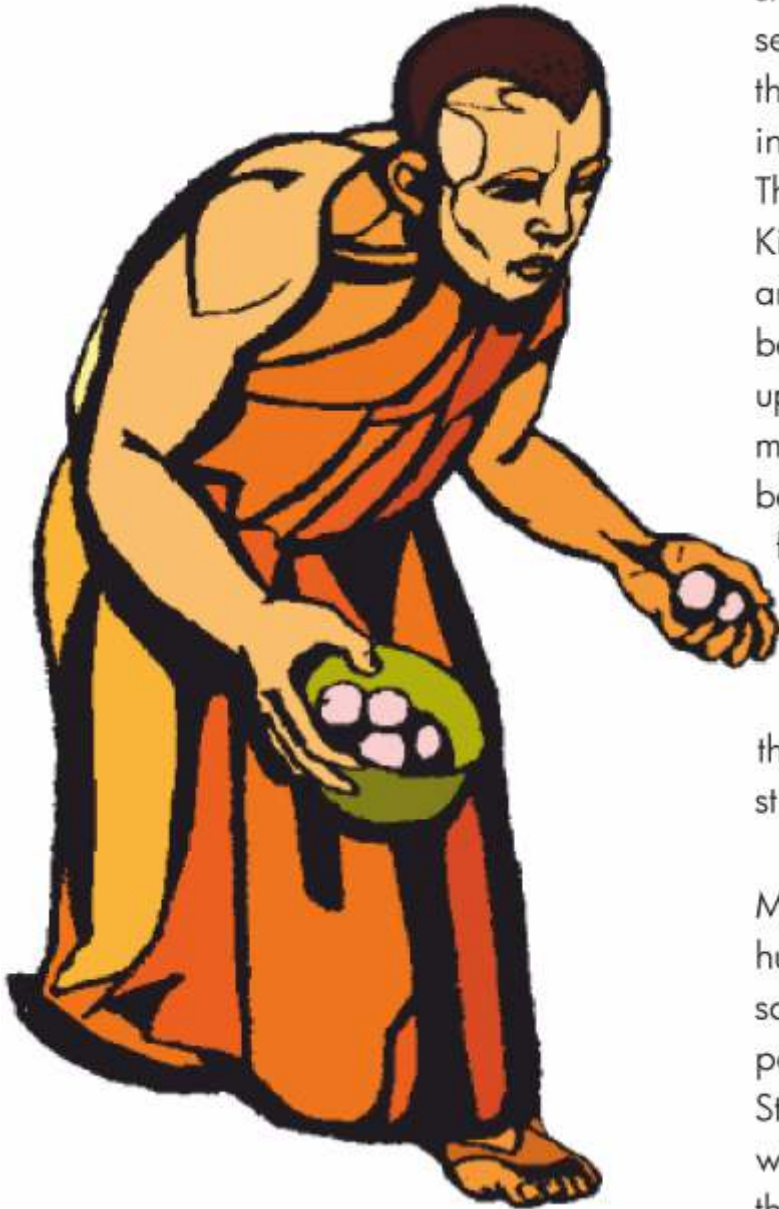
Baba Hardev Singh was an inspiration and dedicated person who taught everyone selflessness and other values we will never forget. Our Satguru may have left in his physical form but will always be there with us in our hearts as we still remember what he has taught us : Humility. Kindness. Patience. Tolerance. Devotion. And LOVE.

I am just moving through life,
But HE is still there guiding me.
The first step I take to move,
HE helps me to do so.
Second step I take I put
it somewhere,
He makes that ground
where I can keep my feet.
He makes everything possible
If there's dark,
He lightens all, so I don't fall.
He is there with me.
HE was there when I born,
He was there before and ever.
I am Gifted By Him To Him and
He has gifted me.
We love you Baba Ji.



The Begging Bowl

Story:- Priya Tandon, Chandigarh



ragged clothes of the beggar and his skinny face and limbs. His eyes seemed to look nowhere. He ordered that precious jewels and gold be put into the begging bowl of the beggar. The beggar held out his bowl and the King's men poured gold coins, rubies and emeralds into it. The bowl became half full. The king said, "Fill up the bowl; give him more." So some more jewels were poured into the begging bowl. But it remained half full. The king motioned for more to be given. The queen got up from her throne and removed a priceless necklace from her neck and put into the beggar's bowl. But the bowl was still only half full.

Everyone was perplexed. One Minister advised that the man was hungry, "Let him be given food," he said. The huge bag of grains was poured into the begging bowl. Strangely, by the end of it, the bowl was yet only half full. The beggar stood there, not batting an eyelid! The king ordered for clothes to be given to the beggar. But the bowl just did not fill up.

A beggar knocked at the court of a king for alms. The king saw the

Just then a poor old woman happened to pass by the King's court and stopped to see the drama. She looked at the beggar and her eyes widened. She ran as quickly as her feet could carry her and held the beggar in her arms. "Oh! My dearest son! My precious child where have you been? I have been searching for you for months. Oh! I am thankful to God that I have found you at last." The old woman, rained kisses on the beggar's forehead and stroked his untidy, matted hair. She addressed the king and said, "My Lord, this is my son. He lost his memory. Now, I have found him; please allow me to take him home," Tears of joy streamed down her wrinkled cheeks as she hugged the beggar to her bosom.

The king's minister glanced towards the begging bowl. It was full! He couldn't believe his eyes. Nothing; apparently nothing had been added into it. But the bowl was not only full. It was overflowing!

A voice seemed to come from nowhere and yet from everywhere. It said, "The begging bowl is no ordinary bowl. It is made of the human heart. Know ye man! No amount of

jewels, gold, grains or finery can ever fill it, It can be filled by only one thing. And that is LOVE!"

Moral:—"Love develops divine power in you. There is nothing that love cannot conquer in this world."

Thoughts

—Compiled by : Bablu Kumar, Sultanpur

- ◆ Success is not a matter of being the best and winning the race. Success is a matter of handling the worst and finishing the race.
- ♣ Your best teacher is your last mistake.
- ◆ Don't make excuses make improvements.
- ♥ Hug your hater and kill them with your kindness.
- Life is like a camera ,focus on what is important and you will capture it perfectly.
- ♣ A bad attitude is like a flat tire, you can't go anywhere till you change it.
- ◆ Work hard become a leader,be lazy become a slave.
- ♣ God will handle all your problems if you hand them over to Him.



All is not Lost

Story: Ashok Kumar Bhatt

Shyam Dass and Ram Dass were two friends. They were cloth merchants of great fortune. They were respectable merchants in the market. They were known for their honesty in their dealings with their fellow-merchants and their customers. So, everyone used to respect them for their honesty.

Both the friends believed in God. They used to say, "God is all merciful. He looks after all beings. But they were poles apart in their views, and attitude towards the ups and downs of life. Ram Dass was extremely possessive of the worldly possessions where as Shyam Dass was carefree.

Shyam was always jovial and smiling. He used to take everything with a smile. He was a man of stable mind. He was never perturbed by ups and downs of life. He used to say that man should always hope for the best. If anything goes wrong, he should not worry. Rather, he should be ready to face the worst. But Ram Dass did not have this kind of

optimistic attitude towards life. He was always afraid of the worst.

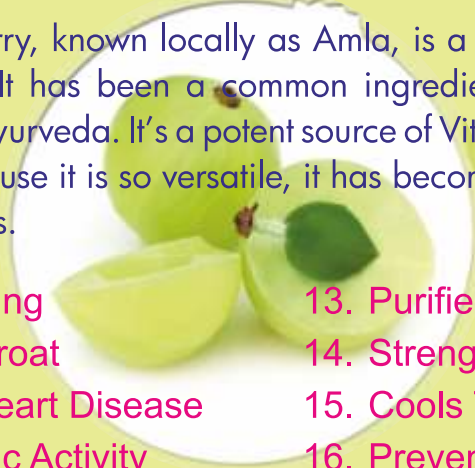
Once a major fire broke out in the town. It was terribly devastating. It caused a great loss of life and property. The shops and the houses of Ram Dass and Shyam Dass were totally reduced to ashes by the fire.

Ram Dass went hysterical on seeing the ashes of his houses and shops. His grief was wordless. He was crying bitterly and cursing God for this misfortune which had fallen upon him. He said crying, "God has ruined me. What have I done against Him/ See! I am ruined. I have nothing now. I have

Benefits Of Amla



The Indian gooseberry, known locally as Amla, is a tree that is famous for its nutrient rich fruits. It has been a common ingredient in the ancient Indian medicinal practice of Ayurveda. It's a potent source of Vitamin C and also contains iron and calcium. Because it is so versatile, it has become a favourite among the health conscious masses.



1. Slows Down Ageing
2. Cures A Sore Throat
3. Fights Against Heart Disease
4. Increases Diuretic Activity
5. Increases Metabolic Activity
6. Reduces Blood Sugar
7. High In Digestive Fiber
8. Boosts Immunity
9. Prevents Formation Of Gall Bladder Stones
10. Prevents Ulcers
11. Is Anti-Inflammatory
12. Improves Eyesight
13. Purifies Blood
14. Strengthens Bones
15. Cools The Body
16. Prevents Constipation
17. Prevents Jaundice
18. Reduces The Risk Of Cancer
19. Protects Your Liver
20. Makes Skin Glow
21. Brightens Skin
22. Reduces Pigmentation
23. Prevents Lice
24. Prevents Greying Of Hair
25. Helps Increase Hair Growth



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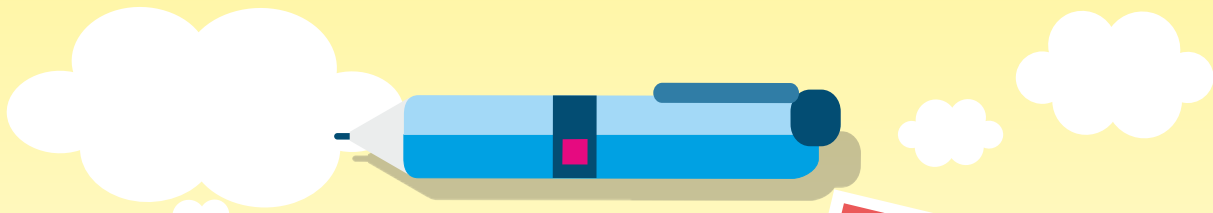


lost all that I had ...

On the other hand, Shyam Dass was normal, and he had no feeling of what had been lost. Rather he was smiling as usual. One of his fellow-merchants asked him, "what makes you tolerant of the great loss of your wealth and property? "

Shyam Dass replied smilingly, "Why to cry for wealth and property? This loss is no loss. All is not lost. I have something in me which no fire can burn to ashes."

The fellow-merchant was greatly impressed by shyam Dass. So he said, "Shyam Dass, you are great but still greater is your will-power. It is matchless. ■



Have your say



The views expressed in the editorial are most meaningful. The Hon'ble Editor has rightly written that to increase the strength of our body, we eat right food, we exercise and if we are ill, we also take medication. There should be balance of ability and strength inside all of us.

By reading article Fat and Diseases we can maintain our good health which is most important. Selection of stories has been done very wisely. The Greedy Neighbour, A friend like this, The king and the spider, The cost of Perfect Love, One Step Towards Changing the World are very interesting and useful for children. Poems Mother, Wisdom Human Kind are very nice poems. 5 tips for staying healthy in summer is really very useful for readers. Soldier Returns Home , 7 years after death is a very unique article. Little children enjoy so much by reading Kitty and Grandpa.

Interesting Picture Riddles is a new way to learn something fresh. Please continue to print great men of India in every issue of Hansti Duniya.

Hansti Duniya is really giving entertainment and good knowledge to improve the life standard of readers.

—Manjit Singh, Nangal

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