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Give Suitable Meaning

One day, during moral science period, the teacher held one white paper in his hand. On entering the class room, he hung that white paper on the 'black-board'. Every student was anxiously looking as to what the teacher writes on it? O', What's this? The teacher drew a circle on this paper and then asked the students one-by-one, what it was? Almost all the students named that as circle, cycle or a wheel; and one of them called it as the cycle of life also.

The teacher then drew two eyebrows and in between those he made the shape of nose also.

Then every student said that it is a human sketch. The teacher suddenly stopped drawing the sketch further and asked the students to tell whose sketch it is ?

Many students said on their turn that it seemed to be a human sketch while few others called it to be a woman sketch possibly. Some one told the sketch to be of a leader or a religious person.

Listening all the students, the teacher said, "first of all this sketch is incomplete. When the sketch is not complete, then looking at the incomplete sketch, one can guess only and nothing can be said with certainty.

This sketch has got the eyebrows but not the eyes. Nothing can be seen without eyes; and one more point, when the thing is not there, the eyes can not see it. Further, there is no mouth in this sketch. To show the mouth, we have to make lips first, which are not there in this sketch. Had there been lips in this sketch, then there would have been reality in this sketch. There are no

ears also as yet in this sketch. Had there been ears, then this sketch would have been different.

In nutshell, this can be said that if face contains all the necessary parts which are required to be there, then only it can be called a sketch of a human.

All of us have eyes, ears and lips also, but someone cannot see in spite of having eyes., because there is no vision in his eyes. He is called a blind person. If a person has ears but cannot listen, he is called deaf and the one who has got mouth and lips but cannot speak is called dumb.

I have got eyes and vision also, then do I see that only which my eyes are seeing or I am seeing only that which I want to see. I see each and everything as per my vision. If I take decision by looking towards everyone as per my thinking and vision, then my condition is also like that sketch which has only eyebrows and no eyes.

Likewise, if I give my own meaning after listening anything and start criticizing others without knowing the truth and facts, then I am also deaf with ears and if I keep mum on seeing some one struggling with truth, then it's like me being dumb.

Dear friends! We should also use our eyes, ears and mouth suitably. First listen to others properly, visualize the version in their vision and then we should give our comments. In the same way, we look inwards, listen to our conscious and teach ourselves in our words, so that we can give suitable meaning to our life.

- Vimlesh Ahuja



Benefits of Pear fruit

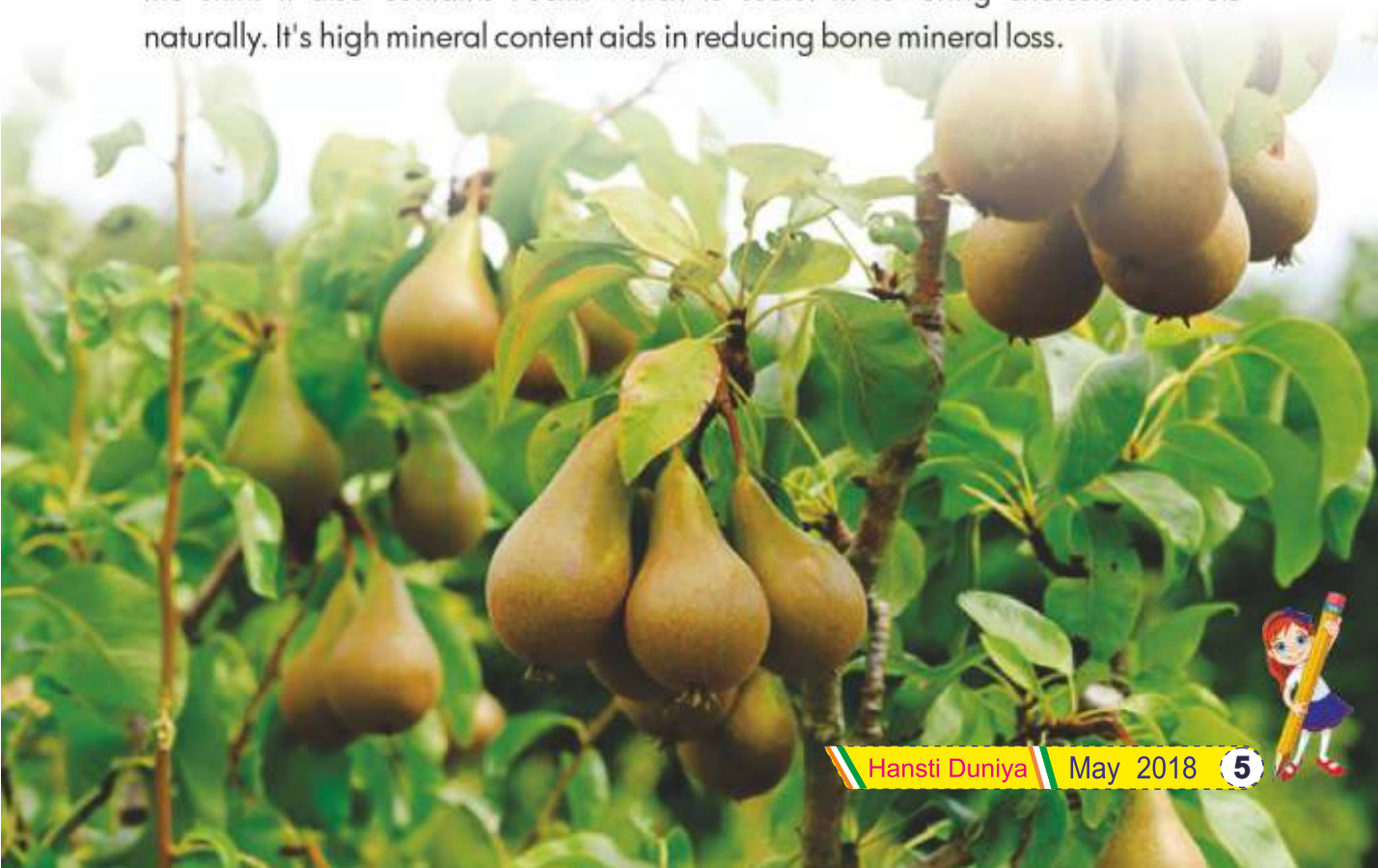


— Munish Wadhwa (Geeta Colony, Delhi)

Pear is one of the lowest-calorie fruits. It contains many essential nutrients like Carbohydrates, Protein, Calcium, Phosphorus, Sodium and Magnesium. It is also a high source of immune-boosting Vitamin C.

Pear improves digestion and health of heart. It helps to reduce blood pressure and prevent cancer. It also promotes wound healing and tissue repair. Moreover, it increases the metabolism and helps to improve blood circulation.

Pear is a great source of Iron which helps to avoid the deficiency of haemoglobin in the blood. It also helps to boost the immune system and stimulate white blood cell production. Pear has the ability to reduce the effects of aging on the skin. It also contains Pectin which is useful in lowering cholesterol levels naturally. It's high mineral content aids in reducing bone mineral loss.



SAMPURAN AVTAR BANI

Ik Tu Hi Nirankar - 138

SANTAN KOLON BE-MUKH BANDA SUKH CHAIN NAHIN PA SAKDA;
 SADH SANGAT DI KIRPA BAJHON KHUD NOON NAHIN BADLA SAKDA.
 SADH DI SANGAT SUKKE JEEVAN VICH KARDI HARIALI EY;
 BHUKH NANG DA NAS KARENDI AA JANDI KHUSHHALI EY.
 KHANA PEENA SAUNA HUNDA JEEVAN DA AADHAR NAHIN;
 DHRIGAKAR JE SABH KUJH HONDE CHETE IH NIRANKAR NAHIN.
 KULL DUNIA DA RAJA HOVE PAR JE CHETE NAAM NAHIN;
 BIN MALAK DE GHODA HAI OH JIS NOON KOI LAGAM NAHIN.
 IKO IK EY KHED HAI IK DI LAMMA CHAUDA LEKHA NAHIN;
 KAHE AVTAR GURU HI RAB EY IS VICH KOI BHULEKHA NAHIN.

Thou Formless One 138

A person who turns his face from the True Saint cannot find happiness and peace;

He cannot transform himself without being blessed by the company of saints.

The company of the True Saint, makes the barren life fertile and green.

It removes hunger and want, and brings in prosperity;

Eating, drinking and sleeping is not the basic of life;

Condemned is the man who possesses all the bounties but

does not remember the Formless One - Nirankar.

One may be the king of the world, but if he does not remember the Divine Name;

He is just like a horse without the Master, who has no bridles.

The game plan is one and of the One alone, and there is not much to be calculated;

Avtar says, let there be no doubt that True Master is God Himself.



Divine Words of Baba Hardev Singh Ji

- ★ World peace is possible only by realizing God and welfare of mankind is possible only by following the foot-steps of saints and sages. The mankind can be saved through spiritual awakening only.
- ★ Establish a world full of love by imbibing love in ourselves.
- ★ Let us beautify each and every moment of our life.
- ★ The true awakening is through self realization only.
- ★ The love of Satguru and a devotee is reciprocal.
- ★ As ornaments are needed to decorate our bodies, the ornaments of love, humility, generosity and respect are required to decorate our life.
- ★ Love and humility is the hall mark of a devotee.
- ★ Salvation of soul is possible through God realization.
- ★ There will be no ill-will or hatred left in the minds of people if they learn the language of love.
- ★ We are to boost love and not the hatred.
- ★ Service is such a sweet that can be enjoyed by the performer only.
- ★ God can't be worshiped by hating the humans.
- ★ A gold coin doesn't lose its value by falling into the mud, similarly the value of dust never rises by flying high in the sky, rather it falls into our eyes only.
- ★ A saint concentrates on the human values.



- ★ Let us inculcate fragrance, happiness and beauty like that of flowers.
- ★ Self-confidence is the first priority to perform something great.
- ★ Developing knowledge is the thinking of good people.
- ★ The youth will become energetic by uniting with God-Almighty.
- ★ A devotee is like a blooming flower and devotion is its fragrance.
- ★ Our life will become pious, only when our mind becomes so.
- ★ Only they are pure and pious who are hued in God's colour.
- ★ We should always remain filled with the thoughts of humility, love, compassion and mercy.
- ★ There should be an attitude of gratitude in our mind that God has provided us everything.



Long ago, there lived a farmer in a village. He had three children—two sons and a daughter named Rohit, Goldy and Sunaina. Rohit was the eldest.

One day, the farmer summoned all the three and said—Dear children: I am quite old now and may not live long. I want you all to live together with love and affection thereafter. And the other day, the farmer breathed his last. The whole responsibility of looking after the younger brother and sister fell upon the eldest son. He had to toil the whole day to eke out their livelihood.

The sister was brilliant at studies. But Goldy had no interest in studies. He would leave home for school, but would spend the whole day under the shade of a tree. The eldest brother made him understand several times, that it could only be by dint of doing one's studies that one can progress in life. But to no avail.

One day, the elder brother angrily said—you have no interest in studies. So, you would now go to work in the fields with me.

On this, Goldy burst out at once—brother, I knew that after father's death I would become a burden for you.

This made the elder brother feel heavy at heart. Goldy, you are my younger brother. Whatever I say, is only for your welfare.

One day, Goldy took some money and left home with some of his friends. When Sunaina returned from school, she got upset to find that her younger brother was not at home. Both the elder brother and the sister waited for him for long but Goldy did not come home.

There, the friends got well with Goldy till he had money with him. But as soon as the money exhausted, all the friends started keeping away from him. Now, Goldy was caught in the company of bad people.

One day, Goldy was sitting sad in his room. Suddenly, his eyes fell on a web in which a butterfly was stuck up. Despite her repeated efforts, could not get out of it. On seeing this, Goldy felt that just like that butterfly he too had been caught in the mesh of bad company. The only way to get rid of this company is that he should return home. He was repentant. He at once left for home. On reaching home, he apologised to his elder brother—I am sorry brother. I had gone astray. Now I'll put my heart and soul in my studies. And from that very day, Goldy took to his studies and became a successful man.



By : Mangu Ram Gupta

Your Hand

It is said that “the hand that rocks the cradle rules the worlds.”

A good handwriting is a very valuable asset to the person who possesses it; and its importance can hardly be overemphasized. It plays a very vital role in one's life and invariably yields rich dividends.

Right from one's academic career down to one's official career, handwriting attracts great attention; can elicit a lot of admiration; enhances one's image tremendously. It is surely a commendable acquisition which needs to be emulated, acquired, and cultivated by all and sundry.

A person's handwriting and aesthetic sense are closely linked together and go hand in hand with each other. One who has a good handwriting is generally endowed with an aesthetic sense though the reverse of it may not always be true. It is accordingly difficult to decide whether a good handwriting emerges from an aesthetic sense or an aesthetic sense emanates from a good handwriting. Whatever may be the exact position in this behalf, it can safely be said that a good hand and an aesthetic sense are , as a matter of fact, complementary to each other.



Whereas a good handwriting is an enviable blessing; a bad handwriting is an obnoxious bane. The one we love and cherish; the other we hate and decry. The one we value and prize; the other we ignore and avoid. The one we laud; the other we criticize. The one we call dynamic; the other, lame. The one we commend; the other we condemn. Such is, indeed, the difference that yawns between the two.

Varied are the disadvantages of a bad handwriting. Whereas it is delightfully easy to read good hand; it is disdainfully difficult to decipher a bad one. A bad handwriting thus takes twice or thrice the time to be read than the time taken to go through the same matter when written in a good hand. A lot of valuable time is accordingly wasted everyday in deciphering bad hand. If all such time is added up, it will, I believe, run into centuries.

All this apart, a bad handwriting surely leaves a bad taste in the mouth and gives a poor impression of the person possessing such a handwriting .



Lemon



— Prteek, Gandhi Vihar, Delhi

Lemon is known as “Neembu” in Hindi. Ayurveda has regarded lemon as a valuable fruit and admired its properties. Its biggest benefit is that it helps in digestion, prevents throat trouble, acidity and vomiting. Here are its other benefits.

- 1— Lemon juice is a powerful anti bacterial.
- 2— Since it is very acidic in nature, it should not be taken in concentrated form as it will harm the enamel of teeth. But mixed with sugar and water it makes “Shikanji” a very beneficial summer drink.
- 3— Lemon is very useful in maintaining the health of teeth and the bones.
- 4— In places of high altitude including Mount Everest lemon is useful and even the first man who put his foot on Mount Everest used lemon to reach.



Dear Devotee



Once Narad Muni started boasting that no one else worships Lord Vishnu in selfless manner as much as he does. The aim of other people is to get the desired things only.

Vishnu Ji realized Narad's ego and said to Narad, "One of my dear devotee lives at a particular place, you go and introduce yourself to him when you meet him."

When Narad Ji reached that particular place, he found one farmer there. He met that farmer and watched his routine. Narad saw that farmer once remembered God and then started doing his work in the farm. Through out the day he did his work and at night he again remembered God and then went for a sleep. Seeing this Narad thought, "This poor farmer has remembered God twice during the day,

and Lord Vishnu says he is my prime devotee. To me he seems to be indulging himself in worldly affairs only."

Narad Ji immediately went to Vishnu Ji and narrated his view about that devotee to Vishnu Ji. At this Vishnu Ji said, "Narad! It's good you have come at your own, here is one job for you. You go and roam about the entire city with this bowl full of oil and bring it back as it is; and note that not even a single drop spills out of it on to the earth.

When Narad Ji returned, Vishnu Ji asked, "Narad! Tell me how many times did you remember me while roaming about the city?"

"Not even once", replied Narad Ji. Because my full attention was towards the bowl of oil only.

At this, Lord Vishnu said, "Look, one bowl full of oil distracted you from me, whereas this farmer regularly remembers me while taking care of his family. Is he not my dear devotee?"

Hearing this, Narad was ashamed.

This is true that the devotee is one in whose heart Lord dwells.





Grandpa

Story & Illustration — Ajay Kalara

A goat ran to the forest from the village.

O! Here there is very good green grass grown all around. I shall get full feed if I stay here.

It remembered that in the village, it's owner provided only dry grass to eat.

Whole day it continues to eat but gives only one pot of milk.

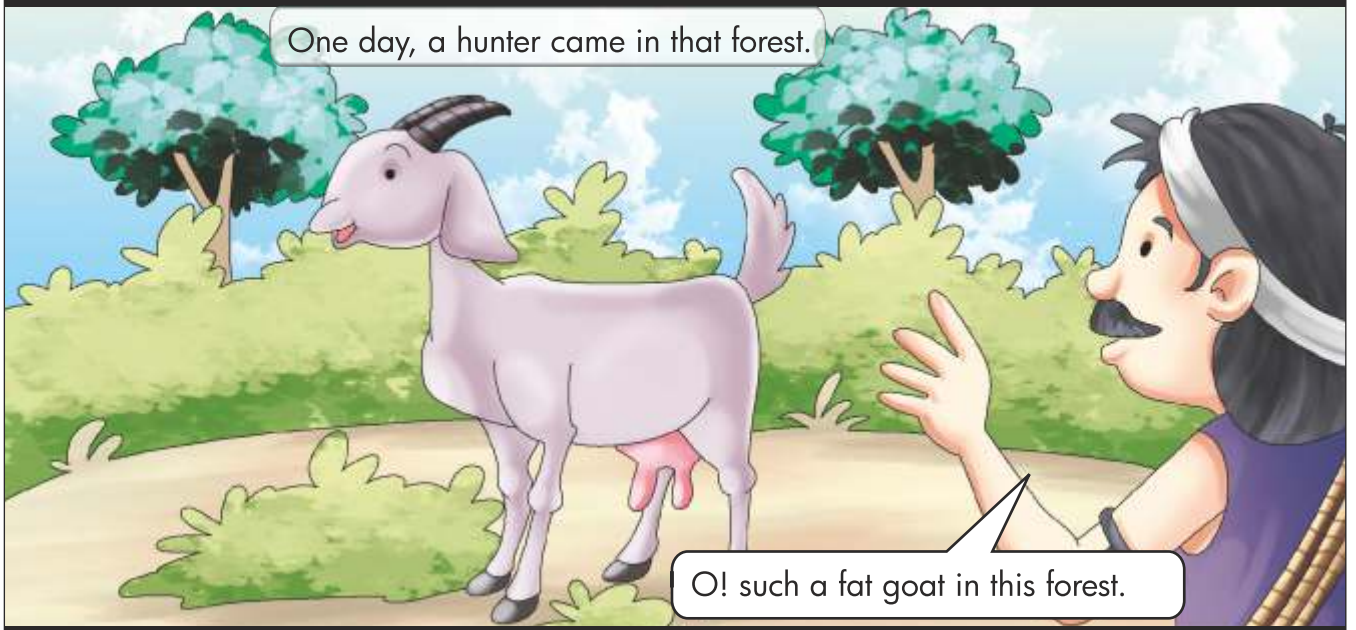
For milking, he always remains ready, but gives dry grass to eat. What a miser!

In the forest, the goat was not only free but also lived at its own sweet will. There was no dearth of food to eat.

This is care free life, free to move and eat. In the village, all the time I had to remain in bondage.



The goat used to get full meals, so it grew quite strong and sturdy.



One day, a hunter came in that forest.

O! such a fat goat in this forest.



The hunter ran after the goat and the goat ran to save itself.

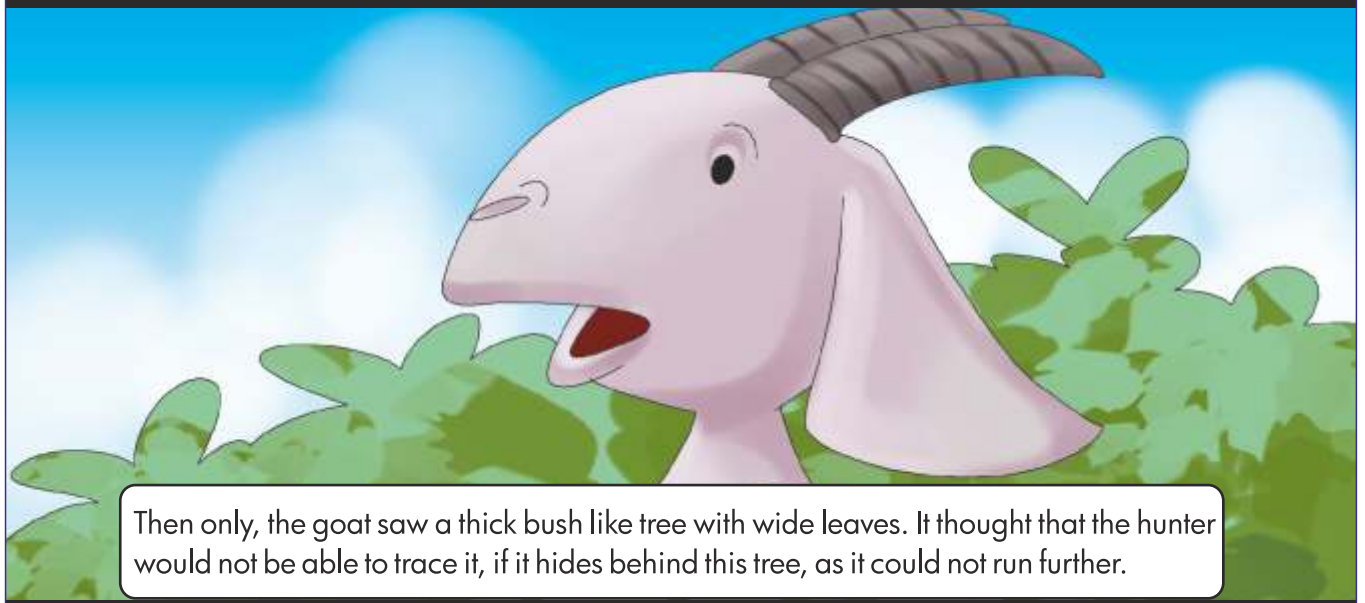
bleating

How far will you run from me?

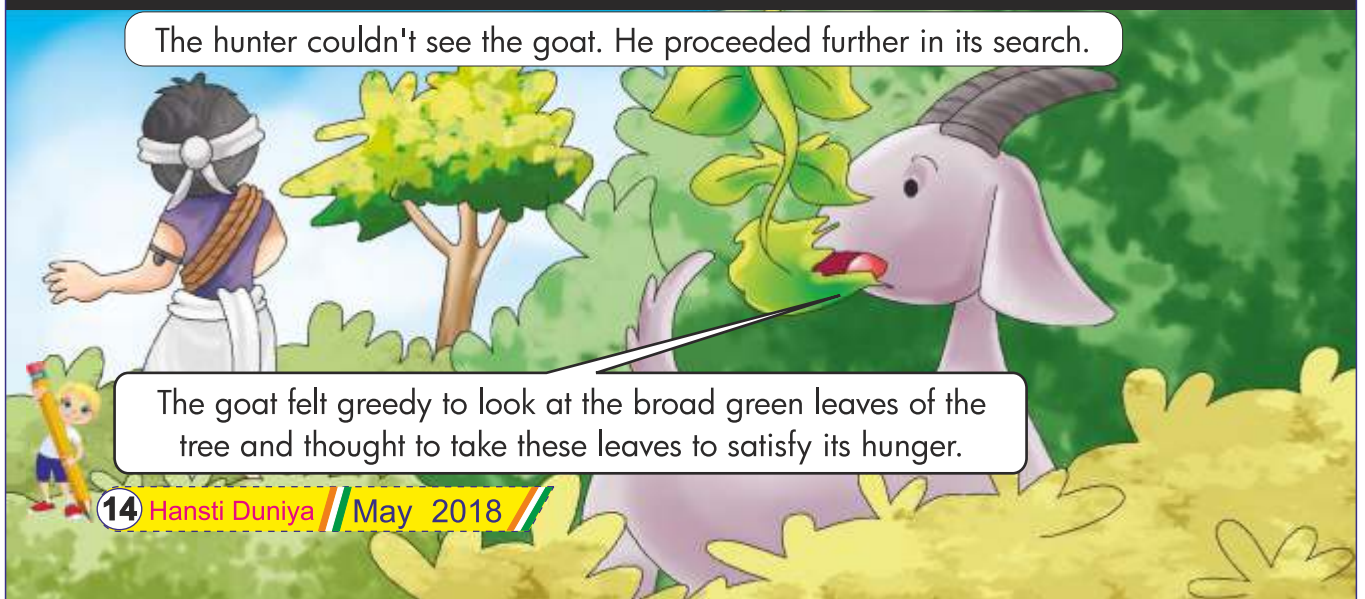


The goat had become too fat to run.

O my God! While chasing me, this man has reached quite close to me.



Then only, the goat saw a thick bush like tree with wide leaves. It thought that the hunter would not be able to trace it, if it hides behind this tree, as it could not run further.



The hunter couldn't see the goat. He proceeded further in its search.

The goat felt greedy to look at the broad green leaves of the tree and thought to take these leaves to satisfy its hunger.



The goat started eating the leaves.

What a nice food today!

But as a result of it, as the leaves on the tree became thin, the goat became visible. While searching the goat, the hunter came to that side and he saw the goat.



O! you were hiding yourself here, now I will catch hold of you.



The hunter thus caught hold of the goat and moved ahead.

O! What I did? The tree that gave me shelter, I was so greedy that I harmed that tree only and got caught.

Moral: We should always do good to every one.



—Yog Batra, Mehrauli, Delhi

CONTACTS OR CONNECTIONS

Karun and Lavanya were travelling to their grandparents' home in a remote village of Himachal. Initially, both were reluctant but had to give up under the pressure of their father Ramesh Babu who had told them that it was a compulsory visit beyond question.

Their grandfather had undergone a life threatening surgery and was very emotional to see his grandchildren. Comfortably placed in their respective seats, both were busy on their mobile. While Lavanya was busy updating her facebook status, Karun was busy playing some online video game. Their mother Suchitra served them food which they both ate half-heartedly engrossed in their mobile phones.

Karun and Lavanya were pleasantly surprised by the scenic beauty of the village. It was a trip after such a long gap that they had forgotten about the village. But now they were capturing its beauty with a renewed interest. Their grandparents were overjoyed to see them.

Next morning Karun found that due to severe network problem, his mobile had stopped working. He was upset, Lavanya also soon lost here phone to the network. He asked Dadaji how do you manage without internet or mobile phone here. I cannot guess my life without that. Dadaji laughed hearing it and answered that's because you have not seen any life beyond that. This is your city culture. Here we have lot of activities to do. I will

show you around. You shall like it. Dadaji took him to the backyard. Karun and Lavanya were wide eyed seeing a beautiful kitchen garden there. It was full of apple trees which were loaded with juicy apples. There were plums, spinach, cauliflower, reddish potato, tomato, lemons, green chillies. The garden was a treat for the eyes. Dadaji started telling them about the plants and both the children found it very interesting. When they returned to home after two hours, they were full of some newly acquired knowledge and a lot of enthusiasm. In the afternoon, they all sat for a hearty lunch prepared by Dadi Maa and their mother with the home grown products. Food was never so tasty. Their mother told that they are actually enjoying food for once without being engrossed in their mobile phones.

In the evening, some of the old friends of Ramesh Babu came to meet him. They told some really funny stories about him to the children. Both the children were laughing hard, they could not believe their father was such a fun person. In the next few days, Karun and Lavanya went to see the village post office, fields, village pond and panchayat house. They were amazed to see how whole village would gather to the panchayat house every evening, would chat together, joke about each other and resolve their personal issues amicably. But the most pleasant thing was attending congregation



in the village. Back at home, they were always reluctant to attend congregations but here with plenty of time at hand without any other distraction, they found Satsang very educative, very pleasant, giving a sense of belonging, understanding the truth.

Everything in village was so serene, so peaceful, so calm. It was a totally different experience in the village. At the end of the week, when it was time to go home, they both were reluctant to go home. Karun wanted to explore the village some more while Lavanya wanted to learn to stitch a homemade doll with old rags from her dadi maa. She was a wonderful craftswomen.

A night before they had to leave, both the children were upset. They were surprised that they had actually loved living in the village without any modern amenities, their mobiles, internet and still they had such fun. Dada ji sat the whole family around him and told them that this was the sole purpose of calling them to village. In his last trip to city, he had realized that his son and his family had forgotten to live life, enjoy life. They were living a mechanical life without any pleasure. Even they had distanced themselves from the satsang. Lavanya and Karun could not believe that their mother could sing such beautiful geets and bhajans and she knew so many of them.

Here in village in the short period of one week only, the whole family realized what was missing from their lives. The real joy, the real pleasure. They have 100 friends on



WhatsApp and face book but have forgotten the joy of spending time with the family. They have hundreds of contacts but no connection with any one. They learned now that the real joy is in connections, the caring, sharing and spending some quality time together. It is like we are co-passengers on the same train but we have contacts with the outside world but no real connection to the passengers sitting next to us. On their return journey, the family decided that they have discovered each other. Ramesh Babu promised to spend some quality time with them every evening. Karun and Lavanya promised that they will limit their time on internet and help mother in household chores. Mother promised to sing new geets every day before sleeping. And the family promised in unison to attend congregations every week. It was a journey back to the roots. They were really truly happy now. Connected in real sense and content for the first time.



Greedy Karodimal

Once there was a greedy man named Karodimal. One day he wanted to buy a coconut. He went to a coconut vendor and asked him the price of a coconut.

"Four rupees each," said the vendor.

"Four rupees? That's too much, I'll pay you three rupees," answered Karodimal.

"If you go a mile ahead, you'll get it there for three rupees", said the vendor.

Karodimal said to himself, "Money is very precious. I don't mind walking a mile to save a rupee."

So he walked down a mile ahead and saw there a coconut vendor. He asked him the price of a coconut.

"Three rupees each," said the vendor.

"Three rupees? That's too much. I'll pay you two rupees," said Karodimal.

"If you go a mile ahead, you'll get it there for two rupees," said the vendor.

Again Karodimal said to himself, "Money is very precious. I don't mind walking a mile more to save a rupee,"

So he walked down a mile ahead and saw there a coconut vendor. He asked him the price of a coconut,





"Two rupees each" said the vendor.

"Two rupees? That's too much.

I'll pay you one rupee," said Karodimal.

"If you go a mile ahead, you will reach the beach. There you'll get it for one rupee," said the vendor.

Again Karodimal said to himself,

"Money is very precious. I don't mind walking a mile more to save a rupee."

So Karodimal walked down a mile ahead and reached the beach. There were many coconut vendors.

Karodimal went to one of them and asked him the price of a coconut.

"One rupee each," said the vendor.

"One rupee? That's too much. I'll pay you fifty paise," said Karodimal.

The vendor said,

"Why don't you climb up one of these coconut trees and get one for nothing."

"That's right," said Karodimal and climbed up a coconut tree. He tightly held a coconut between two hands to pluck it from the tree.

But just then he lost hold of the trunk and he hung in the air. He swung in the air for some time.

Then he fell down on the sandy beach.

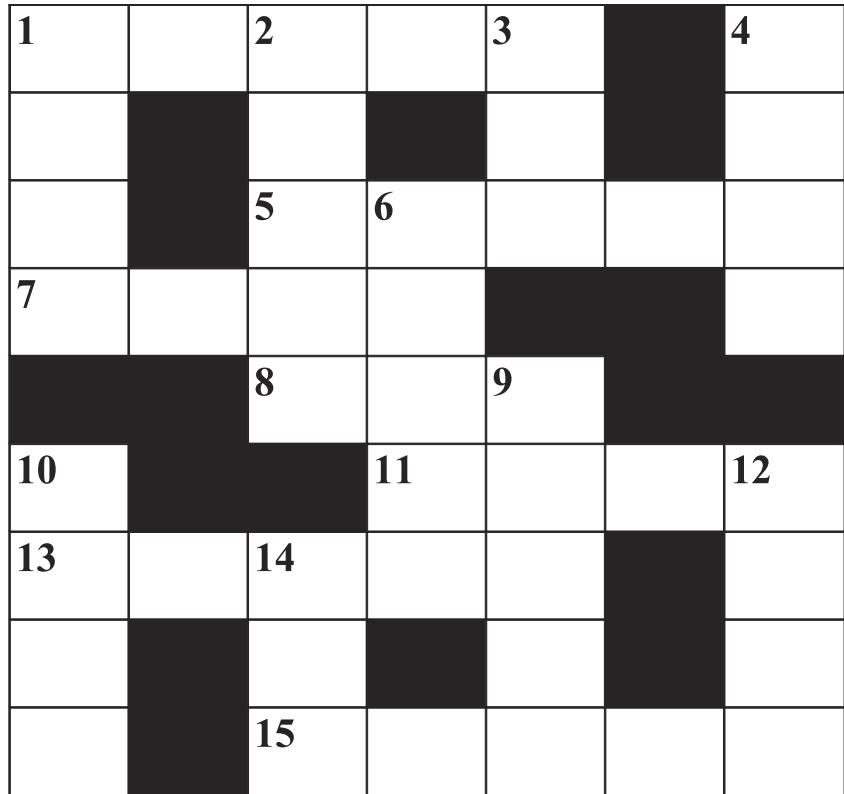
He got a coconut just for a few scratches on his body and fracture in his leg.

Moral : Greed is the root cause of curse.

Compiled by : Gurdev Singh, Pandoh



CROSS WORD – Vikas Arora (Rewari)



Left to Right →

- The Nobel Peace prize for 2009 was given to Barack H. _____
- Ayodhya is situated on the banks of _____ river.
- At a short distance.
- A geographic diagram.
- The word that comes last in the dictionary: BAIL, BABY, BACK, BADE.
- A person paying a visit to another's house.
- Verb of ORATION.

Up - Down ↓

- An Asian country hidden in the word 'WOMAN'.
- An Indian state with capital Dispur.
- A river in Switzerland: ANU, AAR, ARC.
- There are _____ fingers and one thumb on each hand.
- Plural of ARAB.
- New name of Patliputra.
- Positive: _____, Comparative: UGLIER, Superlative: UGLIEST
- He was the _____ worker in the field. (LONE/LOAN)
- Find the odd one out: EAR, EGO, EYE, LEG.



H.D. Answers

— Richa (Dehradun)

Q. What is greater — deeds or destiny?

A. It is the deeds which shape the destiny.

— Avnish Gulati (Chd.)

Q. Whom Should one be guided by one's head or heart ?

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

— Sahil Rai, Nabha (Punjab)

Q : Should the study be done at night or in the morning?

Ans : If you study till late at night and do not feel quite fresh when you get up in the morning then you should sleep after studying and get up late. But if you can get up early in the morning and feel fresh then you should sleep early at night and get up early to study.

— Hajeet Nishad, Indore

Q. What is true love ?

A. That which knows to give only.

— Stm. Laxmi, Kerla

Q. When should one resort to revolt ?

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

— Himanshu, Delhi

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

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

— Himanshu, Delhi

Q. What is most difficult to control ?

A. One's own self.

Q: Question A: Answer



— Taruna Gandhi (Gurgaon)

Benefits of Spinach



Spinach is truly a super food. This leafy green vegetable is a storehouse of nutrients and minerals. No one can forget the lovable character of Popeye who opens a can of spinach whenever he needs a boost of energy.

Spinach contains iron, calcium, potassium and vitamin B2 and B6. It is also a good source of phosphorus, magnesium, folate, manganese, zinc and copper.

Spinach aids in digestion, prevents constipation, maintains low blood sugar and curbs overeating. It also contains various anti-cancer and anti-inflammatory antioxidants. The carotenoids found in spinach protect against several eye diseases, including cataract.

Spinach is also an excellent source of vitamin C and A. These two nutrients reduce the amount of free radicals in the body. It helps to prevent various heart diseases.

Spinach also contains antioxidants that clear up acne. They also prevent other skin diseases, such as eczema, psoriasis and skin cancer. The calcium and magnesium present in spinach is essential to maintain healthy bones. The abundance of vitamin K in spinach contributes to a healthy nervous system. Hence, every one should include spinach in his diet.

Always buy fresh leaves featuring dark green color, vitality and crispiness. Wash them thoroughly in clean running water and rinse them in salt water to remove dust and insecticide residues.

A great way to use spinach is to finely chop it up and include it in meals. One can make rotis with boiled spinach. The finely chopped spinach leaves can be added to dal. One can also make green rice pulao by making a layer of green with spinach.



Water is Real Medicine

Dear children, have you noticed that human beings, animals-birds may survive without food for some time, but they cannot live long without water.

At the beginning of the day itself, the necessity of water is felt.

We should not take water immediately in the beginning of the meals and after the meals, as the digestive juices for the meals get diluted by doing so. In between the meals, water taken imparts negative effect on our health. If excess water is taken, then the combination of water and food forms triglycerides in the stomach due to which the digestive juices are not able to digest the food properly and this adds fat to body. This leads to deterioration of the digestive system which in turn gives rise to indigestion and acidity etc.

Sipping little water during meals is not a cause of concern but drinking glass or two



may interfere with digestion. It is best to drink fluids before and after two hours after meals as this helps in absorption of nutrients. If possible take warm water, which is best to stay healthy.

- ☆ Spirituality is the only way out for world-peace.
- ☆ The truth remains eternal.
- ☆ Even the Ganges can't wash out the sins of pain caused to others.
- ☆ Always keep company of good people to elevate yourself.
- ☆ The life spent in darkness of ignorance is burden on earth.
- ☆ "Experience is the only teacher we have. We may talk and reason all our lives, but we shall not understand a word of truth."

Thoughts



Poem : Rajan Sachdeva (USA)



Every experience brings out something Good,

Every experience brings out something Good,
Good Times become GOOD Memories,
Bad Times become GOOD Lessons.

We can always gain something from our experiences

... We Never Lose,

If we plant honesty, we will reap trust.

If we plant goodness, we will reap friends.

If we plant humility, we will reap greatness.

If we plant Seva (Service) we will reap happiness.

If we plant Sumiran (meditation) we will reap

"Everlasting Peace"





- Benika Narang (Gurgaon)

6 Interesting facts about Japan

1. More than 70% of Japan consists of mountains, including more than 100 active volcanoes.
2. Japan has an island full of rabbits. Okunoshima, an island located in Japan's Inland Sea, is the home of thousands of free-roaming rabbits.
3. Many Japanese streets do not have names. They use a peculiar kind of addressing system that comprises of block numbers instead of street names. Blocks in Japan are given unique numbers which serve as the address.
4. The average life expectancy in Japan is one of the highest in the world. 23% of the Japanese population is over the age of 65. Over 50,000 people in Japan are more than 100 years old.
5. Falling asleep at work is considered a good thing in Japan. This is a sign that you are a hard worker.
6. In Japanese society, slurping your noodles loudly is considered an evidence of enjoying your meal. It is perfectly normal and acceptable, even when done in public.



- Shyam Sunder 'Suman'

Mother's Command at the Top

This is an incident of the time when Lord Curzon was the Governor in Kolkata and Ashutosh Mukherji was respectable and honest Judge. Lord Curzon respected Mukherji very much. During those days, if some Indian Officer got an opportunity to visit London, it used to raise his prestige. Mukherji also wanted to go to London but due to his shy nature, he never disclosed this desire. But after continuous insistence by his colleagues, he made up his mind to go to London. When Lord Curzon came to know of it, then one day he said, 'Mr. Mukherji, You will be happy to learn that this time your name will be at the top of the list of persons going to London'.

Mukherji said, 'Thanks Sir'.

On returning home in the evening, Mukherji told this to his mother. In the beginning, the mother kept quite, then she said, 'Why dear! Are you uncomfortable living with me? You want to go to London, leaving me alone here. No, mother can permit her son to go abroad. I shall not allow you to go'.

Hearing his mother, Mukherji left the idea of going to London. The next day he directly went to Lord Curzon and said, 'Sir! I cannot go to London'.

Wondering at this, Lord Curzon said, 'But why? It's very prestigious for Indians to go to London'.

Mukherji said, 'You are right, but this is my mother's desire. It is not possible.'

Lord Curzon said 'But your mother's desire cannot prevent you from going to London, you have to

go. You go and tell your mother that it's Lord Curzon's order'.

Mukherji got perplexed with the attitude of Lord Curzon. He took out a paper from his pocket and handing over it to the Lord after writing something on it said, 'Here is my resignation'. He had written in his resignation, 'I consider my mother's command above your orders. So please consider my resignation'. Lord Curzon did not accept Mukherji's resignation.



— Dr. Om Parkash Setia, Chandigarh

No Bargain is better than an Act of Philanthropy

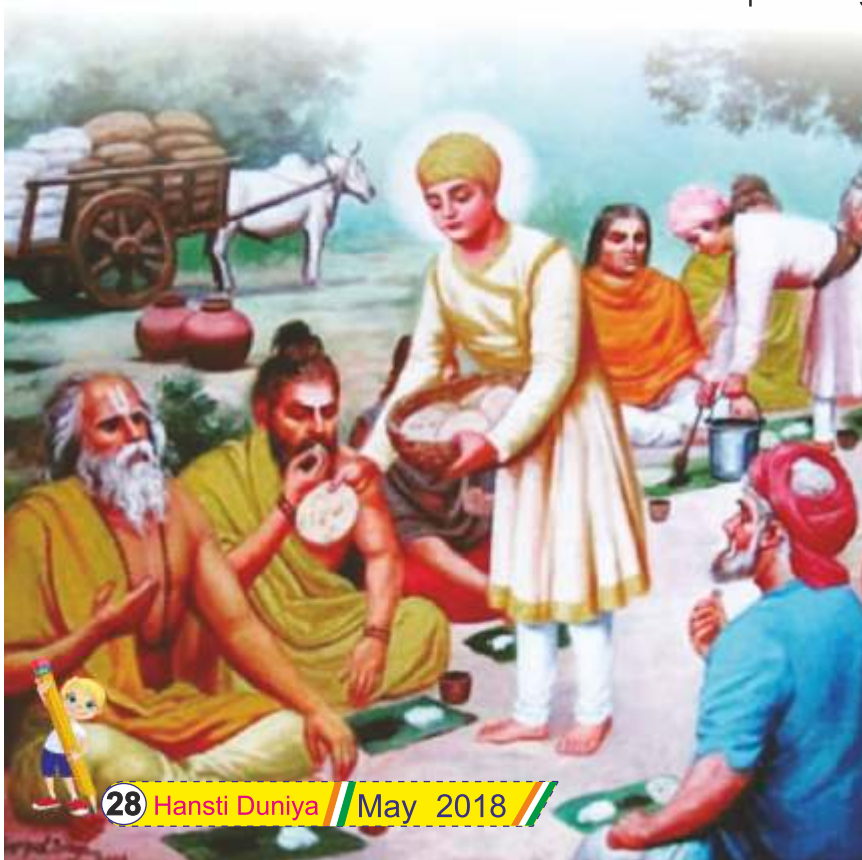
Kalu Mehta, father of Guru Nanak, opened a small shop for his son in Talwandi (Lahore). He gave some money to his son and said, "I am sending you alone for the first time to the Market. Return home after striking a good bargain."

From the very childhood, Guru Nanak was engrossed in chanting the sweet prayers of Almighty God. He observed God in hungry, harassed and aggrieved people.

When he had covered some distance from Talwandi, he met some Sadhus (Saints). One Saint said, "Son, we are hungry for the past many days. Give us some food to eat so that we can fill our belly."

Guru Nanak spent all the money for providing food to the Sadhus. He sat with them for some time and had discussions about God and returned home empty handed. When his father Kalu Mehta found that Nanak had returned empty handed, he asked him angrily, "I had sent you to bring material, how have you returned empty handed?" Guru Nanak replied humbly, "Father you had advised to strike a good bargain. What better bargain can be there than providing food to the hungry and

distraught Sadhus and satisfying their hunger? So, I spent that money for such a bargain that will benefit present life as well as the life after death." Hearing Guru Nanak reply, father Kalu Mehta realized that his son was not an ordinary man. The Great Guru Nanak is today known as the first Guru of the Sikh religion. **Moral:** A person who serves food to the hungry, really serves God.



Improve Your Grammar

Answers:

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

Q.No. Explanation

1. The plural of Museum is Museums, not Museum.
2. THRONE is the special chair where a king sits in the royal court whereas THROWN is the third form of THROW.
3. If you are on the verge of something, you are going to do it very soon.
4. The word 'Kindly' suggests that it is a polite request, so, REQUESTED will be used.
5. Conjunction is right answer because An adverb is a word that qualifies or modifies the meaning of a verb, an adjective or another adverb.
6. HUNT means to pursue and kill a wild animal for sport or food. If something unpleasant HAUNTS you, it keeps coming to your mind so that you cannot forget it. Example: The memory of that day still haunts me.
7. If you play DUCKS AND DRAKES with something, you waste it widely. In other words, you do not take it seriously.
8. While pronouncing the word 'ISLAND', the letter 'S' is silent.



Yoga for health

Shavasana, is derived from the English word 'corpse'. Shavasana is an asana used in yoga, meditation and many other therapies existing worldwide. It means complete loss of control over body. It is a very basic asana but it is difficult to perform as it involves releasing all muscles of body through conscious use of mind. Here is how to perform Shavasana which will make you a focused, confident and a healthy person—

1. Wear loose & comfortable clothing and lie down on mat/bed.
2. Close your eyes.
3. Start breathing slowly.
4. Begin to relax or let go of your face muscles.
5. Now keeping the face relaxed, relax your neck and then slowly relax your entire body.

—Sudeep Nirankari, Delhi





Mother's Blessings as God's

Yesterday when I went to the market to buy some fruit, I saw a small board hanging from the roof of a fruit 'Rehari' (cart), where it was written-

"There is no one at home to look after my ailing mother. Time and again I have to move to the house to feed her, give her medicine or make her ease. If you are in a hurry, you can yourself weigh the fruits and keep money below the card-board as per rate-list attached. Thanks".

"If you don't have money, doesn't matter, you please accept the fruit from me, you are permitted".

I looked around, weighed 2 kg apples, put it in my bag along with one dozen

bananas, checked the price-list and placed the money under the card-board where already 100, 50 and 10 rupee notes were lying. I came back to my flat along with the fruit bag.

After dinner when I passed through that site, I found a slim bodied man in dirty kurta-pyjama with his beard half black and half white who was about to move with his 'Rehari'. Looking towards me, he smiled and said, "Sir, fruit is finished".

On asking his name, he said, "Sita Ram".

Then we moved to the dhaba on the opposite side and ordered for tea.



He started narrating his story, "For the past three years, my mother is confined to bed, now she has gone somewhat mad and suffering from paralysis also. My wife has expired and I do not have any issue, only myself and my mother!! Nobody is there to look after my mother, so I alone have to take care of her".

One day while pressing her feet, I humbly said to her, "Mom! I really feel like serving you but I don't have any money deposit and you don't allow me to move out of the room, you feel my absence. Now you tell me what should I do"?

Hearing this, the mother tried to get up with great difficulty. I supported her with a pillow. She raised her wrinkled face and hands to praise the Lord Almighty and then said, "You leave your 'Rehari' there only. We will be getting money while sitting in this room only, whatever is in our fate".

I said, "O' mom what do you talk, if I leave the 'Rehari' there only, some thief will take away everything. Who cares for others now a day? And without the owner, who will come to buy the fruits"?

She again repeated, "You remember God, and then leave the 'Rehari' full of fruits there, that's all, no arguments. You

go in the evening and bring your empty 'Rehari' back home. If you lose a single penny, then tell me".

More than 30 months have passed, I go in the morning and keep the 'Rehari' full of fruits, and bring the empty 'Rehari' in the evening. People keep the money and take the fruits, not even a penny has been lost till date; rather some people keep the extra money also.

Sometimes, people keep flowers for the mother and sometimes something else.

A day before, one baby girl had kept 'pulao' for the mother along with one slip. One doctor had left his visiting card, on the back of which was written- 'When your mother is serious, please call me, I will come'. Someone keeps 'Khajoor'. Daily something or the other is lying whatever is there in my fate.

Neither my mother allows me to move out, nor did the God Almighty let any problem come to me.

The mother says, "My lord gets your fruit sold through its angels."

At the end, I will say this much only that you serve your parents wholeheartedly, and see how every success in life touches your feet.



—Sayantan Dasgupta

Let The Flower Bloom



A little flower that needs to bloom.

Let the sunshine come.

A little child who wants to live.

Let her sing her song.

An unfolded bud that wants to get wet.

Let the raindrops fall.

A little girl who wants to stand.

Let her stand alone.

A fluorescent rose that decorates the nature.

Let it be nature's pride.

An audacious woman who shakes the earth.

Guru Gyan

Approach someone who has realised the purpose of life and question him with reverence and devotion: he will instruct you in this wisdom. Once you attain it, you will never be deluded. You will see all creatures in the Self, and all in Me.

—Bhagwad Gita

One not knowing a land asks of one who knows it, he goes forward instructed by the knowing one. Such indeed, is the blessing of instruction, one finds a path that leads him straight onward.

—Rig Veda

Should one see a wise man, who, like a revealer of treasure, points out faults and reprovcs: let one associate with such a wise person. —Buddha sakyamuni



—Sakshi Gulati, Chandigarh

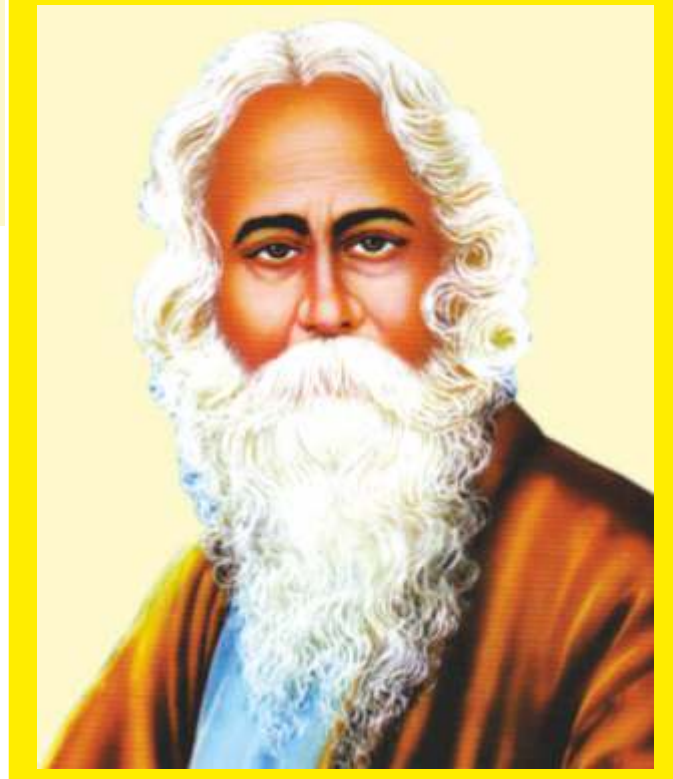
Rabindranath Tagore

Poet Laureate of India, Rabindranath Tagore, born in 1861 in Calcutta, India, started writing poems when he was only 8 years old. He grew up to be the first Indian writer to receive the Nobel Prize for Literature.

Tagore studied in India and London, England. In 1890, he published *Manasi*, his first collection of truly fine poems. In 1891 he went to East Bengal (now Bangladesh) to help manage his family's land. He found the village people kind but very poor. Tagore wrote many poems and stories about their condition. He also wrote about the beautiful Bengali countryside, especially the Padma River.

Tagore wrote in new forms of verse and in the common language of the Bengali people, rather than in classical styles. His writings became very popular amongst all Bengalis. His poems of 1901-07 reflect his great sadness at the death of his wife and two of his children. In 1910 he wrote a little book of devotional songs called *Gitanjali*. It was translated into many languages and became a huge success. In 1913 he won the Nobel Prize for Literature.

Tagore produced 22 collections of writings during his life. He wrote songs,



plays, stories, and books and he composed music. He also founded a school in rural West that later became Vishva-Bharati University.

In 1915 the British government knighted Tagore. Four years later he gave up his knighthood after a terrible shooting of Indians by British soldiers. All his life he spoke out against British rule of India.

Tagore lectured and read his works to people in many countries. At the age of 70, he took up painting and became one of India's finest artists.

There is only one happiness in this life, to love and be loved.





Kitty

Story & Illustration
—Ajay Kalara



Mom, it is very hot today.
Shall I go out for a walk?


No, Kitty, don't go out in the sun. You will fall sick.




Oh Mom, it's too hot today.
It's just unbearable.



I am going out, I am feeling very hot. Bye- Mom.



How about going to swimming pool? Water will be cool there.



Oh! I am feeling good here. I will ring up and call here all my friends, Mintu, Molly and Chintu too.



Would you like to come near the swimming pool? It's very cool here.

Yes we will also come to the swimming pool. We shall all together enjoy there.



Kitty! We all have come here

Really, it is pleasant here.



How about playing with a ball together?

Yes, yes! why not?



Oh! the ball has gone into the water. How to get it back?

No problem, I know how to swim. I can take it out.



Here is the ball

Oh Kitty! You are really smart.

There is no smartness. You should know how to handle the situations.



We shall also learn how to swim.

Will you all take cold drink?

Yes, why not?

Kitty! We really enjoyed very much today. We had never thought that we could enjoy so much on a hot summer day.

Time and Truth

Once, a king wanted to develop the education in his kingdom. He wanted learned people for this.

A graduate youth was wandering for a job for quite some time. Considering it to be a good opportunity, he applied for the teacher's job. He was called for interview for which he appeared also. He replied appropriately the questions asked during the interview and showed his necessary certificates also. The interviewing committee immediately selected him for the interview and soon he got the appointment letter also.

On receiving the appointment letter; all of a sudden his conscious started scolding him. He heard the voice of his conscious, "You have qualified your graduation exam by copying, so your appointment is not fare. This is true and under such circumstances, you are not fit for a teacher's job. You are snatching the right of another candidate.

This is unfair and you should not do like this. Speak the truth and return the appointment letter."

At this, his mind got transformed. Appearing before the selection committee, he clearly said, "I am not entitled for this job, so returning this appointment letter."

"But why?" asked one of the members of the selection committee.

"Actually, I have passed the graduation level exam by cheating and not on the basis of my ability. So my conscious is pricking me." The youth put the factual position before the committee.

Knowing the circumstances, the committee became answer less. Immediately, his appointment was cancelled and someone else was appointed in his place.





The next day, the people in his locality came to know of this thing. Everyone scolded him, "You are a fool. For years together you had been wandering for the job. Now, you have lost it due to your foolishness. You did not realize the importance of time. The time and opportunity you have lost, can't be regained in life. You must remember that the time is very precious. You have lost the favourable opportunity and thus committed a blunder. The truth will not allow you any opportunity. Now you will remain wandering unemployed throughout your life."

Hearing his neighbours, the youth did not get disheartened. He was not at all worried on his decision; rather he was satisfied by timely speaking the truth. He had experienced peace. Whatever he had done, that was done at the command of his inner soul.

After about two years, the king called him and said, "I have come to know through the teachers' recruitment committee that you are a truthful youth. You had left the job you got two years ago".

"Yes", he said.

"The state needs an honest Finance Minister. I am impressed by your truthfulness and want to give you the post of Finance Minister. Will you accept it"?

"Sure", incidentally it came from his mouth and he took charge as Finance Minister the very next day.

After few days, he went to his place. Now his colleagues accorded him a grand welcome. Someone also said, "Your truthfulness has rewarded you well. It's better late than never".

In response he said, "Dear, the time is really very costly. But in my opinion, the truth is still costlier. The time changes, not the truth".

"Sure". All accepted in one voice.



Laughing Time



Having one child makes you a parent but having two makes you a referee.

Teacher : Why is our language called the mother tongue?

Rakesh : Because the father never gets a chance to speak.

Boss : Do you believe in life after Death?

Employee : Certainly not. There's no proof of it.

Boss : Well, there is now. After you left early yesterday to your uncle's funeral, he came here looking for you.

Wife - I'll grant you your fondest wish.
Man- I want a spectacular job .Something no man has ever succeeded at or has ever attempted to do.

Wife - I change you into a housewife.

Johnny : Mom, will you punish me for something that I didn't do?

Teacher : Not at all.

Little Johnny : That's good. Actually I didn't do my homework.





Wife to her husband in a party: For the fourth time you are going to bring Ice-cream.
 Don't you feel ashamed?
 Husband, No, I keep telling that it is for my wife.



Class Room is like a train
 1st Two Benches are reserved for VIPs .
 Next Two Benches are general coach
 Last Two Benches are in great demand.
 Last Bench is "SLEEPER COACH"

John — Oh God, give me a room full of gold.
 Paul— Oh God, give me a room full of diamonds.
 Sweany : Oh God, please give me keys to both the rooms.

Judge — I find that Mr. Rohan is not a thief.
 Rohan —Thank you Sir, does that mean that I can keep the ornaments?

Mother : Money doesn't grow on trees.
 Son : Mom, money is made from paper and paper comes from trees, so money grows on trees only

CROSSWORD SOLUTION

1	O	B	A	M	A		4	F		
	M		S		A			O		
	A		5	S	6	A	R	Y	U	
7	N	E	A	R					R	
			8	M	A	9	P			
10	U				11	B	A	I	12	L
13	G	U	14	E	S	T				O
	L			G		N				N
	Y		15	O	R	A	T			E





- ★ Let your Smile change the World But don't let the world change your Smile.
- ★ Confidence is nothing more than believing in yourself, and believing in yourself is about doing the things you once didn't believe you could do.
- ★ Morning is not only a surprise but a beautiful miracle of God that defeats the darkness and spreads the light.
- ★ When you develop the ability to listen to negative comments without losing temper or confidence, it means you have become matured and truly educated.
- ★ Feel the pleasure of life in every second. Never be angry or sad because every one minute of your sadness, you lose 60 seconds of happiness. — Pooja, Ludhiana.

- ★ Everything will happen for you all of a sudden and you will be thankful you didn't give up. Believe that.
—Sonna S Ahemdabad.
- ★ The most wasted day in life is the day in which we have not laughed.
- ★ Notice the people who are happy for your happiness and for your sadness they are the one who deserve special place in your heart.
- ★ Life is to enjoy with whatever you have with you, keep smiling.
- ★ Six best doctors in the world :
i) Sunlight ii) Rest iii) Exercise iv) Diet v) Self-confidence and vi) Fruits. Maintain them in all stages of life and enjoy healthy life.
- ★ Life will never come again. Live today.
- ★ If you see the moon, you see the beauty of God; if you see the Sun, you see the power of God and if you see the mirror you see the best creation of God.
- ★ Nothing is permanent in this world, not even our troubles.
- ★ Like walking in the rain because nobody can see my tears.
- ★ What is forgiveness? A little boy gave a lovely reply- It's the wonderful fruit that a tree gives when it is being hurt by a stone.



Result for the month of March Issue

First :

Aastha.K.Makadiya Age 10

111, 1&2, Navjewar Society,
Sindhi Colony, Tal.Bhusawal,
Distt. Jalgaon.



Second :

Pooja.V. Khandare Age 13

Jai Shastri Nagar, Shankar
Tekdi, Mulund Colony,
Mumbai-400082.



Third:

Arpita Singh Age 8

Plot No 100, Room No 25,
Nirankari Colony, Delhi-09



Consolation Enteries

Sachin Bhutoni (New Delhi)

Jiya Manchanda, (Rohtak)

Manoj Kumar, Manlevpur (Bihar)

Ovi Jayesh Lad, Khamgaon (Mah.)

Ananya Patel (Hyderabad)

Arshia Miglani (Rohtak)

Samip Bhagwandas (Gandhinagar)

Nitika Dev (Delhi)

Sarthak Harshad Khatri,

Manickpur (Maharashtra)

Sumanyu Chawla (Dheerpur, Delhi)

Manshi Kumari, Baghi (Bihar)

Aryan Dev, Pandoh (HP)

Aarti (Jammu.)

Kunal Khurana (Alwar)

Avni (Indrapuram, UP)

Lakshita (Sant Nagar, Delhi)

Rohin (Sundernagar, Delhi)

Ishiana (Hardevnagar, Delhi)

"Colour it" for May Issue

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

The result will appear in **July 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



Making The Child Too Ambitious Is Dangerous



This is perhaps one question that starts from when we were children, and will continue even after we become aged. Did we create name and fame for ourselves in the world? We are witnessing a new trend where even aged people are not spared; they are advised to continue working so as to fulfill their yet-unfulfilled ambitions. Several websites and counselling centers have sprung up, to train professionals towards fulfilling their life's ambitions and desires.

Each child is nurtured by the goal of ambition through parents and society- the message is dinned into their heads that they need to become 'something' or 'someone' important and useful. The child has to prove that he has some worth, by bringing in gold

medals, whether it is in sports, music, dancing or debates. There is no respite, for this fire of ambition is lit and stoked even well into adulthood, middle age and now even in old age. The Upanishads say that our internal self is the victim of 'ambition' and we become vulnerable to baser elements like anger, jealousy, greed, frustration and suicidal feelings.

Osho says that ambition is a poison that is far more dangerous than any kind of alcohol or drugs, because ambition destroys our whole life and makes us move in a false direction. "Each parent is saying to the child, 'prove that you have some worth'. Just saying is not enough, some action is needed. Whole of society depends on creating ambition in you.



Ambition means a conflict; ambition means that wherever you are, you are wrong; you have to be somewhere else."

I have tried to depict this message through one of my paintings in which a father is indicating the ceiling of the room to his son, explaining that he needs to rise high in life while growing up. The father is inadvertently sowing seeds of ambition in his son's impressionable mind. This is the first wrong step, which, subsequently, is aided by society and institutions. In this race, since not everybody can taste success and reach the top, millions of others are bound to develop negativity which would only bring despair.

Instead of making the child ambitious about reaching the top, parents and society need to recognise the child's talents, qualities and potential, and nourish these in an atmosphere that encourages individuality.

Osho says children are new editions of consciousness and fresh entries of divinity (into life. "All that the child needs from parents

and society is a deepening of innocence and if a child grows with his centre blossoming, you will have, for the first time, a society of the Buddhas, the awakened ones, a society of culture."

Lao Tzu, father of Taoism, was in favour of removing grades for talent and aptitude saying if that was avoidable, then there would be no struggle and no envy. His was a very-hard-hitting question to the existing system: "Why should we make talent a grade, to judge people? Why should we not take it as the very nature of the person?"

Existence is not making a child ambitious; it is our misplaced social conditionings. Every child is unique. There is nothing to become, nothing to achieve. Let individuality in the child grow. Acknowledge the potential within the child and help it to blossom to its full potential.

(Courtesy: Times of India)

Thoughts

- ☆ Dear God, Touch the heart of the people I love, make them happy, safe and bless them with good health especially the one who is reading this.
- ☆ If we devote more and more time to uplift our soul, then we will be left with no time to criticize others.
- ☆ The flowers fallen from a branch can never blossom again, but if the roots are strong, there will be various new flowers on the branches. Similarly, the life is not that, that we have attained till now, rather the life is that which can still be achieved.

—Swami Vivekanand



—Compiled by Jaiprakash, Azamgarh



Finding The Teacher

Once, when the Kauravas and Pandavas were still small kids, they were playing. Arjuna hit the gilli so hard with danda that it fell in a nearby well. They tried their best but the kids could not get the gilli out of the well. Sweating profusely and panting with frustration, they decided to give up their efforts.

Under a near by tree, a bearded man was sitting and watched them. When he saw that they had given up, he got up and came to them. "Sons of Kshatriyas! Shame on you if you can't even get a mere gilli(Gilli-danda is called tipcat) out of the well!" Then, with a slight smile he shot an astra (missile) into the well and up came the gilli, straight into his hands. The Kaurava and Pandava boys were surprised. "Wow! how did you do that?" they exclaimed.

"Want to see more? Here goes!" said the stranger. And one after the other, he performed great and difficult feats with his astras. "Will you teach us?" asked the boys. "Yes, I will," replied the man. "Provided you get permission from your elders."

The children ran to the palace. They went straight to Bheeshma Pitamaha, the Grand man of the Kauravs, and told him about the man in the fields. Bheeshma sent for the man and received him into the palace with great honour. He appointed him the teacher of the princes and entrusted them to him.

Their education in the science of warfare. Soon he came to be recognized as the greatest teacher the royal family had ever known. That man was Dronacharya.



— Sarika Dang, Solan

Proud of Being A Woman

I was considered Fake
Nothing was done for my sake.
In fact I was burnt in Flames.
And my life was made a game.
I had no right
And nothing in my life was bright
All men enjoyed where life
only I could not because
I was some one's wife,
some one's daughter,
Oh! what a rough life
But now it's all gone,
Now I am a flower in a beautiful lawn,
Today I am a teacher, doctor, engineer,
And a nurse,
Now I am left with no more tears



I have enjoyed all my rights
My importance is now clear,
And it's time for me to cheer,
And my past was black cloud.
But today being "I am proud"



RIDDLES

1

Which table has no legs but we feel it?

4

In which gate, one cannot enter?

2

Which country has always pain?

5

On which board, there are keys but no locks?

3

Which key is not used to open lock?

6

What goes up when the rain comes down?



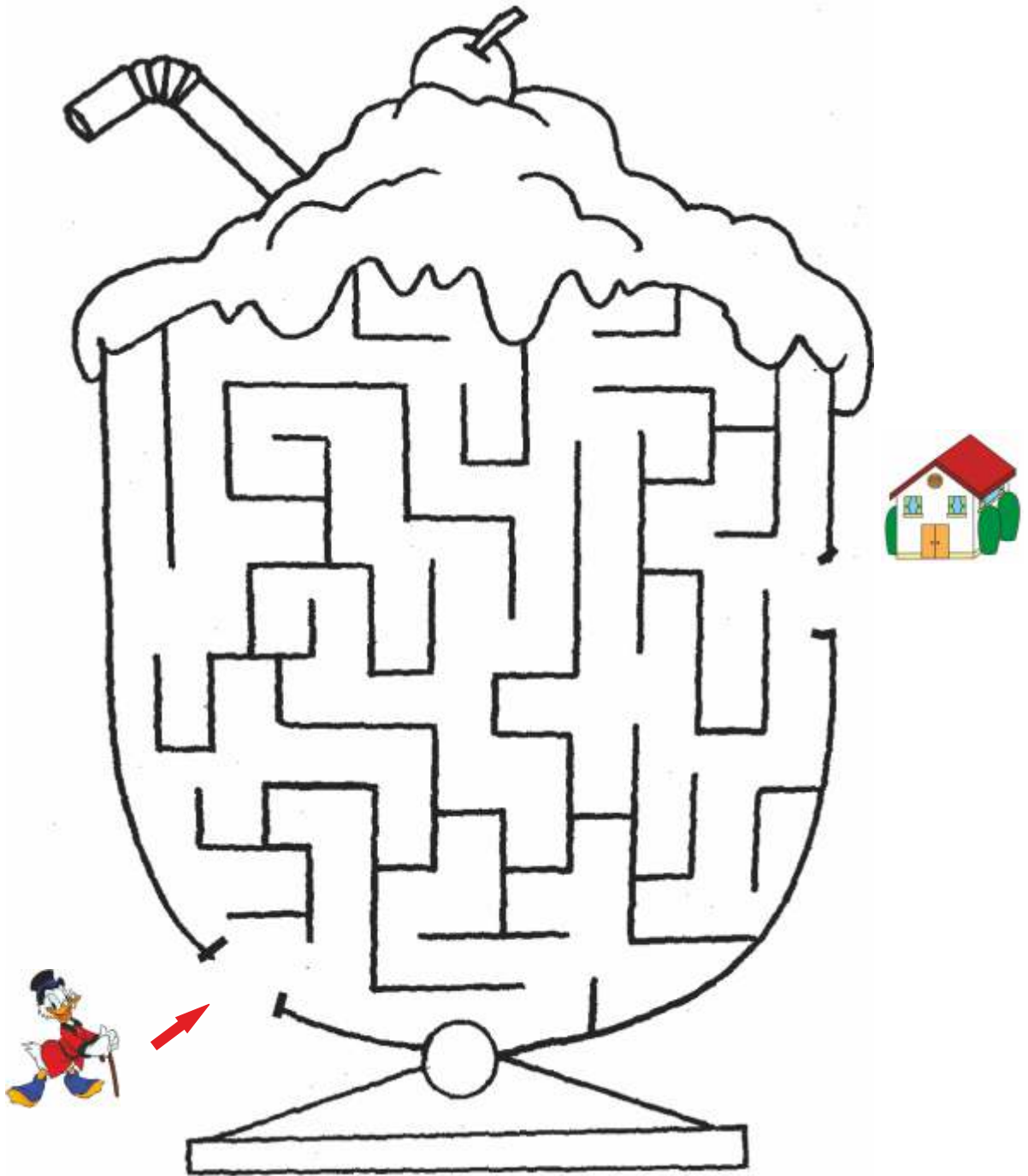
1. Comfortable, 2. Spain, 3. Monkey
4. Colgate, 5. Keyboard, 6. Umbrella,

Riddles Answers



Maze

Let us try the right way





Spiritual Zone for kids



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

kids.nirankari.org

- His Holiness Message
- Glimpse of Blessing
- Message in colors
- Poetry Fantasy
- Wacky and True
- Fun Games
- Hansti Duniya
- Kids Creation
- Kids Activities
- Jokes
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