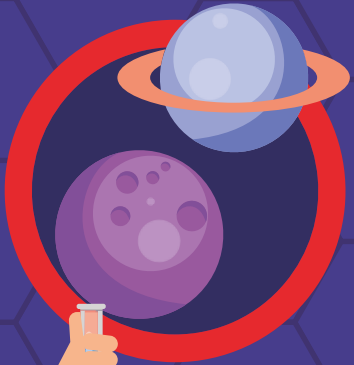
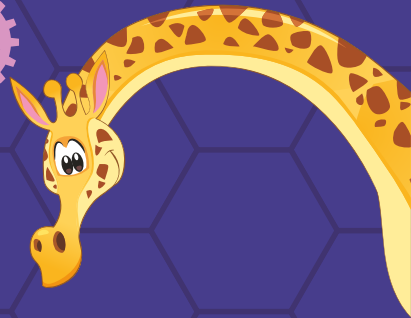
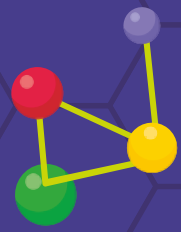
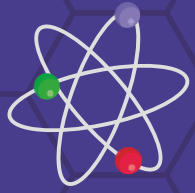


★ Vol. 32

★ No.12

★ DECEMBER 2018

Hansti Duniya



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● Vol.32 ● Issue No.12 ● December 2018 ● Pages 52
 (A Monthly for Children's Mental Development)
 Published in English, Hindi, Punjabi and Marathi

Printer & Publisher **C. L. Gulati**
 on behalf of Sant Nirankari Mandal (Regd.)
 Delhi-110009, printed at M.P. Printers,
 B-220, Phase-II, Noida (U.P.) Pin - 201305
 and published at
 Sant Nirankari Satsang Bhawan,
 Sant Nirankari Colony, Delhi-110009.

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kids.nirankari.org

SUBSCRIPTION

Country	1 year	3 yrs.	5 yrs.	11 yrs.
India/Nepal	₹ 150	₹ 400	₹ 700	₹ 1500
U.K.	£15	£40	£70	£150
Europe	€20	€ 55	€ 95	€ 200
U.S.A.	\$25	\$70	\$120	\$250
Canada/Australia	\$30	\$85	\$140	\$300

Other countries: Equivalent to U.S. Dollars as mentioned above



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FIRST OF ALL

Once Again

December comes at the end of every year. It brings with itself many sweet, bitter experiences and also the news of coming year.

This is also true that without the end of December the new year cannot start. This month gives us the opportunity to analyse what we all have done in the last and what are our resolutions for the next year. Let's discuss how to use this opportunity.

We are all students in a classroom of life. Our first teachers were our parents then we learnt from our school teachers and then we also learnt a little bit from our relatives and neighbours. From some people we learnt to read and write from others we learnt how to go through our life and from others we learnt good deeds and positive thinking. Since our birth we have been taking education from one source or the other.

Today, it is the time to analyse that we have learnt a lot but we have not

been able to pay back those whom we have learnt from. Like-

★ Our parents give us birth. They taught us to eat and drink and gave us basic education.

★ The ones from whom we took education and our teachers.

★ Other friends and relatives who helped us in our way.

Other than that there may be many people who went through many difficulties to make our life a better one like doctors engineers, scientist and many people living in a society including farmers.

Dear friends we have taken our education and as per our comforts we did try to give them back and are still doing so. But we must make an effort to see that whatever is our method of paying back it is good enough and doesn't hurt anyone's sentiments. We must do all our duties with full commitment .

So, the year end for analysis and self observation. Evaluate ourselves to see that how successful we have been and how hard we have to still work in the direction we want to. I should be thankful and grateful to those who helped me directly or indirectly to blossom. This is how i can welcome New Year with delight.

—Vimlesh Ahuja



SAMPURAN AVTAR BANI

Ik Tu Hi Nirankar - 147

JAP KAR BHAVEN JAAP KARA TAP KAR BHAVEN DHIAN LAGA;
VED SIMRATI SHASTAR PADH LAI PADH PADH DEEDE GAL PIA.
KARAM KIRYA JOG SABH HOVAN POORA DHARM VI HOE TERA;
KUL DUNIA NOON CHHAD KE BHAVEN JANGLAN DE VICH LAYEN DERA.
KAI TARHAN DE KARAM KAMA KE DAN PUNN KAR LAL RATAN;
SWAS SWAS 'CH SIMAR SIMAR KE KARDA JA DIN RAT JATAN.
IK IK APNA ANG KATA KE ROZ HAVAN TOON KARDA JA;
RAKHI JA NIT VARAT TE ROZE BHARNE JO VI BHARDA JA.
BHAD JHOKIA JO VI KEETA IK RAB DI JE SAR NAHIN;
KAHE AVTAR NAAM BIN BANDE KAMM AONI KOI KAR NAHIN.

Thou Formless One 147

You may recite a hymn or get it recited, undergo penance or meditate;

You may keep on reading Vedas, Smritis and Shastras and spoil your eyesight.

You may perform all rites, rituals and yoga practices and observe your religious code in toto;

You may renounce the whole world and start living in forests.

You may perform various religious ceremonies and donate diamonds and pearls;

You may keep on chanting the word with every breath and making all efforts day and night.

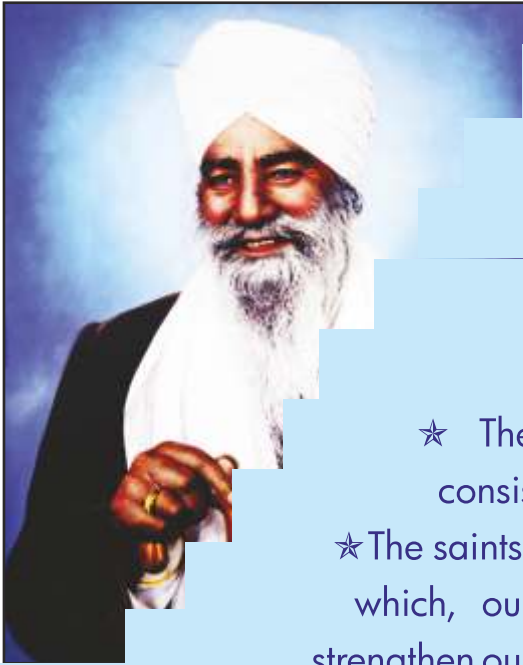
You may get the parts of your body chopped off one by one and offer the same to the sacred fire daily;

You may keep the fasts and the Rozas regularly, and keep on performing rites and rituals whatever prescribed.

All these acts will go waste if you have not known the one God;

Avtar says, O' man, none of these acts, except the Divine Name, will be of any avail.





Words of

- ☆ A devotee never considers himself to be superior to Guru.
- ☆ Love all by viewing the God's glimpse in every human being and pray for the welfare of all.
- ☆ The God is always consistent, so, we also attain consistency in our life through God realization.
- ☆ The saints congregation is the food of our mind, without which, our mind becomes spiritually weak. Thus to strengthen our soul, the saints' congregation is a must.
- ☆ Make your vision so vast that others' flaws are not visible to us.

— **Baba Avtar Singh Ji**

- ☆ It is necessary to unite with God, the source of peace to achieve peace of mind.
- ☆ The true happiness lies in spirituality and not in material possessions.
- ☆ If we continue to get the grace of Lord, the peace will exist in our mind.
- ☆ We can't illuminate our house by torching the house of others.
- ☆ Those who surrender spiritually before Satguru can only enjoy the salvation.
- ☆ One has to do satsang and sumiran if one wants to lead happy life.



— **Nirankari Rajmata Ji**



Wisdom

- ☆ The hands that serve are better than the lips that pray only.
- ☆ He who keeps his mind attached to truth, gets the real happiness.
- ☆ Imbibe the high ideals of the saints, the life will become beautiful.
- ☆ If we accept the things after properly listening and then inculcate in our practical life, then we are surely benefitted.
- ☆ Love and forgiveness are more powerful in the world than hatred.
- ☆ If Knowledge and its execution combine, the earth will decidedly become heaven.

— **Baba Hardev Singh J**



☆ Usually, we overlook our own faults. If at all we have to do, then we should ignore the faults of others and try to mend our own shortcomings. When we adopt this type of thinking, then each and every saint of the Mission will become the living ideal of love and harmony. Every saint will be able to become a mobile Mission in himself. The Mission that Baba Avtar Singh Ji had imagined, could be established, if we adopt such feelings.

—**Satguru Mata Savinder Hardev Ji**



10 Things you should avoid doing with your Smartphone

Smartphones are one of the most abused personal gadgets of this generation. Here are the things you must not do with your handset.

Don't overcharge your smartphone



Stop the practice of charging your smartphone for long hours, as this may lead to overheating.

Always remember to unplug once the phone is charged.

Avoid keeping your smartphone in the chest pocket of your shirt

While experts have debated this, doctors advise that people avoid keeping any mobile transmitting device in the chest pocket of the shirt, citing health reasons.



Don't plug in your earphones and listen to music while charging the phone



Recently, several news reports revealed that plugging your earphones to listen to music while your

phone is charging may lead to electrocution. In fact, several deaths have been reported this year in accidents related to 'smartphone electrocution'.

Don't sleep with your smartphones nearby

Never sleep with your smartphone nearby,



especially underneath the pillow. Not only is it risky, but there is medical debate that mobile devices interfere with brain signals, which affects peaceful sleep.

Don't expose your smartphone to direct sunlight, especially while charging



Avoid charging your smartphone in direct sunlight or other hot places like near a

car's dashboard during the day, especially for long hours. This may make the heating issue worse. The accepted temperature is usually zero to 45 degree centigrade.



Never use cheap adapters to charge your handset

It's always best to use the charger that comes with your smartphone (manufacturer's original charger). In case the charger gets lost or starts malfunctioning, always replace it with



branded chargers. Fake and unbranded chargers pose one of the biggest risks.

Don't forget to remove the case while charging

Though not always possible, it is always better to remove the case while charging your smartphone, as cases restrict heat dissipation while charging.

Don't download apps from unknown sources

Downloading apps from any where other than official app



stores is a big no. These apps not only steal your data but can also cause irreparable damage to your smartphone by installing malware or virus. Also, most of these apps are actually spyware and may go beyond tracking your movements.



Never plug earphones or a charger to the smartphone when the phone is wet or when you take it out of sweaty pant pockets

This is common sense. Don't plug anything to a wet phone. Also, sometimes unknowingly, your phone gets moist inside sweaty pant pockets. Be careful of that before you plug it.

Don't keep your phone unlocked

Smartphones contain personal information and it is always recommend that you secure your smartphone by using either biometric authentication like your finger print or using a tough password.



Courtesy- TOI



— Sanjeevan Kumar, Chandigarh

WHAT IS HUMAN EXCELLENCE?

Have we heard about the person
who got the Nobel Prize in Physics last year? Probably No
Ok, what about the one who invented the T.V. Again No.

On the other hand,
Have we heard about Lord Jesus and Hazrat Mohamed. Yes
Have we heard about Lord Rama and Lord Krishna. Yes.
The million dollar question is why is it so, that we do not
know about the person

who got the Nobel Prize in Physics last year
but we know about Lord Rama and Jesus
who lived thousands of years back.

Where does the human excellence lie;
in the upper group or the lower group?

And the question is why?

What is special in the 'lower group'?

What is their qualification?

The upper group deals with,

"How to make a living"

The lower group preaches

"How to live with love".





A Local Call

—Dr Ashok K Chitkara, Chancellor Chitkara University

There is a story about Menachem Begin and America's former president Reagan. He was curious about the three telephones on President Reagan's desk. Reagan explained, 'well, the silver one connects me to the USSR, the platinum one connects me to the Republican headquarters, and the gold one connects me to God.'

Begin said, 'Really? What does it cost to use the gold phone?' The President replied, 'Ten thousand dollars. But it's worth it.'

Not many weeks later, when Reagan visited Israel, guess what he saw on Begin's desk? Three phones: one silver, one platinum, one gold. When Reagan asked what they were for, Begin answered, the silver one is for the head of the Israeli political party, and the gold one is my line to God.' Reagan said, 'Yeah, what does it cost to call God?' Begin exclaimed, 'Oh, just ten cents —here it's a local call!'



Health Benefits of Amla :

Amla is known to provide a number of health benefits owing to the wide array of nutrients present in it. The health benefits of amla can be attributed to the high amounts of Vitamin C and antioxidants present in it. According to Ayurveda, regular consumption of amla can help us live for more than 100 years. Some of the common amla benefits for health include:

- 1. Reproduction :** Amla is known as a vrishya herb, which means that it helps to enhance all seven tissues, including the reproductive tissue. Amla supports the reproductive system in both males and females, overcoming difficulty in conceiving. The vipaka properties of amla help to revitalize semen in men by improving the quality of sperms.
- 2. Bone health :** The scientists of Ferrara University have found that amla extracts can slow the activity of osteoclasts, the cells that break down the bone. The anti-inflammatory properties of amla help to reduce pain and swelling of the bones in arthritis patients.
- 3. Eye Sigh t :** Amla is very beneficial for eye health as well. It is believed to improve eye sight and prevent age-related macular degeneration. The antioxidants present in amla protect the eye retina from oxidative stress, reducing the risk of cataract. Soak amla in water and wash the eyes with the infusion to improve your eyesight.
- 4. Stress :** Amla is a potent stress reliever and can help to induce sound sleep. Massage your scalp with amla oil to induce sleep and relieve headaches. Application of amla oil to the scalp before bathing removes night blindness and bilious giddiness.
- 5. Mental Health :** Amla improves nerve health by facilitating proper flow of blood. Regular consumption of amla improves cognitive function, increasing concentration and memory. It also protects the nerve cells from free radical damage, preventing diseases like dementia and Alzheimer's. The high iron content in amla facilitates oxygen transportation, preventing brain degeneration.
- 6. Ageing :** Amla prevents health-related hyperlipidemia by alleviating oxidative stress in the ageing process. It also protects the body from radiation.
- 7. Respiratory disorders :** Amla is considered to have a beneficial effect on respiratory disorders. Vitamin C in amla makes it a mighty herbal medicine against cold and cough. Consumption of amla is known to boost immunity, reducing flu and throat infection. It helps to deal with chronic cough, tuberculosis and blocked chest problems. It is also found to alleviate asthma symptoms.
- 8. Fight Infections :** The antibacterial properties of amla help the body to fight against bacterial, fungal and viral infections, making the body more resistant to diseases. It strengthens the immune system by removing toxins from



the body. It also improves the defense mechanism of the body.

9. Weight Loss : Health-conscious people should definitely add amla to their diet. Amla boosts metabolism, leading to the reduction of fat accumulation in the body. It also keeps the stomach full for



a longer period of time. One need to include amla juice for weight loss.

10. Antioxidants : The high content of antioxidants in amla protects the body from the action of free radicals. It promotes longevity and slows down the ageing process.

11. Cancer : The high levels of antioxidant in amla restrict the growth of carcinogenic cells, preventing cancer. It keeps the harmful free radicals at bay, preventing stomach, skin and liver cancer. Its Oxidative Radiance Activity Capacity (ORAC) prevents cell damage from oxidative stress, preventing tumor cell growth. Amla also counteracts the side effects of anti-cancer drugs.

12. Diabetes : Amla is a low in sugar and a high fiber fruit, making it perfect for diabetics. It stimulates the isolated group of cells that secrete insulin. This reduces the blood sugar in diabetes patients.

13. Digestion : Amla is a fiber-rich fruit. It aids healthy bowel movement by keeping the gastrointestinal tract clean. It strengthens the digestive system, improving the body's ability to absorb nutrients from food.

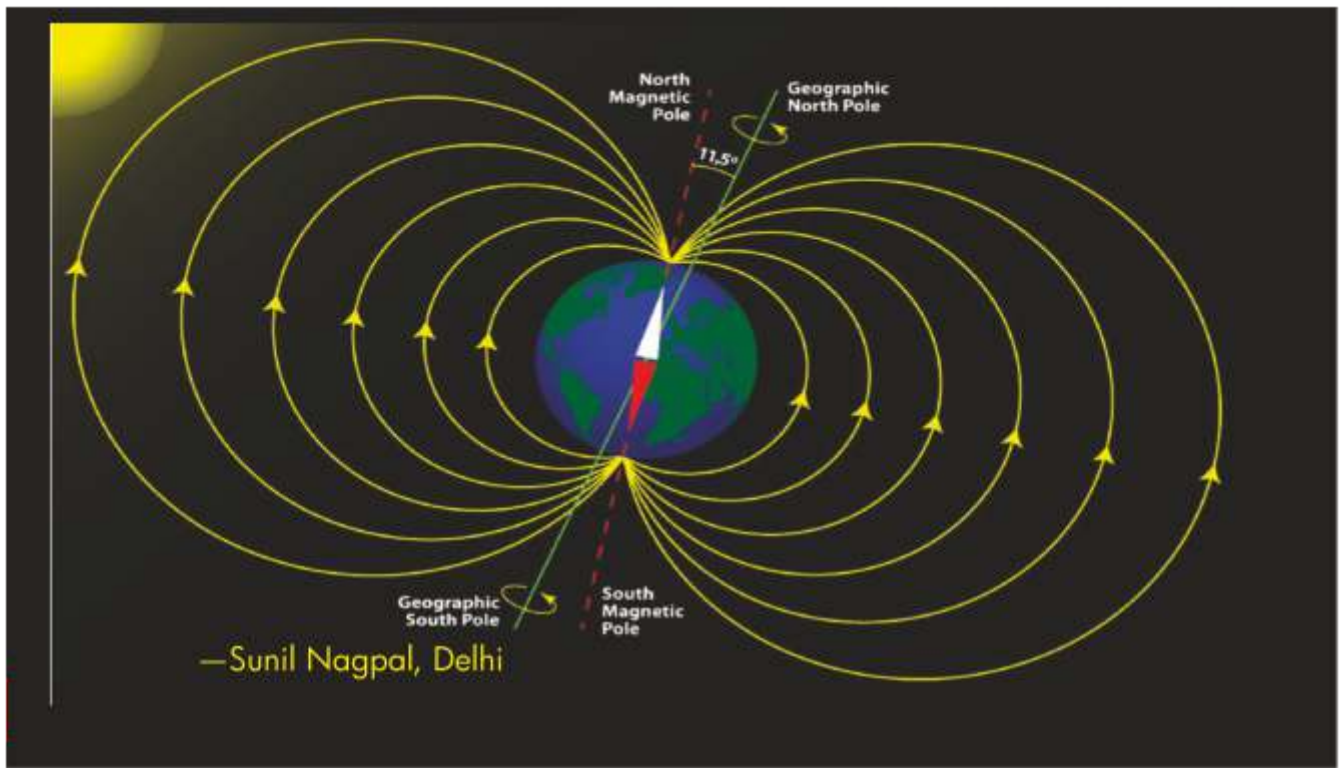
14. Amla benefits for Skin : The cooling properties of amla make it ideal for treating all kinds of skin disorders. Some of the benefits of amla for skin include :

15. Purifies Blood : Amla powder, when taken with honey purifies the blood.

16. Dissolves Kidney Stones : Taking amla powder with radish helps to dissolve kidney stones.

Compiled by : Gurdev Singh, Pandoh (HP)





THE INVISIBLE MAGNET

Raise your arm. Keep it in that position for as long as you can. What happens? After some time, your arm begins to hurt. Something seems to be pulling it down. Soon you will have to lower your arm.

A force called 'gravity' causes you to lower your arm. Gravity acts a bit like a magnet, tugging at your arm as if it were a piece of metal.

We can't see gravity or touch it. We can only feel it. The Earth has gravity that pulls down on everything on or near it. It is this force that keeps us all on the Earth.

The Moon and the Sun also have gravity. All bodies in the universe have gravity. In fact, gravity helps hold all of them together. Sir Isaac Newton first introduced the idea of gravity, and Albert Einstein added to Newton's ideas.

Gravity works in a two-way system. This means that all bodies exert a pull on each other. For example, Earth's gravity forces the Moon to circle around it all the time. In return, the Moon's gravity attracts the waters of Earth's oceans to cause tides.

The force of gravity becomes weaker and weaker as you move away from its source. That is partly why astronauts can float around in outer space. They are too far away for the Earth to have much pull on them.





Noble Hunters, Strong Families

—Sudeep, Faridabad

Wolves are very intelligent animals. They are also quite social - living and hunting in family packs. They have a strict ranking system, with a dominant female and male the alpha pair - leading the pack. Only the alpha pair mate and have puppies, though the whole pack helps raise the young. Four to seven pups are born at a time.

Packs have 7 to 30 members, depending on how much prey is available. Each pack patrols a home territory of 100 to more than 1,000 square kilometres. They define their territory with scent markings and with growls, barks, and their legendary howl.

Even though they're not terribly fast, wolves are excellent hunters. They tackle much larger animals and can even bring down huge moose and bison. Usually they hunt caribou and elk, but they might even eat mice if that's all they can find.

Wolves hunt by using their keen senses and group cooperation. They work by tiring out their prey, sometimes chasing them all night. At the end they encircle their prey, waiting for the chance to attack unexpectedly. As soon as the animal is brought down, the pack will feed. The highest-ranking members eat first and get all the tastiest bits. Wolves belong to the canine family. Their relatives include jackals, coyotes, dingoes, New Guinea singing dogs, wild dogs of Africa, and the domestic dogs people keep as pets.

Scientists believe that wolves may be the original canine from which the others descended. However, only three species of wolves remain today. There are grey wolves in Europe, Asia, Canada, Alaska, and Yellowstone Park (U.S.). A few hundred Ethiopian wolves live in a small part of Africa. Red wolves now survive mostly in captivity, but they used to roam the south-eastern United States.

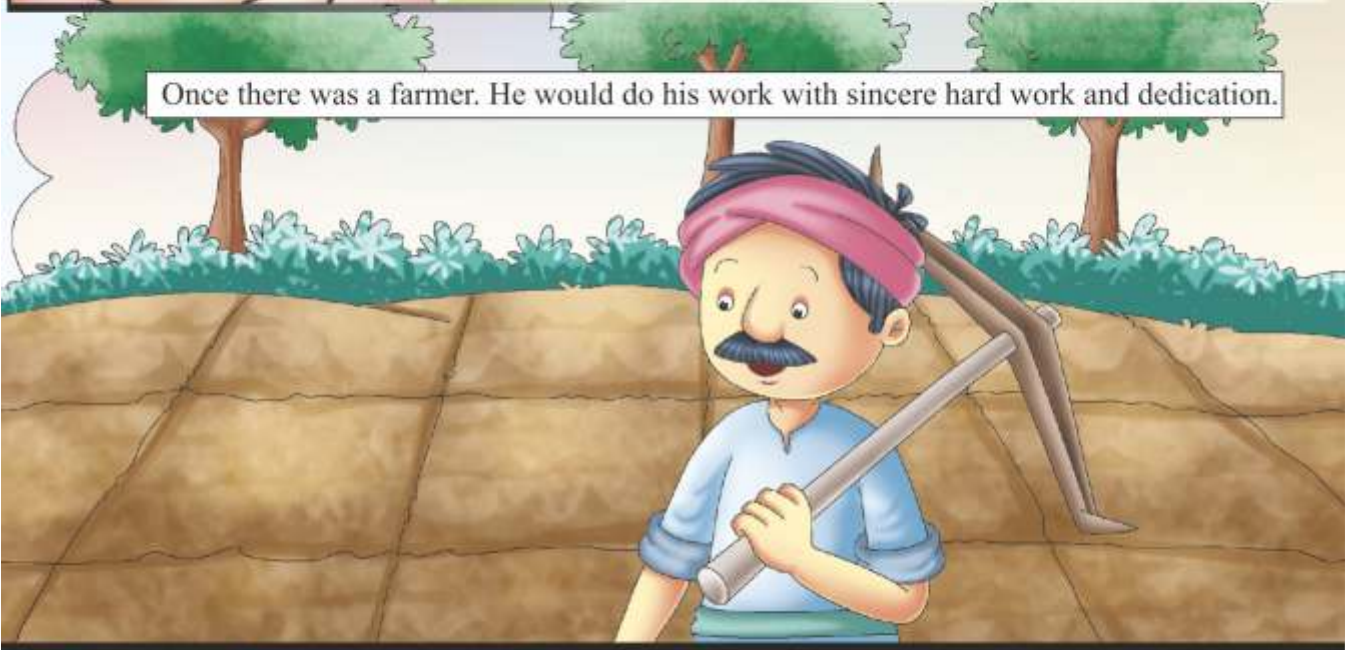





GRANDPA

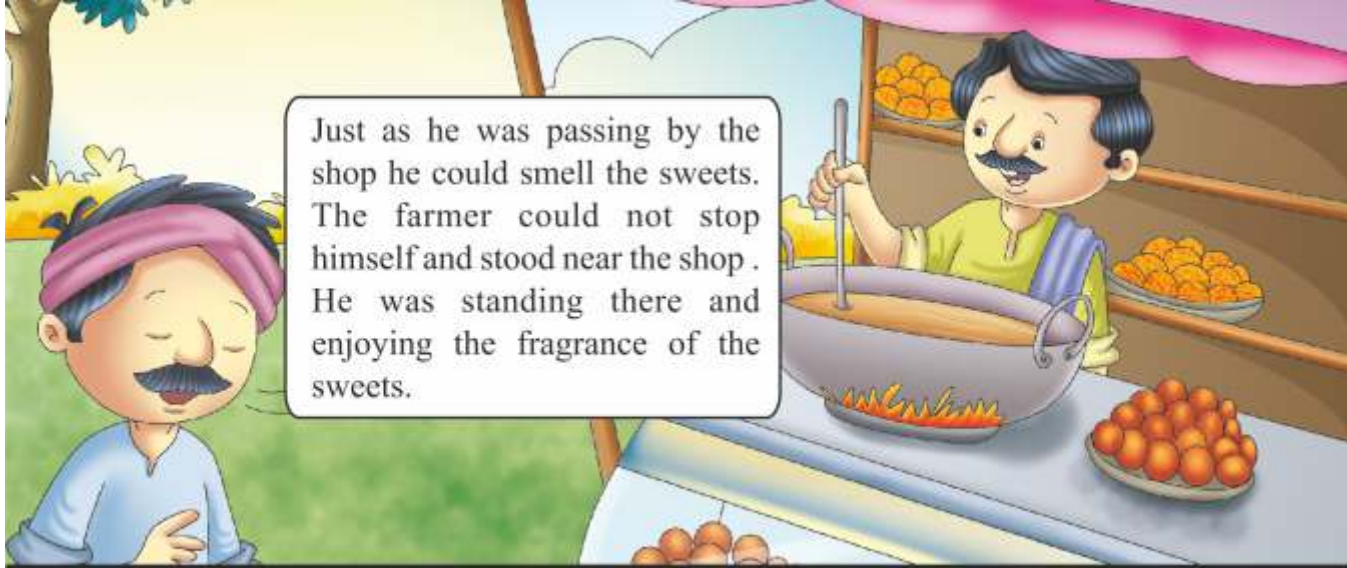
Story & Illustration
Ajay Kalra

Once there was a farmer. He would do his work with sincere hard work and dedication.




One day he was returning to his home after working in the farms and he saw a sweet shop.



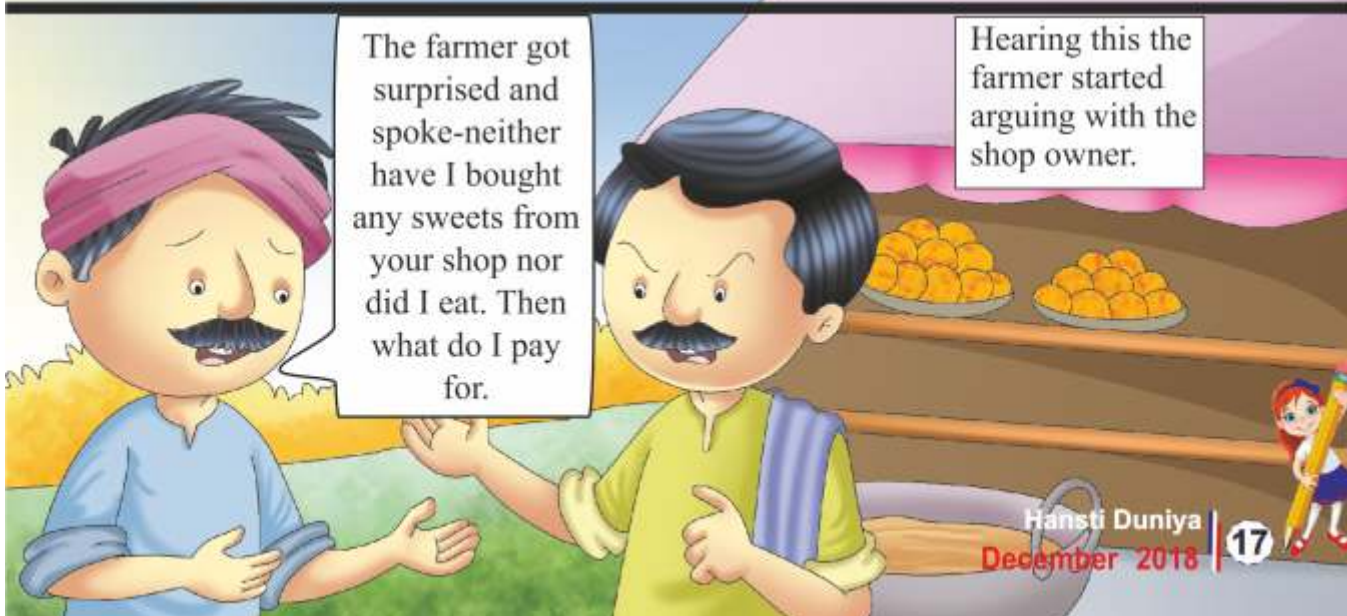


Just as he was passing by the shop he could smell the sweets. The farmer could not stop himself and stood near the shop. He was standing there and enjoying the fragrance of the sweets.



When the shop owner saw the farmer enjoying the fragrance of the sweets he went near him.

Shell out some money now.



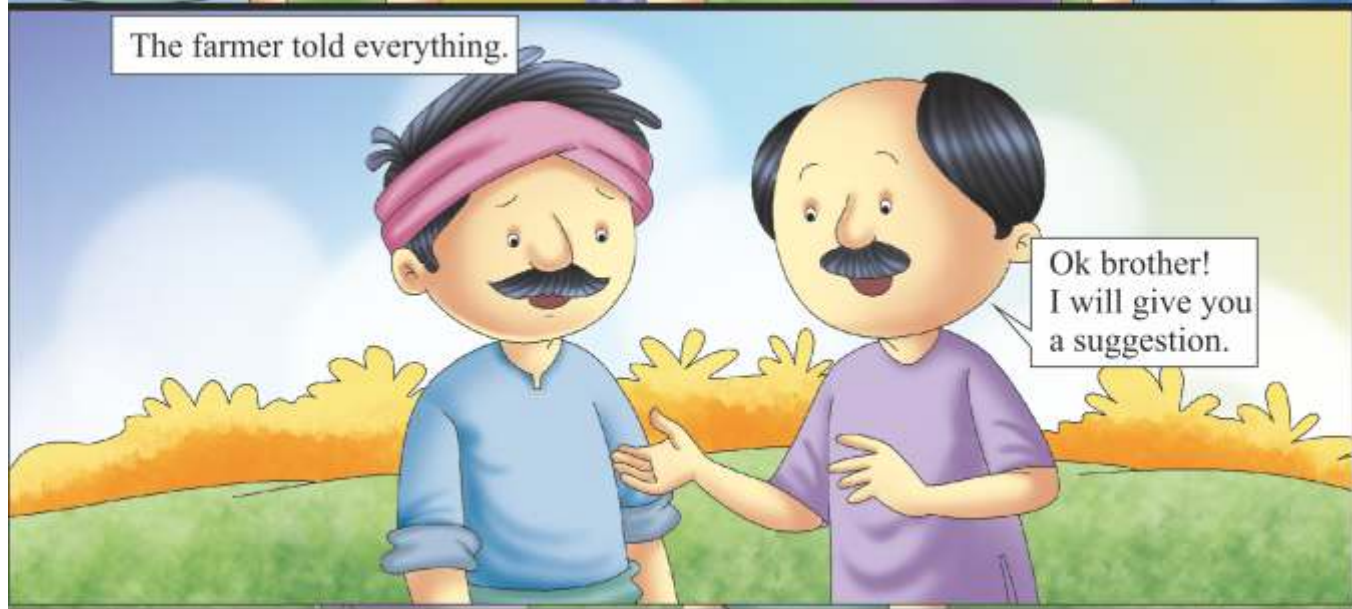
The farmer got surprised and spoke- neither have I bought any sweets from your shop nor did I eat. Then what do I pay for.

Hearing this the farmer started arguing with the shop owner.



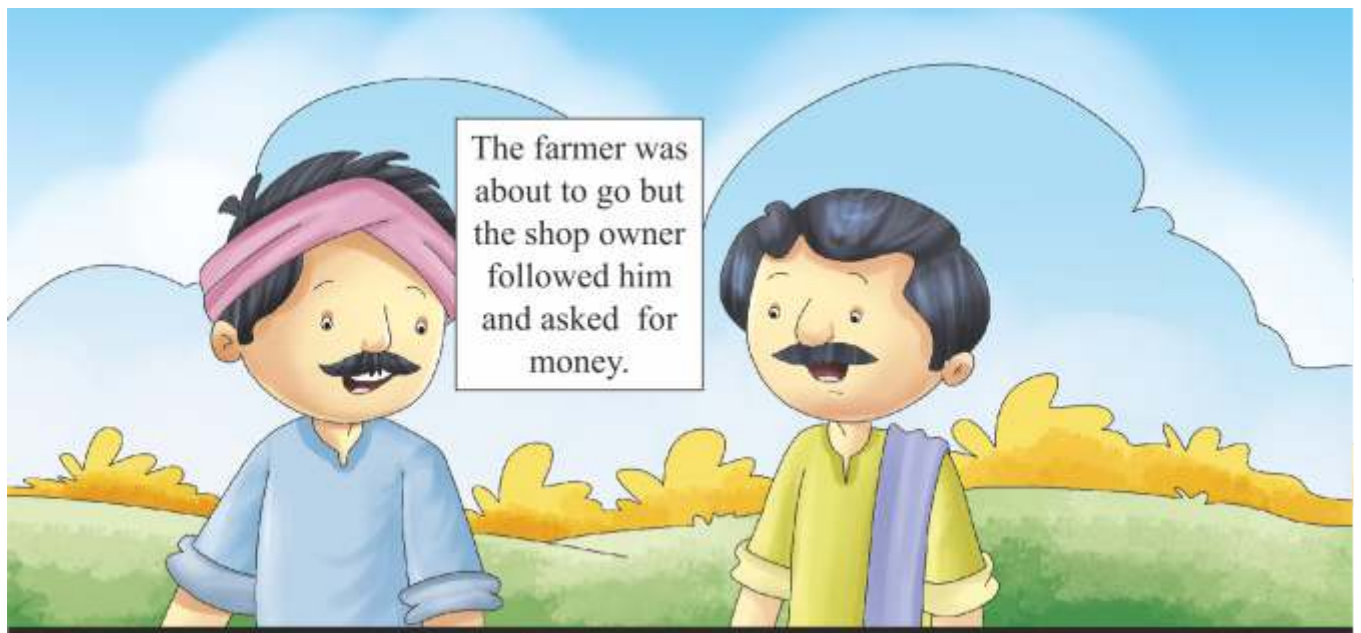


The farmer told everything.



The farmer went to the sweet shop owner. He took some coins out of his pocket and shook the coins .



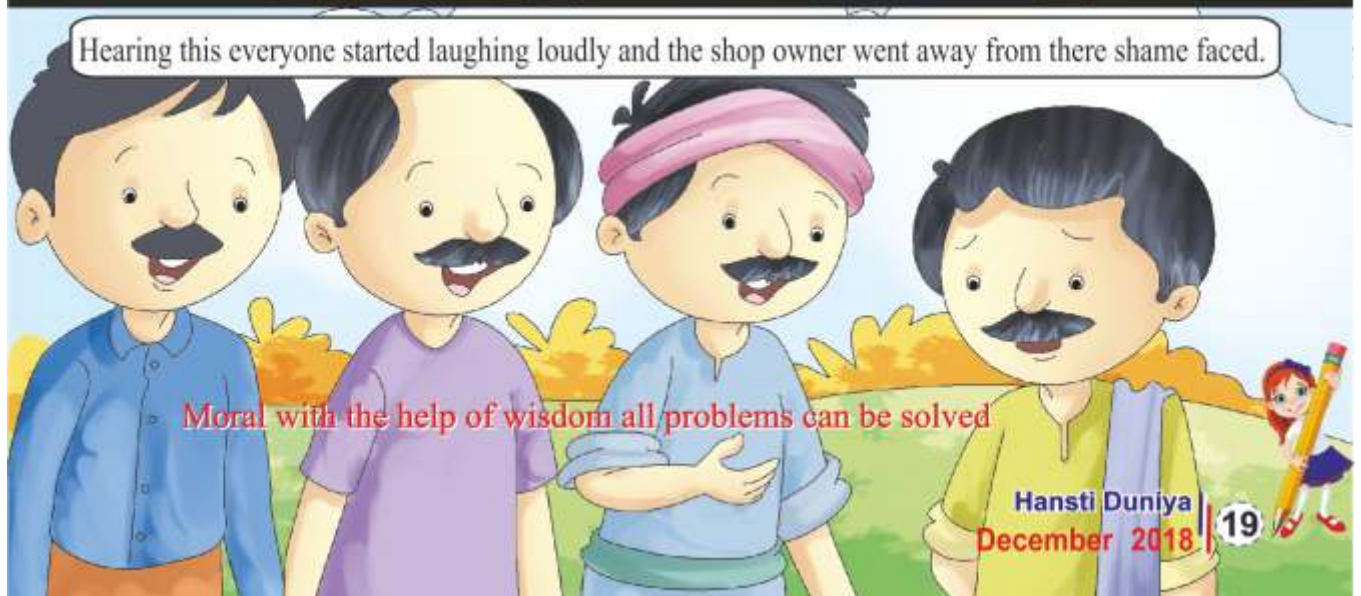


The farmer was about to go but the shop owner followed him and asked for money.



Please give me money.

Like my smelling of the sweets is equal to eating the sweets, even my jingling of coins is equal to paying the money.



Hearing this everyone started laughing loudly and the shop owner went away from there shame faced.

Moral with the help of wisdom all problems can be solved

The Dog, Rooster and the Fox

A dog and a rooster were very good friends. One day they set out to see the world. Before they had gone very far, it began to grow dark.

“Let us stay here for the night,” said the rooster. “I can roost on the lowest branch of this tree and you can sleep in the hollow trunk.”

That will be fine,” said the dog.

So the rooster flew up to his branch, and the dog curled up in his hole.

They both went to sleep.

In the morning the rooster woke up early and began to crow.

“Cock-a-doodle-do! Cock-a-doodle-do!

A fox off in the woods heard him.

“That is a rooster crowing.” the Fox said to himself. “He will make a fine breakfast for me.”

So the fox followed the sound of the crowing. Soon he could see the rooster up in the Tree.

“Cock-a-doodle-do!” said the rooster.

Ha, what a fine breakfast he will be for me! Said the fox.” Now I must make him come down from that tree.”



So the fox said to the rooster,
"What a fine rooster you are! How well
you crow! Will you come to my house
for breakfast?"

"Thank you," said the rooster.

"I will be glad to come if my friend
also accompanies.

The fox was pleased. Now he
would have two fine roosters to eat, he
thought.

"Oh sure", said the fox. "I will be
glad if your friend too comes. Where is
he?"

"He is sleeping in the trunk of this tree,"
said the rooster.

"Just wake him up."

"Oh, this is fine," thought the fox.

So he put his head into the hole in
the tree trunk and said, "Will you
please come to my house for
breakfast," dear friends?"

"Yes" said the dog. Then out he jumped
and caught the fox by the nose. ●



Thoughts

- ★ Success consists of going from failure to failure without loss of enthusiasm.
- ★ In order to succeed, your desire for success should be greater than your fear of failure.



Remembering HH Mata Savindar Ji

—Sakshi Batra, Nirankari Colony



The moon in the darkest night
She was the angel of the light
Her every step her every word
Was a strength *and* lesson in itself

A true Gurusikh
She was his shadow
A perfect human
In this imperfect meadow

She sacrificed everything
To make us human
She taught us like kids
To build his vision

She fought the future
With her might
Gave us Satguru
Her shadow, his smile



Didn't let the dark forces win
She outshone everything
With her tolerance
With her acceptance
With her forgiveness
With her kindness
She raised the world to new height
Taught us to become the lighthouses
of the treacherous night.



Story by : Ruby

The Cheater

Lampu Elephant was the king of Sundervan. All the animals were living happily and peacefully in his kingdom. But for the last few months, there had been complaints of thefts in the jungle. And the culprit had not been caught till now. All were scared of the thief.

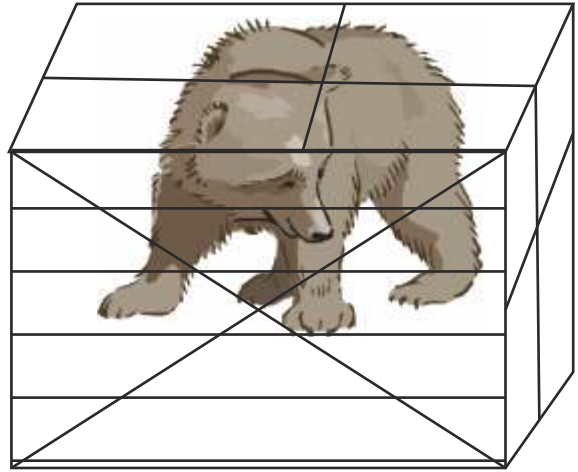
The king was worried about the innocents being robbed of their belongings in a broad-day light.

One day, the king was walking in the kingdom in disguise. He thought of a plan and sat under a tree.

Soon he saw Bunty Bear roaming there in a suspicious manner. The king got suspicious about him. After a while Bunty reached the tree where the king was sitting. Since the king was in disguise, Bunty asked, "What are you doing here?"

The king replied, "Sir, I am in great trouble. I shall be very obliged if you help me by lending some money."

Bunty had already noticed the ring in king's figure. He was happy to see it. He said, "Why not? But since I am not carrying money with me at the moment,



you will have to accompany me to my house."

The king agreed. He followed Bunty. The latter's concern was for the ring only. He thought, on reaching home, I would snatch the ring.

After a while, both reached home. Bunty asked the king, "how is this ring with you? Tell me truly from where did you steal it. Otherwise you will be soon put behind the bars."

The king pretended to be afraid and said, "Sir, the king had himself given it to me as a gift."

"No, you are telling a lie", saying this, "Bunty snatched the ring and pushed out the king by giving him various threats".



The next day, the court was held. On entering the court room, the king said, "I have lost my precious ring. It was very costly. I don't know who has stolen it. Whosoever finds it, return it to me.

Bunty was shocked to hear it. Different expressions reflected on his face. After a while, all left the place.

On reaching back home, Bunty took out the ring. Then he went to a jeweller's shop. After a close look at it, the jeweller said, "It is not of gold. You won't get anything out of it."

Bunty was surprised. He put the ring in his pocket and reached the palace of the king. The king was relaxing. He

greeted him and said, "Maharaj, yesterday I found this ring on my way. It seems to be yours only."

The king took the ring and said, "let us go to the court room. There the king said, "I have caught the culprit who robbed the innocents. He is here, pointing towards Bunty," he said, "arrest this cheater". I have caught him red-handed. Yesterday, I was in disguise. I had a ring. I pretended to be very poor and begged for some money. He took me to his house and snatched this ring from me. Thus, the Bunty Bear was put behind the bars for 10 years.

Books



Books are a source of information
They make us travel every nation
Countless things they tell us
which everyone reads without a fuss
They take us to far away places
To beautiful open spaces in the hills
To the people working hard in the mills
To the unknown world of celestial bodies.
Deep down to the aquatic bodies
They tell us about the past
And the future which is changing fast.



—Mansi, Delhi

TEST Your BRAIN

Question : Which city is unmarried?

Answer : Kanya Kumari

Question : Which colour do we eat?

Answer : Orange

Question : Why is a river rich?

Answer : Because it has two Banks.

Question : Name the things which has only head and tail but no body?

Answer : Coin

Question : Name the city of 'Ma Chandi'?

Answer : Chandigarh

Question : Name the city of fire?

Answer : Agra

Question : Name the City of Snakes?

Answer : Nagpur.

Question : Name the City Called 'Mr. City'?

Answer : Sri Nagar.

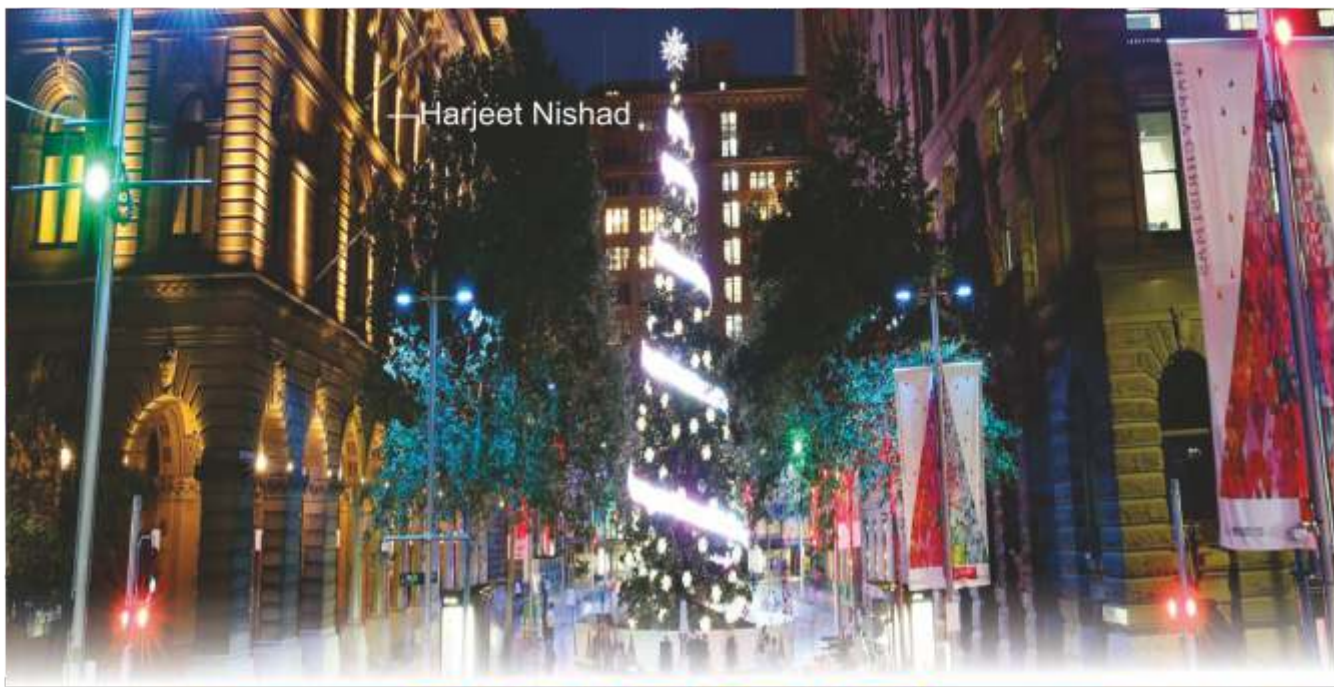
Question : Which letter is a part of a face?

Answer : I (Eye)

Question : Which letter is a drink?

Answer : T (Tea)





Christmas

Every year on December 25, Christmas is celebrated as the birthday of Lord Jesus Christ. All the Christians celebrate this festival with great devotion and loyalty. One of the major attractions of Christmas festival is 'Christmas Tree'.

On the occasion of Christmas, the Christmas Tree has special significance. A Christmas Tree is a decorated tree, usually an evergreen conifer such as spruce, pine or fir, traditionally associated with the celebration of Christmas. Decoration of Christmas Tree is one of the most important preparations before December 25th. Adults, Kids, Veterans all are involved in the decoration of the Christmas Tree. Candles, toffees and a great variety of cakes are tied with ribbon and paper napkins to the tree.

Christmas Tree in ancient times was considered a symbol of the continuity of life. It is believed that evil spirits run away from the house and keep the flow of positive energy. There are many size of Christmas Tree available in the market. Some are cheap and some very expensive too. Christmas tree is one of the most popular traditions associated with the celebration of Christmas. It is a symbol of the promise of life to come after months of cold winter.



-Khushboo Thakur, Panchkula

Bliss On My Way

In every moment gushes forth Your glory,
Bestowing the Divine shimmer upon my story,
A song of transcendence You wove,
A love so tender in me You bore.
Embracing Your grace I danced like Meera,
Invaluable Your knowledge, diamond like sheen,
I shone like Heera,
Of tender age, blemished and flawed,
You chiseled me as an epitome of purity,
My Worthy Lord.
Songs of eternity echo from dawn to dusk,
A mystical fragrance beyond rose,
jasmine or musk,
Temporal world no more I seek,
Mrig trishna, a gordian knot and therefore bleak.
An awakening rejoices in the glimmer of my eyes,
In eternity you bound me to Your azure skies,
A sense of derangement and so profound,
Captured in an unending dream of Divine love,
So much of this world lost
and so much of You I found.



Story by: Nikhil

The Little Box

Once there lived a farmer named Ruldu in a village. He would work in the field the whole day. Despite his working very hard, he was not able to make his both ends meet. For days together, his family had to go without food.

One day, his wife Lakshmi said: "In spite of our working so hard, we remain hungry. But look at our king and the queen. They do not do any work but still they are living in luxury. If only we were also able to live like them. How nice it would be."

Just then the king happened to pass by their house. He heard what Ruldu's wife had said.

The king knocked at the door. Ruldu's wife opened the door and asked, "Who is there?"

"I am the king of this kingdom. I have heard that you are living very hard life," the king said. "We are dying of hunger. We have not had our meals for many days," Lakshmi said.

"I sympathize with you. Both of you can come with me to live in the palace. You will get to eat to your fill and fine dresses to wear. And you will not have to work," the king told them. They were both very happy. They went with the king.

On reaching the palace, they were provided with new dresses to wear and sumptuous food to eat. They also slept peacefully. "You ask for whatever you want and live happily here. But remember that you never open the little box lying there in the corner of your room. Mind, if you ever open it, you will have to return to your village," said the king and left the place.





Both Ruldu and his wife spent some days eating delicious food and enjoyed themselves thoroughly.

Looking at the little box lying in a corner, Lakshmi often got very curious. What can be inside this box? She would ask Ruldu.

The king has forbidden us to open it. So, don't try to open it. If you open this box, we will have to go back to live the same hard life. Ruldu said.

But Lakshmi was obsessed with the thought.

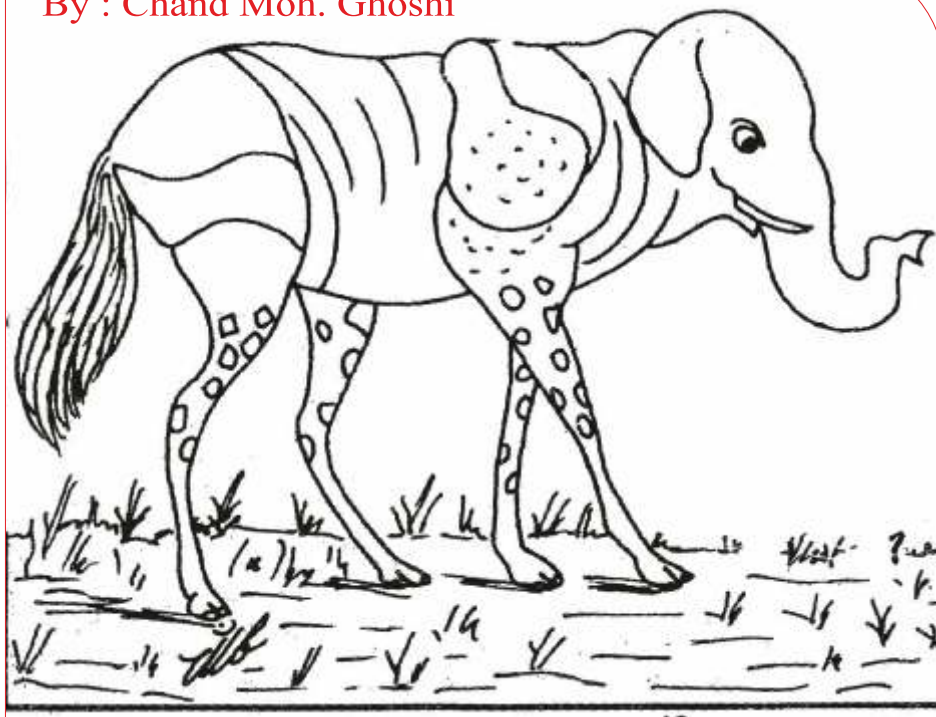
"It does not matter. I want to know what is in that box. We will just open a little and see what is inside. Then immediately we will close it. Thus no one will come to know about it," said Lakshmi.

One day compelled by Lakshmi, Ruldu opened the box. A small mouse jumped out of it. They tried their best to catch it, but in vain. Just then, the King came there. They both felt very embarrassed. The King knew they had disobeyed and packed them to their village. Our actions are our undoing.



Riddle Picture

By : Chand Moh. Ghoshi



Please identify the original animals from the mouth, ear, legs and tails of the above imaginary mammal.

Correct Answers:—
- Mouth of Elephant, Ear of a Dog, Legs of Giraffe, Tail of Fox

Memorable Quotes

1. “To succeed in your mission, you must have single-minded devotion to your goal.
2. If you fail never give up because fail means “First Attempt in Learning”.
3. Failure will never overtake me if my determination to succeed is strong enough.
4. All of us not have equal talent. But, all of us have an equal opportunity to develop our talents.
5. Creativity is seeing the same thing but thinking differently.
6. Dream, dream, dream. Dreams transform into thoughts and thoughts result in action.

Compiled —B.L. Meena



Story adopted from children's Mahabharat .

Repaying Guru



The illustrious Drona showered all his grace on his pupils (both Pandawas and Kauravas). They now wished to render him a service (Guru-Dakshina). They begged him to set a task for them.

The teacher smiled. 'If you really wish to please me, bring the king of Panchala to me. Let him be bound and thrown at my feet, to lick the dust.'

The young princes were surprised. They looked at him as if to ask how the king of Panchala had so aroused his anger.

'You are surprised to see me so angry? You do not know. King Drupada of Panchala and I went to the same school. Throughout our school-days we were great friends. When we parted, Drupada promised me half of his kingdom. This was before he became king. Drupada succeeded to his father's throne. But I was still in want. I longed to bring up my son Ashwathama well. Remembering Drupada's promise, I went to ask him for help. Do you know



what he did? He laughed at my face. How could I believe a promise given by a mere youth? Boys, do you now understand why I sound so bitter? Trample on Drupada's pride and bring him here to me. No other gift would please me more.'

The Pandavas and the Kauravas were fired by the thought of king Drupada at Drona's feet. Clad in shining armour, they rode out to Panchala. A large army of cavalry and foot-soldiers went with them. Duryodhana felt very sure. He had the great Karna with him. He would certainly be victorious. He told the Pandavas to stand by at the gates while he entered Drupada's capital.

The king heard the clamour of Duryodhana riding through his city. He sallied out of his palace with a strong force of bowmen. The Panchalas were seasoned fighters. The Kaurava prince was young and inexperienced. They were bewildered. They were caught in small batches in the narrow streets. Duryodhana was badly shaken and even Karna staggered. Soon king Drupada chased them out of the city.



The Pandavas saw the king pursue their cousins out of the city. They came to their rescue. They attacked Drupada from all sides. Arjuna dashed across in his chariot, raining arrows. The twins went with him, guarding his chariot wheels, Dharmaputra



scattered the foot-soldiers. Bhima twirled his mace, smashing men, horses and elephants. King Drupada saw that he now had to face true warriors. Bravely he stood up to Arjuna. But he was no match for him. Even though hard pressed, Drupada could not help admiring the young hero, who with one broad-headed arrow broke the king's bow in two. Arjuna felled Drupada's chariot steeds and killed the charioteer. Stunned by his fierce assault, the king swayed and was flung from his chariot. Elated, Arjuna rushed up to him. He tied him up and took him to his tutor. The great master had been watching his pupils fight from a hill nearby.

With a smile of triumph, Arjuna threw Drupada at Drona's feet, 'Did you not say that a king could not be friends with a beggar? I have now the whole of your kingdom. But I shall give you half of it most graciously. Do you think we could be friends now? We are both equals, owning half a kingdom each,' said Drona.

King Drupada went back to his kingdom, burning secretly for revenge. He prayed to the gods to grant him a son brave enough to kill Drona in battle. He wished for a daughter too. he wanted to give her in marriage to the valorous Arjuna. So deeply did he admire that hero.

The gods were pleased to grant the king his wishes. One day, two children, a boy and a girl, rose from the king's sacrificial fire. The boy, Draupada, many years later killed Drona in the great war. The girl Draupadi was won as a bride by Arjuna at a contest set by the king.





Kitty

Story & Illustration :
—Ajay Kalra

Children tell me
what have I made?



Teacher
this is a
wheel?




Wheel made
of wood.




You are right Kitty. Kitty all these wheels
of rubber, that you see in cars, buses and
cycles, were made of wood originally.






Mam when was the wooden wheel invented?



The wooden wheel was first invented in Mesopotamia (modern Iraq). It is believed that residents of Sumer in 3500 B.C made wheel while joining logs of woods.



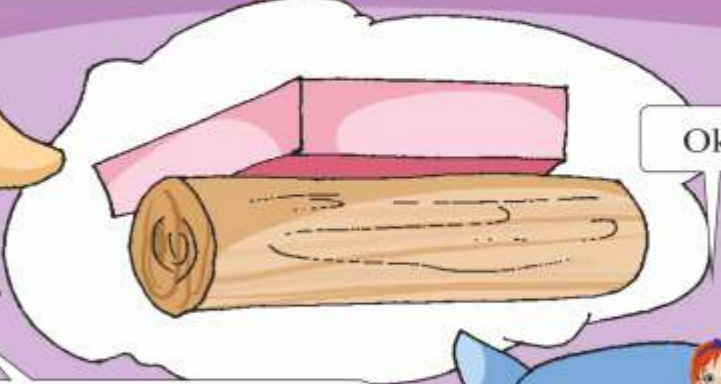
Mam, then how did the development of wooden wheel happen.



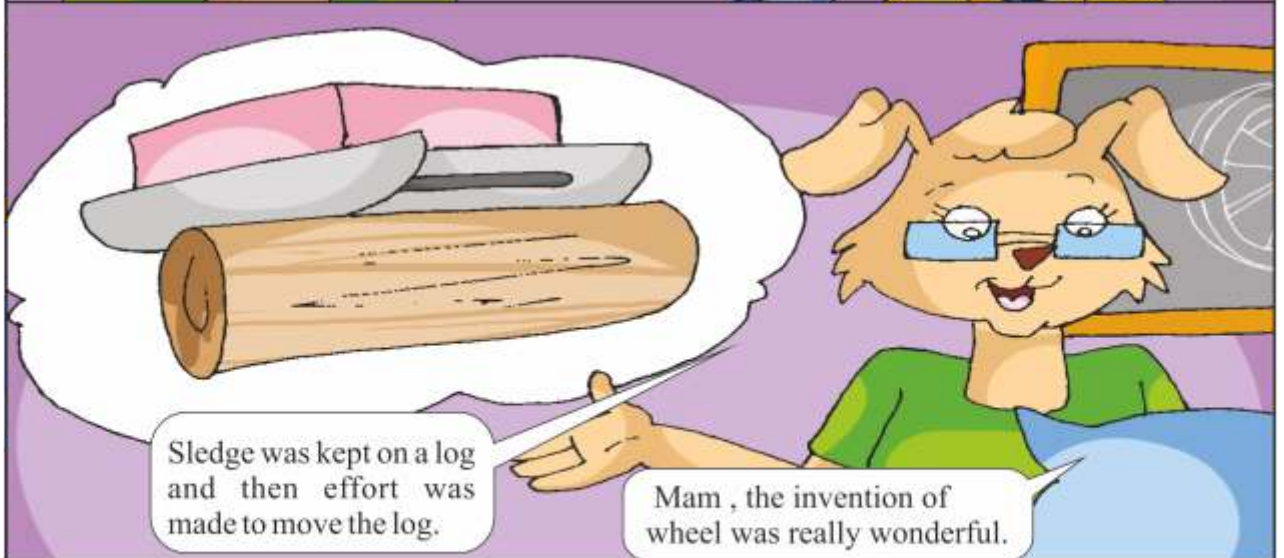
Kitty the wooden wheel developed in many phases.

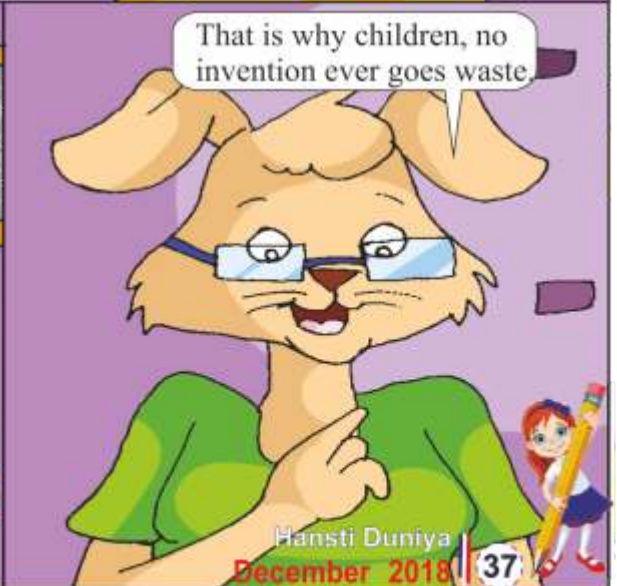
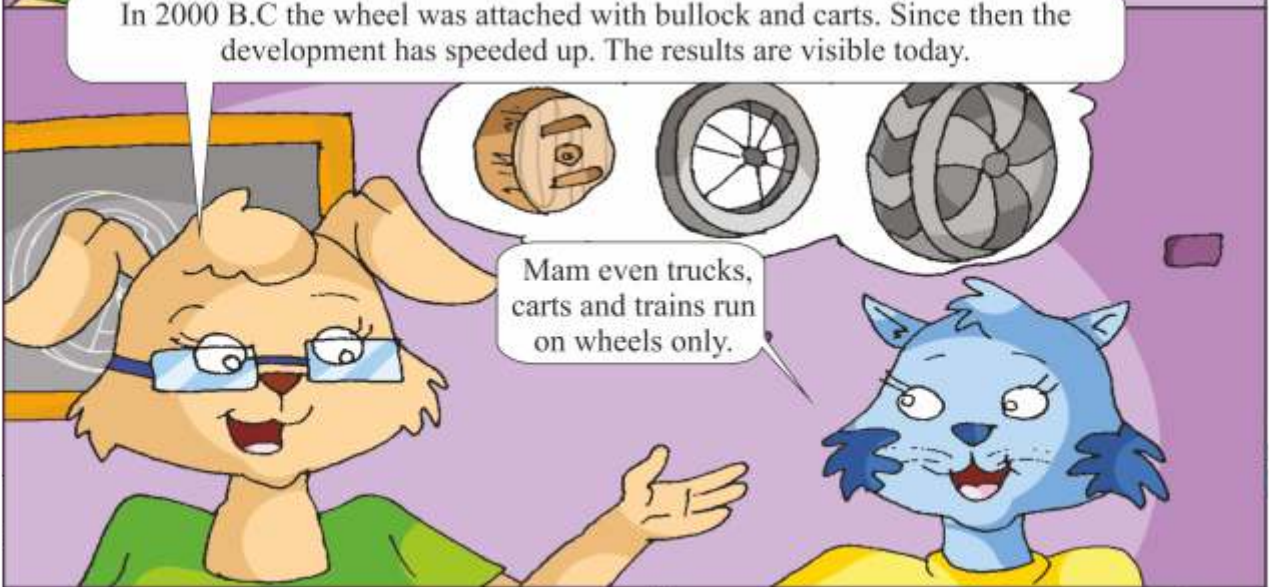


Ok



Then, the sledge was invented so that heavy material on wooden logs could be taken from one place to another.





NOBLE THOUGHTS

- ★ Service is done only with the spirit of service.
- ★ Love and friendship never accommodate 'I's' and 'But's'.
- ★ The saints always have mind the welfare of the entire humanity.
- ★ Everyone can be influenced through the beauty of our mind.
- ★ Let us all propagate the teachings of the Mission through our practical life.
- ★ Let there be so much fear of God in us that we do not commit any mistake.
- ★ The energy of God does not fritter but unifies minds.
— A.P.J Abdul Kalam
- ★ Abandon all religions and come to my shelter, I shall purify you from the sins of the past; do not grieve.
—Bhagavad Gita 18.66
- ★ Without your involvement you can't succeed. With your involvement you can't fail. If you want to shine like a sun first burn like a sun."'
—Nirankari Baba
- ★ Be wiser than other people if you can, but do not tell them so.
— Earl of Chesterfield.



JESUS CHRIST



Jesus was born in Israel 2000 years ago. Modern civilization marks his birth by dividing time B.C. (before Christ) and A.D. (Anno Domini—or the year of our Lord). For his first thirty years, Jesus lived a traditional Jewish life, working as a carpenter. In his thirties, Jesus began his public teaching and display of recorded miracles, yet still never travelled more than 200 miles from his birthplace. Over a three years period, despite his efforts to keep a low profile, Jesus' reputation spread nationwide. The Jewish people took note of him, his key messages included:

- ★ God loves you and is with you.
- ★ Love one another.
- ★ Immense value of each person
- ★ Good news: kingdom of God has come to earth.
- ★ God forgives those who ask.

As a result of these preachings the number of his followers increased dramatically. In the city of Jerusalem one record states that some 3000 new followers were added in a single day. The religious leaders responded by trying to stamp out Jesus' followers, many of these people chose to die rather than deny their belief that Jesus was truly God, within 100 years, people throughout the Roman empire became followers of Jesus. Christianity, became the

official religion of the Roman Emperor. Jesus's words and life still speak loudly for themselves.

The Jews didn't like his teaching. Therefore the religious leaders asked the Roman government to execute him. In each of several official trials, the Romans found that he was not guilty of breaking any Roman law. Even the Jewish leaders recognized that Jesus followed the Jewish law perfectly. Lord Jesus Christ stood for humanism, love and humility. Love of God, and love of man are the two pillars on which his teaching are based. According to Jesus, all the law and the teaching of prophets hang on these two commandments You shall love the Lord your God with all your heart, and with all your mind. This is first and great commandment. And the second is like it. You shall love your neighbour as your self and they enemy too.



—Sakshi Gulati (Chandigarh)

Laughing Time

Teacher :- What is identical between yourself and Ram who stands first in the class ?

Student :- We both retain our respective positions. He is always at the top and myself at the bottom.



Teacher : (To a student) Do you know that birds have an exceptionally good eye-sight ? Student : Yes, I do know,

Teacher : How?

Student : I haven't ever seen any bird with spectacles.

Author : (To editor) How long shall you go on returning my article with your regret note ?

Editor : Till you continue to send your self-addressed and stamped envelope.

Three Professors (Maths, Physics and Chemistry) were travelling by a boat.

Maths Prof :- Let me dive in the water and measure the depth. He jumps in but does not come out.

Physics Prof :- Let me dive in and measure the density of water. He too jumps in but does not come out.

Chemistry Prof :- We conclude that they both are soluble in water.





A teacher asked a student to write 55.

Student : How do I write it?

Teacher: Write 5 and beside it another 5.

The student wrote 5 and stopped.

Teacher : What are you waiting for?

Student : I don't know which side to write the other 5

Praveen: I have lost my dog!

Dinesh : Have you tried putting out a message on the Internet?

Praveen : Don't be silly! My dog doesn't use tech Internet.



Student : Sir you had told there is the mark for every steps.

Teacher :Yes! But your answer sheet has only the drawing of upstairs' steps!



Radha : I want to tell you something.

Reena : Wait, let me finish eating my burger.

Radha : All Right.

Reena : Now Tell me.

Radha : There was a fly in your burger!





★ Happiness is a crazy mathematics because it multiples when you divide it. —Ramesh, Bhaglpur

★ Relations and medicines play same role in our life!! Both care for us in pain!! Only difference is true relationship don't have any expiry date!.

—Ramawadh Yadav, Bhaglpur

★ Acceptance is a great quality that we need to possess, because life never accepts how we are, but we need to accept how life is.

—Raunak Rai, Mumbai

★ One beautiful heart is better than thousand beautiful faces so

choose better people who have beautiful hearts rather than faces.

—Vijay Raji, Ramgarh (up)

★ Never underestimate the importance of having someone in your life who makes you want to be a better person.

★ Let your words heal, and not hurt.

★ Life is a one time offer, use it well.

★ .Faith makes all things possible, Love makes all things easy and Hope makes all things work.

★ Your smile is a signature of God on your face. Do not allow it to be washed away by your tears or erased by your anger.

—Praveen, Sonipat

★ The secret to friendship is being a good listener.

★ .There is no love without forgiveness and there is no forgiveness without love.

★ Kindness makes you the most beautiful person in the world no matter what you look like.

—Kaushal , Bangalore



Result for the month of October Issue

First :

Arpita Saini Age 10
10627, Naramore lane
Jhons, Creek GA- 30022 USA



Second :

Isha Goyal Age 7
2/103 Sadar Bazar, Delhi Cant
New Delhi-110010



Third:

Vidhit Gill Age 11
Room No. 1, Plot No. 100,
Nirankari Colony, Delhi -110009



Consolation Enteries

Sudeep

(Nirankari Colony, Delhi)

Pawan

(Hassanpur, Bangalore)

Rahim Khan

(Sant Nagar, Delhi)

Dolly (Pandoh)

Raju (Nagpur)

Richa (Azamgarh, U.P.)

Vinod (Azamgarh)

Himanshu (Delhi)

Preeti

(Mandi Gobindgarh)

Lakshita (Jhansi)

Vandana (Dehradun)

Sanjay (Bhatinda)

Chintu (Delhi)

Pintu (Mumbai)

Deepak Taneja (Govindgarh)

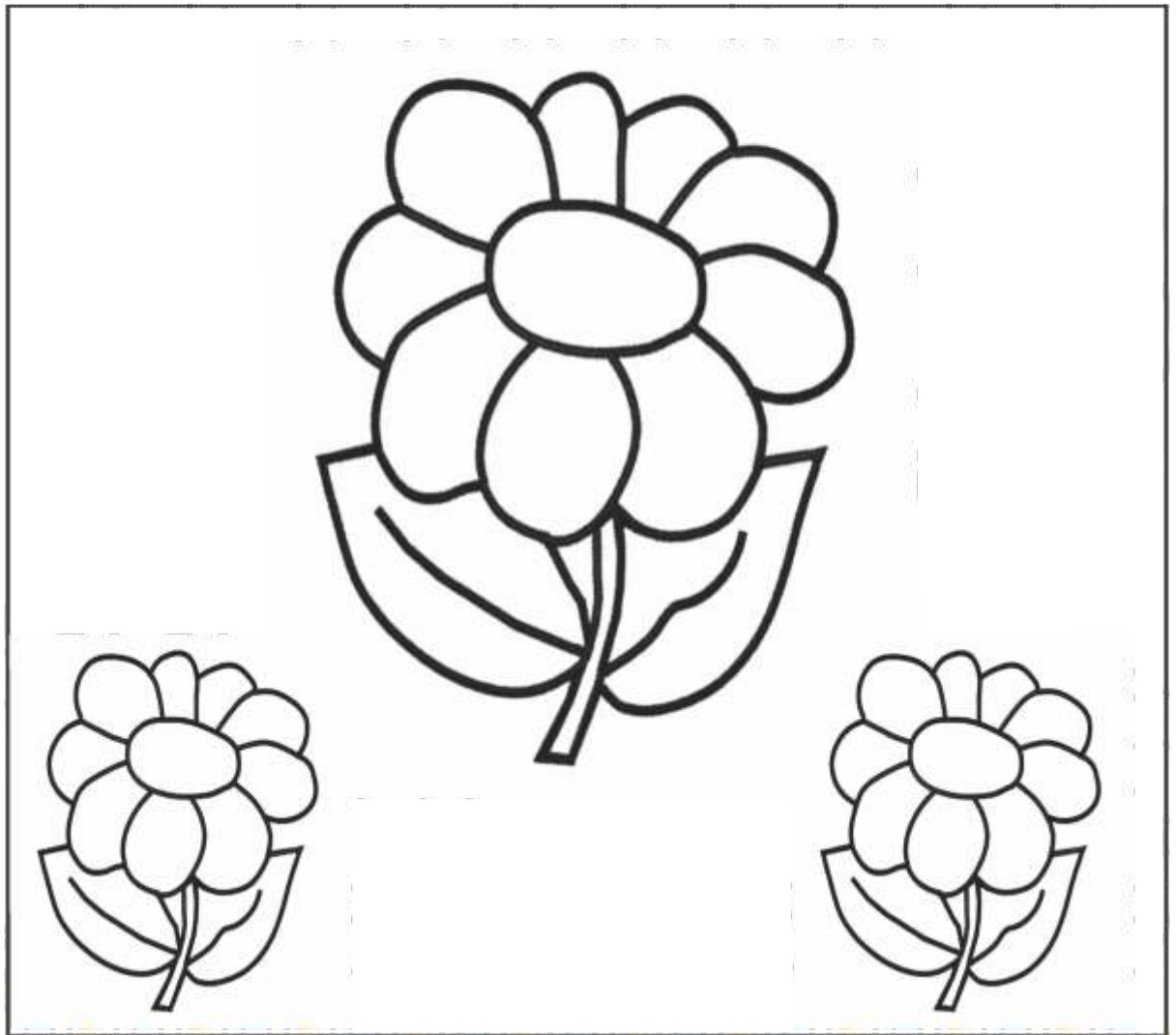
"Colour it" for December Issue

On page 44, a beautiful picture is given; colour it and send it to us latest by **January 20, 2019**. Office address: **HANSTI DUNIYA**, Nirankari Complex, Near Nirankari Sarover, Nirankari Colony, Delhi - 110009

The result will appear in **February 2019** 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
.....



OLD GRANDMA



Poem :
Madan Gopal
Sharma

Old grandma
Loves us all,
She is very dear,
And is an enlightened soul.

If ever,
Mom does scold
At once grandma
Rushes her to hold

Grandma provides us
Clothes and meal
She does every work
With zest and zeal

Late at night
Stories does she tell
And in the morning
Awakes us well

She cautions us ever
To keep ourselves healthy
So that we can
Be wise and wealthy



A Friend Indeed

Rimpi and Baldev lived in same town. Both studied in 8th standard, but in different schools. Their houses were also not very far from each other. In the evenings, they would gather in an open ground and practiced wrestling. It was their favourite game.

Rimpi's father was an officer, whereas Baldev's was a simple peasant. It was really difficult for parents of Baldev to support his studies, although his school fee was half waived. Each year, Baldev would purchase old books from his one-year senior classmates.

This year, when Baldev was promoted to 8th Standard, the syllabus for Maths, English, Computer and Science had changed and new books were introduced.

In the evening, on return of his father home, Baldev brought a glass of water for him. Seeing him relaxed, Baldev told him that he would need Rs.200 to purchase new books.

"Two hundred Rupees"! His father was taken aback.

"Yes father. I would need four new books as per the changed course".

"Can't you get old ones? Just a few days earlier, I got you a new dress, and paid the school fee also. Now, where to arrange this additional Rs.200 from?" His father said worriedly.

Baldev's mother interrupted. "I have ear rings. What a better purpose would these serve than for my son's education? Please sell them and arrange books for Baldev".

"Alright. I will return home early tomorrow and go together to the goldsmith's shop", said Baldev's father and went for a bath.

Next day, there was a sport competition in Rimpi's school. Students from ten nearby schools had come to participate. Everyone was preparing to give a tough fight. Everyone wanted their school to come at the top. Each winning player was to be awarded Rs.200. Rimpi and Baldev were also there in the 30-35 kg wrestling event.





Baldev was representing his school and so was Rimpi. Looking at Rimpi's preparation, Baldev thought of withdrawing as it was not possible to defeat Rimpi. Thinking about school's prestige, he came out in the ground and started competing. Baldev was, however, scared that Rimpi would defeat him in the midst of shouts from the students.

The moment the referee blew the whistle, the wrestling began between them, each trying to hold a better grip. Applying his full force, Rimpi raised him up to his shoulders.

"Put him down. Make him touch his shoulder to the ground" were the shouts coming from every corner.

But, something strange happened. Rimpi suddenly lost his balance, saving himself somehow from falling. This opportunity was enough for Baldev to bring himself in a better position. Both fought with all their might. Suddenly, Baldev pinned Rimpi flat on the ground.

Well done Baldev! Well done came the cheerful shouts from his





schoolmates. He was carried on shoulder for the victory lap. Baldev had won the prize of Rs.200.

Baldev was unable to believe his victory. With confusion in mind, he reached Rimpi's home in the evening, and found him there.

"Come Baldev! Congratulations! You did a miracle today. How come you gathered so much strength? I did my best to defeat you, but somehow you applied better tricks. You were simply marvelous".

"Leave it, Rimpi. Tell me, who is your best friend?"

"You", replied Rimpi. "Swear on me then and tell me the truth. Did you not deliberately lose your game?"

Rimpi became answerless, as if he was caught red handed. "The thief is caught. Right?" said Baldev.

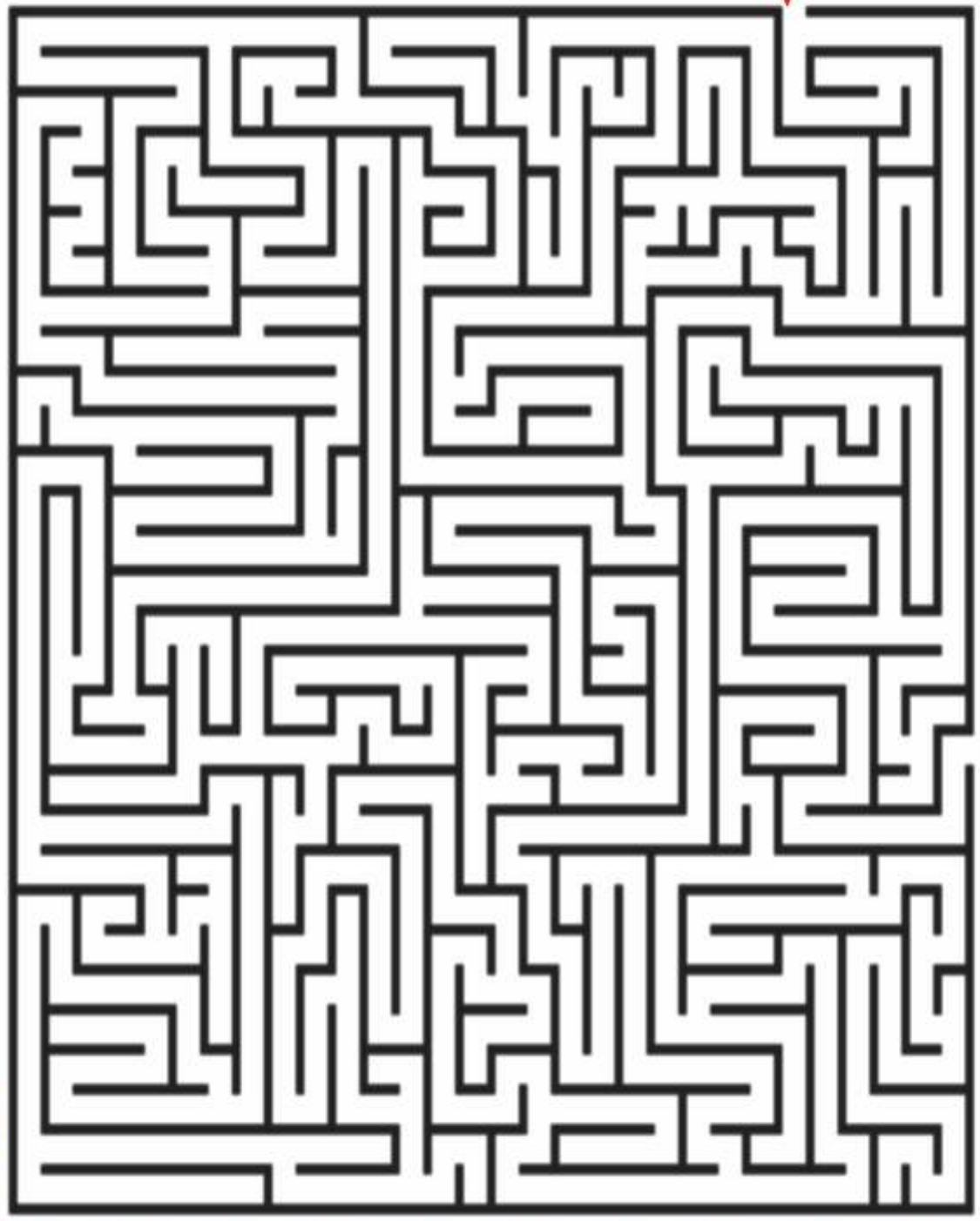
Rimpi could no more resist. He said, "Baldev, the truth is that I came to your house yesterday. When I entered, your mother was talking about selling her earrings so as to purchase your books. I heard her talk and silently returned. Today, during the wrestling, I thought it was not me but you who needed Rs.200. So, I thought it right to lose the fight.

Baldev's eyes were in tears. Holding Rimpi's hand, he said, "Rimpi, you have actually won, even after losing". Rimpi and Baldev were in the arms of each other.



Maze

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December 2018

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Posted at NDPSO, Prescribed dates 10th & 11th. Date of Publication: 7th & 8th. Same Month