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Hansti Duniya



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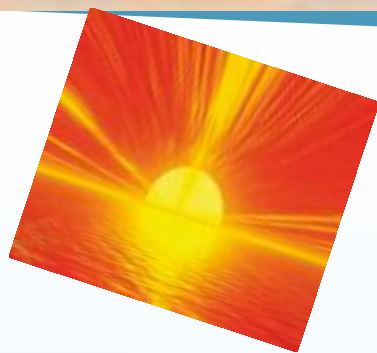


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CONSTRUCTIVE THINKING

Children were having food with their parents. Father asked, "How are your exams going on"?

They answered in affirmative. Sister said, we shall go to some hill station to spend the holidays after exams. The brother interrupted saying we shall go to see some historical place. Both had different ideas and they stuck to their stands and the argument started. The father told them that they had examination the next day, so both of them should go and prepare for the same. This issue could be discussed later on also. They unwillingly agreed to it and the next day they went to take the exam. Both of them studied hard at night, but they were more anxious about spending their holidays. They were thinking how the father would agree to their suggestion. They could not sleep because of this confusion and excitement.

The next day they left for the examination center and started waiting for the paper. As soon as they got the paper, The sister thought that the first question is about a trip to historical place. The sister

had never never visited the historical place so how she would answer the question. Sister thought that the brother was right, she should not have opposed him. He would have surely told her about some historical place and it would have become easy for her to answer the question. In her heart of heart, she had positive thoughts towards her brother and she was grateful to him.

The brother finished the paper and thought why did he oppose his sister. Had he agreed to her what difference would it have made?

Both of them entered the house and greeted each other. They spoke together, "I would agree to whatever you say".

The point to think is that when we have positive thoughts and feelings for someone, it brings about a change in our heart. We sink differences and start afresh.

With the pure thoughts we can end the dispute with all. They are also full of love and good feelings for us. The negative thoughts vanish from our hearts and a new chapter starts. Friends we can adopt this method to make our life successful and purposeful.

—Vimlesh Ahuja





— Kanika Bhatia (Gurgaon)

Improve Your Patience

Patience is the ability to tolerate waiting without frustration and agitation. Due to patience, a person is able to control his emotions and impulses.

Patience is a rare virtue in today's world. It not only makes one compassionate and empathetic but also decreases stress and improves decision making. Patience makes a person a better human being. Follow these four tips to increase your patience:

1. In a fast paced life, at times slowing down is the best way. Try to slow down and take some deep breaths before you act.
2. Think before you speak. Sometimes we just blurt out that pops into our head without considering the consequences. If we pause and think about what we want to say, we can avoid hurting others.
3. Always remember that when you are patient, you take time to assess every situation. You weigh the pros and cons and hence, you don't rush into anything you will regret later.
4. Understand the addictive nature of anger, irritation and outrage and try to overcome them.

It is rightly said that - Patience can't be acquired overnight. It is just like building up a muscle. Every day you need to work on it.



SAMPURAN AVTAR BANI

Ik Tu Hi Nirankar - 137

KARAMAN DI IH NEETI KI EY SADE SIR TE BHAR HAI KIHDA?
 SWARG NARK DE JHANJAT KI NE ROOH KIHDI NIRANKAR HAI KIHDA?
 KAM HAI KIHDA KARODH HAI KIHDA LOBH MOH HANKAR HAI KIHDA?
 TIAG HAI KIHDA JOG HAI KIHDA GURMAT DA PARCHAR HAI KIHDA?
 AQLAN KOLON IK GAL PUCHHO KHUD NOON KEHN SHUDAI KION?
 PAP PUNN DE CHAKRAN ANDAR AQAL PHIRE CHAKRAI KION?
 BANDA LAIN KI AYA ETHE AKE IHNE GANVAYA KI?
 SAMAJHAN NOON KUJH SAMAJH NAHIN AONI KIHDA BRAHM TE MAYA KI?
 SHABAD GURU TE SURAT HAI CHELA BHED IH KOI PACHHANE NA;
 KAHE AVTAR BINAN GUR POORE IH RAMZAN KOI JANE NA.

Thou Formless One 137

What is this law of Karma? Which is the burden we carry on our heads?

What is the puzzle about the heaven and the hell? What is the soul and the Formless One - Nirankar?

What is lust? What is anger? What is greed, attachment and pride?

What is renunciation? What is Yoga? What is preached as the wisdom of the True Master?

Ask the intellect one thing, why it says it is baffled?

Why is the intellect perplexed about the wrangles of virtue and vice?

What for did the man come into this world, and what did he lose here?

The intellects cannot comprehend who is the Creator and what is His Creation.

None can comprehend that the word is the True Master and consciousness is the disciple;

Avtar says, none can know these secrets without the perfect True Master.



SACRED WORDS OF BABA GURBACHAN SINGH JI



- ★ Humility is necessary with service.
- ★ Truly rich are those who are contented.
- ★ Remembrance of God leads to stability.
- ★ If the son is good, then there is total salvation; and if daughter is good, then there is total salvation of two families.
- ★ If we want our children to be virtuous, with super conduct and character, respecting the elders, then we ourselves have to demonstrate such qualities through our life.
- ★ The purpose of uniting children with service of the saints, remembrance of God and congregation of the saints is to make them divine citizens. Keep the children on the fore front while serving the saints visiting the house. Serving and respecting the saints, they easily learn the devotional qualities.
- ★ Our children are our assets. We have to pay full attention to impart them proper education. Such education only can lead to the welfare of the family, society and the nation.
- ★ Service, sumiran and satsangh is only such sacrifice which makes a devotee ego less and saves him from the effect of ego.
- ★ The knowledge is not confined to the words only that can be spoken and listened, the knowledge is actually the realization which transforms the life.
- ★ The thirst gets quenched by drinking water only, but we thank the person providing us water and not the water. Similarly, thanks of devotee is only through service of the Satguru.
- ★ The true scholar is that who talks of experience while studying only.
- ★ The light eliminates darkness, but if we wrap a coloured paper on the bulb, then the light emitted seems to be of the same colour. In the same fashion, when we cover our thoughts with ego, then our conscious becomes incapable to view the things clearly.
- ★ Every word of the Prophet is a boon that opens the fortune doors of those who accept in to to and initiates new energy and life in them.



A photograph of an astronaut in a white spacesuit standing on the lunar surface. The astronaut is wearing a helmet with a reflective visor and is holding a small object in their hands. The background shows the dark, cratered surface of the Moon under a black sky.

By : Gurdev Singh, Pandoh

The Moon doesn't have them.

Compared with the planets, the Moon is very close to the Earth. It is only 400,000 kilometres away. Spaceships travel fast enough to cover this distance in a matter of hours. One day there may be little towns on the Moon. The first ones will probably be covered over and filled with air. When you're inside a Moon town, you'll be able to breathe normally without a spacesuit or air tank. But you will need to wear a spacesuit and an air tank outside.

When you walk outside the Moon town, you will feel a lot lighter. You will be able to take giant steps of more than three meters. You'll be able to throw a ball almost out of sight. This is because the Moon has fairly weak gravity, the force that prevents things from flying off into space.

Gravity is also what gives your body weight. You will not weigh as much on the Moon as you do on Earth. If you weigh 20kilos on Earth, you'll weigh only around 3 kilos on the Moon!

From the Moon you'll see many more stars than you can see from Earth. They 'll also seem much brighter because you won't be looking through layers of air and pollution. And you'll be able to enjoy this view for two whole weeks at a time. That's the length of the moon's night!



THE WISE JACKAL

There was a pool in Sunderban. On a bank of the pool there stood an old peepal tree. In the pool lived a crocodile. By the side of the pool, a jackal had also made its den, both the crocodile and the Jackal were good friends.

Once, the crocodile and the Jackal picked up a quarrel. While the crocodile was stronger than the Jackal, the latter was wiser one. One day, as Jackal came to drink water under the peepal tree, the crocodile dived to catch him from his leg. Jackal knew that it was none but the crocodile. He played a trick. He said "Dear friend, You are no doubt stronger than me. But it is not my leg but roots of the tree which you are holding fast." Hearing this, the crocodile set free the Jackal's leg. The Jackal availed himself of the opportunity and ran off from there.

A few days after, the crocodile reached the den of the Jackal and sat under the den to catch him unawares.

When the Jackal returned in the evening, he felt some sound under the den. He doubted it to be his enemy—the crocodile. He thought of a plan. He said loudly, "What has happened to the den? Why it is not responding on my return today?"

On hearing this, the crocodile started moving. It confirmed the Jackal's doubt of crocodile hiding there. The Jackal then left its den and went to a nearby heap of Paddy straw. But the crocodile followed him there too. Seeing the Jackal having gone away, the crocodile hid himself in the Paddy straw. When the Jackal returned in the evening, he felt some sound coming out of the heap. He again used his tricks. He cried: "O,Paddy! Why are you not shaking today?"

On this, the crocodile started shaking the Paddy straw. Having confirmed his doubt of crocodile hiding there, the Jackal went to the village and bought a burning wood. He set the paddy straw on fire and the poor crocodile was burnt alive.

Whole Universe - A Fraternity

A woman, living in Vinoba's neighbourhood, went out for pilgrimage leaving her lone son in the guardianship of Vinoba's mother. Vinoba and neighbour son started living with great love and affection in one and the same house. Vinoba found some transformation in his mother's behavioral attitude. She used to serve butter oil laced bread to the neighbour's son and dry bread to Vinoba. One day he asked his mother the cause of this discrimination. Mother affectionately answered, "Son, you are my child but the other one is Bhagwan's child." Is not it true that the guest is known as Bhagwan? Some variation must be there between my own and Bhagwan's child. Vinoba was very much pleased to perceive such a wholehearted generosity of his mother. *Lesson: Love every creature. Generate such a whole hearted generosity that everyone seems to be our own and no one alien.* —O.P. Setia, Chandigarh





Poem : Vaibhav (Delhi)

TREE PLANTATION

We love the trees
They keep us free
From oxides of carbon
With supply of oxygen
They give us fruits
and vegetable
Medicine and cloth of
all level

There is life, trees are where
Without them, we shall
find it where?

So, let us grow
More and more
Trees and plants
For, they grant
In their woods
All the goods
To fulfil the need
of human breed



The Largest Tree-Borne Fruit

The largest fruit that grows on trees is the jackfruit. And when we say it grows on trees, we mean it - the fruit grows on the main trunk of the tree and not on the branches. That's because it is so heavy that the branches can't support it - they would break right off!

So, how big is this fruit? Well, a single jackfruit can weigh over 36 kilos! It sometimes reaches 90 centimeters long and almost 60 centimeters around. The jackfruit tree is also very large. It looks something like a large oak tree and grows to a height of 15 to 20 meters. Jackfruit grows in the warm regions of Asia. It's grown widely in tropical countries where it is warm and rains a lot, such as Philippines. There are many varieties of jackfruit. Some of the popular ones include Black Gold, Galaxy, and Honey Gold.

Like its cousin the mulberry, jackfruit is a compound fruit. This means that it has many seeds and that each seed surrounded by its pulp is a separate fruit. The big jackfruit you see is like a huge container holding all the little fruits together.

Young jackfruits are green. They turn brownish yellow when ripe.

Raw jackfruit is cooked like a vegetable, though the sweet pulp surrounding the seeds can be eaten fresh. The seeds can be boiled or roasted and eaten like chestnuts.

Jackfruit has other uses too. The jackfruit tree wood is a valuable hardwood like teak. It is used for making many things, especially furniture. Dried jackfruit leaves are used as fuel (fire) for cooking, while the green leaves provide fodder for goats.

Compiled by —Harjeet Nishad





Grandpa

Story & Illustration — Ajay Kalara



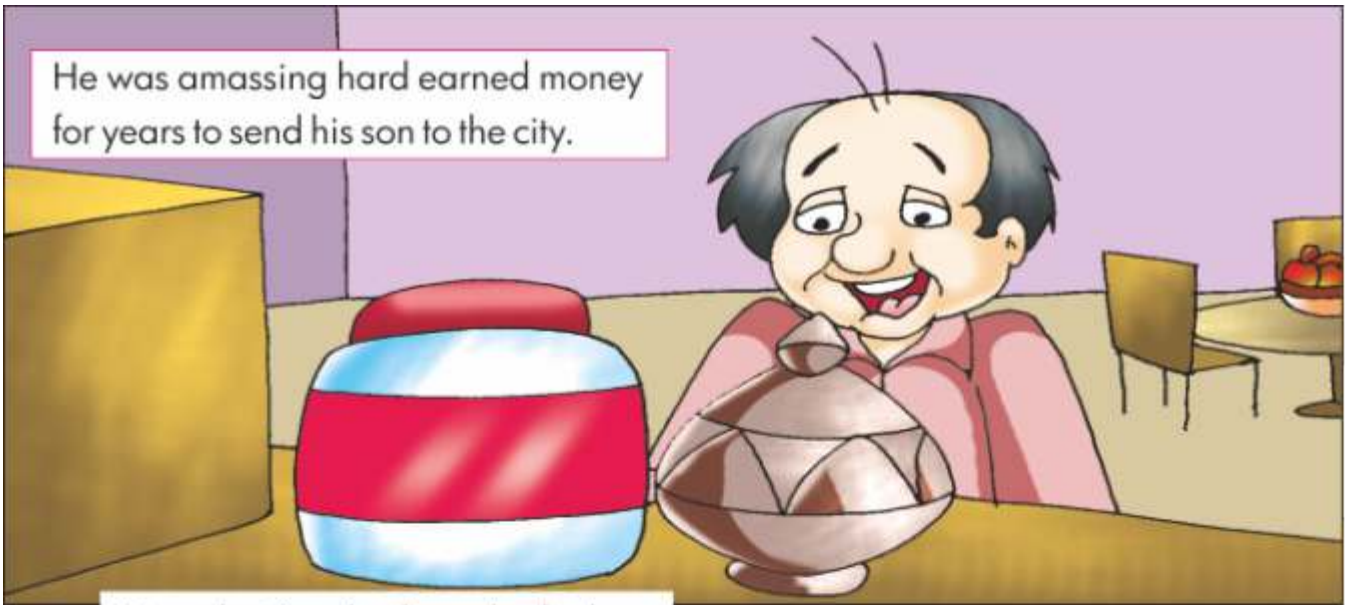
A farmer named Natha used to live in Panchvati village. He was very honest.



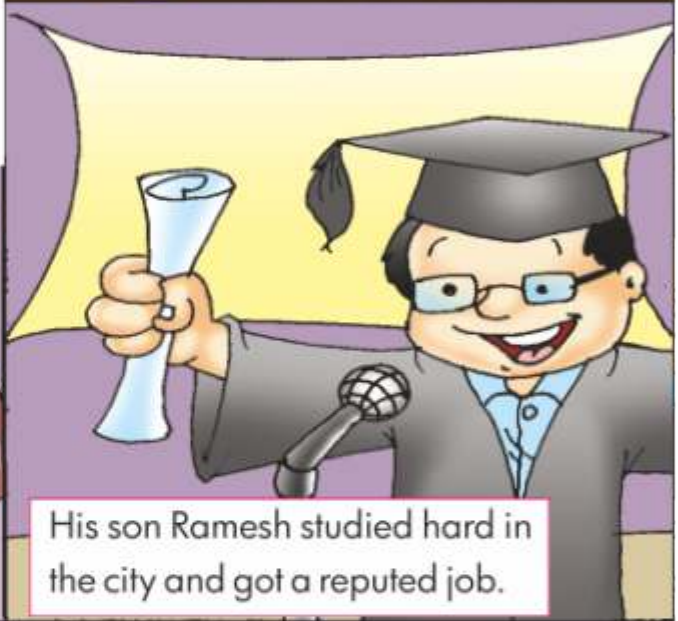
He was working very hard to give education to his son Ramesh.



He was amassing hard earned money for years to send his son to the city.



Now the time had reached when he was handing over all the money to his son to go to the city.




His son Ramesh studied hard in the city and got a reputed job.



Soon he purchased a new house in the city and started living a happy life with his wife and son.

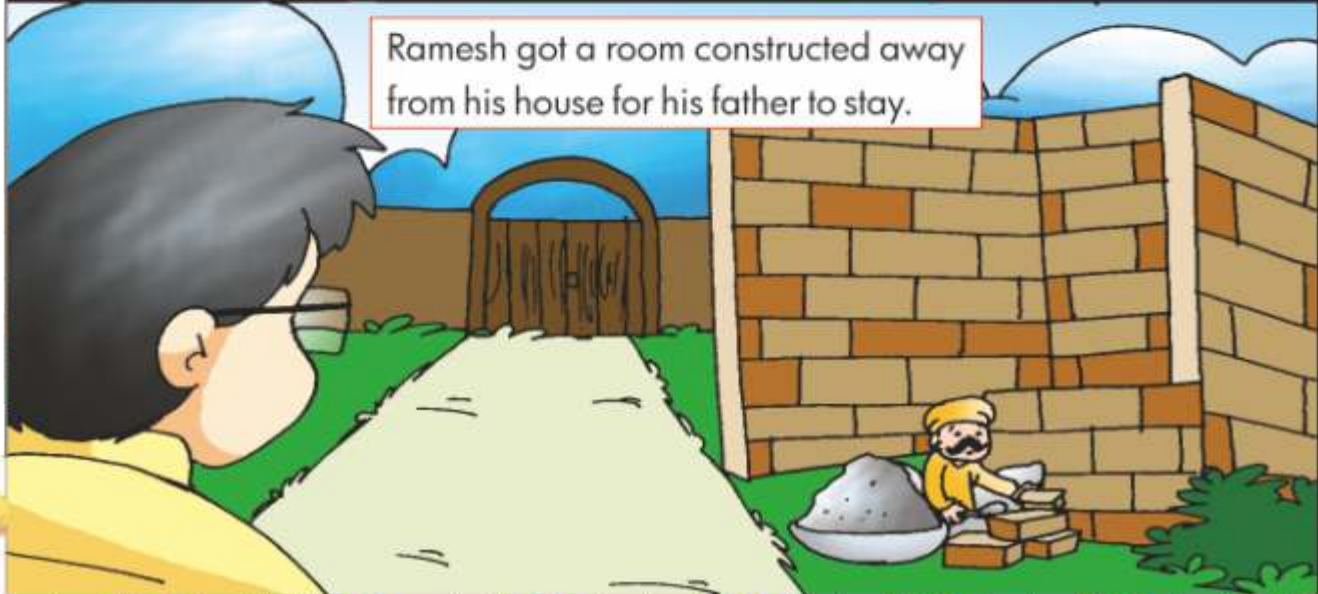




The farmer, Natha now thought of spending the rest of his life with his son and so he left for the city.

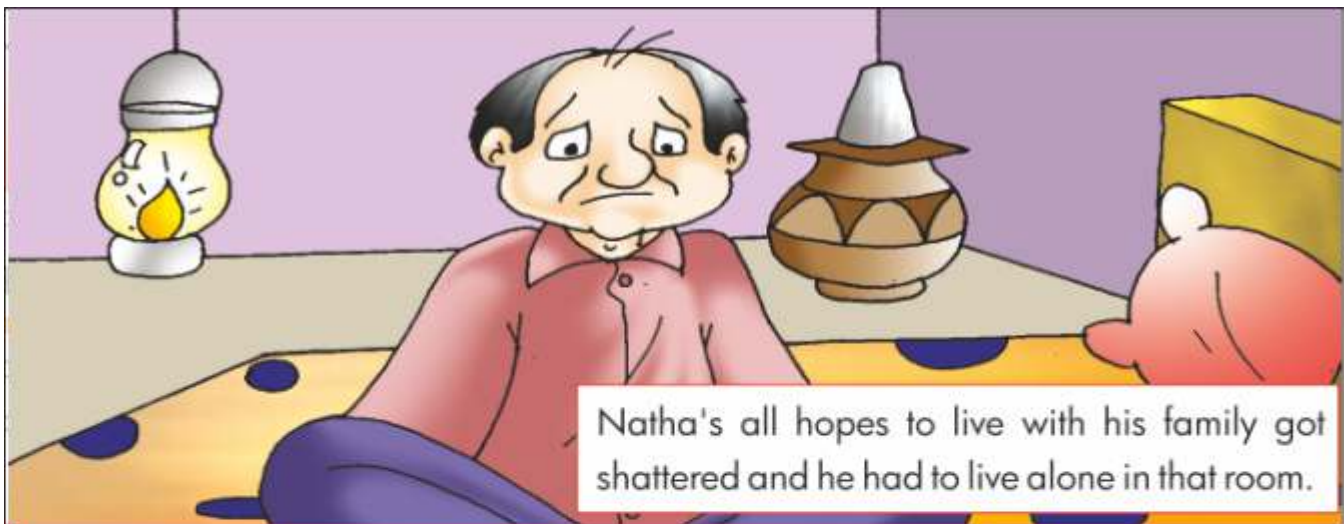


Ramesh was not very happy on hearing the news of his father coming to the city.



Ramesh got a room constructed away from his house for his father to stay.





Natha's all hopes to live with his family got shattered and he had to live alone in that room.

One day, when Ramesh returned from his work, he saw his son making a house of mud. He got very much amazed and asked his son the reason of making such house.



The little child replied, "Dad, when you grow old like the grandfather, then you will also need one room".

Hearing the reply from his son, Ramesh realized his mistake and tears rolled down his eyes and he bowed in the feet of his father to beg his pardon.

"As we sow, so shall we reap".



Baba Gurbachan Singh Ji

CRUSADER OF SOCIO-SPIRITUAL REFORMS

— C.L. Gulati, Secretary and Incharge Magazines

Baba Gurbachan Singh Ji Maharaj lived and laid down his life for human unity through spiritual awakening. An apostle of God's glory, a Messiah of human unity, true social reformer and a multifaceted genius would be remembered, down the ages, for his landmark socio-spiritual reforms. Some of them initiated during the historic Mussoorie Conference, 1973, which are still very relevant, are worth sharing for benefit of all, particularly the budding youth.

1. Importance of Sangat

We should always bear in mind that our importance or superiority is not bestowed by anyone else than the Mahapurshas and the Sangat, and the Sangat will like only those who treat them with love and pleasant behavior.

2. Superstitions

There is no need to indulge in superstitions. We must get rid of them ourselves and rid others also. In case somebody falls unconscious or gets an attack of hysteria etc., we have only to pray to the Almighty for his health. We should persuade him to attend the congregation, and do the Simran. This is the right treatment for him. Saints do not believe in magic or enchantment, etc.

3. Extravagance

Every penny of the Mission belongs to devotees and must, therefore, be spent only for some development work. Mahapurshas

should firmly believe that the funds collected by them will be spent for mission only. If such funds are spent on some other things, we have to improve ourselves and set the things right.

4. Marriages

It is a very important subject and something that the country needs. Our marriage ceremonies should be simple. Several people have suggested that we must put strict restrictions of one kind or the other. I would, however, like to suggest that only such restrictions as the saints may be able to follow, and I can see the same being implemented. All marriages should be conducted according to Nirankari ceremony and they should be performed in the day time.

5. Caste Bondages

Here is another subject also associated with marriages; and this is what we need in our country today. We find the consideration of caste—high or low, more prevalent in our country than elsewhere. A person belonging to one community does not tolerate the one belonging to another community. A follower of one religion does not tolerate the follower of another religion. The same is the case with wearing outer symbols. Some people do not like to have marriage relations with such superstitious people. Besides, we must give up various customs associated with marriage.



We must move forward and adopt inter-caste marriages.

Of course, saints must enquire about the educational and other qualifications of the boy, his income, etc. but not his Gotra, his community, whether he comes from the family of a farmer or a carpenter, etc.

6. Prohibition

All the saints should pledge that they shall not use any intoxicant (wine, opium, drugs like hemp and heroin—even bidis and cigarettes, etc.) for ever. They serve as impediments in the way of our service to humanity. This does not mean that we have changed our view point on diet or there is any change in our basic principles ...So, all Mahapurshas should absolutely avoid the use of intoxicants from today as a measure of social reforms.

7. Invitation to Writers

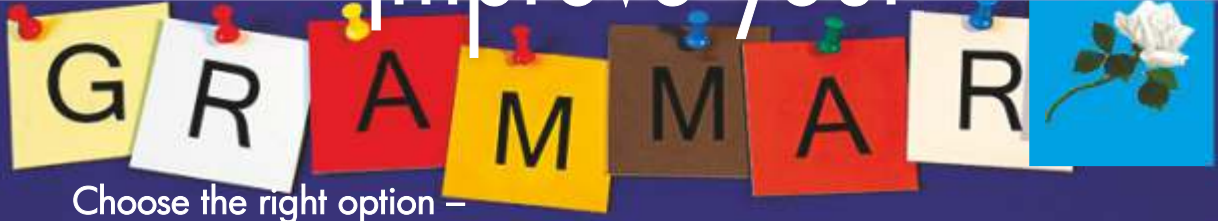
With the expansion of the Mission it seems we need more publicity through written word. I would, therefore, take this opportunity to invite all our writers to devote their pen to this objective. Undoubtedly, they will have to devote their time and energy towards this. If you yourself cannot write, you can persuade others to do so.

We can draw inspiration from life and work of Baba Gurbachan Singh Ji and make our life worthy and worthwhile. He dedicated his whole being to spread the message of Truth in the whole world. We would be paying true homage to him if we imbibe and live upto his teachings and take his message to every door step through Nirankari magazines. ●



Improve your

—Vikas Arora (Rewari)



Choose the right option —

1. You, your, yours and yourself are examples of ____ person.
a) **FIRST** b) **SECOND**
2. His residence is on the _____ of Chennai.
a) **OUTSKIRTS** b) **CORE**
3. When we change direct speech into indirect speech, TONIGHT becomes THAT NIGHT and COME becomes _____.
a) **GO** b) **THEN**
4. Find out which letter is silent while pronouncing the word ‘KNIFE’.
a) **F** b) **K**
5. I _____ study more.
a) **NEED TO** b) **NEED**
6. Bhagat Singh _____ the bull by the horns and bravely challenged the British empire.
a) **TOOK** b) **CAUGHT**
7. REGULARLY is an adverb of _____.
a) **TIME** b) **FREQUENCY**
8. Three forms of verb:
Present: SWEAR, Past: SWORE , Past Participle: _____
a) **SWEARING** b) **SWORN**

Answer Sheet	1	2	3	4	5	6	7	8



Judge your position from the table given below:

All correct – Excellent Grammar

5 – 7 correct – Average Grammar

Below 5 correct – Go through the Grammar book everyday.

Poem : Sarika Dang (Solan) H.P.

Love



If you want a happy day
Do things you like, laugh and play

Speak from your heart
And love from the start

Let us think good
As we always should

If you think bad
It will make you sad

Don't worry or complain
Even if you miss the plane

You will know as you grow old
Love is more precious than gold

Everyone will be smart
If they let God in their heart

Love has the power
So let it shower



CROSS WORD – Vikas Arora (Rewari)



1		2		3		4
		5	6			
7						
		8		9		
10			11			12
13		14				
		15				

Left to Right →

1. A country whose capital is Kathmandu.
5. Find the odd one out: CONGO, MACAO, RATIO, SYRIA.
7. Layer of hard substance over the outer tip of a finger.
8. Breaking of moral law hidden in BUSINESS.
11. Dr. Radha Krishnan was the first _____ President of India.
13. One third of Nine.
15. The verb of ELECTION.

Up - Down ↓

1. Twelve o'clock in the day.
2. The famous Eiffel Tower is located in which city of France?
3. Present: LET, Past: LET, Past Participle: _____.
4. A large black bird with harsh cry.
6. Not dead means _____.
9. Masculine: NEPHEW, Feminine: _____.
10. The main central part of a plant.
12. The sun rises in the _____.
14. The word that comes last in the dictionary: ROE, ROD, ROB.



H.D. Answers

— Roshan (Chandigarh)

Q : When does man realise his misdeeds in life?

Ans : When he faces its consequences.

— Richa (Dehradoon)

Q . What is the easiest way of achieving one's goal in life?

Ans : Honesty, devotion and hardwork.

— Ramkhelwan (Bombay)

Q. : If good begets bad result then what should one do?

Ans : Follow the right path without wavering.

Q. : What to do when someone gets angry without any reason?

Ans : Keep yourself simple and humble, everything will become normal soon.

— Parmod (Jaipur)

Q. What is it that man learns from mistakes?

Ans : Not to repeat mistakes.

— Ankur Arora (Rewari)

Q. : What is disease?

Ans : Disturbing ease is disease.

Q. What is cure of curse?

Ans . Guru's blessing cures every curse.

— Vinod (Azamgarh)

Q. : How to please the master?

Ans: By complete surrender to him.

— Pawan (Delhi)

Q. . : Can man shape his own destiny?

Ans. : Man of course can be the architect of his destiny with divine character.

Q. : Where is the heaven that we so often hear about?

Ans : Where there is mutual love, honour and peaceful co-existence.

Q: Question A: Answer



Development of Sant Nirankari Spiritual Complex Samalkha

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

In her blessings on the occasion of Annual Genarl Body Meeting held on 20 November 2017, during 70th Annual Nirankari Sant Samagam, Her Holiness Satguru Mata Savinder Hardev Ji Maharaj declared, inter-alia, as under:—

"We took land near Samalkha several years ago and many saints want to know also as to when the Samagam would take place on our own land. Now, it is being felt that the space available here (in Delhi) is proving quite small. It is hoped that the Nirankari Spiritual Complex, Samalkha will, be taken in hand soon after the Samagam."

The patent features of the Samalkha Project were discussed and shared with the Hon'ble Members of CP&AB and the Executive Committee Sant Nirankari Mandal

in their joint meeting held in the divine presence of Satguru Mataji on 06.12.2017. The layout model and designs of the entire Samalkha project were also shown in the Conference Room in that very meeting. This was all to facilitate initiation of Technical and Commercial bids and other related works of the Project for outsourcing the different works to specialized companies. In this connection, the Budget provision and the likely dates of completion of various work-items of the project were also mentioned.

To accomplish the vision of Satguru Baba Hardev Singh Ji Maharaj, the inauguration of development of Sant Nirankari Spiritual Complex, Samalkha, G.T. Road (Haryana) was done by Her Holiness Satguru Mataji on Sunday the 14.01.2018 at 01.00 p.m. on the



occasion of Bhakti Parv Samagam-2018 in the presence of Hon'ble members of the Central Planning & Advisory Board and the Executive Committee, Sant Nirankari Mandal (Regd.) Delhi-9. This was heartily appreciated at all hands.

The Complex envisages to have a huge magnificent Samagam Pandal, an Exhibition Pavilion to house all Exhibitions, The complex will also have a Museum, a Sarover, large multi located Publication areas, Stores, Administrative Blocks , Canteens, Community Kitchen (Langer) separated services areas like Electric Distribution System, Solar Panels, Toilet-blocks etc.

Satguru Mataji blessed in her discourse "that for sake of name, this has been a "Ground Breaking Ceremony but, in fact, this has been a land mark event of Making a Monumental Spiritual Complex. The work involved in developing the Samalkha Complex is great indeed, but the strength of inspiration and mutual cooperation of the devotees is of greater magnitude"

Like the preparations of Annual Sant Nirankari Samagam, every devotee across the country wants to contribute his sewa in the development of Sant Nirankari Spiritual Complex, Samalkha. Sewa is open to all the able and available skilled and experienced devotees interested in doing sewa for development of Samalkha Complex. In this connection and other circular letter will be issued separately. To pick up speed for timely development of Sant Nirankari Spiritual Complex, following steps have since been taken:—

- ★ Technical and commercial Bids from various agencies are under active consideration.
- ★ Site visits have been made in Delhi, Noida and Bengaluru.
- ★ The first LOI has been given for Satsang Pandal spaceframe on 14th February with an expected completion date as 30 August 2018.
- ★ Civil works LOI issued on 21 February 2018.
- ★ Ground works started on 23 February 2018 with the blessings of Her Holiness Satguru Mataji.



Stephen Hawking – 1942-2018 **A brief history of a Genius**

The brightest known star of science since Albert Einstein stopped shining on March 14. Coincidentally, it was also Einstein's birthday

1942 Born January 8 in Oxford, UK

1962 Started research on cosmology at Cambridge University

1963 Diagnosed with motor neuron disease, which soon confined him to wheelchair

1970 Showed space and time have beginning in the Big Bang and an end in black holes,

1979 Named Lucas ion professor of Maths at Cambridge, post once held by Isaac Newton

1988 Publishes “A Brief history of Time” Which sold over 10m copies in 40

languages, but was also dubbed “the most popular book never read”

2014 Oscar-winning biopic “The theory of everything” released.

His contribution was in the areas of black holes; he dedicated himself to coming up with a “theory of everything” to find answers to questions through which “we really shall know the mind of God”

Missed Nobel prize because it's given for work that has been confirmed by observing the things he worked on.

Appeared in 1993 episode of “Star Trek” in which he plays poker with Albert Einstein's and Newton. Also appeared in 4 episodes of “The Simpsons” and once in “the Big Bang Theory”

However Bad Life May seem, There is always Something you can do and succeed at.





—Nishtha Kawrani, Delhi

Let Life Flow

It is believed that human life is the most unpredictable one because humans have developed complexities at every instance in their life. The biggest complication is in their relations, be it understanding or communicating with one another. Ego, love, hate all these are feelings that sometimes hunted our lives. It is not that we exclude ourselves from these feelings but what we should do is to "LET IT FLOW". Our life is like a question paper which we have to solve ourselves. We cannot seek help from anyone because everyone has a different paper. So what we can do is to welcome whatever is coming our way because everything will be fine. Sometimes we come across situations which are far from our reach, we know that every problem has a solution but if our mind fails to grab it at that time we feel that everything is going wrong.

Take a pause, hold for some time, keep calm and believe that everything will be fine and till the time let it flow, see what has been planned for you because that is the best and you will get it when the time is ideal. Till that time just be positive believe in yourself and let life flow!





Dear White Fella

Coupla things you should know.

When I born, I black
When I grow up, I black
When I go in sun, I black
When I cold, I black
When I scared, I black
When I sick, I black
And when I die, I black

And you white fella,
When you born, you pink
When you grow up, you white
When you go in sun, you blue
When you scared, you yellow
When you sick, you green
When you die, you green
And you calling me coloured?

This is a prize winning poem on the topic of 'race against racism.'



- Sita Ram Gupta

The Ointment



Once there lived an old man who was very weak and sick. He lived alone. He had pain in his shoulders, but he was too weak to apply ointment on his shoulders. Daily he used to plead to one or the other to apply some ointment on his shoulders. Once that old man requested a youth passing through him to apply ointment on his shoulders. The God will help you.

The young boy said, "O old man! I myself have pain in my fingers, how can I massage your shoulders".

The old man said, "Dear boy, there is no need of massage. You simply take out little ointment from this box with your fingers and apply the same on my shoulders". The youth unwillingly took out little ointment from the box and applied the same with his fingers on both the shoulders of the old man. Immediately, the old man felt a little relief and he blessed the boy for

that. "Dear son, May God soon cure your fingers". At this, the boy laughed away at the blessings of the old man. But he realized relief in his pain.

Actually, when the youth applied ointment on the old man's shoulders, it was automatically rubbed on his fingers too. It was the effect of that ointment only that the pain of youth's fingers also subsided. Now the youth started applying the ointment on old man's shoulders thrice a day and also started serving him. The old man recovered from his shoulder pain within few days and simultaneously, the fingers of both the hands of the youth also got relief and he became normal.

If we serve others and mitigate their sufferings, our discomforts also vanish, we are blessed and enjoy the life.



Humility is Heaven

A saint was meditating in his ashram. A warrior reaching the saint questioned, "Do heaven and hell really exist?"

The saint pondered over for some time and then asked the warrior, "What's your profession?"

The warrior proudly replied, "I am a soldier, the warrior."

On hearing him, the saint said in surprised tone, 'You and a warrior', and laughed aloud.

At this the warrior flew into rage. Looking towards the saint, the warrior said, "Yes I am a warrior. But why did you laugh?"

The saint said, "I laughed because you and your face resemble that of a beggar. Who is such a foolish king who commissioned you in his army?"

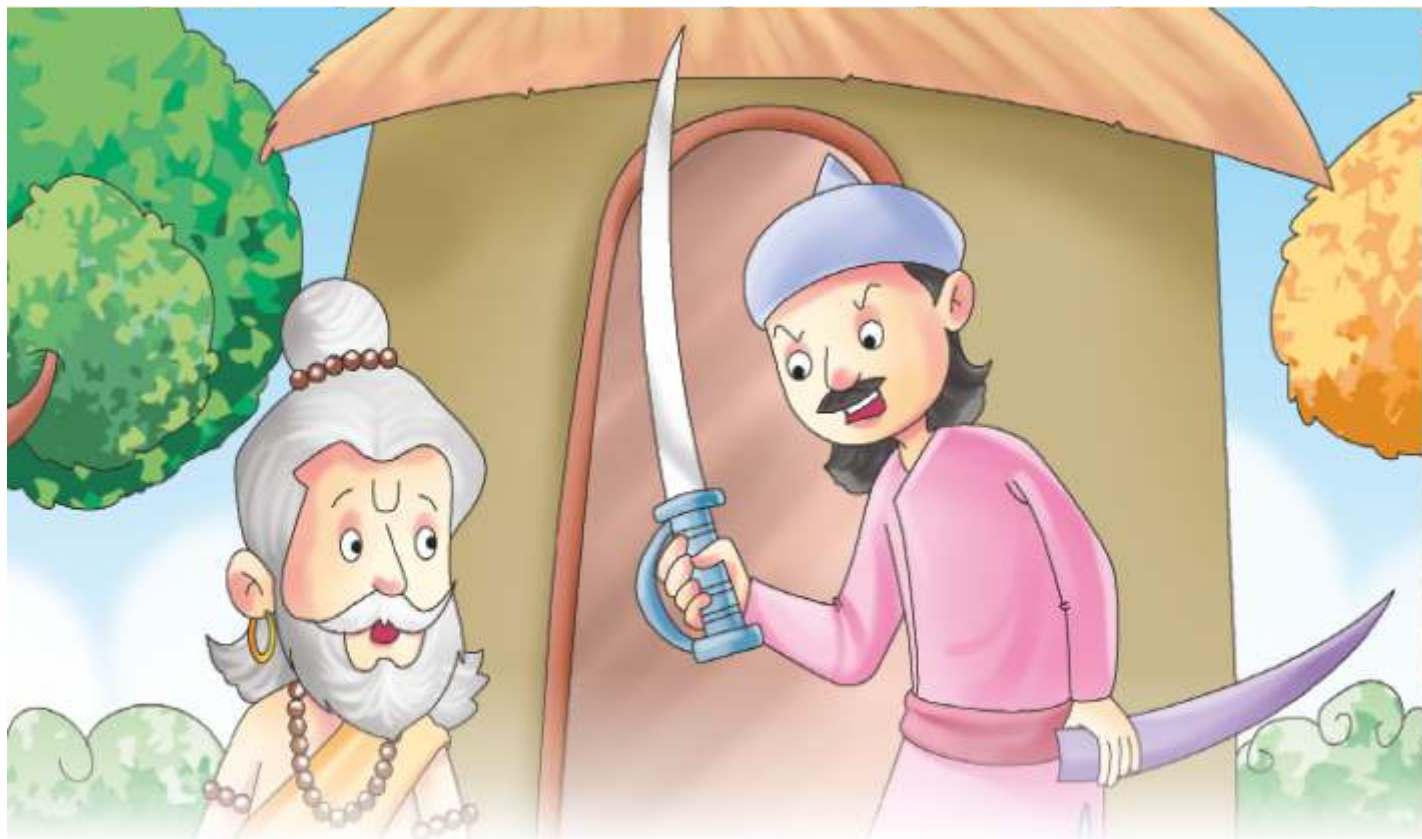
The warrior was mad with rage and put his hand on the sword handle.

Looking to him, the saint again said, "Oh! You know how to brandish sword?"

With this, the warrior lost his temper. He drew the sword from its case.

The saint continued his saying, "Your sword is blunt and cannot cut my head".





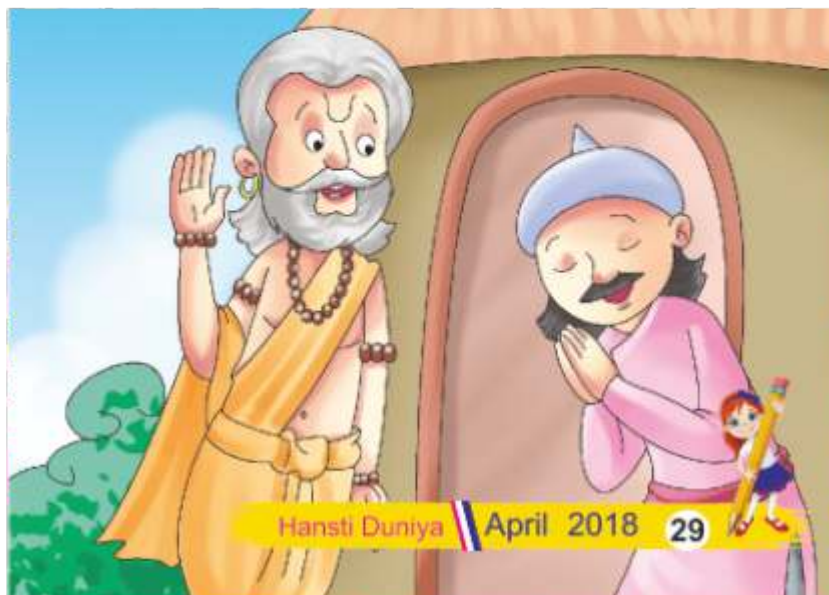
The warrior was full of anger, he pulled the sword from the case and held it in his hand. He prepared himself to cut down the head of the saint.

The saint smilingly said, "Look here, the hell door has opened for you".

The warrior was very much surprised to see the self control of the saint. He put the sword in the case and bowed before the saint.

The saint said, "Look here, now the heaven door has opened for you".

Really, anger is the hell and humility is the heaven only. Those who win over the anger and acquire humility, really enjoy the heaven. On the contrary, those who remain in anger, they have to live in hell forever.



How the World was Made

—Dimple Randhawa, Delhi

Long, long ago there was no world—no sky, no sea, no land, no people.

In the beginning, God made the universe. It was completely dark. There was no sound to be heard.

Then, out of the darkness, breaking the silence, God spoke, 'Let there be light!' And there was light. The light was good, so, God called it 'day', and He kept the dark for night. That was the first day.

Then God said, 'Let there be space around the world!' And it was so. God called the space around the world 'sky'. That was the second day.

Then God said, 'Let all the water come together away from the land!' And it was so. God called the land 'earth' and the water 'sea'.

And God saw that it was good.

But the land was brown and bare. Nothing grew. So God said, 'Let there be all kinds of plants and trees, and the world became green with growing things—fruit, flowers and vegetables.

God saw that it was good. That was the third day.

Then God said, 'Let there be lights in the sky to shine on the earth by day and night!' And it was so. One of the lights he called 'sun'—that was for the day-time. The other he called 'moon'—that was for the night-time. He made the twinkling stars.

And God saw that it was good. That was the fourth day.

Then God said, 'Let there be fish in the sea and birds in the air!' He made all sorts of water creatures, big and small, from the monster whale to the tiniest crab. He made all sorts of birds, big and small, from the great albatross to the tiniest hummingbird. Sparrows too! The fish plashed and the birds sang and the world was alive with sound.

And God saw that it was good. 'Let the fish fill the sea. Let the birds lay eggs and have chicks, he said, 'and fill the world.' That was the fifth day.

Then God said, 'Let the earth produce all kinds of animals, wild and tame, big and small!' And it was so. God made them all and he saw that it was good.



'Now,' God said, 'the world is ready. Let there be people! They will be like me. And I shall put them in charge of all the creatures I have made.'

So God made people. He made them like himself. He made man and woman.

'You are to have children', he said, 'to live in every part of the world. And I am putting you in charge of everything: the water and the land, the plants and the fish and the birds and the animals. They are all yours. Look after them for me.'

God saw all that he had made and it was very good. That was the sixth day.

So the whole universe was complete. And on the seventh day God did no work. He rested and enjoyed it all. That is why he made the seventh day a special day, 'Sunday' for ever.



Improve Your Grammar

Answers:

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

Q.No. Explanation

1. I, we, me, my, mine, us and our are examples of first person.
2. The outskirts of a city are the part that are farthest away from its centre.
3. When we change direct speech into indirect speech, COME becomes GO.
4. While pronouncing the word 'KNIFE', the letter 'K' is silent.
5. When the word NEED is followed by a verb, we say NEED TO. When it is followed by a noun, we don't use TO. Example: I need a book.
6. TAKE THE BULL BY THE HORNS is an idiom that means 'to face danger with courage'.
7. Adverbs of frequency show how often an action takes place. Example: Once, Twice, Daily, Occasionally, Rarely etc. Adverbs of time show the time of an action. They answer the question 'when'. Example: Today, Now, Late, Already etc.
8. Here, the three forms of verb are SWEAR, SWORE, SWORN.





THOUGHTS TO PONDER

- ★ Difference of opinions, secular or religious, can be resolved amicably through understanding.
— Baba Gurbachan Singh
- ★ Anger is never without a reason, but seldom a good one
— Benjamin Franklin
- ★ If you can dream it, you can do it.
— Weat Dinly
- ★ There are three gates to self-destruction: lust, anger and greed.
— Bhagwat Gita 16:21
- ★ He is the most powerful one who has in himself his own power.
— Seneca
- ★ All reforms, except a moral one, will prove unavailing.
— Thomas Carlyle
- ★ Pinch yourself and know how others feel.
— Japanese Proverb
- ★ We live in an age when only unnecessary things are our necessities.
— Oscar Wilde
- ★ Let us forget bitterness of the past and strive to foster mutual understanding and harmonious relations.
— Nirankari Baba
- ★ Humble because of knowledge; mighty by sacrifice. — Kipling
- ★ When the frustration of my helplessness seemed the greatest, I discovered God's grace was more than sufficient.
— Charles Calah Colton
- ★ Courage is what it takes to stand up and speak. Courage is also what it takes to sit down and listen.
— Winston Churchill
- ★ Even if you are going to lower me into the grave and I feel something wrong, I will get up.
— Lee Kuan Yew
- ★ The saints congregation generates positiveness in our minds.
- ★ Some people look for good places but there are others whose presence make the places beautiful.





- Sameep Magoo (Gurgaon)

Vatican City

The Smallest country of the world

Vatican City is the smallest country of the world by population and area. It has an area of 110 acres and a population of about 1000. It is situated within the Italian capital city of Rome.

Vatican City is considered as the pioneer of Catholic Christianity. It operates as a monarchy in which the Pope is the king with senior members of the Church as the governing body.

The city has well developed infrastructure. It mints its own currency and prints its own stamps. It also has its own pharmacy and radio and television stations. It generates its substantial wealth through worldwide donations to the Church.

Vatican city is also one of the famous tourist attractions of Europe. It has mesmerizing monuments, like St. Peter's Basilica, Sistine Chapel and St. Peter's Square. Within the palaces, there are several apartments, meeting rooms and government offices. Vatican Museums, with over 100 galleries, are the biggest museum complexes in the world.





Kitty

Story & Illustration
—Ajay Kalara



Kitty! Will you bring some goods from the market?

No, is it necessary to bring those now, do you need those today only?

Mom, I am to go for playing now, I will bring it later on.



My mother always put me to work. I shall return home at night only.

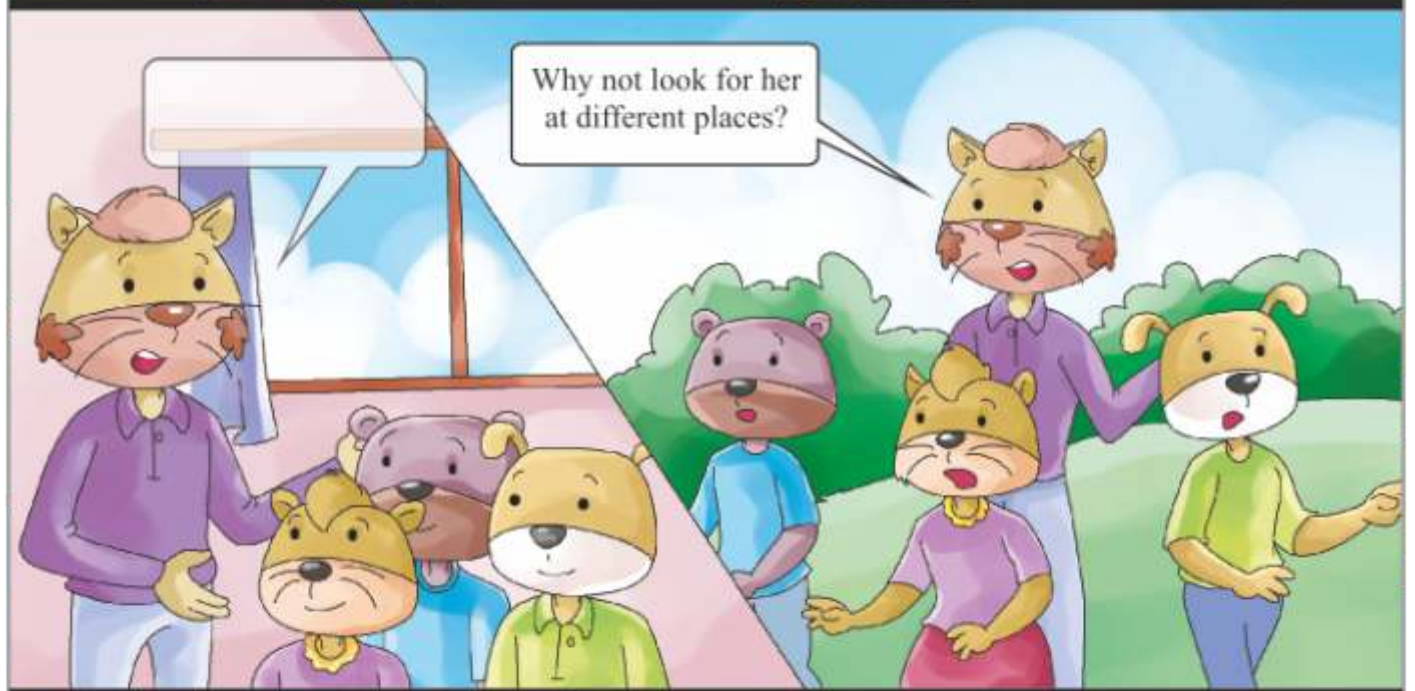






Kitty went to the market in the morning but did not return till now, I do not know where is she?

Let's all go now to look for Kitty.



Why not look for her at different places?



Oh! Kitty what happened? What are you doing here?



Kitty you are here and we are worried for you. What are you doing sitting here?



Papa I don't feel like going home.

But why dear? Whether your mother always puts you to work?

Dear, parents make children do work, so that they can become self dependent.



Mom! Please forgive me. I shall obey you and shall not repeat such mistake.



Compiled : Sunil Nagpal

Ambedkar Jayanti

Ambedkar Jayanti is celebrated every year with great enthusiasm like a festival on 14th of April in order to commemorate the birthday of Dr. Bhimrao Ramji Ambedkar and to remember his immense contributions for the poor people of India. Dr. Bhimrao Ambedkar is the father of Indian Constitution who had drafted the Constitution of India. He was the great human rights activists. He had established the "Bahishkrit Hitkarini Sabha" in the year 1923 in India aiming to spread the necessity of education as well as enhancing the economic status of the low group people of India. He run a social movement for people using slogan "Educate-Agitate-Organize" aiming to eradicate the casteism in India as well as rebuilding the Indian Society by following the rule of equality of human beings.

He paid his major contribution by protecting the Fundamental Rights (for the social freedom, equality and eradication of untouchability for low group people) and Directive Principles (enhancing the living status by securing the fair distribution of wealth) of State Policy in the Indian Constitution. He continued his social revolution till the end of his life through the Buddhism.

He has been honored with the Bharat Ratna in the month of April in 1990 for his big contributions towards the Indian society.



HEALTH IS WEALTH

DAILY 1 APPLE



NO DOCTOR

DAILY 4 BADAM



NO CANCER

DAILY 1 LEMON



NO FAT

DAILY 1 GLASS MILK



NO BONE PROBLEM

DAILY 12 GLASS WATER



NO SKIN PROBLEM

DAILY 4 DATES



NO WEAKNESS

DAILY 2 TIMES PRAY



NO TENSION

DAILY 8 Hrs SLEEP



HAPPY, TOO HAPPY



—Sakshi Gulati, Chandigarh



Laughing Time



Teacher : Where were you born?

Student : In India.

Teacher : Which part?

Student : What do you mean 'which part'? My whole body was born in India only.

Teacher : Who invented the steam Engine?

Sheru : What?

Teacher : Correct, James Watt.

Machhar Ka bachha pehli baar uda, Jab wapas aaya to baap ne Puchha, Kaisa laga udke?

Machhar bola, Bahut achha papa. Jidhar bhi gaya logon ne taliyan baja ker sawagat kiya.



Tourist : Whose skeleton is that?

Guide : An old king's skeleton.

Tourist: And whose that smaller skeleton next to it?

Guide: That is same king's skeleton when he was a child.

A notice in the waiting-room of a medical clinic.

To avoid holes in our carpets and your lungs please refrain from smoking!

A biker was caught for speeding and appeared before the judge.

The judge : What'll you take 30 days or Rs 3000.

Biker : I think I'll take the money.





A passenger standing on the railway platform suddenly jumps on to the railway track.

His friend : O' you will die, the train is coming.

Passenger : You will die, haven't you heard the announcement that the train is coming on the platform?



Bharat : Marte waqt aadmi ko kya dena chahiye?

Praveen : Birla cement.

Bharat : Kyun?

Praveen : Kyunki iss Cement mein jaan hai.



Father- My son, did you sleep in the examination hall?

Rajesh- Daddy, you yourself had told me that if any question was difficult to answer I should not waste time. I should do something else. So I slept

CROSSWORD SOLUTION

1	N	E	2	P	A	3	L	4	C	
	O			A			E		R	
			5	R	6	A	T	I	O	
7	N	A		I	L				W	
				8	S		9			
10	S				11	V	I	C	12	E
13	T	H		14	R	E	E			A
					O		C			S
				15	E	L	E	C		T





- ★ Minimum requirement and maximum adjustments are the two wonderful steps for happy and successful life.
-Avneesh Gulati, Chandigarh.
- ★ Always keep the communication regular, because what disturbs the most is not the noise of the strangers, but the silence of dear ones!!
-Sonna S Ahemdabad.
- ★ God is the best listener; You don't need to shout or cry because He hears even the very silent prayer of a sincere heart.
- ★ Success follows when certain inner disciplines are practised daily and failure follows when few small errors are repeated every day.
-Dr. Shailesh Pandey, Lucknow
- ★ Success is not easy and it is certainly not for the lazy.
-Avtar Singh, Pandoh
- ★ Two words that change the way we approach our life. "Can I ?" or "I can". Think and choose the right option and create a difference in your life.
-Geeta Pandey, Lucknow.
- ★ Always make your day a great one because it is God's gift for a new beginning, blessing and hope.
-S.C.Bhatia, Mandi
- ★ Ability is a good thing, but stability is even better. The only reason why the earth has gravity is to remind to keep our feet on the ground in all situations of our life.
-Yog Raj Thakur, Khailar
- ★ Time has no holiday. Dreams have no expiry date and life has no pause button. Enjoy each and every moment of your life.
—Desh Raj Dogra, Jogindernagar
- ★ Save only those memories which give twinkle in your eyes.....not wrinkles on your face....!! -Prinyaka Gupta, Delhi
- ★ There is a magnet in your heart that will attract true friends .The magnet is unselfishness thinking of others first, when you learn to live for others they will live for you.
— Madan Mohan Roy, Kaithal
- ★ Problems never stay long . They just put signatures in the experience book of your life and move away.
- Om Praksah, Hamirpur
- ★ Behaviour is sometimes greater than knowledge. Because in life there are many situations where knowledge fails but behaviour can handle everything.
—Himanshu, Panchkula
- ★ Start your day with your ambition, passion, satisfaction and reach towards your mission.
— Ankita, Amarawati



Result for the month of February Issue

First :

Kiranjit Kaur **Age 14**
H.No 144, Near Airport
Village Gobindgarh (Ludhiana)



Second :

Sukhmeet Sharan **Age 10**
911/1, Sector 40 A,
Chandigarh.



Third:

Vibhati kaur **Age 11**
Plot No 100, Nirankari Colony,
Delhi 110009



Consolation Enteries

Arshia Miglani Rohtak
(Haryana)

Manshikumari
Mansupur (Bihar)

Bhagyashree Poojari
Pachpayari

Niranjan Gupta
Jamshadpur.

Aarti
Bathinda

Sourabh Sukhija
Bathinda.

Sarthak Harshad Khatri
Manickpur

Sudeep
Nirankari Colony, Delhi

Sushma Rai
Ghziabad, (U.P.)

Pustam
Sonipat (Hry.)

Khushi
Azamgarh (U.P.)

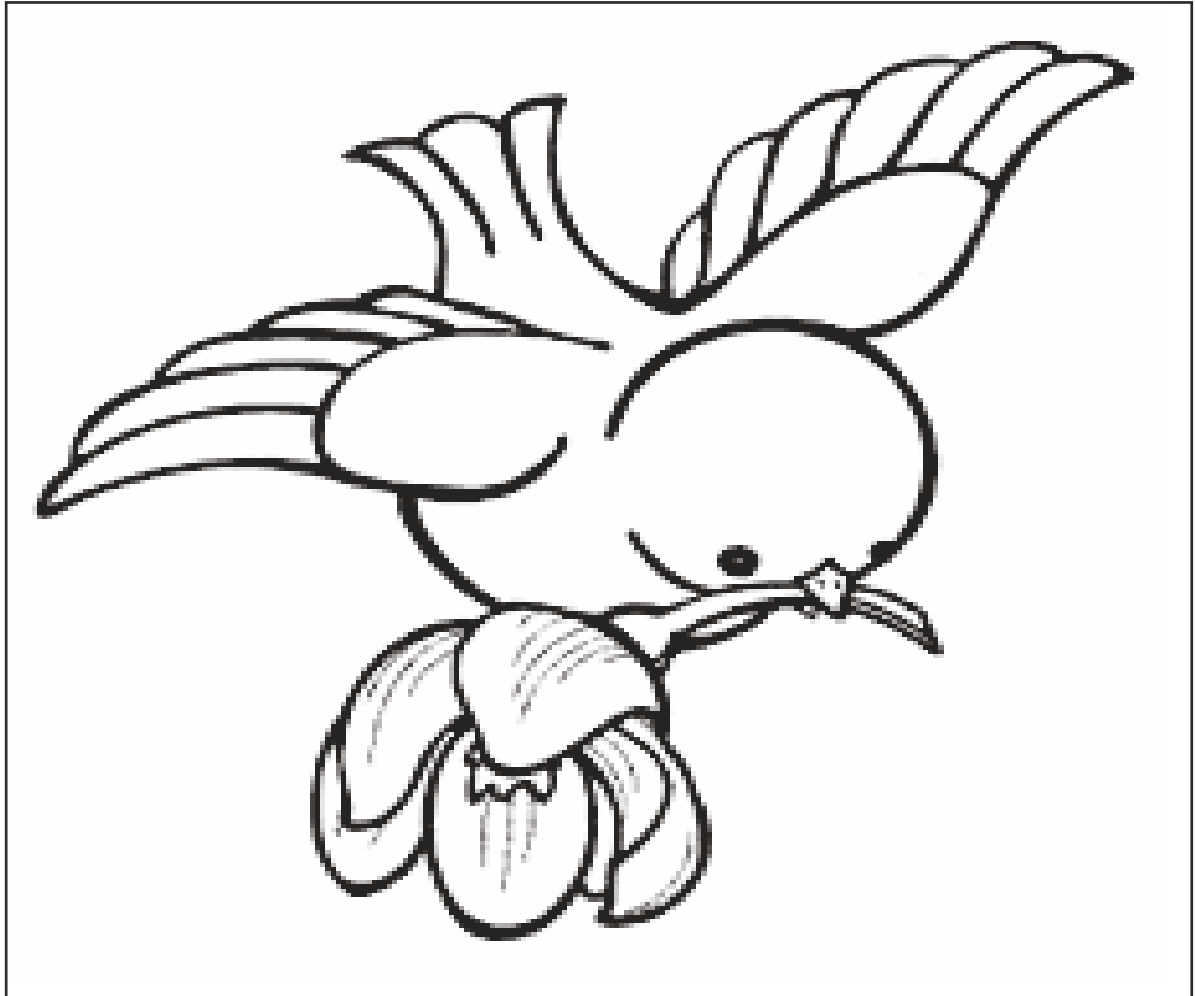
"Colour it" for April Issue

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

The result will appear in **June 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

.....



Story By :Sanjay Tandon, Chandigarh

Nip the Evil in the Bud

Mohan was fascinated by the coloured chalks used by his kindergarten teacher to draw on the black board. Every afternoon he would slip 2 or 3 pieces into his pocket and take them home. One day he stole his friend's new sharpener. The other day he pocketed a pencil from another's stationary box. His mother noticed it all, but chose to ignore it.

One day he pinched a chocolate from the confectioner. When Mohan grew bigger, he started stealing money from his friend's pockets. Mother just laughed it off. When he was eighteen, she saw him wearing a gold wristwatch. She asked, "Where did you get that from, Mohan?" He grinned and said, "I know just one way to get what I want..." And they had a hearty laugh.

Call it fate or destiny. Mohan became a mastermind at burglaries. He broke into houses in the night and stole whatever he could lay his hands on. When he brought his booty home, his mother would say, "Well done, son!" After burglary, he learnt how to kill for money. Mohan became a dreaded criminal. The gunshots alerted the security guards nearby. A huge commotion ensued and ended in a bloody scene due to exchange of fire from both side.



Mohan and his aides were overpowered and arrested. At the end of the police investigation and the court proceedings, Mohan was given death sentence for murder. Just before he was to be executed, the executioner asked Mohan if he had any last wish. Mohan asked for permission to hug and kiss his mother. Mohan's mother came near him with tears streaming down her cheeks. Mohan hugged her and put his lips to her cheek as if to kiss her one last time. But instead, he bit her hard on the ear. She cried out in pain, as her ear bled. "If you had slapped me when I stole my first chalk; if you had nipped the evil in the bud, I would not have grown into a thief. If had not become a thief, you and I would not have had to go through this today. But now it's too late for you to start and it's too late for me to stop. Good bye mother."

Moral— ∴ It is an unfortunate fact that today 90% of the children are spoilt by the parents themselves.





-Anita Jain

Strange Justice

Long ago, a very learned and justice loving king Yashdev ruled the Junagad province of our country. He was very famous far and wide for his impartial and strange justice, due to which the entire province was prosperous and the people were also very happy.

There lived an oil man in the same province who was very honest and hard working. He had saved few silver coins out of his hard earned money. Once he

had to move out of his house with some urgent work. Since there was no one else in the house, so he decided to keep the silver coins with his friend, Seth Karorimal. He kept the pouch full of silver coins with Karorimal and went away with his work.

After finishing his job, the oil man returned after a week and went to Seth Karorimal to get his silver coin pouch back from him. But as a bad



luck, Karorimal turned unsupportive. He thought that no one has seen oilman handing over his coin pouch to me, nor the oil man has got any proof of giving the pouch to me. Karorimal served the oilman very well when the oilman reached him to get his pouch of silver coins back. But when he wanted his pouch back, Karorimal spoke in different tone, "Are you in senses, which pouch are you talking about, when did you give it to me, any proof of that"?

The oilman was not at all prepared for such a reply from Seth Ji. He just felt a fish out of water. Controlling himself a bit the oilman said, "Dear Seth, you are my childhood friend, I am a poor man, don't cheat me like this, please return

my pouch. Otherwise also, you don't have dearth of money. You cannot become richer with my few coins".

All these words of the oilman, fell flat on Seth Karorimal. He said angrily to the oilman, "I have already told you that I don't own any pouch of yours. Do you leave this place yourself or I get you kicked out through my servants"?

The poor oilman silently left the place with heavy heart and decided to get justice from the king.

The next day, the oilman reached the Rajdarbar and told the whole happening to the king Yashdev. The king gave a patience hearing to the oilman and then called Seth Karorimal to Durbar. He asked Seth, "Whether the



oilman was speaking truth"? At this, Seth Karorimal said, "No, this oilman is telling a lie. He has not given any coin pouch to me". It became an awkward situation for the king. The people in the domain also had different views. Some people were of the view that the oilman was right while others took Seth Karorimal to be the true person.

After thinking for sometime, the king ordered for the search of the safe of Seth Karorimal and immediately it was so done. The king asked the oilman to search his pouch out of the various pouches of currency found there. The oilman searched his pouch and handed over the same to the king. Looking this, Seth Karorimal said, "O' Lord, the oilman is telling a lie, all these pouches belong to me only".

The king didn't care for the cries of Seth Karorimal. He asked for some water in a clean pot and dropped all coins of



that pouch in the water. The coins settled down in the water and some oil drops started floating over the water. The king immediately announced his judgement. He sentenced Seth Karorimal to jail and returned all the coins of the oilman in his pouch.

All the people present there were wonder struck over the decision of the king. Then the king said, "There is nothing so astonishing. These were oilman's coins, so the oil stuck to these through the hands of the oilman started floating over the water. Had these coins were of Seth Karorimal, then no oil would have been there. If you still don't believe, then you examine yourself". The king asked for another pot of water and poured in that the coins from the other pouch of the Seth. But there was no oil floating on the water this time.



Festival of Baisakhi

—Praveen, Hry.

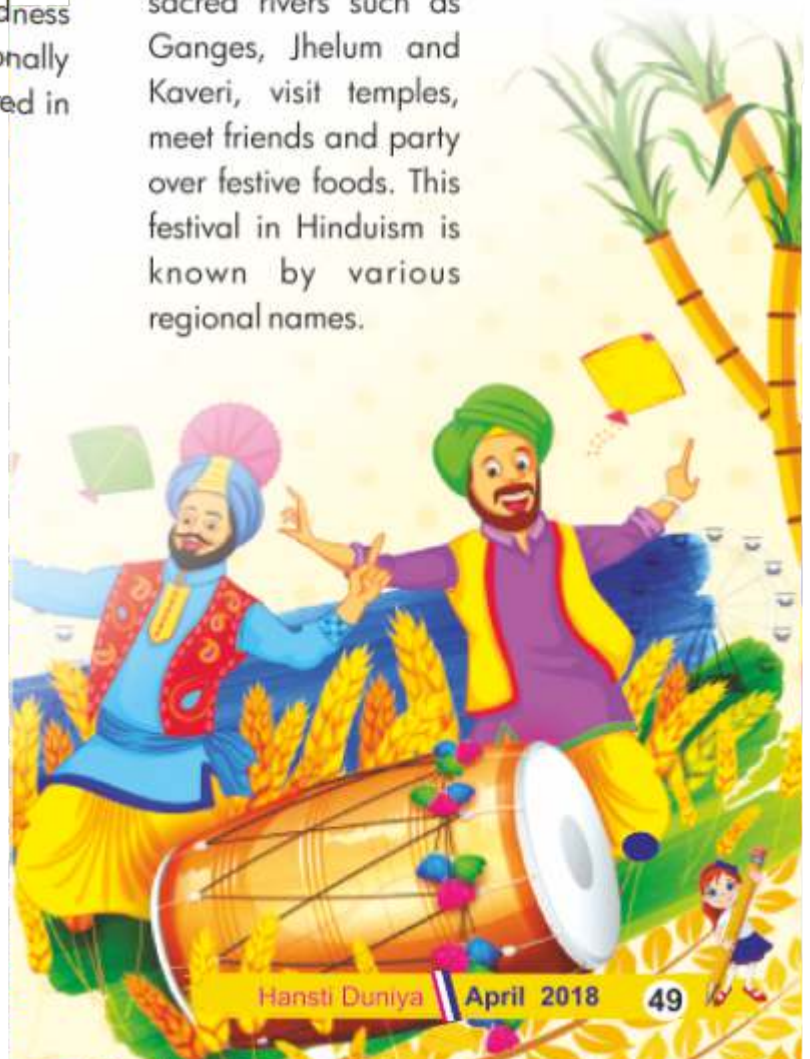
Baisakhi is a historical and religious festival in Sikhism and Hinduism. It is usually celebrated on April 13 or 14 every year.

Baisakhi marks birth of the Khalsa way of living in the Sikh religion and commemorates the formation of Khalsa panth of warriors under Guru Gobind Singh in 1699. It is additionally a spring harvest festival for the Sikhs. Baisakhi is also an ancient festival of Hindus, marking the Solar New Year and also celebrating the spring harvest. It marks the sacredness of rivers in Hindu culture, it is regionally known by many names, but celebrated in broadly similar ways.

Baisakhi observes major events in the history of Sikhism and the Indian subcontinent that happened in the Punjab region. The significance of Baisakhi as a major Sikh festival marking the birth of Sikh order started after the persecution and execution of Guru Tegh Bahadur for refusing to convert to Islam under the orders of the Mughal Emperor Aurangzeb. This triggered the coronation of the tenth Guru of Sikhism and the historic formation of Khalsa, both on the Baisakhi day. Baisakhi was also the day when colonial British empire officials committed the

Jallianwala Bagh massacre on a gathering, an event influential to the Indian movement against colonial rule.

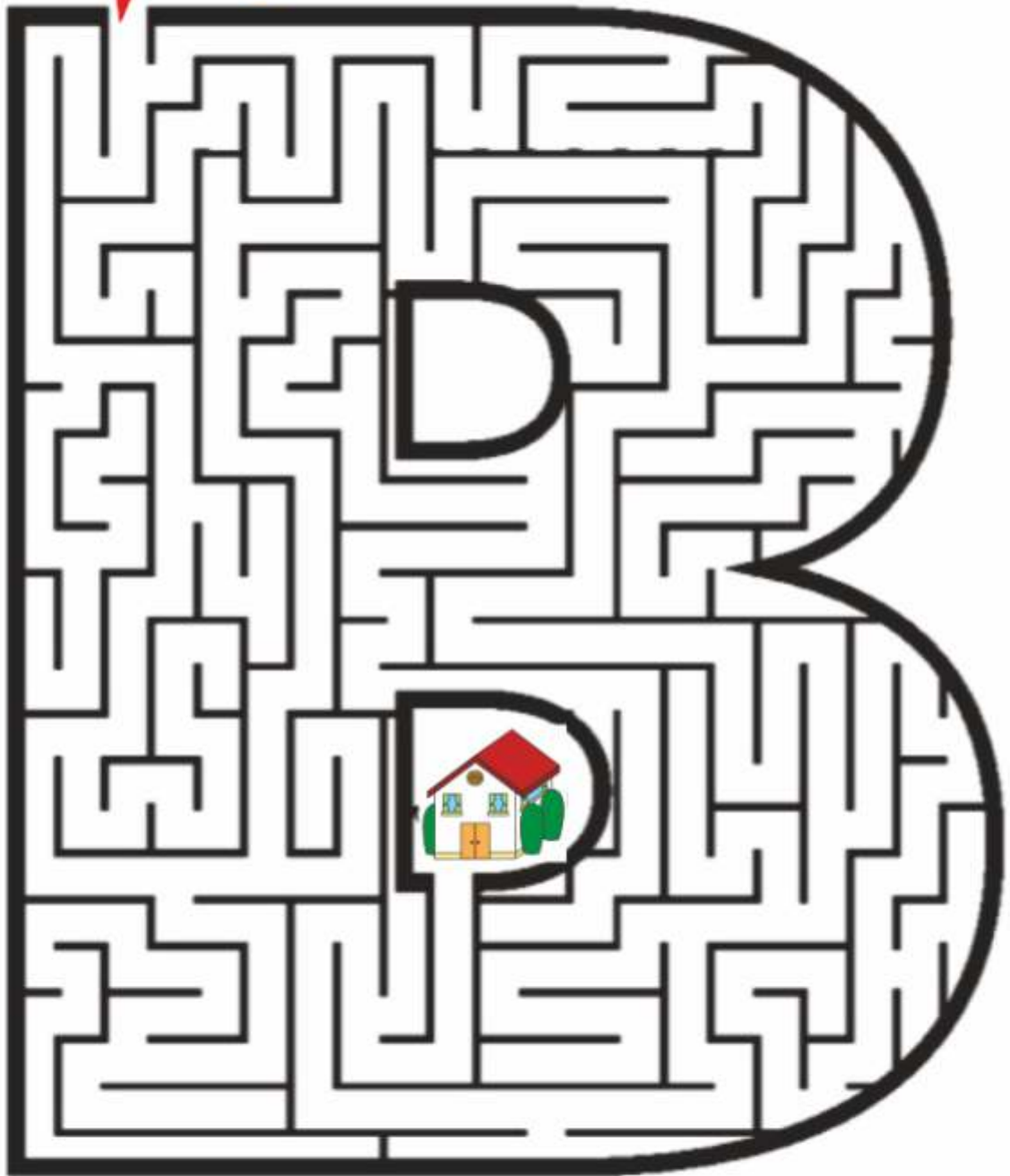
On Baisakhi, Gurdwaras are decorated and hold kirtans, Sikhs visit and take bath in lakes or rivers before visiting local Gurdwaras, community fairs and nagar kirtan processions are held, and people gather to socialise and share festive foods. For many Hindus, the festival is their traditional solar new year, a harvest festival, an occasion to bath in sacred rivers such as Ganges, Jhelum and Kaveri, visit temples, meet friends and party over festive foods. This festival in Hinduism is known by various regional names.



Maze



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