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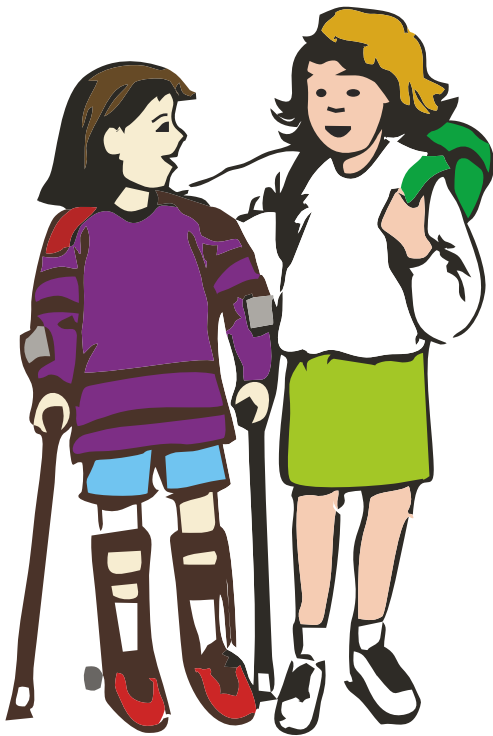


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Youth To Be Brought Forward

It is clearly written in the Blue Book (Publicity and Management System 2002) that how the youths are to be brought forward, as they are full of energy, well read and well qualified since they have passed out various courses/degrees of modern times. We just cannot

imagine as to how these young saints, at such a young age, can be capable of holding responsible positions in big enterprises and delivering desired results. When it comes to the Mission, the involvement of these talented youths Nirankari Baba Hardev Singh Ji felt that appears almost to be nil, as they are not entrusted with any responsibility. We have so many branches and zones, and such talented saints are available in each area. When it comes to utilizing their services, it is found that they are not involved nor their services are considered useful.

Baba ji added that it appears quite often that. It happens quite often that an apprehension prevails among the team heads that their value would diminish once a young saint is involved. The status of the heads appears dwindling and they feel like losing their grip on the teams. But once the young saint is adopted as a team member, the praise will be equally enjoyed by the team, as well as the heads, as against the complex that starts developing within the minds of the heads about losing the existing privilege. There are those also who welcome such talents, connect them with others, trust them and offer them opportunities, ensuring success at each step. There is a need to look into this aspect; not only in this but also in other countries as well.

Picking up the same thread Satguru Mata Sudiksha Ji Maharaj has given clarion call to bring forward the youth both in the interest of the Mission and the youth themselves.

—C.L. Gulati



SAMPURAN AVTAR BANI

Ik Tu Hi Nirankar - 145

NIRANKAR NOON JAAN KE JIHDA MALAK DE GUN GANDA EY;
 BAUHAD NA HOVE JAMNA MARNA OH JAN MUKTI PANDA EY.
 NIRANKAR NOON JANE JIHDA US DA PAR UTARA EY;
 MANG NA SAKE LEKHA KOI HAR PASE CHHUTKARA EY.
 NIRANKAR NOON JANE JIHDA KHANA PEENA SABH PARVAN;
 NIRANKAR NOON JANE JIHDA SAFLA US DA PAAN HANDAN.
 NIRANKAR NOON JANE JIHDA NAHIN AKARATH KAMM KOI;
 NIRANKAR NOON JANE JIHDA DUKH RAHE NA GHAM KOI.
 BIN VEKHE DE KAR KAMAE BHULL GIA EY KULL SANSAR;
 AVTAR GURU NA MEHR KARE JE DIS NAHIN SAKDA IH NIRANKAR.

Thou Formless One 145

The one who first knows the Formless One - Nirankar and then sings His glory;

He is not subject to births and deaths, and attains salvation.

The one who knows the Formless One - Nirankar transcends the ocean of materialism;

None can ask him to give an account of his actions as he stands liberated from all sides.

The one who knows the Formless One - Nirankar, all his eating and drinking is approved;

The one who knows the Formless One - Nirankar, whatever he wears is approved.

The one who knows the Formless One - Nirankar, none of his acts goes in vain;

The one who knows the Formless One - Nirankar, all his pain and sorrow ends.

The whole world, who is performing rituals without knowing God has gone astray;

Avtar says, the Formless One - Nirankar cannot be seen without the grace of the True Master.



—Dr. Om Parkash Setia

D.Sc. (Medicina Alternativa), RMP (Homoeopathy)

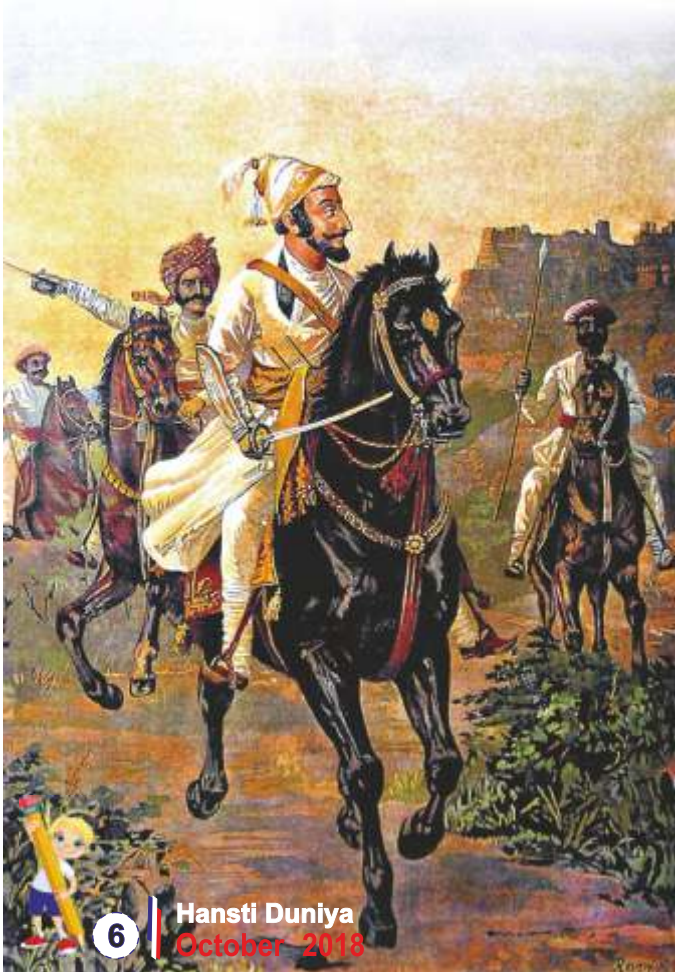
Right Strategy

Once when Shivaji was engaged in hide and seek amidst battles against Mughals, he felt hungry. He reached the hut of an old woman and requested for food. The old woman served him 'khichri' (Rice and pulse) with great love. As Shivaji was in great hurry, he put his hand in the middle of the food served and got

his fingers burnt. The old woman viewed this scene and shouted, "You look like Shivaji and act as a fool like him."

Hearing these words, uttered by the old woman, Shivaji was stunned. He inquired from the old lady, "I burnt my fingers and understand your remarks for my foolishness but what foolish act has been done by Shivaji." The old woman answered, "Instead of eating cool khichri from corner, you put your hand in the middle and burnt your fingers. Such is the fate of foolishness of Shivaji. He, instead of winning over small distant forts conveniently and comfortably, targets the bigger forts and gets defeated."

The old woman's advice was worth acting and Shivaji came to know of his mistake. Thanking the old woman, Shivaji left the place and rectified his battle policy accordingly. Fixing up the small targets, he won them over and ultimately he was successful in winning the bigger targets. This policy is most helpful in settling our small targets first and to finally achieve success over the bigger targets in our life's struggle.



By : Nitika (Ghaziabad)

Improve your Knowledge

The word with **Ex.** For **Example** examination begins with letters Ex. But so do a lot of exciting words, can you fill in the spaces below and find them?

1. Ex (The way out)
2. Ex (A little more)
3. Ex (Removed by force)
4. Ex (Someone who knows something very well)
5. Ex (To do very well in something)
6. Ex (What your teacher asks for when you are late to school)
7. Ex (A statement absolutely clear)
8. Ex (A speech or presentation made without previous preparation)
9. Ex (To free somebody from all charges)
10. Ex (Species that no longer exist)
11. Ex (To bring out the truth in public)
12. Ex (High-priced item)
13. Ex (Physical-workout)
14. Ex (Termination date of a product)
15. Ex (Someone who is a spendthrift)

- | | | |
|-------------|-------------|-------------|
| 1. Ex..... | 2. Ex..... | 3. Ex..... |
| 4. Ex..... | 5. Ex..... | 6. Ex..... |
| 7. Ex..... | 8. Ex..... | 9. Ex..... |
| 10. Ex..... | 11. Ex..... | 12. Ex..... |
| 13. Ex..... | 14. Ex..... | 15. Ex..... |

(See answers at page 10)



Benefits of Rope Skipping

Rope skipping is an inexpensive and simple exercise that can be performed anywhere. Whether you are at your home or in a park, the only thing you need is a rope. A person of any age group can do rope skipping. You will be amazed to know that Mohammed Ali and Bruce Lee were big fans of rope jumping.

Rope skipping is a full body workout. It uses our arms for turning the rope, legs for jumping and abdominal muscles for stabilising the body. Some of the benefits of skipping are as follows:



- 1. Weight Loss:** Rope skipping is an effective way to achieve weight loss. It is so effective that 15 minutes of skipping burns up to 250 calories.
- 2. Promotes cardio-vascular activity:** Rope skipping makes the heart stronger and helps it to pump more blood. In this way, the heart delivers more oxygen to our tissues. Rope skipping also improves heart rate and blood pressure.
- 3. Improves muscle tone:** A regular skipping session improves muscle tone in both the lower and upper parts of our body, including back, chest and shoulders. It also increases stamina and endurance.
- 5. Makes bones strong:** Rope skipping makes our bones strong and reduces the risk of getting affected by osteoporosis, a medical condition in which the bones become brittle.
- 6. Improves coordination:** Rope skipping enhances the coordination and rhythm between our hands and feet movements.



— Preet Kumble

The Kind-hearted Pilgrim

In Udipi there is a famous temple of Lord Krishna which thousands of pilgrims visit.

Once long ago some devotees from Shimoga started on a pilgrimage to Udipi. One of the pilgrims, whose name was Gopal Adiga, saw an old woman walking along with other pilgrims on the way. She was carrying a rotten cabbage in her hands.

Adiga asked the old woman, "Oh mother! What makes you carry that rotten cabbage? It is not fit to be cooked and eaten."

With tears in her eyes, the old woman replied, "What can I do, son? I have three daughters at home, who are starving for the last three days. I shall boil this cabbage and prepare some soup out of it for them. I am very



poor and my life is a burden for me. But I have to feed my children somehow."

Adiga's was moved. He said to her, "I was going on a pilgrimage to Udipi and have some money with me. I shall give that to you. You better buy some good things for your daughters to eat."

The old woman was very pleased with his generosity. She took the money and went away.

Adiga cut short his pilgrimage and returned home. He had no more money to go to Udipi. That night, Lord Krishna appeared to Adiga in a dream. He told his devotee Adiga, "I had appeared as the old woman before you, when you were on your way to Udipi. The other

pilgrims whom I had met, did not even bother to look at me. Only you were kind enough to listen to the sad story of my poverty. You gave me all your money. You could not finish your pilgrimage. But you need not go to a holy place to seek my blessings. You can have them wherever you are, if you are sincere in your charity and devotion. You can find God anywhere in the world. It is only the ignorant who think that they must go to a particular holy place. I am very pleased with your devotion, kindheartedness and charity. My blessings would always be with you." •

BENEFITS OF YOGA ACTIVITIES FOR KIDS

- ★ Enhance flexibility, balance & muscle tones
- ★ Boosts Confidence
- ★ Improve over all health
- ★ Increase concentration
- ★ Improves Mental Health
- ★ Creates Positive self-image
- ★ Develop body awareness



Answers

1. Exit
2. Extra
3. Extract
4. Expert
5. Excel
6. Excuse
7. Explicit
8. Extempore
9. Exempt
10. Extinct
11. Expose
12. Expensive
13. Exercise
14. Expiry
15. Extravagant



Why A Donkey is a Known Fool?



Child Story: Kamal Sogani

A donkey, living in a jungle, once thought "Why not to create a hospital to treat injured animals, specially the humped one. The treatment would bring in money also".

So, next day, the donkey published an ad in the newspaper which said "All kinds of humps will have guaranteed treatment – 100% results."

Seeing the ad, a humped wolf approached the donkey for treatment. While being taken to operation room, the wolf began to dream that he would be fine soon and would be welcomed back by his community.

In the name of operation instruments, the donkey had only two flat wooden pieces. On one piece, the wolf was made to lie and the other one was strongly tied from the top. The donkey started jumping on the top wooden piece. The process could only straighten wolf's body, but, in return, took his life.

The son of the humped wolf had heated arguments with the donkey who said "I had only advertised for straightening the body, and not about the death or life of the patient.

The wolf's son was too upset to hear this and said "You are concerned about the money only and are a fool of the first order".

Then, the Goddess of Forests appeared and asked wolf's son "How come you came in the trap of this foolish donkey. Now your father cannot be relived. Better, if the donkey is punished instead".

The wolf's son pleaded that the donkey be given such a heavy punishment that all the donkeys become a joke in the world.

The Goddess of Forests said: "Alright then, every donkey born from now on will be called a fool, as it will have no brains at all".

From then on, the donkeys are the anonymous of fools.



—Ramesh Thukral



The stonecutter was again very happy. But one day a cloud drifted in front of him and blocked all his glorious rays.

'Oh, if only I could be like this cloud, then I would truly be happy.' And suddenly it was true. But he grew tired of being a cloud, for every day the wind blew him around.

'Oh, if only I could be like the wind, then I would truly be happy.' And suddenly it was true. One day

THE STONECUTTER

There was once a poor stonecutter who went daily to the mountain near his house and cut stone to use in building houses. One morning he saw a palace being built and immediately realized how humble his life was.

'Oh, if only I could have that palace, then I would truly be happy.'

And suddenly it came true. Unknown to the stonecutter, the spirit of the mountain had granted his wish. The stonecutter was happy, but soon he realized that even princes get hot in the Sun.

'Oh, if only I could be like the Sun, then I would truly be happy.' And suddenly it was true.

he ran into the mountain, which wouldn't move no matter how hard he blew.

'Oh, if only I could be like the mountain, then I would truly be happy.' And suddenly it was true. But a tiny itch bothered him. When he looked down, he saw a stonecutter chipping away pieces of stone. Then he knew where happiness lay.

'Oh, if only I could be a stonecutter, then I would be content for the rest of my life.' And suddenly it was true. And he was finally truly happy.

***Moral of the Story :** Secret to Happiness is to Value what God has given us and discard comparison that only leads to unhappiness.*



By: Nishtha Kawrani, Delhi

Wonders of Nature

Wonders of nature
got thunders of rain,
making us happy in
the monsoon days.

I saw birds chirping with delight
as if they will have a dinner on clouds tonight.

Nature is God's loveliest gift
but humans are creating risk to it.
It is a gift to admire and thank
but not to misuse and to make scrap.
So thank God for what he has given
do not question Him for what he has not.



Story : Khushal Singh

A Foolish Act!



In a dense forest there lived among other animals a Jackal named Titloo with his wife Mona. Excepting Titloo, all the animals worked hard to earn their bread. Titloo was lazy and often stole other animals' food. Titloo had become so notorious as a food thief that all the animals kept their food away from Titloo's sight. As a result, Titloo found it difficult to steal enough food to appease his hunger. Nor could he provide enough food to his wife. Soon they were almost starving.

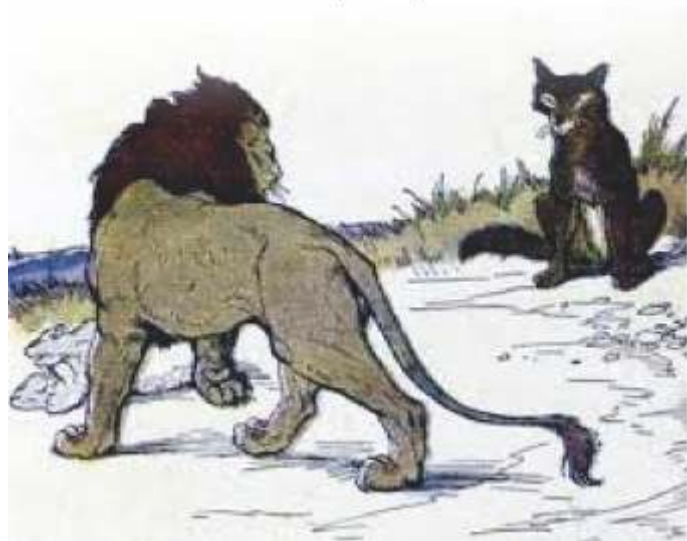
Mona always gave Titloo good advice but he never cared. One day, she got very angry with Titloo and told him, "You are careless, lazy and good for nothing. Had you not shirk work we could also, like others, get adequate meals and eat well." Titloo got irritated and said to Mona: "You keep quiet

and do not worry. I will surely find a solution." After thinking for a while he said, "I think it would be better if I also hunt for my food like the lion."

"Lion is a powerful animal. We can't equate ourselves with the lion. To do so will be foolishness," said Mona.

Laughing at Mona, Titloo replied, "It doesn't require power. What matters most is trickery. You just wait and watch how I learn all the tricks. And then, one day I will be the king of the forest," saying so, Titloo went away.

After Titloo left, Mona worked hard to win her bread. Meanwhile, Titloo had been spying on the lion, chasing him round the clock and keenly observing his method of hunting. When Titloo returned to Mona he said with pride, "Our bad





days are almost over. Now I am capable of doing anything that the lion can do. Soon, very soon, this forest shall be my kingdom."

"How does the lion hunt?" asked Mona. Titloo explained, "First, the lion's eyes get red at the very sight of its prey. Its tail starts shaking. Then it pounces upon its prey and kills it. It is as simple as they were normal as ever nor was his tail shaking. On hearing Mona's reply in negative Titloo got annoyed and gave her another slap on the face. "You are a liar. You are jealous of my newly acquired power. I do not believe you. I will prove my lion-like qualities by killing that donkey," said Titloo.

Lo! The moment Titloo was waiting for drew near, but as Titloo attacked the donkey, the donkey kicked back and Titloo fell flat on the ground. He lay on the floor, crying in pain when Mona approached him. "I told you at that time but you didn't care", said Mona, "But now, of course, your eyes are red and your tail is also shaking."

Hearing Titloo's cries, other animals also gathered around. They laughed at Titloo. The wise bear advised: "Each one is master of his work. If others try it, they make fools of themselves."

Titloo bowed his head in shame.





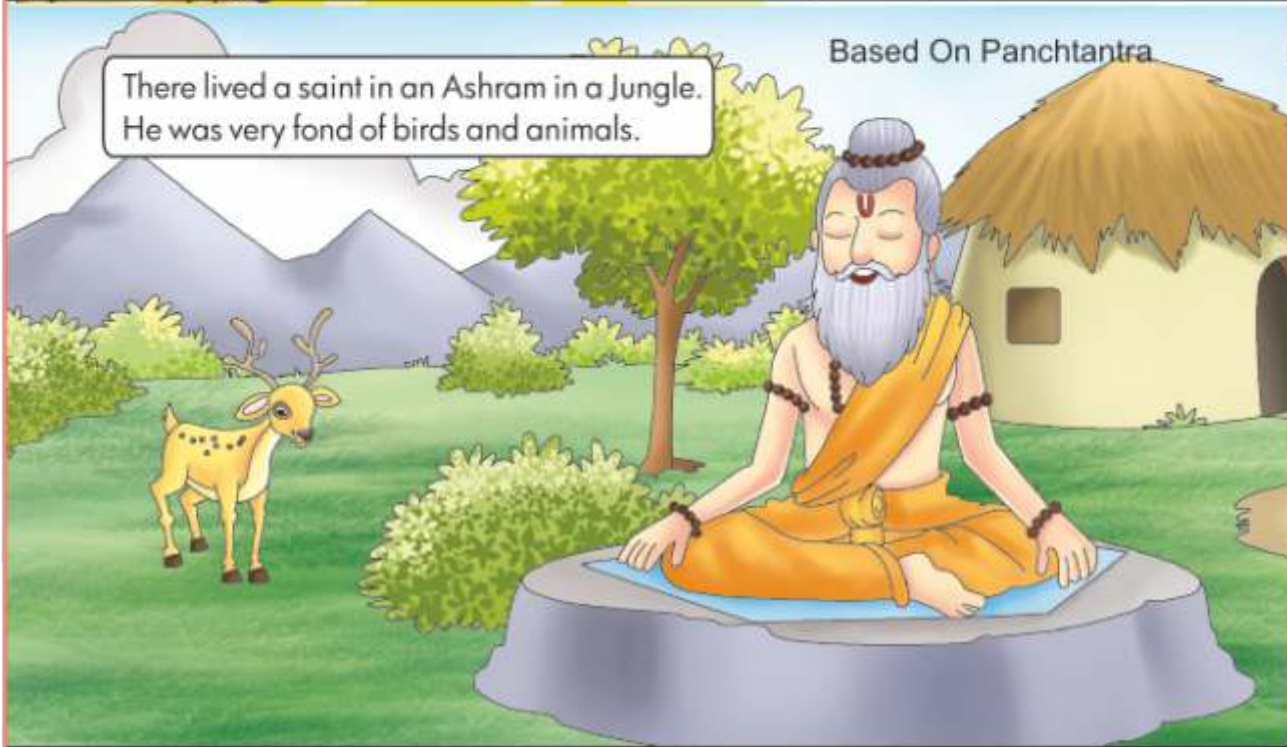
Grandpa

Story & Illustration

—Ajay Kalara


Based On Panchtantra

There lived a saint in an Ashram in a Jungle.
He was very fond of birds and animals.

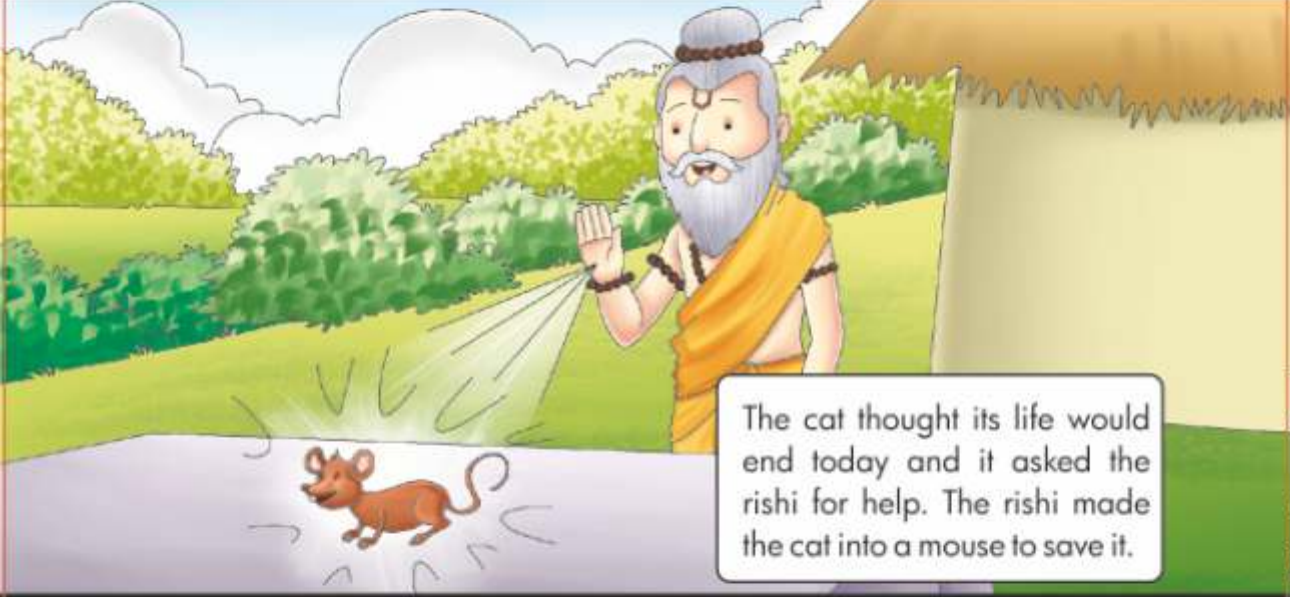


Once an injured cat came to the Ashram He
nursed cat and the cat started living with him.
The cat also started enjoying his company.

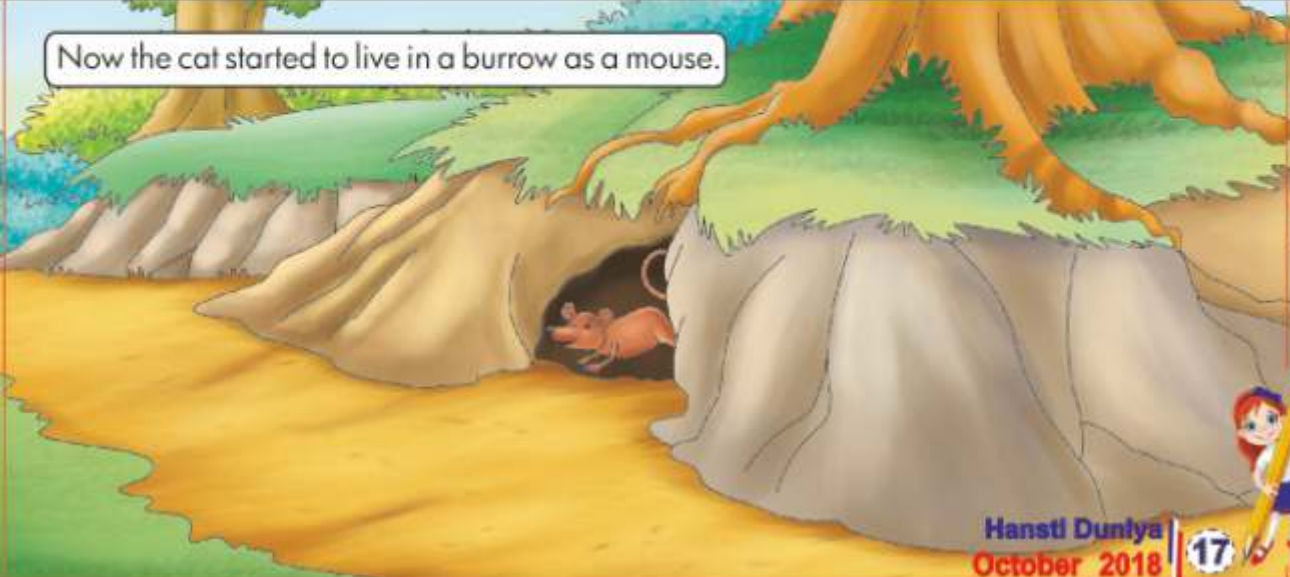




One day the cat saw a fox. Seeing the fox the cat got scared since it had been injured by the fox earlier .

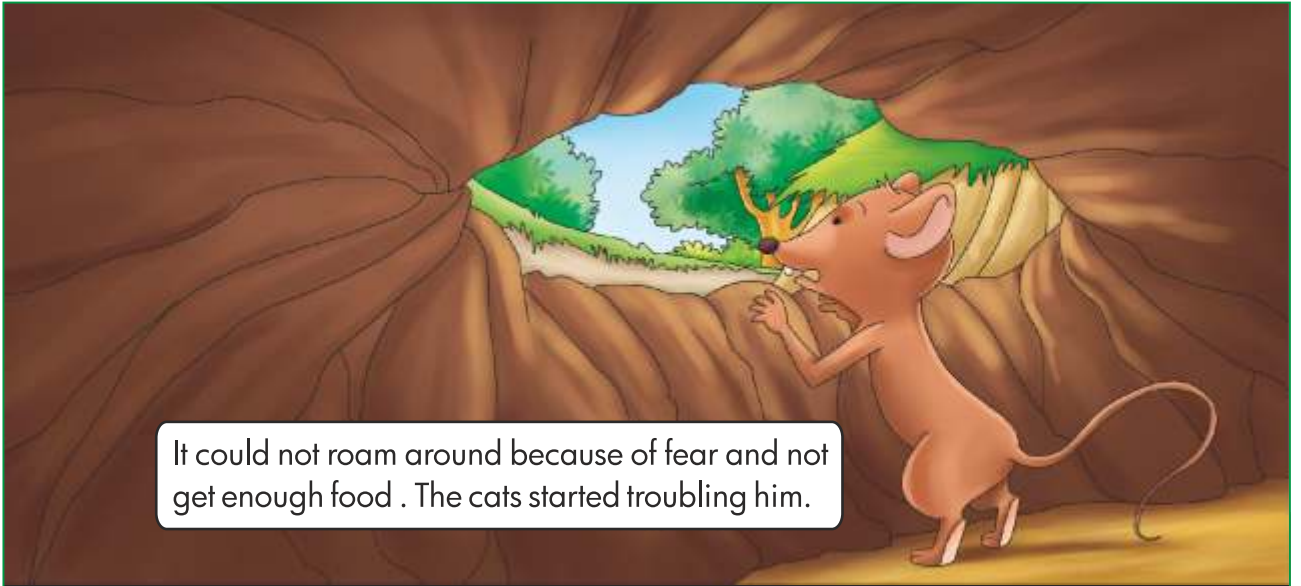


The cat thought its life would end today and it asked the rishi for help. The rishi made the cat into a mouse to save it.

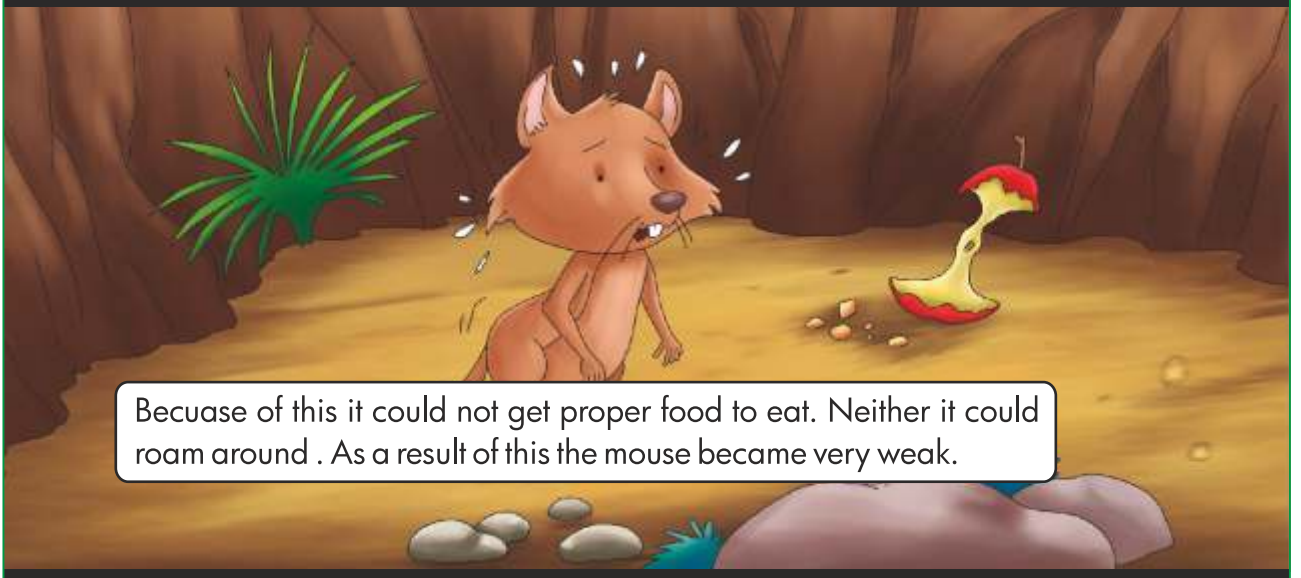


Now the cat started to live in a burrow as a mouse.

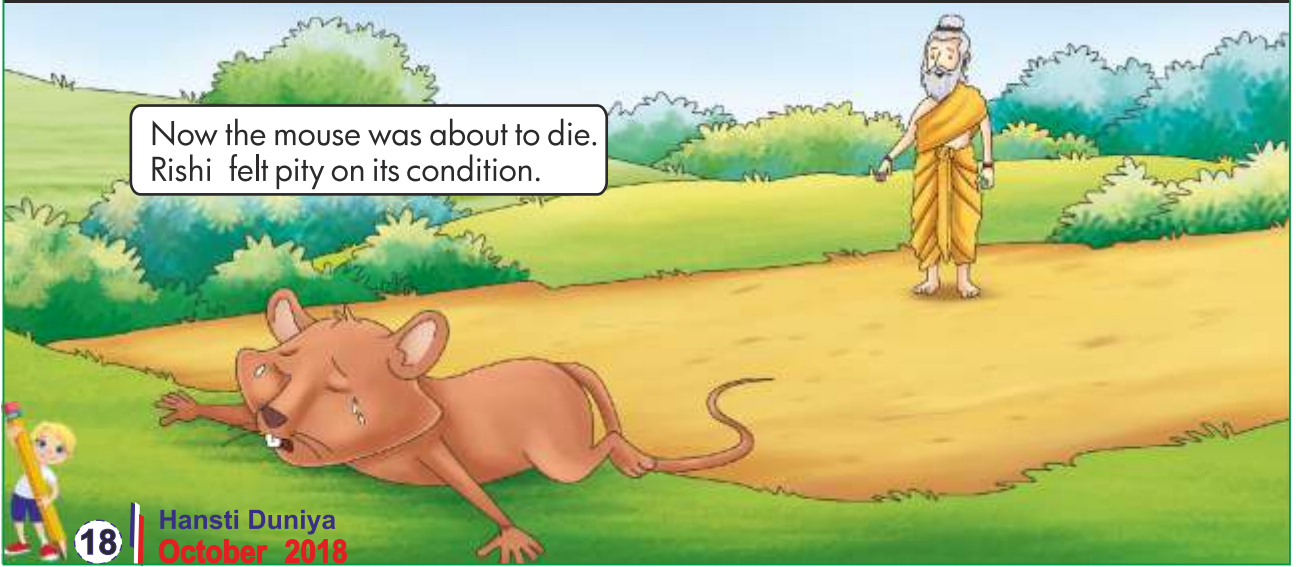




It could not roam around because of fear and not get enough food . The cats started troubling him.

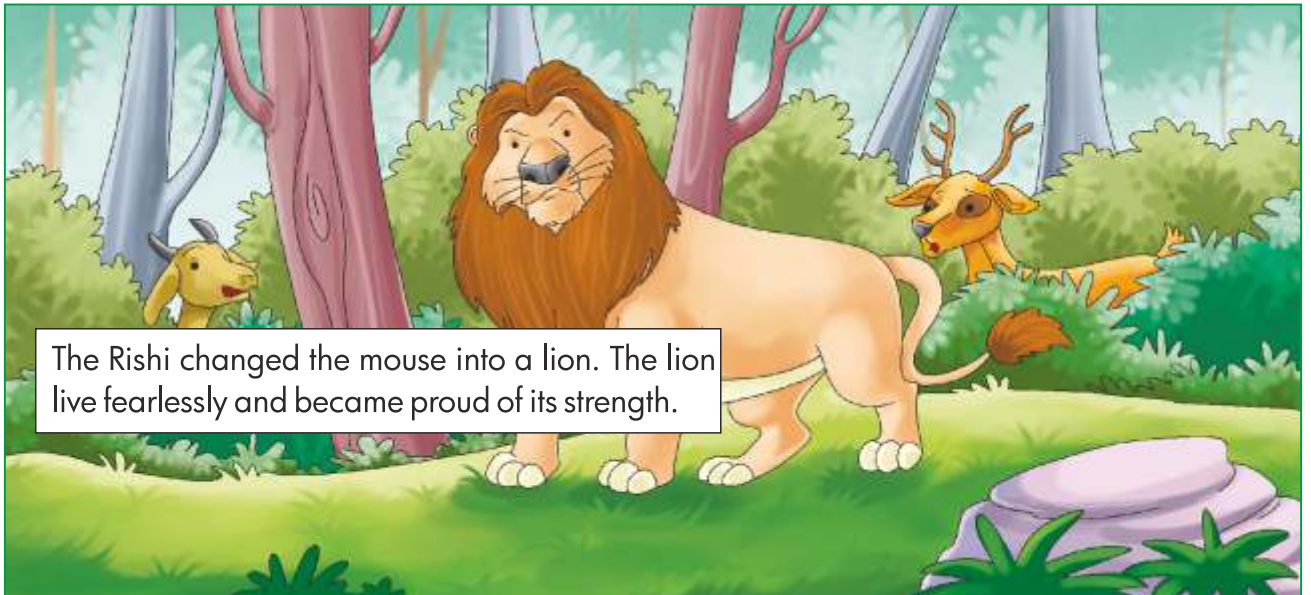


Becuae of this it could not get proper food to eat. Neither it could roam around . As a result of this the mouse became very weak.

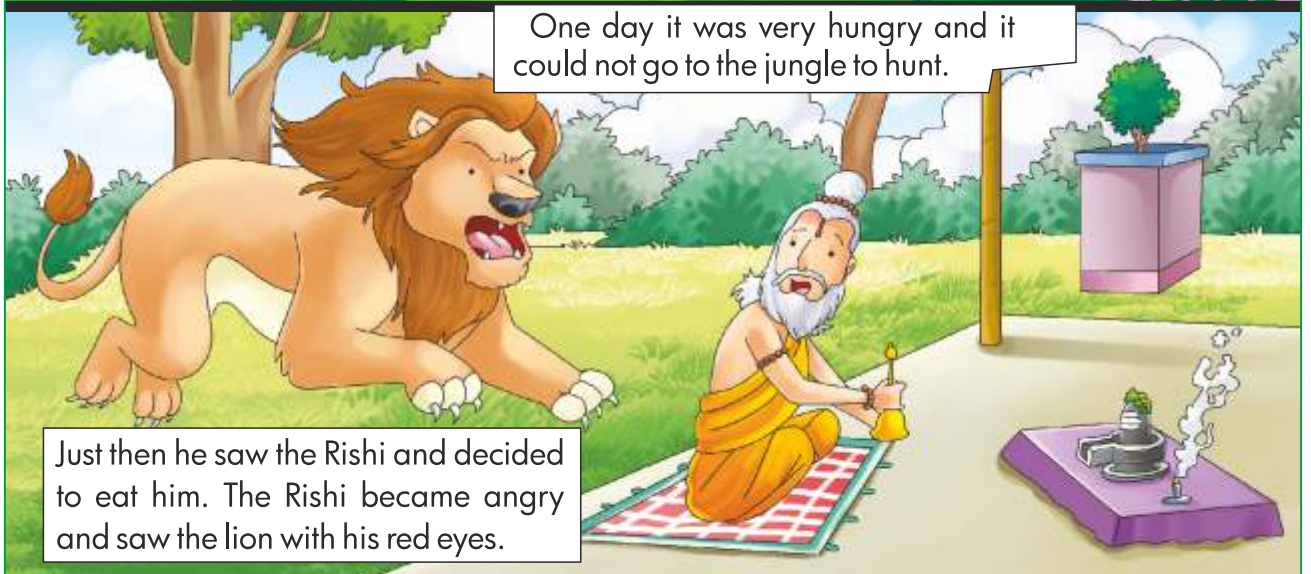


Now the mouse was about to die. Rishi felt pity on its condition.





The Rishi changed the mouse into a lion. The lion live fearlessly and became proud of its strength.



One day it was very hungry and it could not go to the jungle to hunt.

Just then he saw the Rishi and decided to eat him. The Rishi became angry and saw the lion with his red eyes.



The Rishi cursed the lion and changed to it back to its old form. The cat sat silently at the feet of the Rishi and understood its fault.

Moral :
We should not harm our benefactors.



THE GOOD

AND

THE BAD

Ms. Shefali Angral

The most destructive habit.....Ego.

The greatest JoyGiving joy to others

The most satisfying workhelping others

The most effective sleeping pillPeace of Mind.

The most powerful force in lifeLOVE.

The deadliest weaponThe Tongue!

The greatest asset of one's life....Faith in The Almighty.

The most powerful channel of communication.....Prayer.

The most beautiful, attire SMILE.

Life ends: when you stop Dreaming.....

Hope ends: when you stop trusting.....

Life ends: when you stop loving.....

And friendship ends when you stop sharing.....



20

Hansti Duniya
October 2018

H.D. Answers

— Pawan (Delhi)

Q. What should one be guided by one's heart or wits ?

A. Neither of them, but by one's soul.

— Sanjay, Delhi

Q. What is most difficult to control ?

A. One's own self.

— Himanshu, Delhi

Q. What should a man do to do away with his evil thoughts?

A. He should regularly attend the Satsang (the spiritual congregation).

— Ajay (Chandigarh)

Q. What is greater — deeds or destiny?

A. It is the deeds that shape the destiny.

— Akriti Keshwani, Delhi

Q. What is greater than fate?

A. It is character; with the man of character, the fate touches the feet.

— Smt. Laxmi, Kerla

Q. When should one resort to revolt ?

A. When there is a challenge to what is true.

Q: Question A: Answer



Story : Shobhit Keswani, U.S.A.



Life of Good Deeds

On his travels, Nanak met many holy men. They had given up the society of men and lived alone in forest and caves. They said they were devoted to God and tried to prove this in various ways. Some refused to eat till they were almost dead with hunger, others stood on one leg until it was swollen with pain and the other leg was a shrivelled like stick. Some buried themselves alive for days, without air or food or water; while others went about almost naked, exposing their bodies to the heat of the sun and the cold of winter nights. Nanak even met a yogi who always kept his ears and eyes closed: "By doing this I can think about God without anything disturbing me," he explained.

Nanak spent many hours thinking about the different ways these men had of showing their love for God. After much thought he concluded that they were misguided. "How can fasting or making the body suffer prove a man's love for God, of make him kind and truthful?" Nanak asked. " And surely, in order to do good for people, one has to live with them and not all alone in forests and caves." Nanak finally decided he would live amongst people. Then he could teach them the right way to love God.

(From : The Story of Guru Nanak)



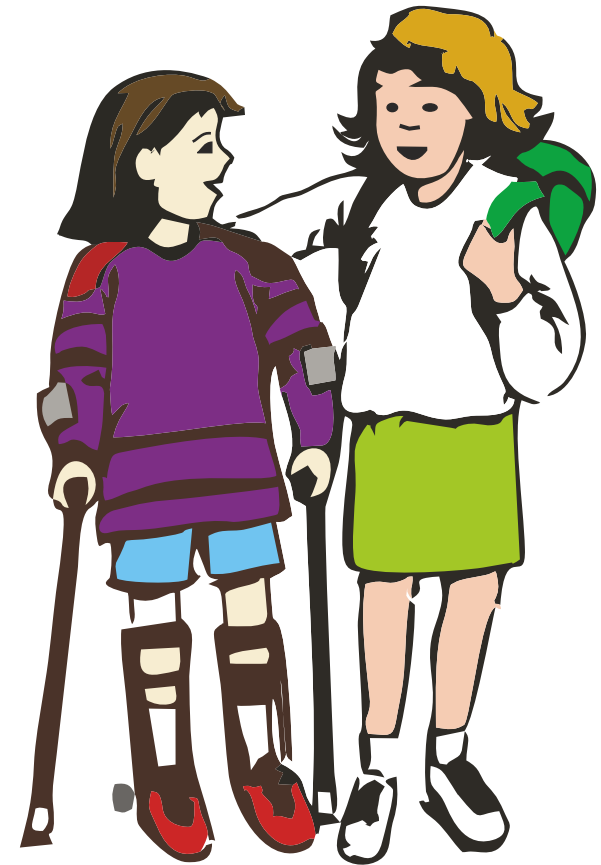
By : Archana Garg

Sewa

Sewa bhav or sewa, is almost a forgotten aspect of human nature. We all work to get something and believe in give and take relationship. Ages ago, when gopis and lord krishna existed, they lived a very unique relation, where they only believed in giving without expecting anything in return. Gopis would just do what ever they could for krishna without even being told to do so. This gave them immense satisfaction and joy. They called it sewa bhav. Sewa Bhav I.e emotions of seva. Even today, sewa is still defined the same.

Manav sewa i.e. serving humans. When we selflessly help others, it's called sewa.

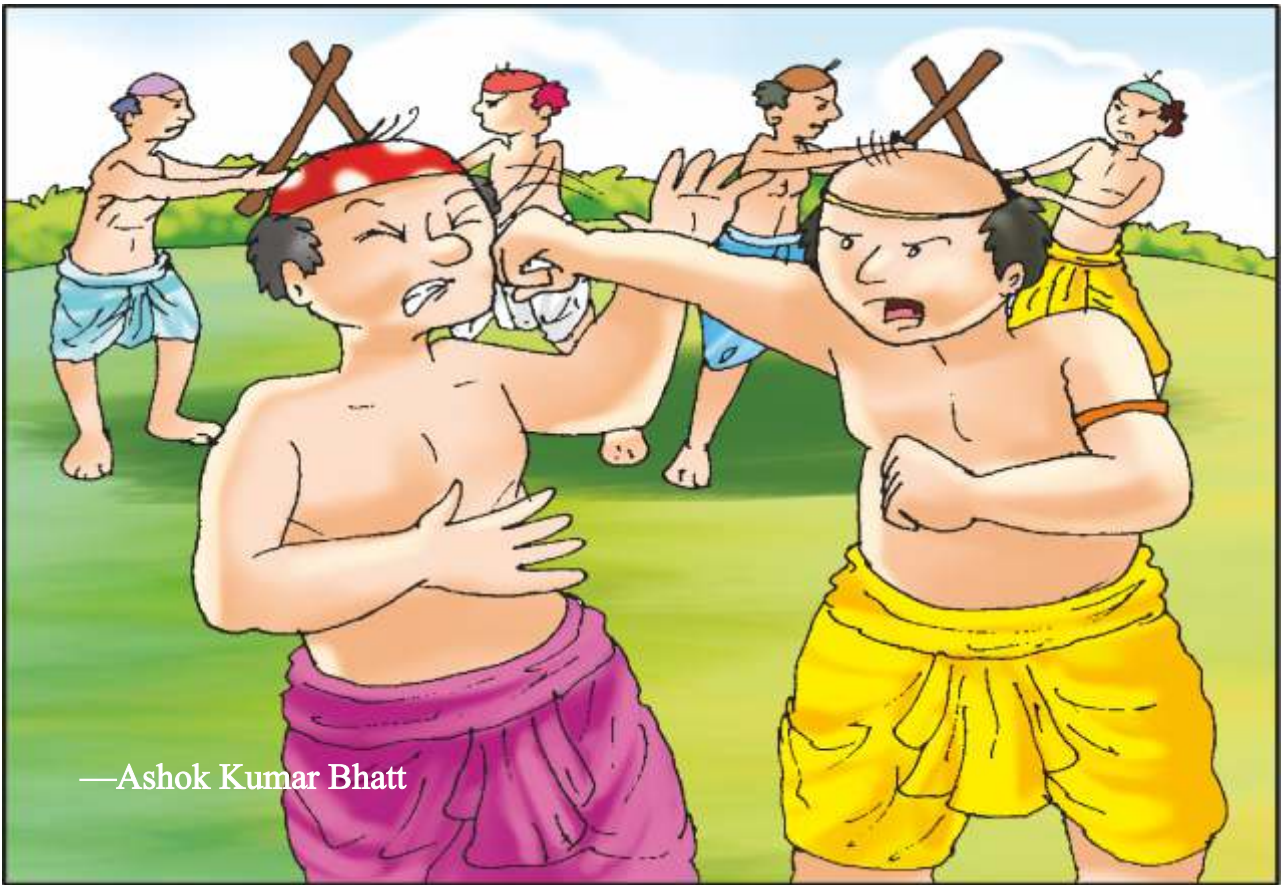
But is serving the lord and serving a human same or is their a difference, why are both called sewa than and have the same effect. During krishna's period,



people and other kings took krishna as a normal king only, a human not an incarnation of God.

When we do sewa, our ego vanishes and love flourishes within and when sewa is accompanied by meditation, you can also feel that expansion, which is beyond all limits. Sewa enhances the feeling of being hollow and empty and that's the time to go inwards and experience solace. Its is the same experience of sewa with humans and divine.





—Ashok Kumar Bhatt

LOVE AND LOGIC

Parvana was an unlettered youth of twenty. He was introvert, shy and quiet type. Whenever he was in a mood for a speech, he would not mind delivering one in the assembly of village dogs, donkeys, cows, sheep etc. Whenever he felt sad and desolate, he would laugh aloud instead of weeping silently. Whenever he was in a happy mood, he would weep silently instead of laughing aloud. His behavior was so queer and eccentric that every body made fun of him. But he never paid any heed to them.

Despite his different behavior, he was quite alive to the happenings in the village. One day Parvana was passing through the village market place. He saw a fierce-fight between two groups of people. There was a generous exchange of blows, lathis and words among them. A large crowd had gathered but no one in the crowd dared to intervene for fear of getting injured, Parvana rushed to the scene and interposed to separate them. He cried aloud, "Stop fighting. It will do no good to both sides. Stop it for the love of God."



One of the disputing team members shouted at Parvana, "You dullard, push off or you too will have blows."

Pravana replied, "You are dullards and are fighting like barbarians!"

Some of the onlookers sided with Parvana and said in chorus "Listen to gentlemen, whatever Parvana has said is right. It is disheartening and disgraceful to behave like wild beasts."

Parvana said to the disputing people, "Brethren, we should never be at logger-heads with one another. We should love one another. Love is the soul of society."

After a moment's pause, Parvana said, "We should never lose our sense of logic and should not be slaves to our passions and emotions. If we lack in logic, our fall is inevitable."

All the men were spell-bound to hear the sound arguments of Parvana. One man said, "Is this the eccentric Parvana or some sage?"

At last Parvana said, "Friends, always remember that love gives joy and peace and logic gives wisdom. Prejudices, fights and hatred can only be eradicated with the help of the guiding principles of Love and Logic. So we should tread the path of Love."



Unique Photo of the Month



The Tribune Sat, 15 September
epaper.tribuneinc 

Giant Pumpkin : Graham Barrat poses with his 319.8 kg. Pumpkin which won the heaviest pumpkin competition on the first day of the Harrogate Autumn Flower Show held at the Great Yorkshire Showground, northern England.

Thoughts

Learn to enjoy every minute of your life. Be happy now. Don't wait for something outside of yourself to make you happy in the future. Think how really precious is the time you have to spend, whether it's at work or with your family. Every minute should be enjoyed and savored.





Story: Sanjay & Priya Tandon, Chandigarh

A Birthday Party

It was Devki's eighth birthday. Her mother had informed the orphanage in the city that she and her daughter would be visiting at 5 p.m. in the evening to distribute goodies to all the forty children there. Devki and her mother walked into the children's playroom with a lovely cake decorated with roses and ribbons. There were 9 candles on it. They also had chocolates, sandwiches, jam cookies and potato chips for the kids. There were 39 children present, 1 was missing. Just as Devki came forward to cut the cake, the matron said, "Little Mona has been unusually upset since morning. She is sulking in her bed, would you wait till I get her? Perhaps a celebration would cheer her up."

They all waited for a few minutes, till the matron walked in holding Mona by the hand. As soon as the little girl saw the cake and the party food, her eyes lit up and she smiled, "How did you know? Who told you that it's my birthday today? Oh! How nice of

you to get such a wonderful cake for me! You got the right number of candles too ... and ... I love jam cookies... thank you, thank you so much..." Mona picked up the knife and raised it to cut the cake. "Wait...!" said the matron. Just then she felt a soft little hand on her elbow. She turned around to see Devki at her side, "Its okay Matron let her cut the cake. Let this be her party." Devki's mother was speechless. She slowly nodded her head in consent. All the children including Devki, sang "Happy Birthday to you, dear Mona..." Mona had a beautiful birthday party.

Later, Devki and her mother were driving home. Mother said, "Don't take it to heart my child, we'll have a party for you tomorrow." Devki smiled, her eyes glistened as she fought to hold back her tears and she said softly, "There's no need Mama, this is the best birthday I ever had."



Hyderabad DCP salutes his IPS daughter on duty

He has been serving in the police for over three decades while his daughter joined the force four years ago but on ,Sunday when they came face to face, he saluted her. Deputy Commissioner of Police AR Umamaheswara Sarma feels proud to salute his senior officer Sindhu Sarma, who is Superintendent of Police of Jagtial district in Telangana. Sarma, who is retiring next year, is serving as DCP in Malkajgiri area under Rachakonda police commissionerate in Hyderabad while his daughter Sindhu is an Indian Police Service (IPS) officer of 2014 batch.

The father-daughter duo came face to face while doing their duty at the public meeting of TRS at Kon-gara Kalan on the outskirts of Hyderabad on Sunday.

"This is the first time we have come together while doing our duties. I am fortunate to work with her," said Uma Maheswarai Sarma, who began his career as sub-inspector and was recently conferred the IPS rank.



Sindhu Sarma, SP ARU Sarma, DCP

ARU Sarma was promoted to IPS while Sindhu Sarma is 2014 direct-entry officer

"She is my senior officer. When I see her, I salute her. We do our respective duties and don't discuss this, but at home we are just like any father and daughter," said the proud father. Sindhu, who was looking after women security at the public meeting, said: "I am very happy. This is a good opportunity for us to work together." — IANS.

(The Tribune)

As in the Police so in the Army, salute is responded with a salute, irrespective of status. Similarly , 'Dhan Nirankar' is to be responded with Dhan Nirankar in true sense is bowing at the feet of each other. Any hesitation brings out humiliation .



—Siddhesh, Canada

Luscious Fruit Treat

"Strawberries are eaten fresh, often with cream. They are also used as a filling for pastries, tarts, and cakes. Strawberry shortcake is made of fresh strawberries, a cake or biscuit base, and whipped cream. Needless to say, strawberries are a very popular fruit.

Strawberry plants can be found throughout most of the United States and Canada, Europe, the United Kingdom, and parts of Africa. They are also grown in New Zealand, Australia, and Japan.

The strawberry is a low herb plant that branches off in all directions. At the top of the plant is the 'crown' from which the leaves sprout. The leaves have three sections, each of them hairy with saw-toothed edges. The flowers reddish. They appear in small groups on slender stalks arising from the leaves. As the plant gets

older, the roots become woody. Then the crown sends out 'runner plants', trailing vines that spread over the ground, making the plant bigger.

Runner plants are planted in autumn for a crop expected the following year. Strawberry plants are usually used to produce fruit for one to four years. In regions with very cold winters, the plants are put out in spring and protected during winter by covering the rows with straw.

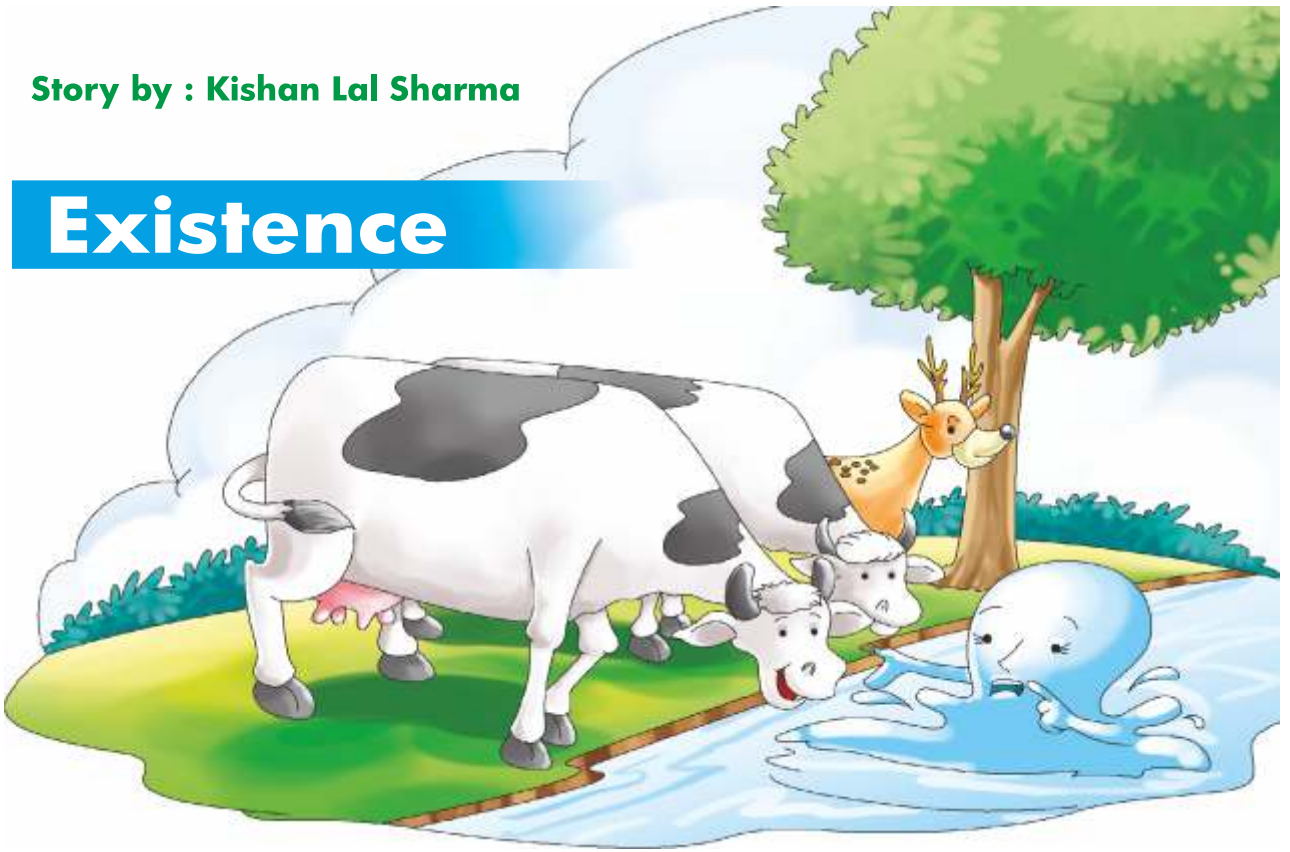
Strawberries need to be stored in a cool and dry place after they've been picked. But they still don't remain fresh for very long. Some are frozen or preserved to make them last longer.

The heart-shaped red fruits of the strawberry plant are popular all over the world.



Story by : Kishan Lal Sharma

Existence



"Don't drink the water." The river shouted at the animals who had bent to drink the water.

"Why", "We are thirsty, how can you stop us from drinking the water". "You will die if you drink this water " the river replied.

"What nonsense are you talking" asked the animals. "No one dies by drinking water" added another animal. "You are right, nobody dies of drinking water ". The river said " My water is poisoned and you will die after drinking it".

" How cruel have you become? The river is meant to quench the thirst, you are stopping us to drink the water !" The third animal got angry. The river answered in anger. " I have not poisoned it and my job is to quench the thirst. I am clean and clear and pure from my origin."

" Who mixed poison in your water? All the animals asked in unison." ." The men built factories on my bank and the pollutants come and mix in my stream and make it poisonous. It is not fit for drinking "the river told about the wrongdoing of men.

The rivers answer made the animal think that man is polluting environment and endangering the existence of all.



— Nishtha Anand, Ludhiana

Self Help, God's Help

Self help is a pillar to success as it is a great human quality. Every person should believe in it. Spoon feeding can not make a man successful in the long run. A person with self help is full of courage and determination and does not depend on others. He may suffer in life but will never lose patience. Difficulties do not frighten him. Hardships can not stop him/her from going ahead. So his/her life is full of adventures and challenges. Such a human being accepts challenges in life. There are many people who believe in luck and do

not have self-confidence. They are always shaky and undecided. They remain active and wait for success through luck. They think that their fate is responsible for their rise or fall. They forget the truth of the saying, "God helps those who help themselves".

"Success has nothing to do with what you gain in life or accomplish for yourself. It's what you do for others."



30

Hansti Duniya
October 2018

—Lakshita, Delhi

Gandhi Jayanti

Gandhi Jayanti is celebrated every year as the third important national event. It is celebrated on 2nd of October by the Indian people all over the country to pay tribute to the Mahatma Gandhi at his birthday. He is popularly known as the Father of the Nation or Bapu. He was a patriotic leader and led the country all through the Indian independence movement by following the way of non-violence. According to him, truth and non-violence are the only tools to win the fight for independence from British rule. He went to the jail many times however continued his non-violence movement till the freedom of country. He was always in the favor of social equality however against untouchability.

Gandhi Jayanti is celebrated with huge preparations at the Raj Ghat or Gandhiji's Samadhi in New Delhi by the government officials. Cremation place at Raj Ghat gets decorated with garlands and flowers. A homage is paid to this great leader by placing wreaths at the Samadhi and some flowers. A religious prayer is also held in the morning at samadhi. It is celebrated as the national festival especially by the students in schools and colleges all over the country.



Students celebrate this occasion by playing drama, reciting poem, song, speech, essay writing, and participating in other activities like quiz competition, painting competition, etc based on the life of Mahatma Gandhi and his works. His most favorite devotional song "Raghupati Raghav Raja Ram" is also sung by the students in his memory. Best performing students are awarded with the prizes. He has been the role model and inspirational leader for many political leaders and especially the youths of the country. Other great leaders such as Martin Luther King, Nelson Mandela, James Lawson, etc got inspiration from Mahatma Gandhi's theory of non-violence and peaceful way to fight for freedom and liberty.



Football Star

One man, more than any other, has helped to make football (soccer) popular around the world. That man is Pele. Pele, whose real name is Edson Arantes do Nascimento, was born in 1940 in Brazil.

Pele made his debut with the Santos Football Club in 1956. With Pele playing forward, the team won several South American cups. In 1962 the team won its first world championship. Pele also played for Brazil's national team and helped it to win the World Cup championship in 1958, 1962, and 1970.

Pele was a brilliant player who possessed great speed and balance. He could guess the

moves of other players and had good control of the ball. In addition to all this, he could kick a ball powerfully with either foot, or direct it with his head, straight into the goal.

Pele scored a career total of 1,281 goals in 1,363 matches, with 139 in one year alone. He scored his 1,000th goal in 1969. Pele's career made him a national hero in Brazil. His fans call him Perola Negra, meaning 'Black Pearl'.

Although Pele retired in 1974, he made a comeback the following year with a New York team, the Cosmos. He said he returned to 'make soccer truly popular in the United States'. He succeeded, becoming a star in the... United States as well.

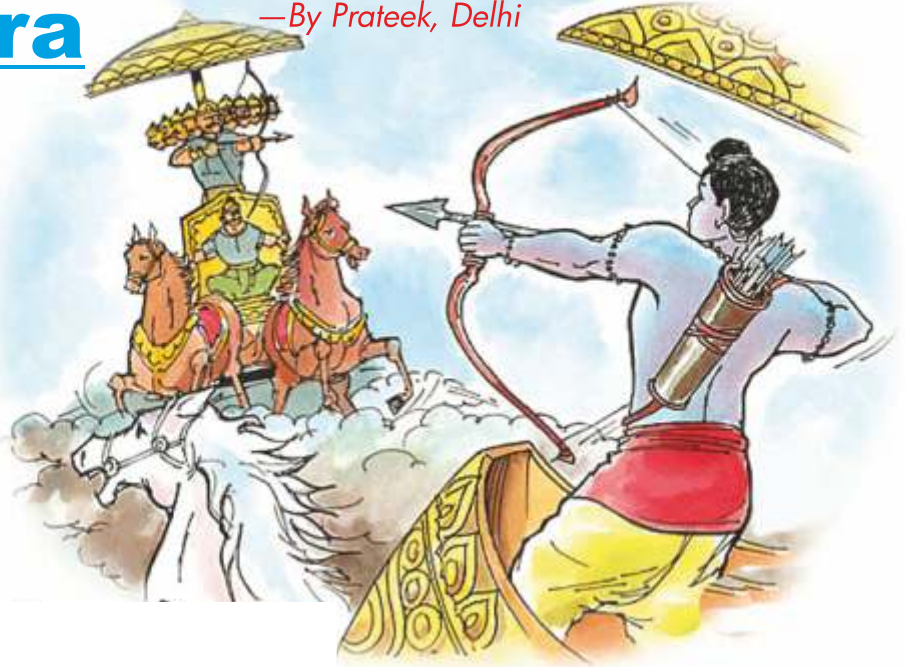
Pele's skills did not stop on the football field. He has also written best-selling autobiographies, starred in several films, and composed music, including the whole soundtrack for the 1977 film Pele.



Dussehra

—By Prateek, Delhi

Dussehra is an important festival of Hindus which is celebrated with delight in all over India. Lord Rama had killed Ravana on this day and Goddess Durga had conquered Mahishasur after the war of nine nights and 10 days. Dussehra is celebrated as the victory of truth on the unreal. Hence it is also known as Vijaya Dashmi.



Dussehra is an important and long festival of India. Throughout the country, it is celebrated by people of Hindu religion with full enthusiasm, love, faith and respect. This is a really good time for everyone to have fun. The Dussehra festival also offers a few days leave for schools and colleges. These festivals occur every year in the month of September and October 20 days before Diwali. People are eagerly waiting for this festival.

India is a country which is known for its tradition and culture, fairs and festivals. Here people celebrate every festival with full enthusiasm – joy and happiness. Dusshera means 'King Ram of goodness on the Ravana king of evil'. Dussehra's real meaning is the end of the tenth day on the tenth day of this festival of Asur. Tenth day of this festival is celebrated with the burning of Ravana by all people all over the country.

Ramlila is staged in different provinces of North India. It is said that on the day of Vijaya Dashami Lord Rama slaughtered the King of Lanka, the proud king. Ravana was a tyrannical and arrogant king. He kidnapped Ram's wife Sita with the trick. Ram has made friendship with Wanarraj Sugriva to liberate Sita from the clutches of Ravana. They crossed the sea with the Vanary army and climbed on Ravana. The fierce battle took place. In this war, all the heroic warriors, Meghnad, Kumbhakarna, Ravana, were killed. Ram, who came to his ashram, made his brother Vibhishan, the brother of Ravana, became the king of Lanka and his wife left for Sita to Ayodhya. Ramlila shows a detailed view of these incidents.





Kitty

Drawings and Written by
Ajay Kalra



Mom shall I go
to see the fair.



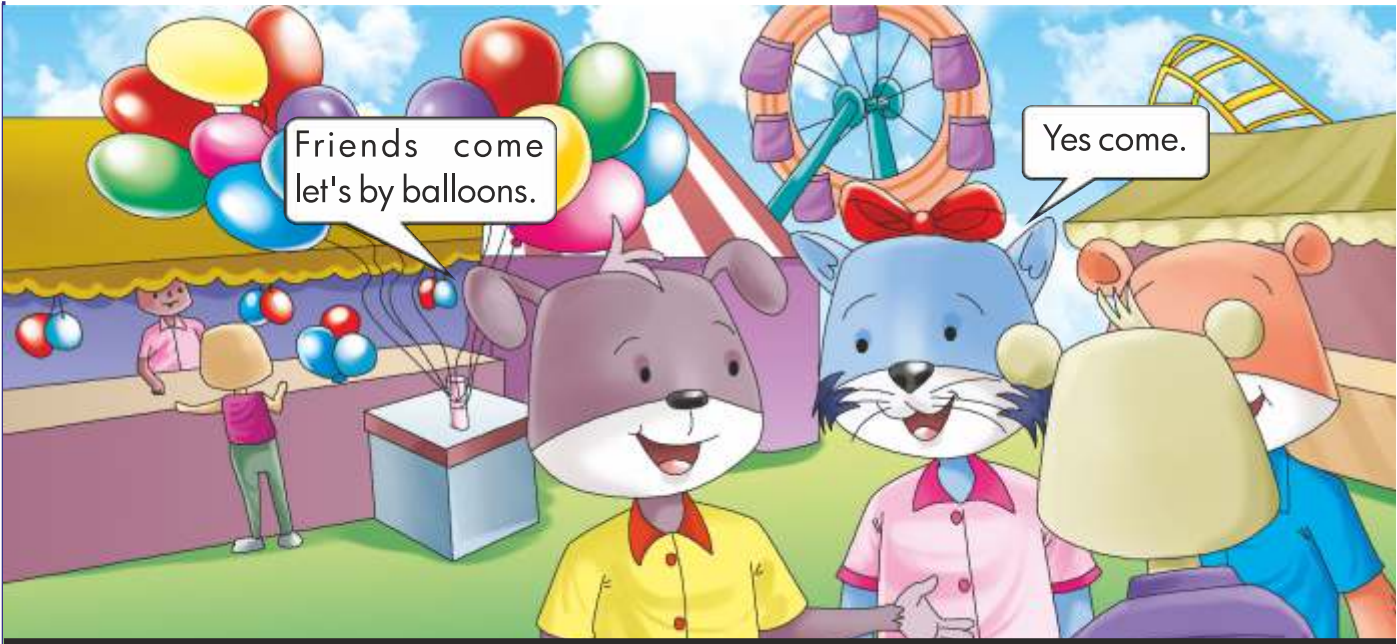
Yes Kitty please go.



Mum can I call my
friends also. We all
will go together.

Yes Kitty you
can. But
please do
not create
any Mischief
and do not
sit on the
roller
coaster ride
as it is very
dangerous.





Friends come let's by balloons.

Yes come.



Friends. Let's ride the roller coaster now I have heard it's really amazing and frightening.

It will be a great experience.

No no I won't ride my mother has specifically told me not to do so.



Kitty you are so fearful. So afraid of your mom.



Oh Kitty! There is nothing to be scared of. If we come here and miss this right how will we enjoy.




Come on now let's sit in the roller coaster.

No no I won't go you all can go if you want



Oh god we are all very scared.

See I had already decided not to ride since I knew it was very scary and fighting. Good I didn't go.



Mom I did as you had said. I did not sit on the roller coaster ride and kept standing besides.



Wish we had listened to Kitty and our health would not have suffered. We would have also enjoyed a lot more.



Energy in the Air

Wind power has been used for many hundreds of years. Its energy has filled the sails of ships and powered machines that grind grain, pump water, drain marshes, saw wood, and make paper. Wind provides a clean and endless source of energy.

In the 1890s windmills in Denmark became the first to use wind power to generate electricity. But it took the major energy crisis of the 1970s to focus people's thoughts seriously again on using wind energy to produce electricity.

Windmills provide power to make electricity when their sails are turned by wind blowing against them. Originally, the sails were long narrow sheets of canvas stretched over a wooden frame. Later windmills used different materials and designs. Usually there are four sails shaped like large blades.

When the sails turn, the axle they are attached to turns as well, much as car wheels turn on their axles. The axle causes various gears to turn, which then causes a large crankshaft to turn. The crankshaft is a long pole running along the length of the windmill tower. At its other end the crankshaft is attached to a generator, a motor that can make and store electricity. So when the wind blows, the generator runs - making electricity.

Today, modern efficient wind machines called 'wind turbines' are used to generate electricity. These machines have from one to four blades and operate at high speeds. The first of these wind turbines appeared in the mid-1990s.



Story By : Shyamsunder Garg

Consequence of Company

A crow and a swan were friends. One day the swan said " brother crow I want to see your nest ."

The crow said " Why not dear?" The crow took the lead and the swan followed . As soon as the crow swan the nest he felt like puking.

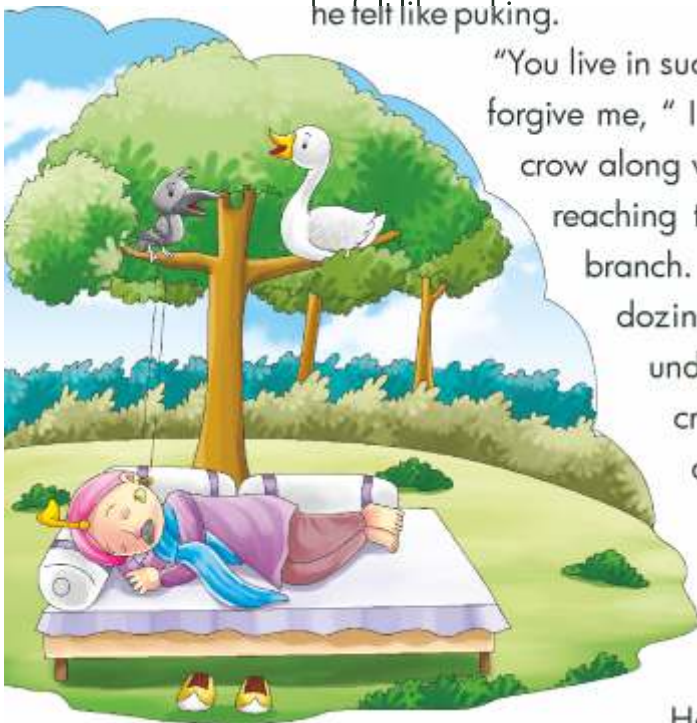
"You live in such a filthy place. "The crow answered forgive me, " I have another nest let's move ."

The crow along with the swan reached a garden. On reaching the garden the crow perched on a branch. The swan spread its wings and began dozing. The king of the country was resting under the same tree. As per his habit the crow dropped over the king. The dropping of the crow fell on the body of the king. The king gestured to the hunter who shot an arrow in that direction. The clever crow flew away and the arrow hit the swan.

He fell on the ground writhing with

pain. The swan spoke" I am a swan, inhabitant of the clean lake and now punished for crows deeds."

This is the consequence of company of cunning crow that I got punished being innocent. In no time he breathed his last.



—Sakshi Gulati (Chandigarh)

Laughing Time

Employer :How good are you in typing?

Candidate :Thirty – five mistakes a minute

Wife- It's written in this book that pain affects on the weaker part of the body.

Husband-Oh! that's why you always complain about headache.

Heaviest Wrestler

A person left his cup of coffee at hotel table and went to bathroom, before leaving he left a note on table saying "World's Heavyweight Champion".

When he came back he found the cup of coffee empty and another note was left on the table which read "Worlds Fastest Runner"



Father: (To son) Let me see your Report Card.

Son : My friend borrowed it to scare his father.

Rohan - How long were you in jail?

Rakesh- Two weeks

Rohan - What was the charge

Rakesh- nocharge, everything was free

Once a man goes to a pet shop and placed an order for 10 rats.

"Good lord! What will you do with them?

Asked the shop keeper.

"Well I am moving out today and my landlord says that I must leave the house in exactly the same condition I had moved in.





Sohan (to beggar)- Shame on you, you beg everyday. I will daily pay you Rs.50, come with me and work.

Beggar- Sit with me , and I will pay you Rs.200 everyday.

Uncle : Which position are you playing during the football match?

Nephew : My coach says I am the Team's main "drawback".

Father : Son, if you pass in the exam I will buy you a new motor cycle.

Son- : What, if I fail somehow?

Father- : I will buy you an auto-rikshaw.



Lady- : You add so much water to the milk, then why have you made it more expensive.

Milk Man:- Because I add mineral water now.

Man goes to the doctor and says, "Doctor, wherever I touch, it hurts."

The doctor asks, "What do you mean?"

The man says, "When I touch my shoulder, it really hurts. If I touch my knee - OUCH! When I touch my forehead, it really, really hurts."

The doctor says, "I know what's wrong with you - you've b

Rahul: Dad, give me your car. I 'm old enough to drive.

Dad : Yes, But my car isn't old enough to be given to you.





★ 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.

— Vikas Bansal, Panchkula

★ When you pray for others, Satguru listens to you and blesses them, and sometimes when you are safe and happy, remember that someone has prayed for you.

—Rajan Sachedeva, U.S.A.

★ Lord Buddha as a prince left his palace in search of peace and we all Bhuddhus are in search of palace at the cost of peace. — Avneesh Gulati, Chandigarh

★ Insaan apna chehra toh khoob sajata hai, jis par logon ki nazar hoti hai, Magar dil ko sajane Ki koshish nahi karta, jis par Khuda ki Nazar hoti hai.

— Gurmeet Singh, New Delhi

★ Ek din Musqurahat ne humse puchha “Aap hume hardum Q bulate ho?” Humne kaha — “Hum yaad apne Satguru ko karte hain— tum toh khud-b-khud chale aatey ho.”

★ Life isn’t qualified by the brand of clothes you wear. It is measured by the number of faces who smile when they hear your name.

— Nikita Dogre , Jhansi (U.P.)

★ A school should not be a preparation for life. A school should be life.

—Ramesh, Bhagalpur

★ Actual meaning of Morning is “More+Inning” means 1 more inning given by God to play and win.

★ If you are honest in all your dealings, you can never experience fear.

—Anmol, USA



Result for the month of August Issue

First :

Aditya S. Singh Age 10
501(A-wing) Nouve Apartment
Triveni Nagar Malad(E) Mumbai



Second :

Arpita Soni Age 8
10627 Nawmore lane Johns Greek
GA- 30022 (USA)



Third:

Sarthak H. (Khatri) Age 9
R.No-3, Aleso Colaco Building
Manikpur, Chulna Road Vasai Road
(West), Distt. Palghar (Mah.)



Consolation Enteries

Manan Chitkara

(Nirankari Colony, Delhi)

Satvik S. Turamari

(Rajaji Nagar, Banglore)

Vedant Maurya

(Bhayander, Mumbai)

Dolly (Pandoh)

Raja (Kanpur)

Richa (Azamgarh, U.P.)

Sudeep (Delhi)

Aditi (Jaunpur)

Rehmat (Patiala)

Jasnoor

(Mandi Gobindgarh)

Karuna (Banglore)

Vandana (Jhansi)

Richa (Dehradun)

Sushma (Ghaziabad)

Pustam (Karnal)

Ramesh (Bhagalpur)

"Colour it" for October Issue

On page 44, a beautiful picture is given; colour it and send it to us latest by **November 20, 2018**. Office address: **HANSTI DUNIYA**, Nirankari Complex, Near Nirankari Sarover, Nirankari Colony. Delhi - 110009

The result will appear in **December 2018** 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

.....



Cleaning Tips and Tricks for Your Home

No matter how much we try to keep things at home clean and tidy, there are some things that need our attention.

Here are a few cleaning tips you could use:



- ★ You can remove marker or sketch-pen stains on wood with a toothpaste.
- ★ Add four tablespoons of baking soda to one litre of water and make your own all-purpose cleaner at home.
- ★ Clean your garbage bin by running a few lemon rings through it and following it up with cold water.
- ★ Remove pen and colour stains from your walls by running a sponge dipped in water and baking soda through them.
- ★ Clean your sneakers with a toothbrush and toothpaste and make them look as fresh as new.
- ★ To soften fuzzy towels, wash them in hot water and add one cup of ammonia to it.
- ★ Remove stains from your cutting/chopping board by running a piece of lemon through it.

What to Keep in Mind while Starting a Herb Garden

- ★ There's nothing like growing veggies at home and having them fresh. And since herbs are the easiest and quickest to grow, here are a few tips you could keep in mind when starting a herb garden.
- ★ Make sure to buy herbs from a nursery, not the ones you get in the markets, as they'll have a hard time growing if you plant them outside.
- ★ If you have a smaller space, then consider growing parsley, oregano and basil. They can grow in pots and window boxes too.
- ★ Know that it is important to find herbs a sunny spot and well-drained soil for proper growth.
- ★ Make sure that your planters have sufficient drainage holes.
- ★ Herbs like mint and horseradish grow and spread rapidly. So it is better to keep them in segmented containers or individual pots.

By : Sunil Nagpal (TOI.)





—Comp. by. Avneesh Gulati, Chandigarh

Thank God

There was a bird who lived in a desert, very sick, no feathers, nothing to eat and drink, no shelter to live in. One day a dove was passing by, so the sick unhappy bird stopped the dove and inquired "where are you going?" it replied " I am going to heaven".

So the sick bird said "please find out for me, when my suffering will come to an end?" The dove said, "Sure, I will." And bid a good bye to the sick bird. The dove reached heaven and shared the message of the sick bird with the angel in-charge at the entrance gate.

The angel said, "For the next seven years of its life the bird has to suffer like this, no happiness till then."

The dove said, "When the sick bird hears this he will get disheartened. could you suggest any solution for this."

The Angel replied, "Tell him to recite this verse "Thank you God for everything." The dove on meeting the sick bird again, delivered the message of the angel to it .

After seven days the dove was passing again passing by and saw that bird was very happy, feathers grew on his body, a small plant grew up in the desert area, a small pond of water was also there, the bird was singing and dancing cheerfully. The dove was astonished. The Angel had said that there would be no happiness for the bird for the next seven years. With this question in mind the dove went to visit the angel at heaven's gate.

The dove put forth his query to the Angel. The Angel replied, "Yes it is true there was no happiness for the bird for seven years but because the bird was reciting the verse "THANK YOU GOD FOR EVERYTHING" in every situation, his life changed.

When the bird fell down on the hot sand it said "THANK YOU GOD FOR EVERYTHING"



When it could not fly it said, "THANK YOU GOD FOR EVERYTHING"

When it was thirsty and there was no water around, it said, "THANK YOU GOD FOR EVERYTHING"

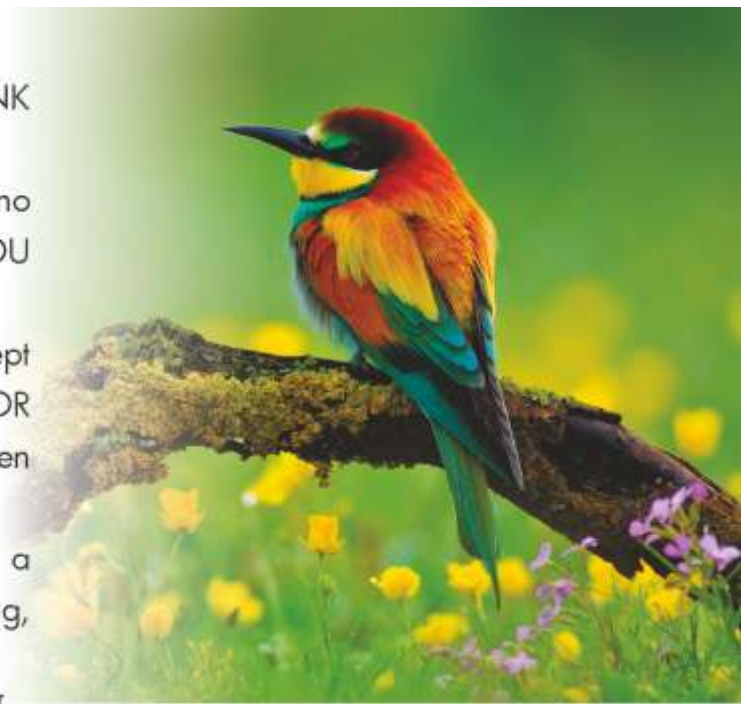
Whatever the situation, the bird kept on repeating, "THANK YOU GOD FOR EVERYTHING" and therefore the seven years got dissolved in seven days.

When I heard this story, I felt a tremendous shift in my way of feeling, thinking, accepting and viewing life.

I adopted this verse in my life. WHATEVER the situation I faced I started reciting this verse "THANK YOU GOD FOR EVERYTHING". It helped me to shift my view from what i did not have to what i have in my life.

For instance; if my head pains I THANK GOD that the rest of my body is completely fine and healthy and I notice that the headache does not bother me at all.

In the same manner I started using this verse in my relationships (whether family, friends, neighbours, colleagues) finances, social life, business and everything with which I can relate. I shared this story with everyone I came in touch with and it brought a great shift in their behaviour too.



This simple verse really had a deep impact on my life, i started feeling how blessed I am, how happy I am, how good life is.

The purpose of sharing this message is to make all of us aware of how powerful the attitude of gratitude is. It can reshape our lives.

Lets recite this verse continuously to experience the shift in our life.

So be grateful, and see the change in your attitude.

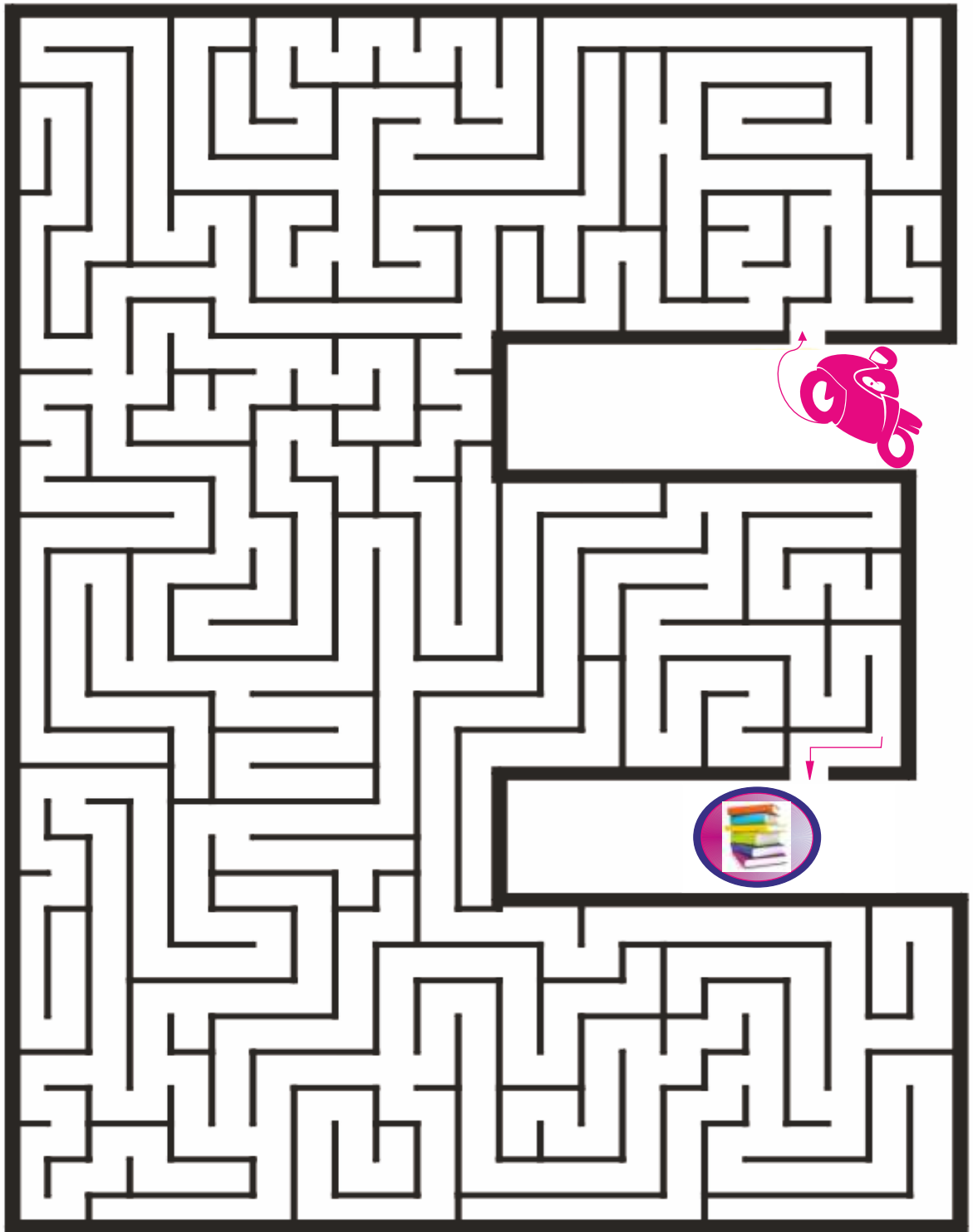
Be humble, and you will never stumble. Share with those you care about and be blessed.

-REMEMBER! "THANK YOU GOD FOR EVERYTHING"



Maze

Drive this bike to the books.



With the blessings of Satguru
Mata Sudiksha Ji Maharaj

71st Nirankari Sant Samagam

will be held on
November 24 to 26, 2018

at the Samagam Ground,
Sant Nirankari Spiritual Complex,
Samalkha (Haryana)

PROGRAMME

Saturday, November 24, 2018

Holy Congregation : 1.00 p.m. to 7.30 p.m.
Satguru Mata Ji's Discourse : 7.30 p.m.

Sunday, November 25, 2018

Sewa Dal Rally : 10.00 a.m. to 12.00 noon
Holy Congregation : 1.00 p.m. to 7.30 p.m.
Satguru Mata Ji's Discourse : 7.30 p.m.

Monday, November 26, 2018

General Body Meeting : 10.00 a.m - 12.00 noon

Note : This meeting will be held in the Samagam Pandal

Holy Congregation : 1.00 p.m. to 8.00 p.m.
Poetic Symposium : 3.00 p.m. to 5.00 p.m.
Satguru Mata Ji's Discourse : 8.00 p.m.

SPECIAL NOTE :

This year the Samagam will conclude in three days.
There will be no "Guru Vandana" Programme.

*(C.L. Gulati), Secretary (Hqrs.)
Sant Nirankari Mandal, Delhi-9*



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Hansti Duniya
October 2018



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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

- His Holiness Message
- Glimpse of Blessing
- Message in colors
- Poetry Fantasy
- Wacky and True
- Fun Games

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

Share
your talent
in form of
painting, poetry
& story



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Sant Nirankari
(Eleven Languages)

Ek Nazar
(Three Languages)

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