

# Hansti Duniya





## Hansti Duniya

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# Let us Practice

Immediately on entering the class room, The teacher attracted the attention of the students and asked- "I had taught you not to be angry because it is harmful to human health. Anger is such a state of mind which gives rise to heart beat and high blood pressure. The attitude of a person changes due to anger, so we should always keep the anger under control. Have you all practiced this thing in your life?"

Not getting a satisfactory reply from the children, the teacher asked in harsh tone that whatever I had asked you about not to be in anger, have you obeyed it, tell me.

On asking each and every individual, it was revealed that no student could obey the teacher. Knowing this, teacher's rising anger was natural. He repeated all those things concerning anger that why should we not be angry? Why should we use good words in our

conversation with others? But such things have no importance now a days.

The teacher said while clarifying his statement- "I advised you not to be angry, but while advising you this thing, I myself was angry, and also could not check my words. Had I advised you the same thing with love, then it must have left its impression on you."

Today, it's a matter of concern that why people do not listen to us even if we speak to them with love. Isn't it that our entire energy is consumed in mending others? Our purpose and attention is to mend others rather than our self. Our words and tone is to defeat others rather than to improve them. We try to be in good books of others and become a part of the process to prove our actions better than others'. This is the reason that our words fall flat on others.

When we sow a seed in fertile soil, proper manure is given and water also needed. But if saline water we apply to the land, it withers the crop. Similarly, our emotions and intentions are good, but our words and tone is not so, then it also proves to be harmful.

Today, before mending others, it's important to remove our own flaws. Try to inculcate virtues. Don't preach but practice. Be positive and constructive.

—Vimlesh Ahuja





— Ravneet, Delhi

# First In India



- Q. First Indian to get the Nobel prize for literature?  
A. Dr. Ravindra Nath Tagore.
- Q. First President of Indian Republic?  
A. Dr. Rajendra Prasad
- Q. First Prime Minister of India?  
A. Pt. Jawahar Lal Nehru
- Q. First Indian to get the Nobel prize in physics?  
A. Dr. C. V. Raman
- Q. First woman Prime Minister of India?  
A. Smt. Indira Gandhi
- Q. First Indian woman to climb Mount Everest?  
A. Bachendri Pal
- Q. The first Indian woman who became the President of UNO?  
A. Smt. Vijay Lakshmi Pandit
- Q. First Nobel prize winner for peace in India?  
A. Mother Teresa
- Q. First Muslim president of India?  
A. Dr. Zakir Hussain

—Nishtha Kawrani,  
Katwaria Sarai, New Delhi

# Friendship



When I talk about friendship, I get flooded with thoughts full of positivity, happiness and excitement because friends are the people who brighten our life and uplift our mood whenever we feel low. The true ones are those who always stand by our side come what may. They don't judge us, they always try to support us. These friends are the best in giving wonderful advice to us when we get stuck in the path of our life. We can lay bare our heart without hesitation and we share joys and sorrows.

Sometimes, situations take a twist and at that time one needs someone to share our troubles and difficulties. It is the quality and not quantity that matters. Try to find true friends. We cherish beautiful and blissful memories with them.



# Some life Changers

—Sunil Nagpal, Delhi

Life from B- D i.e., Birth to Death  
But between B & D comes C  
So, it is your Choice  
Live life well and you will never go wrong  
Life is an art of drawing without eraser  
Don't wait for the perfect moment  
Take the moment and make it perfect  
Enjoy your life without comparing with others  
The people who want to stay in your life will find a way.  
Life is 10 percent of what happens and 90 percent  
of how you respond to it.  
Expect nothing and you will never be disappointed.  
It is found that if you love life, life will love you back  
Some people come in your life as blessing ,and some others as lesson  
As long as you live, keep on learning.  
A hello and simple smile in life, solves big problems.

## Things to drop from your life right now

—Mohan Lal



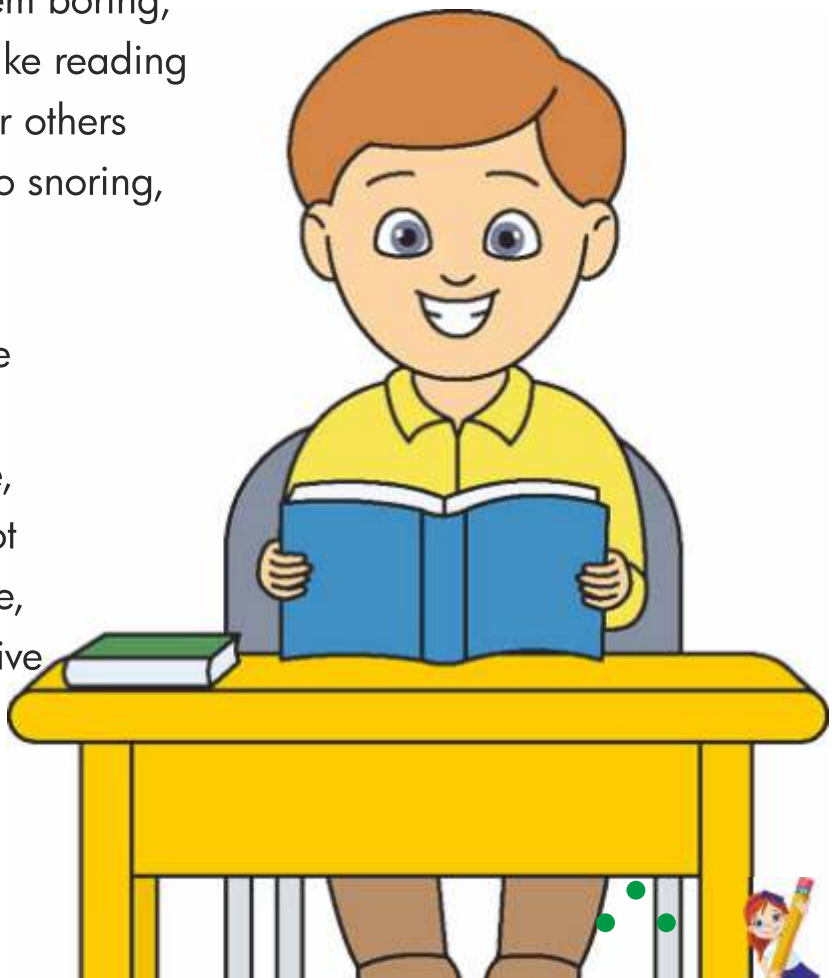
**Drop** the word hate, focus on what you love.  
**Drop** past and future, keep the present  
**Drop** the idea that you need to be perfect  
**Drop** being people pleaser  
**Drop** negative self talk  
Drop gossip and judgement  
Drop anger and outburst, the real power is in peace  
**Drop** comparing yourself with others  
Drop regret, everything happens for a reason.

— Asha, Delhi



We spend our time  
doing different things,  
But some tasks  
might seem boring;  
As some like reading  
and for others  
It leads to snoring,

But books are a treasure  
and we should  
read them with pleasure,  
The pages might be a lot  
you may feel the pressure,  
But the knowledge they give  
we can never measure.





# SAMPURAN AVTAR BANI

## Ik Tu Hi Nirankar - 131

MAYA DE VICH GAFAL BANDE HIRA JANAM GANWAVEN TOON;  
 SABH HARAM HAI NAM DE BAJHON JO VI PEEVEN KHAVEN TOON.  
 DUSHTAN NAL PIAR HAI TERA SANTAN TAIN SATAVEN TOON;  
 SARE NARAK TOON MANMUKH BHOGEN APNA KEETA PAVEN TOON.  
 BAJH GURU NAHIN MUKTI MILNI LAKH PIA KARAM KAMAVEN TOON;  
 JAMM JAMM MAREN MAREN TE JAMMEN ROVEN TE KURLAVEN TOON.  
 MAHAPURSHAN DI IK NA MANNE ANT SAME PACHHTAVEN TOON;  
 KARAMAN DHARMAN WALE PHANDE GAL DE VICH LATKAVEN TOON.  
 KUJH NAHIN GIA AJE VI VELA SHARAN GURU DI ANE DA;  
 KAHE AVTAR SUNO RE BHAIR SADH SANGAT TAR JANE DA.

### Thou Formless One

O' man, engrossed in the material world, you are wasting precious human life;

Cursed is all that you eat and drink, without the divine name i.e. God.

You have love for the wicked, but harass the saints;

O' wilful man, you suffer the hell, and reap the harvest of your own deeds.

Salvation cannot be attained without the True Master, even if you keep on performing countless rites and rituals;

You are undergoing pangs of birth and death, ever weeping and crying.

You do not care for the word of the saints, and so you repent in the end;

You wear the noose of rites and rituals around your neck.

Nothing is lost yet, you can seek refuge of the True Master even now;

Avtar says, listen O' brother, even now you can transcend the ocean of materialism by seeking the company of saints.



—Pramila Gupta



**A**t the outset of rainy season, there used to spread life-taking diseases like cholera, malaria and dengue in Kantakvan town. No home in the town remained untouched. This time the wife of king Sher Singh herself was suffering from severe fever. The Ayurvedic physician of Kantakvan town tested all his prescriptions on her. At the end, Sher Singh called the famous physician Bredi Bhaallu at Kantakvan dispensary. Sher Singh told Dr. Bredi that every year in rainy season, the entire Kantkavan town was gripped in diseases. He asked the doctor, "Doctor Sahib! Is there any way out of this mess?"

Dr. Bredi first examined Sher Singh's wife and gave her the medicine. Then he said, "Tomorrow after inspecting the forest only I shall be able to tell you the cause of these diseases and their remedy."

Bredi bear roamed about the forest

and noticed the dirty water stranded in the drains opposite to the houses. The mosquitos were buzzing and rainy water was there in the pits all around. There was debris lying everywhere before every house. Dr. Bredi was dozing due to foul smell. Looking all this, Dr. Bredi called Sher Singh to the dispensary and said, "Sher Singh Ji, the cause of diseases is the filth spreading all around Kantakvan and the dirty water accumulated in drains and pits there. So long as the people dwelling in the forest do not inculcate the habit of keeping cleanliness, it is difficult to get rid of these diseases."

"What we have to do for this?" asked Sher Singh.

"I am here for a month and see to it that how cleanliness arrangements can be done." replied Dr. Bredi.

The mother of rabbit Neeku was also



sick for quite some days. Everyone in the house was upset. It had come to the dispensary to take medicine. Hearing the conversation between Dr. Bredi and Sher Singh, Neeku rabbit said, "Dr Uncle, schools are closed now a days, can we children help you?"

Oh great! "If children of Kantakvan can help in cleanliness, the work will be done soon. The children will sweep while playing only and set an example for others to Follow." Dr. Bredi said in a happy mood.

"I just come with all my friends here. You instruct us what is to be done, rest we all shall do." Neeku said excitedly.

Sher Singh said, "I am also prepared to help you in all possible ways in this task."

The very next morning at 8 O'clock only, Neeku rabbit, along with its friends Jumpy monkey, Whitee cat, Montu siar and many other children reached Dr. Bredi. Dr. Bredi told to take out stagnant water from drains and pits surrounding the houses and then spray the insecticide there.

Neeku rabbit started cleaning the drains and pits along with its friends. Seeing the children cleaning, some elderly persons also joined them. Within a week's time the drains of Kantakvan were cleaned and the pits also filled up after removing water from them. The children felt delighted in doing all this.

After a week, Dr. Bredi visited Kantakvan again. He was very happy to see the job done by Neeku rabbit and its companions. He praised all a lot. He said, "Children, you

have done a miracle. Now the next step is to clean the debris lying around the houses. Not only this, but you also have to tell everyone to keep the surrounding clean.

"But Dr. Sahab, where would they put the debris?" asked Jumpy the monkey.

"Sher Singh Ji has got dustbins from the city. After cleaning, dustbin will be placed before each house and debris will be put in that only. Every third day pick-up van will come to pick the debris of dustbins and dispose it off at a special place meant for the purpose outside Kantakvan."

Dr. Bredi advised the children. Neeku and its companions finished this task also very swiftly within a week. They told every house to use dustbins.

Kantakvan got new look. It was neat and clean. Dr. Bredi and Sher Singh couldn't believe that this task would be accomplished so soon. But the children proved it. Slowly the number of patients also reduced in Kantakvan.

Neeku rabbit and its companions were very much delighted to do this. Wherever they moved, the people praised their work. The parents were also very happy that during vacations they had not moved anywhere rather relieved them of the diseases. The cleanliness work was going to be finished. After 10 days Dr. Bredi was also to move to the city. The children were sad to think that what they all would do after Dr. Bredi left. Ongoing to Dr. Bredi they said, "Dr. Sahab, the cleanliness drive







is going to end and after ten days you will also leave. We all will get bore after you leave.

"Children, the cleanliness drive never ends. Perhaps you don't know that the entire debris do not go waste. We will use it to make beautiful articles. During these ten days, I will teach you how to prepare beautiful things?" said Dr. Sahib.

Dr. Bredi was not only a doctor but also an expert in waste management. He made Neeku and children of Kantakvan to manufacture paper out of the waste paper and beautiful products out of waste sleepers, socks and empty plastic canes. To prepare birds' nest out of tin and card,

empty boxes and utensils to keep their feed. When Dr. Bredi was going back, the entire Kantakvan was sad. He not only got Kantakvan relieved from diseases but also won the hearts of children

Dr. Bredi said to children, "I am going and hope that you will always continue with the good work campaign.

After Dr. Bredi left, Neeku rabbit formed a 'Craft Club' at Kantakvan. They used to make beautiful things out of waste in debris and exhibit these in the city. People used to buy these products for good price. With the amount they get through this process, they all used to go to other places and organise the cleanliness drive there.





# Grandpa

Story & Illustration  
— Ajay Kalara

There was a garden in a country where the children used to play. That garden belonged to one demon, but nobody had seen him for many years.



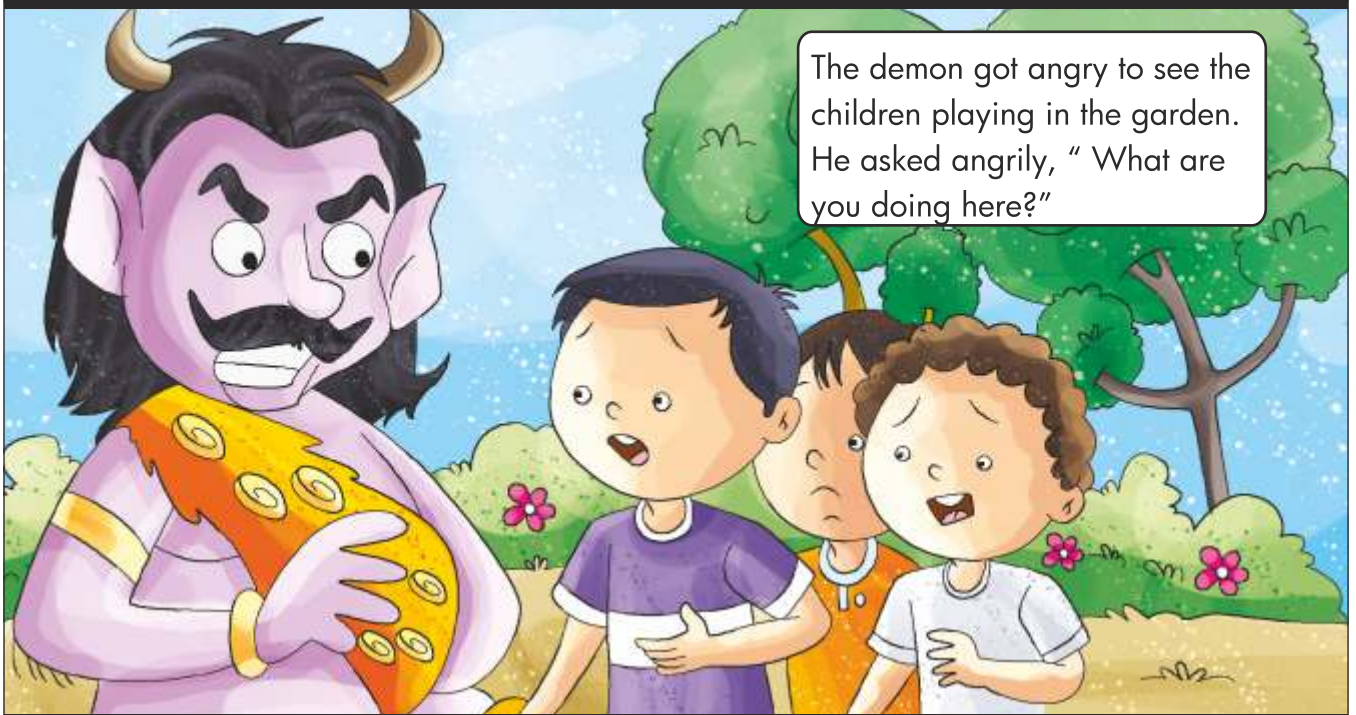
The garden of the demon was very beautiful and its trees always remained green. The birds used to sit and chirp there.







During winter, the snow used to fall there on mountains and the pond froze. That demon had gone somewhere during summer, but he returned during winter.



The demon got angry to see the children playing in the garden. He asked angrily, "What are you doing here?"



The demon was very selfish. He got a huge wall constructed all around the garden so that the children should not enter it.





He put there a notice-board also- 'Trespassers will be prosecuted'.

**'Trespassers  
will be  
prosecuted.'**

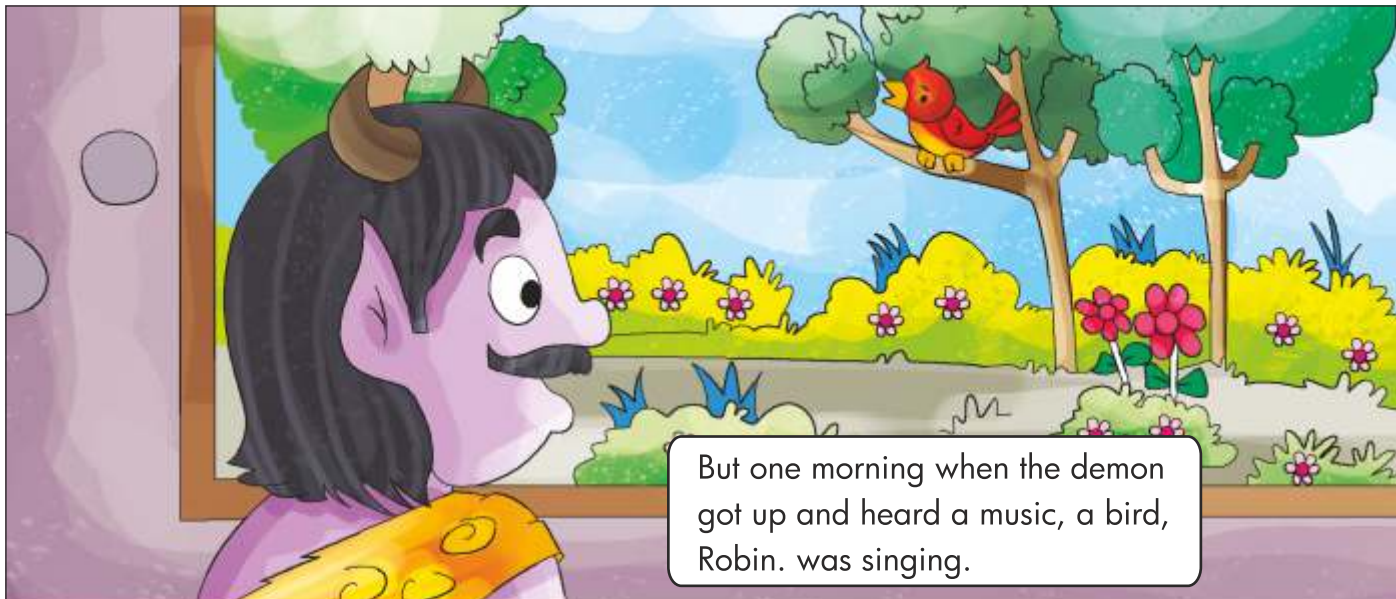


The spring season had set in, flowers were blossoming all over the country and the birds were singing songs. But there was still winter in demon's garden.

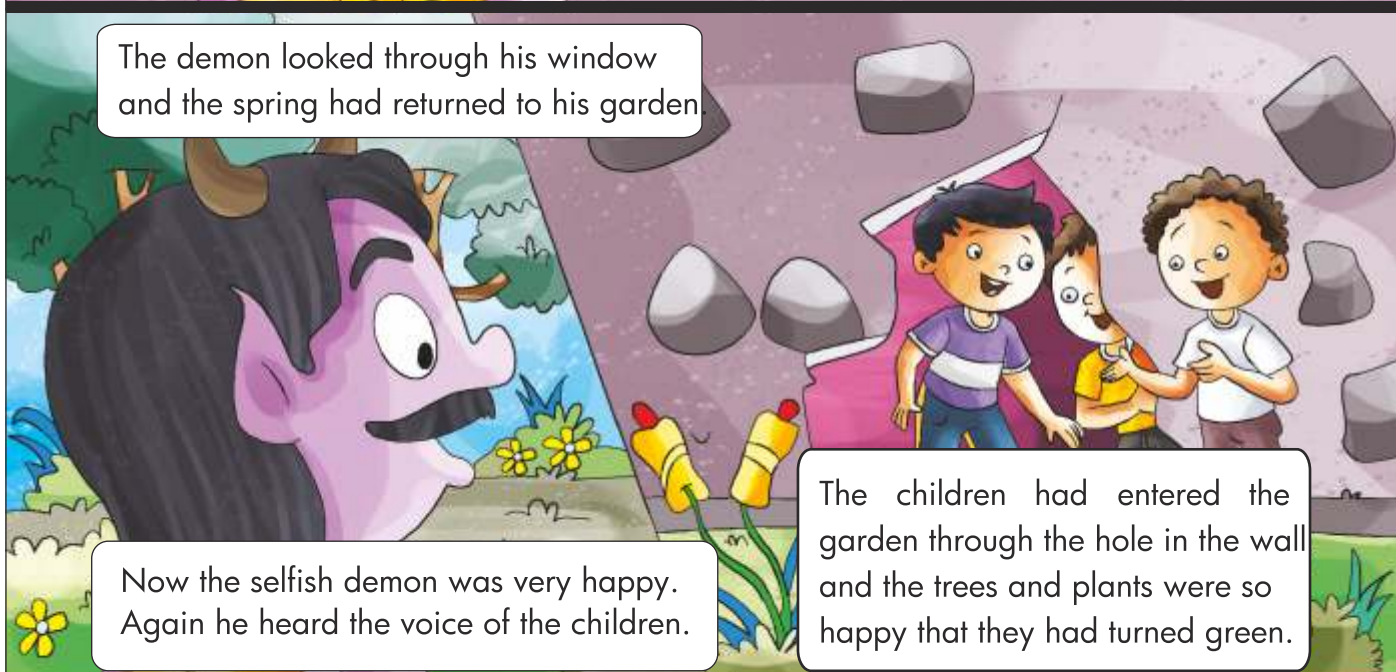


Everyday, the demon looked out through his window and waited for the spring to come.





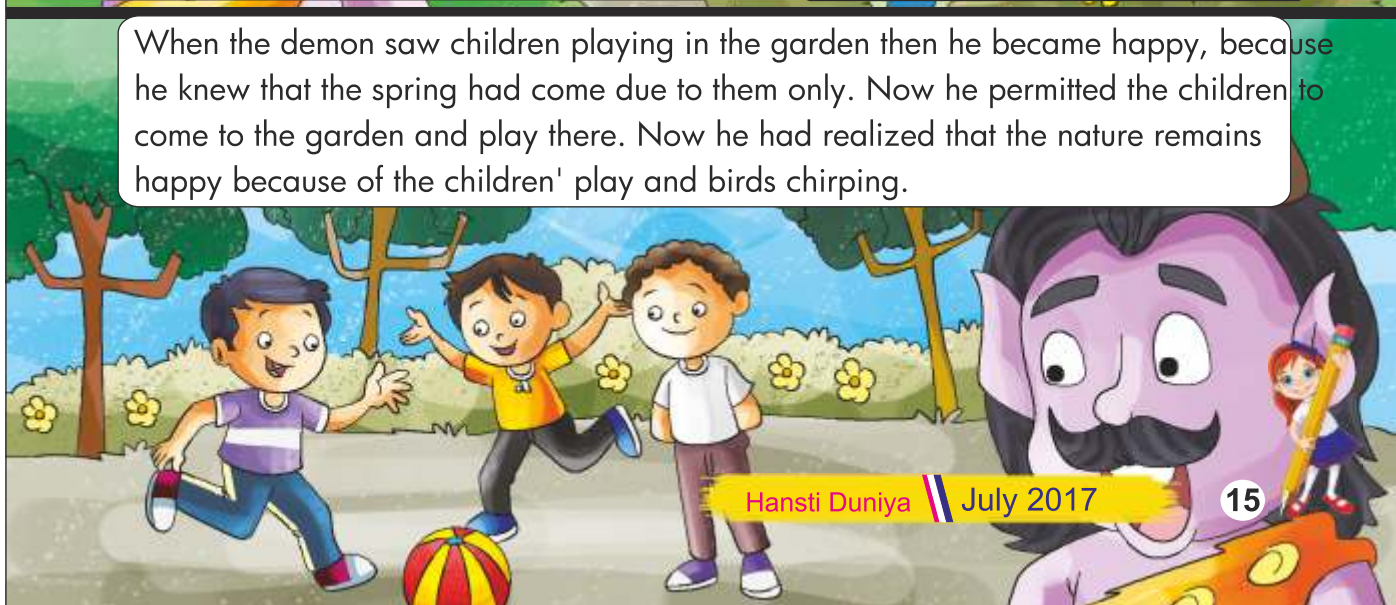
But one morning when the demon got up and heard a music, a bird, Robin. was singing.



The demon looked through his window and the spring had returned to his garden.

Now the selfish demon was very happy. Again he heard the voice of the children.

The children had entered the garden through the hole in the wall and the trees and plants were so happy that they had turned green.



When the demon saw children playing in the garden then he became happy, because he knew that the spring had come due to them only. Now he permitted the children to come to the garden and play there. Now he had realized that the nature remains happy because of the children' play and birds chirping.



- # Answer Sheet

Hansti Duniya July 2017



# Progress with Patience

—Usha Sabhar



The famous Russian psychologist, Pavlov, was on death bed, his loving students asked him the secret of success that can be useful in their lives too.

In reply, Pavlov said, "Intense desire and patient progress."

This means 'diligence' and keeping 'patience during progress'. In order to succeed in any field, it's not only the intense desire that works but one should also have the patience to proceed slowly. Efforts to reach the target in haste sometimes become the cause of failure. Firm desire means the determination to reach the target. We have to perform all assignments of our life with full confidence. Thus, the secret of success in life is through practice only.

Today, our biggest problem is that we don't practice with patience to achieve the goal. I remember the childhood days, when we used to sow the mango kernel by putting soil in a small pot and then after one hour, we used to go to see if the mango tree has grown out of it. We used to take out the kernel, remove soil from it, wash it and then again sow it. Then that wait remained waiting only and tree never grew up. Had we waited patiently after sowing the kernel in the soil, the tree must have grown and there would have been mangoes also.

There goes a saying in English- 'A short cut may cut you short' meaning thereby that adopting short cut methods, gives rise to possibility of failure only.

This phrase gives us a message that there is no short cut method of success. This truth is hidden in these words.

This is the only crux of the words of Pavlov that the intense desire and the slow progress with patience is the only key to success.

Let us practice these words in our life.



— Garima, Delhi



There lived a fox, a rabbit and a monkey together in a jungle. They were known for their ideal friendship. They were not only kind to each other but also used to help who-soever came to them. Everyday they used to meet at a certain place.

Once an old man lost his way in the same jungle and kept on wandering. He was very hungry too. But he could not get anything to eat. His thirst for water added to his trouble. He had heard about the friendship and kindness of the fox, the rabbit and the monkey. While roaming about, he happened to reach the place where these friends were

enjoying a chat. As he approached them, they welcomed him and asked him about the purpose of his visit.

The old man said, "Friends, I have heard a lot about you. I am very thirsty and hungry. So, please help me." On hearing this, the monkey at once left the scene. The fox also left immediately after the monkey. While the old man was still narrating his story, the rabbit also left the place without saying anything.

The old man got annoyed and felt ill-treated at the behaviour of the three friends. However, after a short while, the old man was surprised to see



the monkey returning with plenty of fruits for him. While he was eating the fruits and thanking the monkey, he saw the fox also coming from the other side.

The fox had brought some fish and drinking water for the old man who felt very happy. He had the water and ate the fish brought by the fox. By the time, the rabbit also returned. But he was unable to find anything for the old man. Seeing him empty-handed, the old man said, "I thought you were also kind-hearted like monkey and the fox."

The rabbit gave no answer, instead, he asked his friends to bring some firewood which they did without any loss of time. The Rabbit lit the fire and jumped into it, saying :I could not bring any thing for you, so please eat my roasted meat and oblige us."

The old man was moved. He hastened to save the rabbit, though he was a little burnt. The stranger gave the rabbit herbal treatment and cured him. The old man whispered : "Really, these animals are better than the selfish human beings, because they have made it a principle to serve and help others even at the cost of their lives."

# Improve Your Grammar

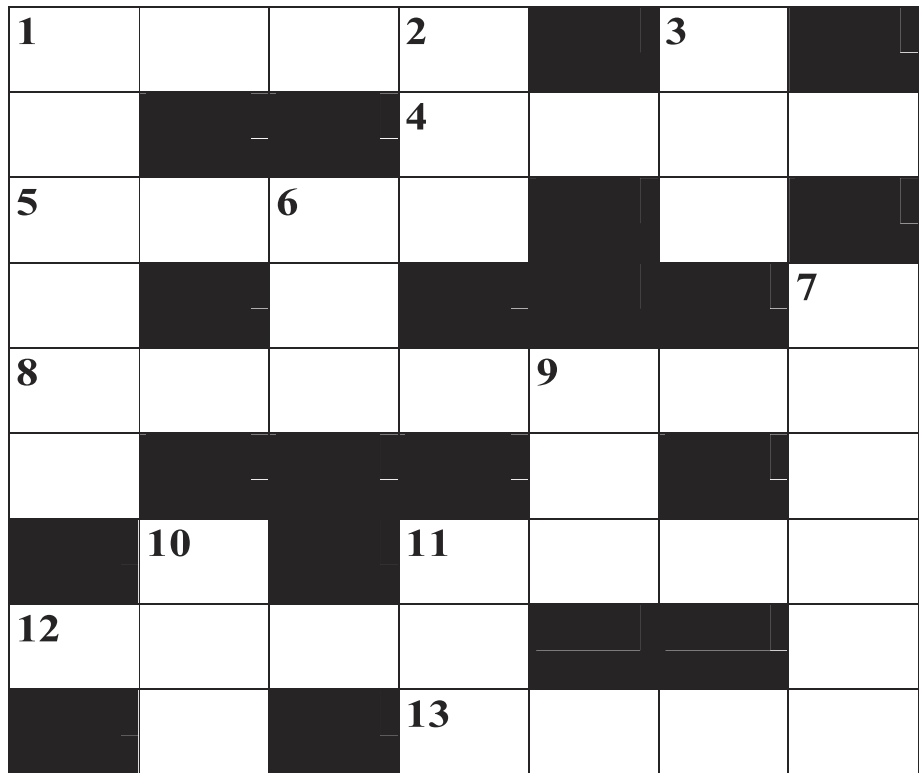
## Answers:

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

## Q.No. Explanation

- Here, the three forms of verb are LET, LET, LET.
- If you have a right to do something, you are morally or legally entitled to do it. 'The age of 18' is the legal barrier here, so, RIGHT is the correct answer.
- Out of the two choices, CHANGE is a synonym of VARY.
- Whenever someone succeeds, we say to him, 'Congrats'.
- CHILD'S PLAY is an idiom that means 'a very easy task'.
- An EMIGRANT leaves his own country to live in another country. For the new country, which he comes to, he is an IMMIGRANT. In other words, you emigrate from your country and immigrate to another country.
- The plural of Scarf is Scarfs, not Scarves.
- A person who pretends to be what he is not is known as Hypocrite.





Left to Right →

Up - Down ↓

1. Plural of Pin.
4. Find the odd one out: OXEN, YUAN, EURO, RIAL.
5. A word used to name a person, place or thing hidden in the word 'ANNOUNCEMENT'.
8. The birth place of Lord Rama.
11. A language written from right to left.
12. All is well that \_\_\_\_\_ well.
13. The continent in which India is situated.

1. The Golden Temple lies in this Indian state.
2. A male child hidden in the word 'SONEPAT'.
3. The old name of Sri Lanka was Ceylon. (YES/NO)
6. Abbreviation of 'Unidentified Flying Object'.
7. The capital of India stands on the bank of this river.
9. She is my sister. I am older than \_\_\_\_ (him / her).
10. A coloured liquid used for writing and printing.
11. George Washington was the first President of this country.





# H.D. Answers

— Raja, Chandigarh

Q: Why does the failing person always curse his fate?

A: To release himself of the blame of failure.

— Pawan, Azamgarh

Q: How to remain happy for ever?

A: Happiness is derived from living in harmony with one's natural surrounding through spiritual awakening.

—Sameep, Delhi

Q: Does spirituality clash with science?

A. Spirituality does not clash with science, rather completes it.

— Karuna, Bangalore

Q: Does the Divine Knowledge ever fade?

A: Once ignited this knowledge never fades. And its flames are fed by the fuel of Faith.

— Raunak, Mumbai

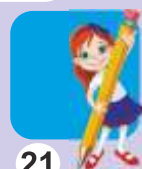
Q: What is the ultimate outcome of woes and comforts of life?

A: The real, practical knowledge.

—Ratnesh, Surat

Q: When does one know that God really exists?

A: When with the blessings of the True Master (Satguru), he attains God-knowledge (Brhamgyan).





# Jumbo Learnt a Lesson

All the inhabitants of Kanakvan were worried over the devilish nature of the Jumbo elephant. Daily Jumbo used to knock out one animal or the other on the ground. It used to destroy the small houses of animals. Not only this, but out of its ego, it used to uproot trees and plants also.

One day Jumbo was going somewhere, when it saw a flock of birds on a tree. There were bird's nests also.

The sparrows were happily chirping sitting on the tree branches. Seeing the sparrows in mirth, it wanted to know the cause of their happiness.

"We are happy because the rainy season is going to commence," said a Myna sitting on one of the branches.

O.K. now stop this merry making,

otherwise I will destroy all your nests along with this tree.

"Why should we stop it? Who are you to put a ban on us for this?" All the sparrows spoke in unison.

Hearing this, Jumbo said, "Wait and watch." After this, Jumbo shook up the tree by holding it with its trunk. All the sparrows flew away but their eggs and nests fell down on the earth and were damaged.

After destroying the nests of the sparrows Jumbo said, "Now you all will never talk to Jumbo in proud, otherwise it will be troublesome for you." Saying this, Jumbo went ahead.

Now, whichever route Jumbo followed, all the big and small animals of Kanakvan used to hide themselves



here and there in fear on seeing Jumbo.

One day Jumbo reached a pond of water while loitering in ego. There were many frogs croaking while sitting near the bank of the pond. Seeing the frogs croaking Jumbo said-"O, frogs, Why are you croaking in joy?"

"It is to welcome the rains." All the frogs replied.

O. K. Now you stop this croaking, otherwise I will crush you all under my feet. My name is Jumbo and I am a terror for the entire forest.

"What otherwise... What harm can you cause us, you petty elephant?" all the frogs said unanimously.

"You called me a petty elephant. Now face the consequences. I will not spare you." Jumbo jumped down into water pond uttering these words.

It got trapped in the marsh and went deep into it. Seeing Jumbo caught in the marsh, all the frogs clapped and started laughing.

As Jumbo struggled to come out of the silt, it went deeper. Being helpless, Jumbo shouted for help

On hearing the shout of Jumbo, all the animals and birds of Kanakvan gathered near the pond and said, "Jumbo, You get the taste of your medicine."

All the animals and birds started making fun of Jumbo by clapping and laughing.

Jumbo trapped in deep slush pleaded for help and promised not to harm anyone.

Then the frogs spoke out, "Nobody will save this evil and tyrannical character Jumbo. It must meet its evil fate."

At this the sparrows said, "since Jumbo is regretting its actions, we must help it out now."



All other animals also agreed with the sparrows. The sparrows flew and immediately called the monkeys. The monkeys pulled long branch of the tree into the pond and the Jumbo came out of the pond by taking support of the branch. Jumbo swore not to tease any one in future. It was totally changed, became helpful and all the animals started living in harmony.



—Kishore Daniell, Delhi

# Cleverness of the Monkey

A king had a huge garden where there were green trees full of fruits. A gardener used to take care of this garden. A rowdy monkey used to come there, pluck and throw the raw and ripe fruits on the ground.

for fruit, the monkey went into the cage and the gardener immediately shut its

door.

The monkey was very much frightened but it used its cleverness. It asked the gardner, "If you release me, I would give you a golden necklace that I have kept hidden on a tree in another far off garden. It belongs to the queen. If you sell that necklace, you will become very rich. Further, I promise you that I will not come again to this garden and I will also tell you a very useful and knowledgeable thing that will make you very happy if you apply that in your life."

Hearing this the gardner felt greedy and released the monkey.

The monkey hurriedly jumped over a tree and said, "I have no hidden golden necklace with me and the thing of knowledge is that the thing that doesn't belong to you and you are not able to get that, then you should not be worried about that. Now I am going."

**Moral: Greed is a curse.**

The gardner was very much upset due to this behaviour of the monkey. He thought of a plan to control the monkey. He got one big cage prepared and kept some good flavoured fruits in that cage. Out of its lust





Song : Bhupinder Singh, 'Dilvar', Mumbai



# ***Bless us Father***

Bless us with thy grace O' Father, May we live in peace...

Love and Honor every human, Respect each other's needs –

Bless us with thy grace O' Father.....

May we shed the barriers of caste, creed and race,

Omnipresent Lord let us see, YOU in every face,

May our worship bring us closer, distances decrease...(2)

Love & Honor.....

Hate and Envy, Lust and Greed are weaknesses O' Lord,

May we overcome these Vices, and be one with God,

Make us Humble, make us Noble, Virtuous in our deeds...(2)

Love & Honor....

Faith undaunted, Love limitless, Devotion pure and true,

Every moment of our life, we should remember YOU,

Follow YOUR teachings Messiah, do as You may please...(2)

Love & Honor.....



# Spreading Magazines of the Mission, Producing Heave in Unison

— C. L. Gulati, Secretary & Member In-charge, Magazine Department

With the blessings of Nirankari Satguru Mata Savinder Hardev Ji Maharaj, the divine message of the Mission is spreading all over the world. Right from the beginning, our magazines have played a significant role in spreading the spiritual message of the Mission.

With the quality of Nirankari Magazines (Sant Nirankari, Hansti Duniya, Ek Nazar), it is the powerful medium for the message of the Mission to reach every hand. All out efforts need be made by all of us to promote membership and create interest for reading these magazines.

No doubt, the membership of Nirankari magazines continues regularly, but looking at the multitude of the devotees of the global Mission, a large number of saints have yet to attain the membership of these magazines. So, there is a need on the part of Parbandhaks, Preachers and the devotees of all the branches to produce a heave in unison for spreading magazines of the Mission. To achieve the intended objective, it is necessary that-

★ Every devotee of the Mission to subscribe and be benefitted of all the three

magazines. They should themselves enjoy reading these magazines and also motivate others to read these.

★ Every devotee in his/her family, social and commercial circle to motivate people to get the membership of these magazines. The membership of these magazines can also be given as a gift to nears and dears.

★ The Parbandhaks and Preachers to liaise with local schools, colleges, libraries and general public and get them the membership of these magazines.

★ At present, the subscription of the magazines is: Rs15/- per copy, Rs 150/- for 1 year per magazine. Rs700/- for 5 years per magazine. To deposit the subscriptions of these magazines, Receipt Books have been provided to all the branches where membership money can be deposited. Along with this, new membership forms with complete postal address including Pin Code, mobile no. etc., should also be deposited.





★ It may be inspiring to motivate people to subscribe these magazines on the occasions of birthday, marriage anniversary, inauguration, house warming, promotion, condolence meetings etc. etc.

★ The preacher saints while going on prachar tour, should essentially keep the magazine

Receipt Books with them and keep on motivating the devotees for promoting the membership of magazines.

★ Her Holiness Satguru Mata Savinder Hardev Ji Maharaj wants to establish human unity through spiritual message of the Mission. Nirankari magazines provide the best channel in between. Thus it becomes our paramount duty that we give due importance to the magazines and render our services for their propagation. Satguru Mata Ji has called upon to promote the membership of the magazines and



also create reading habit. Wherever these magazines reach, message of truth of the Mission automatically reaches there. In this respect, Satguru Mata Ji has called upon all the Zonal-Incharges, Sanyojaks and Mukhis to make motivating announcements in their respective Branches from time to time to promote the membership of these magazines and also to inculcate the habit of reading them, and stay blessed.

**"Wherever you go, Nirankari Magazines go hand in hand with you. They remain your soul mate throughout your journey of life."**



# Little Sambo



Compiled by Gurdev Singh, Delhi

**Once** upon a time there was a boy. His name was Little Sambo. His mother was called Big Mumbo. His father was called Big Jumbo.

Big Mumbo made a beautiful red coat and a pair of blue trousers for Little Sambo.

Big Jumbo went to bazar. He bought a beautiful green shirt and a pair of purple shoes for Little Sambo.

Little Sambo wore his fine clothes and went for a walk in the jungle.

There he met a tiger. The tiger said to him, "Little Sambo, I am going to eat you up."

Little Sambo said, "Oh, Please, Mr. Tiger, don't eat me up. I will give you my red coat!"

The Tiger said, "Very well, I will not eat you." Little Sambo gave his red coat to the Tiger. The Tiger took the coat and went away.

Little Sambo went on. He met another Tiger. The Tiger said, "Little Sambo, I'm going to eat you up"

Little Sambo said, "Oh, please, Mr. Tiger, don't eat me up. I will give you my blue trousers!"

The Tiger took the trousers and went away.

Little Sambo went on. He met another Tiger. The Tiger said to him, "Little Sambo, I am going to eat you up."

Little Sambo said, "Oh, please, Mr. Tiger, don't eat me up. I will give you my purple shoes!"

The Tiger decided to wear the two shoes on his ears. He went away.

Further on, Little Sambo met another Tiger. The Tiger said, Little Sambo, I am going to eat you up."

Little Sambo said, " Oh, please Mr. Tiger, don't eat me up. I will give you my green shirt!".The Tiger went away.

Little Sambo began to cry. He didn't have anything.

Soon he heard a fight. Grrr....grrrr....

Little Sambo climbed a tree. He heard the four tigers fighting with each other. The coat, trousers, shirt and shoes were kept in one corner. Little Sambo, quickly got down from the tree. He wore his clothes and ran back home.

**Moral:** Never get desperate in adverse circumstances, rather act bravely.





# Let's Me Again, God

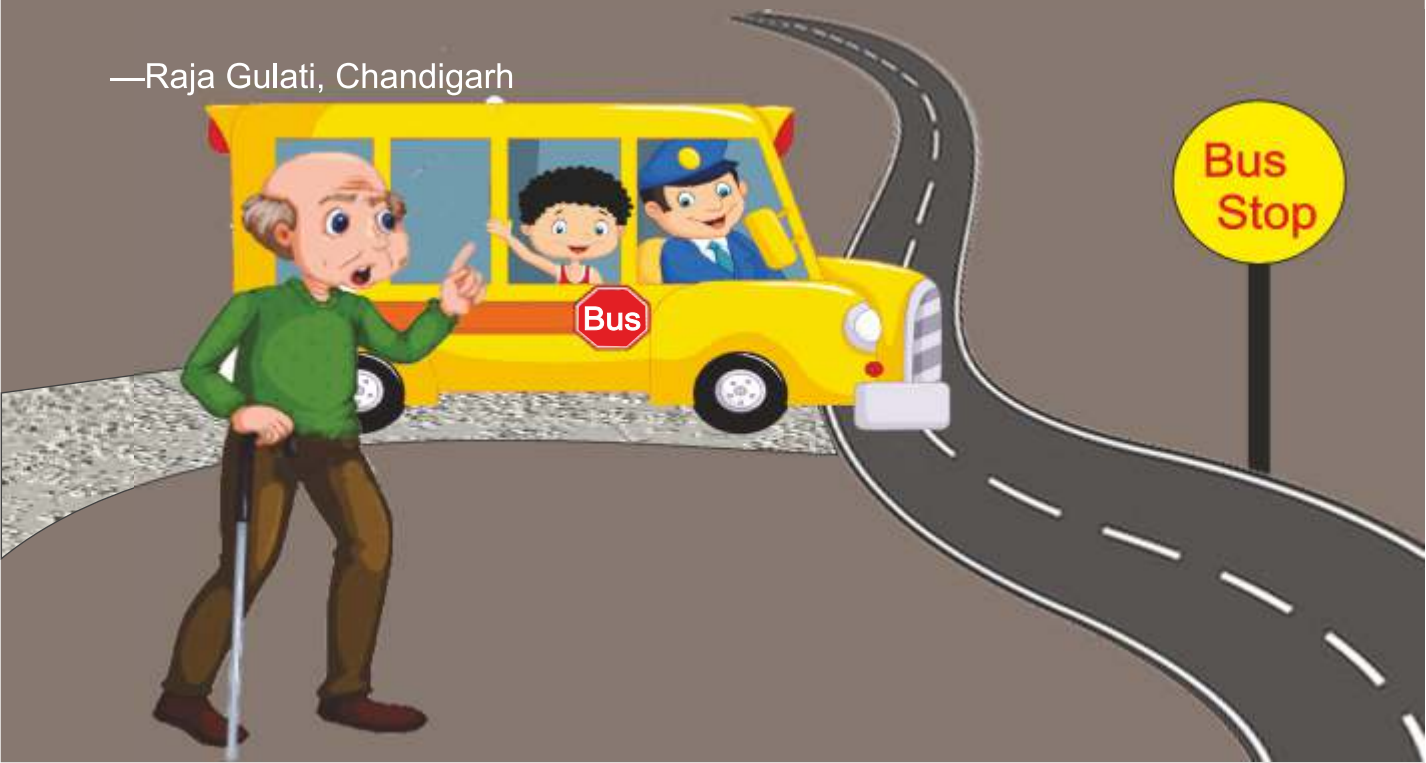


REMEMBER ME, GOD?  
I come every day  
Just to talk with You, Lord,  
And to learn how to pray...  
You make me feel welcome,  
You reach out Your hand,  
I need never explain  
For YOU understand...  
I come to You frightened  
And burdened with care  
So lonely and lost  
And so filled with despair,  
And suddenly, Lord,  
I'm no longer afraid,  
My burden is lighter  
And the dark shadows fade...  
Oh, God, What a comfort  
To know that You care  
And to know when I seek You  
YOU WILL ALWAYS BE THERE!



..





## The Bus Stop doesn't matter, **BUT** Your relationship with the driver does

A boy stood on a sidewalk waiting for a bus.

A man walking by spotted the boy and gave him some gentle advice. "Son," he said, "if you're waiting for the bus you need to move to the street corner. That's where the bus stops for passengers."

"It's OK," said the boy. "I'll just wait right here and the bus will stop for me." The man repeated his advice, but the boy never moved.

Just then, the bus appeared.

Amazingly, the bus pulled over to where the boy stood and he hopped in.

The man on the sidewalk stood speechless.

The boy turned around in the doorway and said, "Mister, I knew the bus would stop here, because the bus driver is my dad!"

When you've got a relationship with the bus driver, you don't need a bus stop. If you've given your heart to the King of Kings, you're in a royal family and enjoy His bounties .



When you know the Driver of your life you can take the bus of life anywhere. He will stop and pick you up where people think it is not possible.

Whether you are unemployed, broke, single or married, or childless or divorced, or widowed. What matters is that you know Him who is able to do exceedingly abundantly above what we can think or even imagine.

However, the BIG question is : "Is the Driver your Father?" "Are you still His child? You can only get that privilege if He is your Father.

Enjoy the ride with your Father.

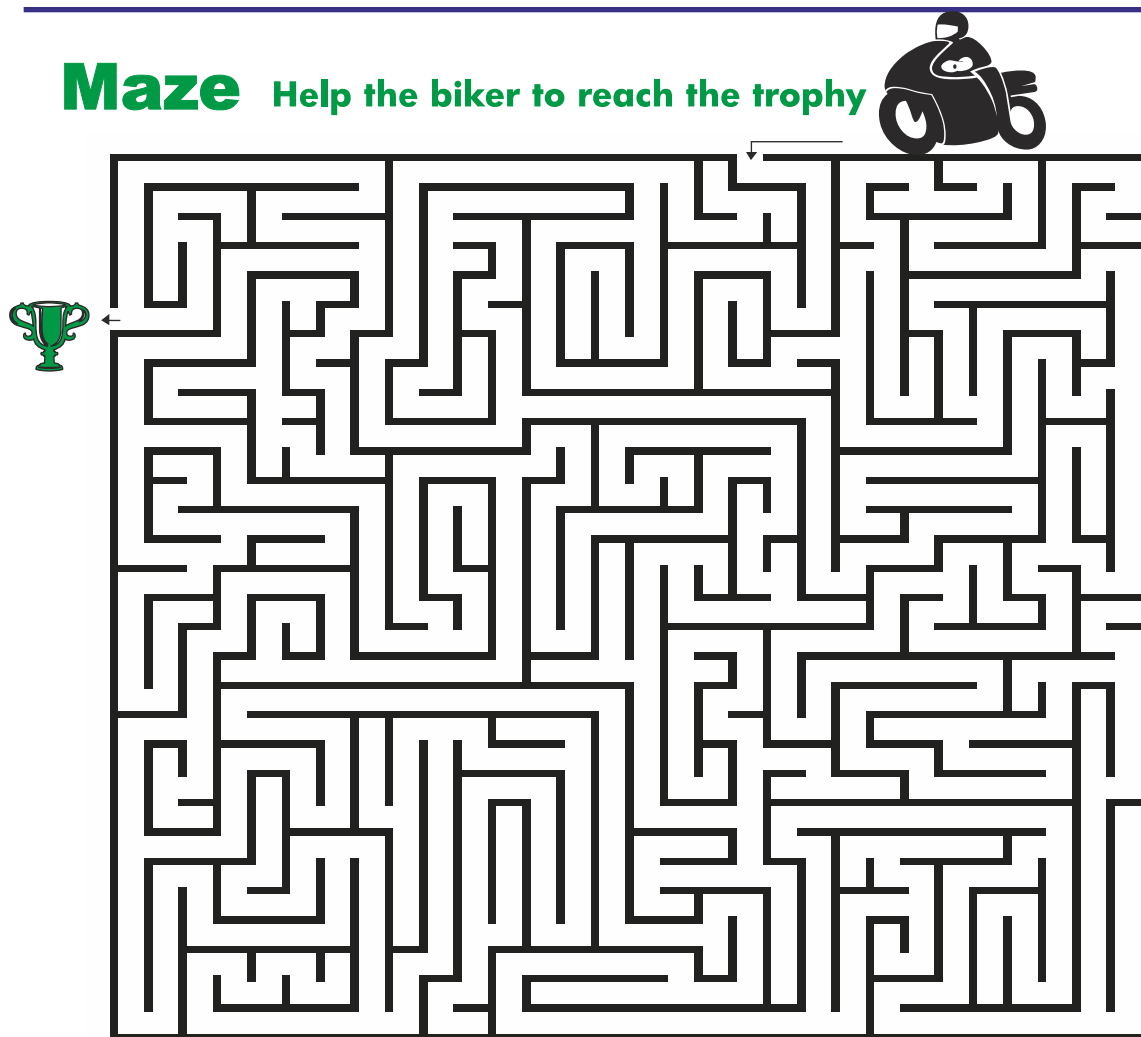
God knows the best, He does the best, He gives the best because He is the best.

May He make you achieve the best in everything you do in life now and forever.

Stay blessed, God loves you.

---

## Maze Help the biker to reach the trophy







# Kitty

Story & Illustration  
—Ajay Kalara

Mauli: Chintu! Do you remember that today all of us to go to Montu's residence for studies?



Yes, yes, we remember.







Mom! Today evening myself, Mauli and Chintu are going to Montu's residence for studies.

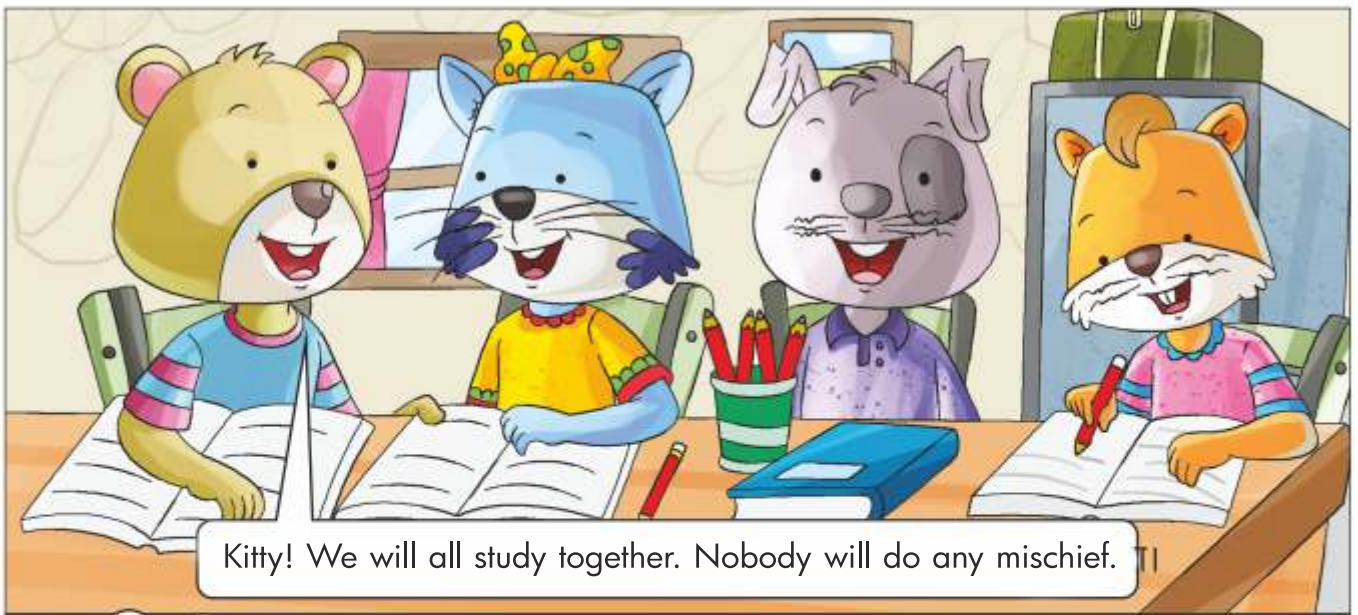


O.K. But you all study there, don't do mischief, otherwise you won't be able to study.



We all have come, Montu.





Kitty! We will all study together. Nobody will do any mischief. TI



O' Chintu! You have not brought your note-book?









# Stone Soup

Let me narrate to you an old story — a children's folk tale dating back to the sixteenth century. It tells us of a traveller who had set out on an arduous journey. He had walked for hours together, and he was weary and hungry. He reached a small village, and he thought to himself, "Perhaps there is someone in this village who will give me something to eat. I shall eat, rest a while and then proceed on my way."

So he knocked at the door of the first cottage he saw. It was opened by a woman, to whom he said, "I am a weary

traveller who has walked a long way. Would you be so kind as to give me something to eat?"

"I am sorry," the woman said to him. "I have nothing to give you."

The traveller knocked at the door of every house and everywhere, he received the same reply. They had nothing to give him.

Finally, he met a villager, who said to him, "I have some water which I can share with you."

"Thank you!" said the delighted traveller. "We shall make stone soup



with your water!"

'Stone soup!' exclaimed the villager. "I would like to see how you make stone soup."

The two men lit a fire. The villager brought a cooking pot into which water was poured. The pot was set over the fire; the water began to boil.

A passing villager stopped to stare curiously. "What are you doing?" he wanted to know.

"We are making stone soup," said the traveller cheerfully. "Would you like to join us?"

"But what I would like to know is how on earth one prepares stone soup!"

The traveller took out a smooth, shining stone from his pocket and showed it to the villagers. "This is a magic stone," he told them. "We shall make our soup with this magic stone." And he dropped the stone into the pot of boiling water.

Word spread across the whole village, that a passing stranger was preparing a magical soup with a stone. It was not long before villagers arrived on the scene, one by one.

"What does stone soup taste like?" asked one of them. "I like my soup with plenty of onions."

'Well,' said the traveller. "The soup would certainly taste better with a few onions, but we haven't got any."

"Onions?" said another villager. "Why, I have a few onions at home. I shall bring them along."

Soon, the onions were brought and put into the 'soup'. Then, someone else volunteered, "I have a few carrots which you can add," and the carrots went in. Yet another man remembered that he had some potatoes in the garden. These were promptly dug up, washed and added to the soup. By and by, every other villager had brought something or the other to add to the stone soup. What began as just a pot of boiling water, turned into a delicious and nutritious soup, which all the villagers sat down to share. It was indeed a magical feast, which they had all helped to create.

Each and every one of them had contributed something to it

— each one had made a difference!







— Praveen, Mukundpur, Delhi

# All for Life

Once upon a time there was a rich man in a village. He was very greedy. His greed for wealth was beyond limit. To him, wealth was all in life. Therefore, he was mad after wealth.

One day, a wandering monk knocked at his door. The rich man opened the door and asked the monk, "What do you want, holy saint?"

The monk replied softly, "Gentleman, only a loaf of bread."

The rich man said, "Oh, I see. You are wandering about only for a loaf of bread. It is foolish of you to wander about begging a loaf of bread. See me, holy saint. See me

that nothing is dearer to me than wealth. Wealth is the main concern for me in life."

The monk replied indifferently, "Sir, it is your thinking, not mine. I think differently. You are blinded by wealth. So you can't see things clearly."

The rich man got a little angry and spoke angrily, "Holy man, your spiritual talk is too much of idealism and little of realism, you can't understand the value of wealth. Let me tell you that it is the wealth that works wonders in life. Life is not joyful without wealth, wealth makes life easy."

The monk said again "Gentleman, I don't deny the importance of wealth. Wealth is must to meet the necessities of life. What I think wrong is to be made after wealth; to ignore the spiritual aspect



of life and to spoil precious human life for some silver coins."

The rich man answered jeeringly, "Dear monk, it is very easy to speak against wealth but very difficult to do without it. Life comes to stand still without wealth. It is money that makes the mare go."

The monk said politely, "Gentleman, you may be right in your own way. But to me, what you have said sounds to be hollow. Wealth is a means, not an end."

The rich man said, "Holy man, you have no wealth. So you speak against it. I have wealth, so I know what is its importance."

The monk said indignantly, "To a deluded man, everything is not easy to understand. So, you can't understand the importance of my words." The rich man got angry at these words of the monk and said, "Deluded are you that you don't understand the importance of wealth."

At last, the monk said, 'Time will tell you what stands important in the world. So, let us stop arguing now."

The monk went away without taking the loaf of bread from the rich man.

After some days, the rich man fell seriously ill. He consulted many physicians but none could cure him of his illness. The rich

man spent huge amount of money on his treatment but to no avail. His condition was going from bad to worse day by day.

On hearing of the illness of the rich man, the monk came to him to ask about his health. The rich man was lying in his bed. His face was gloomy and pale. He was too weak to move. His eyes had sunk deep into their sockets. The rich man spoke pathetically to the monk, "Oh dear monk, I want to be healthy at all cost. Take away my wealth and cure me of my illness. I don't want to die an untimely death. I want to live full length of my life. Please do anything in your power."

The monk said, encouraging the rich man, "Don't give way to despair. You will soon get well. Have faith in God. Faith works wonders."

The rich man said regretfully, "I now in this state of illness feel that wealth is not all in life." The monk said to the rich man, "I am glad that you have come to realize it. Remember my words that life is not for material pursuits, rather they are all for life."



# Laughing Time



A man was complaining to a railroad engineer: "What's the use of having a train schedule if the trains are always late." The railroad engineer replied: 'How would we know they were late, if we didn't have a schedule?'

A teacher is talking to a student.

Teacher: Did your father help you with your homework?

Student: No, he did it all by himself.

In a crowded bus, one man noticed that another man had his eyes closed. "What's the matter? Are you sick?" "No, I'm okay. It's just that I hate to see an old lady standing."

The teacher says: Today, we're going to talk about the tenses. Now, if I say "I am beautiful," which tense is it?



The student says: Obviously it's the past tense.



A woman phoned her dentist when she received a huge bill. I'm shocked' She complained. " This is three times what you normally change."

"Yes, I know, ' said the dentist." But you yelled so loud, you scared away two other patients.

Beggar : Please give me one rupee.

Seth : You look very young, why don't you do some work?

Beggar : I am asking for a rupee, not your advice.

Son : Dad, the rose-plant we have grown has not so far taken roots.

Father : How do you know?

Son : I daily check it.

Teacher : Rakesh, I think you were chatting in the class.

Rakesh : Sir, you are wrong.

Teacher : Why?

Rakesh : Because I never talk while I am asleep, sir.







Vasudev: I have become a big man.

Dhawan: But I do not find any change in you. What makes you big?

Vasudev: Big men do not listen to others.

Dhawan: But that also is not true in your case. You welcome everybody.

Vasudev: That is true. But I cannot listen them because I have become hard of hearing.

Dhawan: With laughter - that is a strange way of becoming big.

Father : Son, if you have fifty Rupees note in your first pocket and a hundred in the second, what will you think?



Son : I wish, the tailor master had stitched more pockets.

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.

## CROSSWORD SOLUTION

1	P	I	N	2	S	3	Y
	U			4	O	X	E
5	N	O	6	U	N	S	
	J		F			7	Y
8	A	Y	O	D	H	Y	A
	B				E		M
		10		11	U	R	D
12	E	N	D	S			N
		K		13	A	S	I
							A





★ If you think positively, sound becomes music, movement becomes dance, smile becomes laughter and mind becomes meditation and life becomes a celebration.

★ Peace for your mind, Joy for your spirit, Love in your Heart, I pray that you'll have all these things today and for always.

★ Hold my hand and I'll go anywhere with you.

★ Time is slow when you wait! Time is fast when you are late!

★ Time is deadly when you are sad. Time is short when you are happy.

★ Time is endless when you are in pain! Time is long when you feel bored!

★ Every time, time is determined by your feeling and your psychological conditions and not by clocks. So have a nice time always.

★ . Peace comes, and fear and doubt are dispelled, when God becomes merciful.

★ Feel the light that shines from your heart.

★ There are three gates to self-destruction: lust, anger and greed.

★ He is the most powerful one who has in himself his own power.

★ All reforms, except a moral one, will prove unavailing.

★ Pinch yourself and know how others feel.

★ We live in an age when only unnecessary things are our necessities.

★ All are afflicted with 'maladies' except the True Master.

— Adi Granth

★ Humble because of knowledge; mighty by sacrifice.

—Prveen Chham Chham ,Indore



## Result for the month of **May** Issue

**First :**

**Sanchit Kwatra**

Age : 12

B-57, Yamuna Enclave,  
G.T. Road, Panipat (Hry.)



**Second :**

**Seyam**

Age : 12

100 Ashok Nagar,  
Jalandhar (Punjab)



**Third:**

**Sumanyu Chawla**

Age : 6

House No. 316,  
Dhirpur Main Road, Delhi-9



## Consolation Enteries

**Ishana Sethi**

(Nirankari Colony, Delhi)

**Rhythm Chanana**

(Bassi Pathana, Pb.)

**Adhrit Gulati**

(Chandigarh)

**S. Simran Chihoria**

(Puducherry)

**Prachi**

Mandi (HP)

**Richa Rai**

(Dehradun)

**Ankita Rai**

(Delhi)

**Chinki Uttamnagar**

(Delhi)

**Samparita**

(Agra)

**Sunila**

(Hardev Nagar, Delhi)

**Shubnit Pawaskar**

Mumbai

**Anadita**

(Jalandhar, Pb.)

## "Colour it" for July Issue

On page 44, a beautiful picture is given; colour it and send it to us latest by **August 20, 2017**. Office address: **HANSTI DUNIYA**, Nirankari Complex, Near Nirankari Sarover, Nirankari Colony. Delhi - 110009

The result will appear in **September 2017** 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



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

Address .....



# World Population Day

— Prateek, Delhi

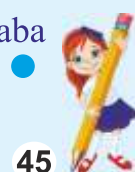


This planet is becoming too small and the world is bursting out of the seams. Increase in population is eating into natural resources. The scene is terrifying and the situation alarming. Imagine the day when we will face scarcity of water, fuel, food etc. For urbanization trees are being cut recklessly and we are spoiling the earth. This results in global warming, droughts and landslides. Over population is tolling the death bell. If there is no check on population control a depleting of natural resources. We are digging our own grave. The future of the coming generations is bleak, black and at the stake. We must rise up, pull up the socks and see the gravity of problem. All must put thier effort to save this planet.

Compiled by : Gurdev Singh, Delhi

## THOUGHTS

- ★ There is only one way to merge with God, that is, to know and realise Him through the True Master.  
— Nirankari Baba
- ★ Oh, we want a new breed of men before India can be cleansed of her disease.
- ★ We want deeper sincerity of motive, a greater courage in speech and earnestness in action.
- ★ One needs a Seer's vision and an Angel's voice to be of any avail. I do not know of any Indian man or woman today who has those gifts in their most complete measure.  
— Sarojini Naidu
- ★ A man once told Buddha, I want Happiness. Buddha replied," First remove 'I' i.e. ego, then remove 'want' i.e. desire. Now all you'r left with is 'Happines'".  
— Mahatama Budh.
- ★ God-knowledge is the blessing bestowed by the True Master. The debt of God-knowledge can be repaid only by surrender to the True Master.  
— Nirankari Baba





—Kamal Jain

## A Beautiful Nest

Though there are about 450 species of sparrows in existence in the world. Some sparrows are very beautiful and some others are wise also. But there is one such sparrow in the lap of the nature, which is called 'skilled architect of the Nature'. The name of this sparrow is Baiya.

Baiya sparrow builds its nest very beautiful. For making its nest, it collects straws, dry leaves of trees, san, sutli thread, different varieties of forest grass, milk of

greasy plants, water and soil day and night. It completes its one nest in 10-12 days. One specialty of this nest is that from its look, it appears filled but fully empty from inside. Its entrance remains open to its size for easy to and fro movement. Looking at beautiful shape of this nest, it appears that it has been woven by some expert architect. That's why it is also known by the name 'Tailor Bird' of nature.

This sparrow has different colors and shape as per the climate of different countries. In Africa and Asia its color is light brown. In hilly areas, its neck is red and beak is bluish-black, eyes shining like pearls and small spots on its wings.

One more specialty of this sparrow is that it loves to live at those places where it can get trees of its liking easily for making its nest. The nest is made by the sparrow pair. The male sparrow collects the straw at one place and she sparrow collects the other material and both of them start making the nest. Their joint efforts appear in the form of a beautiful nest. This nest is very much strong. Fast blowing wind, torrential rain and hailstorm etc has no effect on it. This nest doesn't give way before-1.5-2 years. Then the next generation of this sparrow works for the formation of a new nest when it grows big.





— Sahil Rai, California, U.S.A.

# What Children Owe to Parents

Since parents have conferred life  
on their children,  
they have the most solemn  
obligation to educate  
their offsprings.

Hence parents must be  
acknowledged  
as the first and foremost educators  
of their children.

Their role as educators  
is so decisive that  
scarcely anything can compensate  
for their failure in it.

For it rests on parents  
to create a family atmosphere  
so animated with love  
and reverence for  
God and men  
that a well rounded  
personal and social development  
will be fostered among  
the children.



# The Power of Humbleness

— Dinesh Darpan

Once, a river was proud of its huge flow. It felt that it has got strength to carry away stones, houses, trees, animals, humans etc. The

river said to the ocean in quite an egoistic way, "Tell me, what should I bring for arrogant you? Houses, trees, stones, animals, humans etc., whatever you need, I can bring it with my strong current.

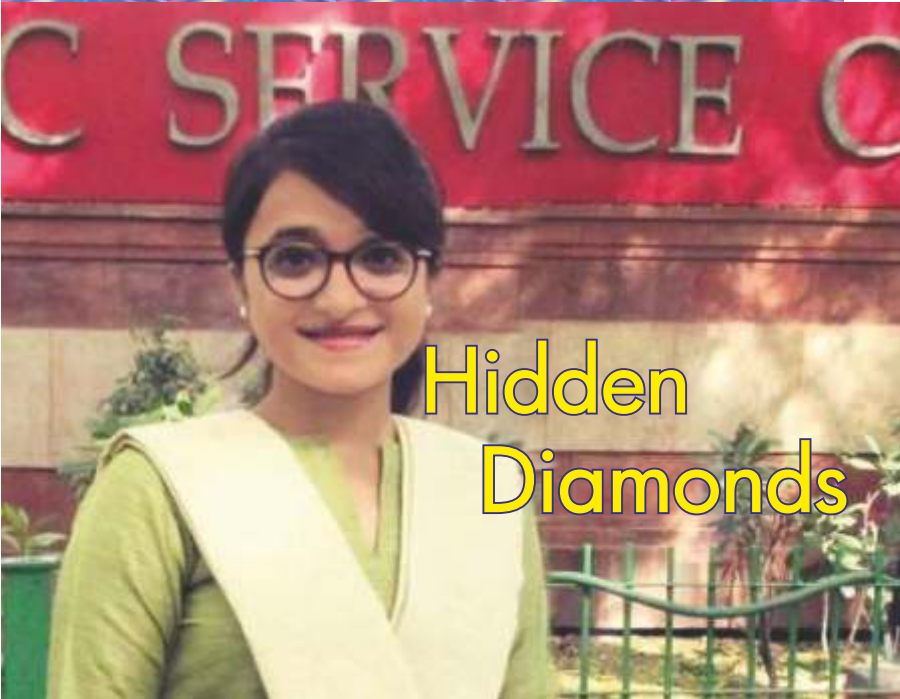
The ocean knew that the river had become proud. It said to the river, "If at all you are interested in bringing something, then root out a little grass and bring it to me."

Hearing the ocean, the river said, "that's all? Only this much. I will just bring it. The river put its entire might towards the grass, but couldn't root it out. The river tried its level best several times but all in vain. Ultimately, tired, it reached the ocean and said, "I can bring houses, trees and animals with my flow, but can't bring the soft grass. Whenever I tried to root it out through my force, it bent downwards, and I simply flowed over it without any result."

The ocean heard the river patiently and explained, "Those who are hard like the stones or the tree, they can be easily carried away rooted out but those who adopt grass like humility, no stormy waves can destroy them."

The river heard the ocean carefully and understood all what it meant. The river's ego was shattered completely.





## Hidden Diamonds

The delicate Ummul Kher, 28 is hardly five feet tall, but has an everlasting smile on her face. Her eyes twinkle like stars. She is going to join the elite Indian Administrative Service (IAS).

Ummul's story is no ordinary. She is a Muslim girl, and a differently abled person born and brought up in a slum in Delhi. Her father had a small tea shop which didn't help much. The family, after struggling for a few months, migrated to their hometown Pali in Rajasthan.

Ummul, who was then in Class 8 in a government school, stayed back. She was all alone. Her family almost disowned and abandoned her. But she did exceptionally well in school. A

teacher helped her get admission in a private school in East Delhi. Though her studies were funded by the school, she had to generate some money for her survival. She gave tuition to the children in the neighborhood.

"My students were mainly children of rickshaw puller and labourers. They paid me Rs.50 or Rs.100," recalls Ummul. She completed her schooling

with flying colours and got admission in Gargi College of Delhi University.

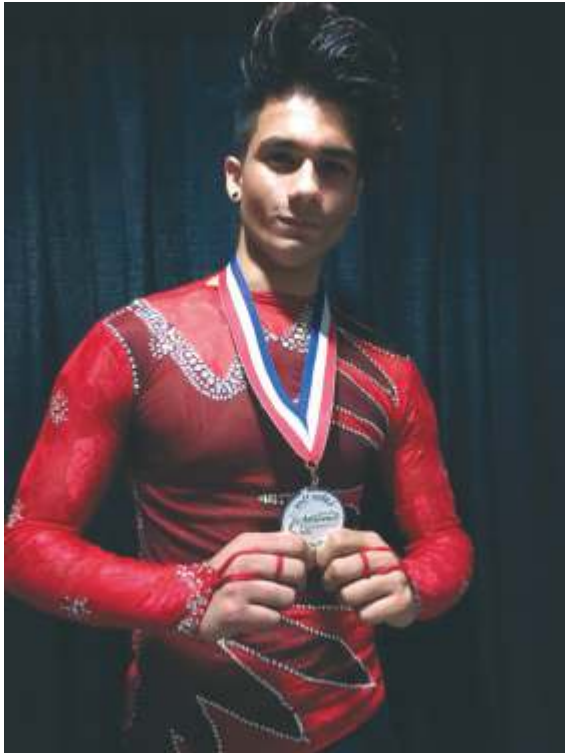
But poverty was not her only obstacle. Ummul has a genetic disease called Fragile Bone Disorder. Her bones were very weak. Even a small injury can cause multiple fracture in her bones.

She says: "Travelling from Trilokpuri to Gargi College in a bus was the biggest challenge. Many times I got multiple fractures. I was on wheel chair for about a year." She somehow completed BA in Applied Psychology. She then got admission in a Masters course in International Relations at JNU.

Ummul got associated with several voluntary groups working on disability.







**NISHCHAY LUTHRA** a devotee of the Mission S/o Sh. Sanjeev Kumar Luthra and Smt. Neelam Kanta, R/o G44/B, Kalkaji, New Delhi 110019 is an all time National Gold Medalist who also won 4 International Medals in championships held in countries like Hong Kong, Phillippine, Taiwan and Florida, USA. He is under training in USA to participate in "WINTER OLYMPICS" 2018. "ADIDAS", an international brand took an initiative to raise funds through a crowd funding campaign which is like on social media for his training by shooting a short but world class documentary film of 2 minutes on Nishchay Luthra's life struggle which is written by reputed writers of Bollywood film "**Fan The Fire**" and the films has been released on all social media and he will also be promoted by the superstars

of "ADIDAS". He could bring laurels, name and fame to the country.



She was honoured as a Role Model for her extra ordinary work on disability by the National Commission for Women in 2015. She has represented disability rights groups in various countries.

Currently enrolled as a research scholar at JNU, she qualified the UPSC exams in her first attempt. Ummul got support from NGO Zakat Foundation to prepare for the prestigious civil services exams.

Though Ummul ranks 420<sup>th</sup> in the list, she looks forward to get to IAS under 'disabled' quota.



# Spiritual Zone for kids



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

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

- His Holiness Message
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- Message in colors
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- Fun Games

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- Kids Creation
- Kids Activities
- Jokes
- Avtar Vani
- Story Time

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





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(Eleven Languages)

### **Ek Nazar**

(Three Languages)

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