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Harjeet Nishad

Chief Editor

Vimlesh Ahuja

Editor (Honorary)

Rajat Kapoor

Associate Editor (Honorary)

Email: patrika@nirankari.org
: editorial@nirankari.org

Ph.: 011-47660200

Fax: 011-27608215

Website: <http://www.nirankari.org>
kids.nirankari.org

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Self-Satisfaction

The teacher accepted the greetings of all the students on entering the class and said, "Today, I want to ask all of you that what would you like to become in your life after completion of your studies?"

All the children started talking among themselves and asking one another the same question. They were wonderstruck that why our teacher all of a sudden has put this question to all about which we quite often used to think but couldn't reach any conclusion.

The teacher again started asking individuals turn by turn as to what he would like to be in life? Many replies came forth. Someone said, "I want to become a Government official." Some others said that they want to become Doctor, Engineer, Advocate or a teacher.

Now it was the teacher's turn who said, "All of you have some aim in life. This is a very good thing. Suppose, all of you reach the desired level that you have thought, then what will you do"?

Almost all were unanimous on the single reply that they will earn money, take care of their families and lead a comfortable life.

On listening the reply of the students, the teacher was serious and silent. Some students thought that they had not said anything wrong, then why their teacher was so serious? But the teacher put forth his viewpoint politely in an educating manner-

"Whatever you do in your life, you do that wholeheartedly, with full capability and energy. Thus you will get a feeling of self-satisfaction

that you have done the job with full dedication. This is a different issue that the success of each job is not in your hand. Sometimes, the result is not as per your expectations, even then you remain satisfied and do not get astray from the right path".

Whatever status you may attain in your life, that's not your actual goal. That is just your social way of living life. We are learning something or the other in each and every step of our life under all circumstances. This feeling should remain in our heart that the life wants to teach us something :

- Learning is a life long process.

- Those who rise above success or failure, they understand the real meaning of life.

Dear friends, life is a golden opportunity. We get the energy to face each and every challenge in our life through courage, determination and hard-work only.

A life full of satisfaction is better than any success. The scale of success is as per others opinion, but the valuation of satisfaction is as per state of our mind. This is the real understanding.

If this understanding, knowledge and education comes in the life of the student in all situations and circumstances, that gives the real self-satisfaction.

- Vimlesh Ahuja



-Susheela

Hard Work - Key to Success

There lived an old man named Kripa Sagar in a village who was very honest and hard working. He had two sons who were lazy and vagabond. Somehow he was able to arrange the marriage of his two sons in good families. Both the sons stayed idle at home and their spouses used to shout, some times cursing their own fate and the other time their father-in-law. Now Kripa Sagar used to helplessly think as to how the sons should learn to work hard.

After thinking a lot on it, one day he decided to go on pilgrimage.

While going, he asked his sons, "I have hidden some money under the ground in my farm. In my absence, if you need money, you can dig out the farm and take the money. After saying this Kripa Sagar left for pilgrimage.

When both the daughters-in-law heard this, they were filled with greed. They individually kept convincing their lazy husbands to get the hidden money and become rich. Finally the greed

overpowered both the brothers and they dug out the entire field in greed of money, but didn't find anything there. Both the brothers were very much angry and felt that their father had put them to labour for nothing.

Kripa Sagar had already planned the things. On his return, he smilingly visited the fields where he found the entire field dug up and both his sons were sitting sad on one side.

O! Why are you sitting sad? You have worked so hard and dug the entire field; now you sow the seed also.

Both the sons agreed to their old father's wish, as a result of which there was bumper crop. Both brothers' joy knew no bound. Their wives' desires too was fulfilled.

Seeing all this, the old father proved to his sons that hard work is the only key to success.



SAMPURAN AVTAR BANI

Ik Tu Hi Nirankar - 139

KARAMAN DHARMAN DE VICH MOORAKH KAHNOON SAMA GAVANAN EYN;
 GAL CHAURASI DA EH PHANDA MUD MUD KAHNOON PANAN EYN.
 ROOH JIS NAL AZAD HAI HUNDI AISI YUKTI KIHDI EY?
 SONE DI JAN LOHE DI EY BEDI AKHAR BEDI EY.
 GALON KHALASI HO NAHIN SAKDI KARAMAN NAL GIAN BINA;
 JEEVAN MUKTI KADE NAHIN MILDI BANDE NOON BHAGWAN BINA.
 SANGAL NAL NAHIN SANGAL KATDE KOSHISH KARNA HAI BEKAR;
 KAGAZ DE LAKH PHULL BANAIEY AA NAHIN SAKDI KADE BAHAR.
 JOT AMAR JOTI VICH MIL KE AMAR JOT BAN JANDI EY;
 KAHE AVTAR BOOND MIL SAGAR SAGAR HI AKHVANDI EY.

Thou Formless One 139

O' unwise, why are you wasting your time in performing rites and rituals?

Why do you wear the noose of the repeated births and deaths around your neck?

What is the method with which the soul gets liberated?

A fetter, whether of gold or iron, is a fetter indeed.

One cannot attain deliverance from this with rites and rituals, without God-knowledge;

A man cannot attain salvation during lifetime without realising God.

Shackles cannot be cut with shackles, it is an exercise in futility;

Millions of artificial flowers cannot create the Spring.

As the individual spirit mingles with the eternal spirit, it becomes eternal itself;

Avtar says, a drop of water when mingled with the ocean is called the ocean itself.



Please, Thank You, Sorry, Welcome



An adage goes, “watches and women never agree, yet everyone believes his own.” This tendency creates an attitude of sticking to one's own view point, right or wrong. This difference in views leads to an efforts to win an argument, unmindful of losing a person. With ego and selfishness becoming endemic in all walks of life, normally persons may not realise that they are difficult. Thus, taking things personally, everyone is living in his own dream and own version of life which culminates in rising tide of intolerance in society and becoming a social problem of deep concern.

The more successful one wants to become in life the more difficult people he has to meet and cope with. Therefore, avoiding difficult people does not solve the problems in question. It is essentially learning how to deal with a difficult person that gives you smooth sailing. Once you master this, difficult people will start liking you.

It is not unusual that sometimes very small things go a great way in handling difficult persons. These small things are the use of words- Please, Thank You, Sorry and Welcome. Whenever, we interact with each other, the use of these polite words substantially iron out the differences. Whenever, we need help or something from someone it should not be a sort of claim but humble request with the use of word 'Please'. Once necessary help is extended, we should not fail to convey, 'Thank You'. If ever there is any slip on our part in dealing with a person, we should not hesitate saying 'Sorry'. Also, we should not pose as inaccessible. Whatever help we can render to someone, we should 'Welcome' him.

When we learn to listen and listen to learn, these basic etiquettes become part of our life and spell normalcy and humility which are the other names of divinity.



Sacred Words of Satguru Mata Savinder Hardev Ji Maharaj

- ☆ Only selfless service is the best.
- ☆ The world will automatically get reformed if we reform ourselves.
- ☆ Every work becomes easy if accomplished with cooperation.
- ☆ There is dearth of harmony in the world. There is need that everyone should live with cooperation.
- ☆ Look within yourself and follow Guru's directions. Don't find faults in others.
- ☆ A saint is known through his actions only .His practical life has bearing upon others.
- ☆ Let us wipe out ego and let God reside in our hearts.
- ☆ The idea of 'Whole World-One Family' will be viable only when we unite with God Almighty.
- ☆ The life can be happy by adopting positive thinking .
- ☆ To lead a saintly life, we have to give importance to God .
- ☆ When we lead life as per our own sweet-will, then we harm ourselves and others as well .
- ☆ A saint remains united with Sewa, Simran and Satsang keeping his ego aside and always tries to unite others also with these.
- ☆ Saints are always full of dedication and this is because of their attachment with God Almighty. They are confident that whatever God does, that is for the best .
- ☆ A saint sets an example for others to follow so that the people feel like meeting him. We are not to fall prey to worldly attractions nor we are to get swayed by others' views.
- ☆ Saints always try to heal others and soothe their injured soul.



- ☆ When we remain positive, we spread positivity. The real devotion makes us so open hearted that we become free from all sorts of negativity against anyone.
- ☆ If we are busy in backbiting others, we will have no time to reform ourselves.
- ☆ The devotees never feel proud of the services rendered by them, nor they consider themselves to be the doer, because they know that whatever services this God Almighty taking from us, He is the sole doer of all these.
- ☆ When we feel existence of God all the time, our attitude of living will change and we will see glimpse of Almighty God in others instead of finding fault or negatives in them.
- ☆ Whosoever unites with Almighty God, his effort is to impart happiness to others also by uniting them with God.
- ☆ The supreme devotion is by complete surrender, keeping aside all lust and desires. The devotees after attaining Divine knowledge, realize God everywhere and dwell in it only.
- ☆ If today's youth moves ahead with his energy and seniors ' experience, then it can bring peace, love and prosperity in the entire world.
- ☆ The saints and sages have always taught mankind the lesson of love, humility, harmony and humanity.



— Shriram Prajapati, Delhi





Vibha Verma

Result of Ego

Once Bhiku jackal was lying hungry and sick for many days in Sundervan. It had gone too weak to hunt to satisfy its hunger. It laid helpless under a tree.

One day a lion after hunting a buffalo was going back to its den. Then it observed that the Bhiku jackal was looking with hungry eyes. The lion felt pity on helpless condition of Jackal, so carried jackal on its back to its den and gave it the stale meat lying in the den.

Jackal used to get some food like this daily. In this way, it regained its health within few weeks. Slowly, it gained strength also and

started feeling proud. Now it felt itself better than other animals in the forest. It challenged bear, monkey, foxes and rabbits.

One day Bhiku jackal made a plan to hunt Kakku elephant even. When it shared its thought with the lion, then the lion said, "O Bhiku Jackal! Kakku elephant is very strong. Hunting the elephant is not so easy and it's not possible for you. But Bhiku Jackal did not care for lion's word.

Incidentally, after few days, Kakku elephant was passing through that area. Seeing the elephant coming to that side, Bhiku Jackal positioned on a rock and planned to attack the elephant.

After sometime, as the elephant reached near the rock, the Jackal jumped upon its neck. The Jackal fell on its feet rather than on the neck.

The Kakku elephant was completely unaware of this incident. The elephant accidentally put its foot on to Jackal and the Jackal got crushed. The lion was witness to all this from a short distance and clapped and said, "Its true that pride has a fall".





Pappu's Rationality

It was a late night, when Pappu's parents did not reach home. They had gone to receive their elder son who was coming to India from abroad for the first time.

Pappu was sitting in his room. It was around 12 O'clock. Parents and the elder brother had not reached as yet. Then only he heard the sound. Pappu thought that his parents had come. But it was just an illusion.

After a short while, the similar sound was heard again. Pappu was quite attentive now. He realized that someone was breaking the wall. He wanted to shout but prevented himself after a little thought. After a while, one of the bricks of the ventilator came down, and then the second and third.

Pappu now was convinced that there was a thief trying to remove these bricks. His doubt came true when the thief moved in one of his legs. Seeing this, Pappu didn't get nervous, rather showed an exemplary courage.

He picked up pincers lying on the table and slowly moved towards the wall and held tightly the thief's foot in it. The thief tried hard to force himself but Pappu had pressed the pincers with his full force. Now Pappu also started shouting loudly...help-Thief! thief! thief! Listening to his cry, people from the surrounding gathered there and caught hold of the thief.

In the mean while, Pappu's parents and elder brother also reached.

Pappu's parents were extremely happy to look at the presence of mind of Pappu.

They called the police and handed over the thief to the police, for whom the police was waiting for a long time, since he was involved in various cases of theft but the police was unable to nab him. The Police Commissioner especially rewarded Pappu for his bravery.

Moral: We must not lose courage and balance of mind even under odd circumstances.





Grandpa

Story & Illustration — Ajay Kalara

Come on Children, today, I'll tell you a story about the sheikh Chilli (One who builds castles in the air) He used to talk big. But look at his doings,

I do all odd things, my name is Sheikh Chilli, I eat, drink and be merry, I rest the whole day.

Dear Sheikh Chilli, stop this singing and dancing. Go and buy some apples from the market.





Oh! He is there.



O' Fruit seller!
What's the cost of
these apples?

Rs 100/- per kg.

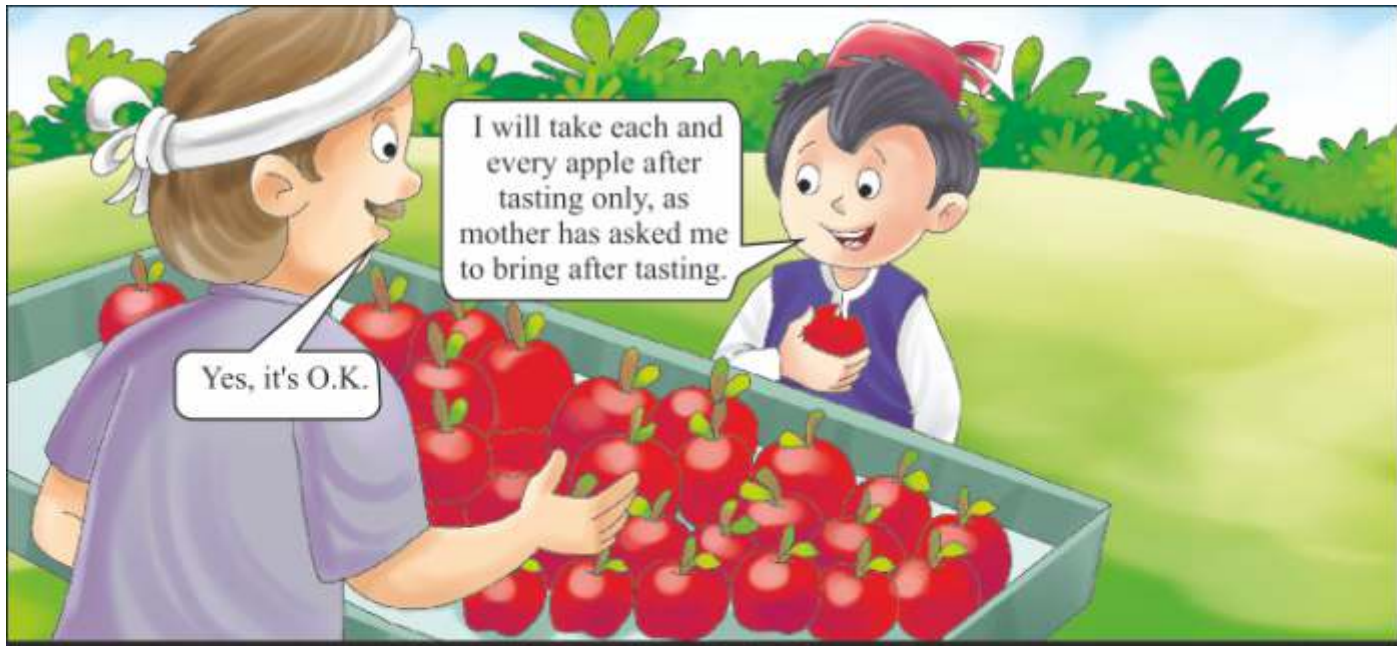
Please give me 3 kg Apples,
but these should be sweet.

These are very sweet.



The mother has
asked me to taste
the apples before
buying.

Yes, take and taste these.



Yes, it's O.K.

I will take each and every apple after tasting only, as mother has asked me to bring after tasting.



All these apples have been eaten, What have you brought ?

Mom! You yourself asked me to bring apples after tasting only.



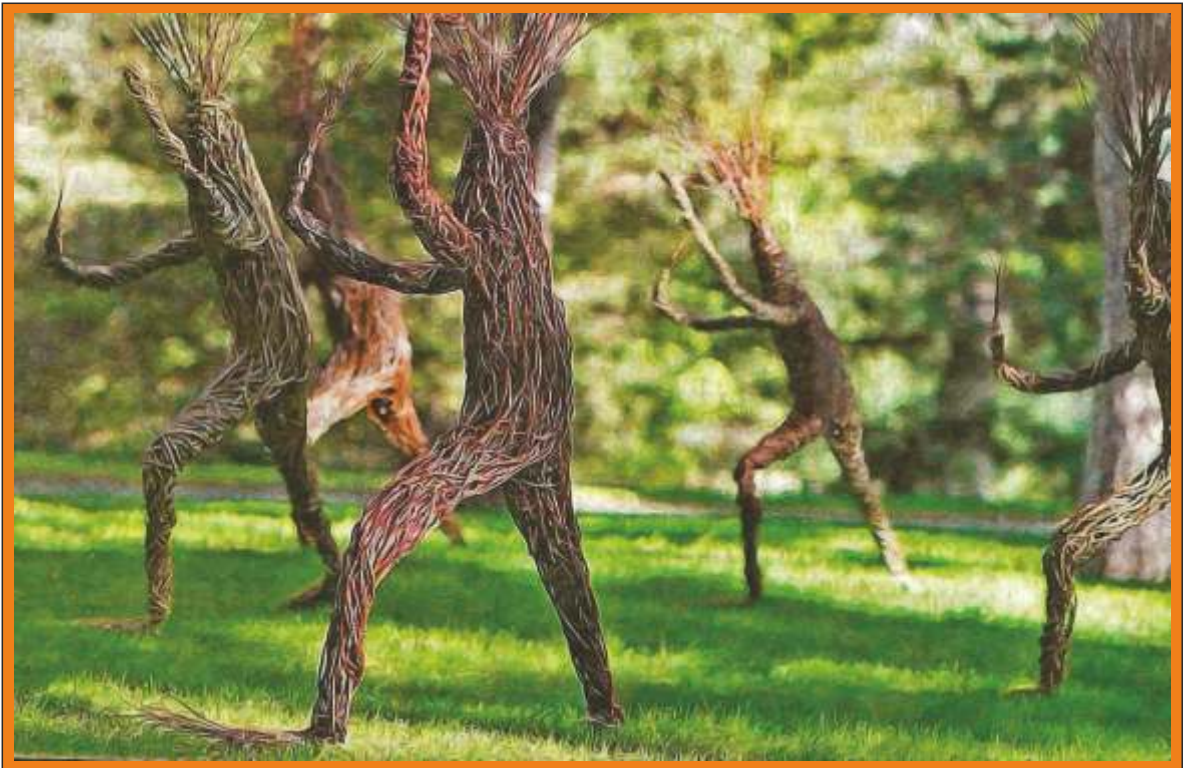
Sheikh Chilli... That's why all consider you to be a fool. You should try to understand little.

Yes Mom, All these apples have been tasted and spoiled now. We should throw these away. We should not take eaten and spoiled apples. We should perform every job after thinking over the same.

Unique Photo

NEW HOME FOR WORLD'S RAREST PLANTS

With 15,000 new panes of glass, Britain's Royal Botanical Gardens in Kew will reopen its famed Temperate House after a 5-year, \$56 million restoration. Billed as the world's largest Victorian glasshouse, it is home to some of the world's rarest plants. (TOI.)



**Trees are our best friends-
They give us Free Oxygen
and Clean Environment.**



IMPROVE YOUR GRAMMAR



1. He ___ to school daily.
(a) goes (b) go
2. Prince Phillips is _____ to the throne.
(a) heir (b) hair
3. The young one of the goat is called ____
(a) Lamb (b) kid
4. Get out of the room
Passive voice: you are ___ to get out of the room
(a) ordered (b) requested
5. I am fond _____ mangoes.
Fill the correct preposition
(a) off (b) of
6. What is Gordian Knot?
(a) something easy (b) difficult thing
7. Kolkata is the _____ city
(a) bigger (b) biggest
8. He was inquisitive that he _____ many questions
(a) raised (b) rose

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.



Compiled by : Radha, Mukundpur



International Yoga Day

International Yoga Day, or commonly referred to as Yoga Day, is observed every year on June 21 since its inception in the year 2015. Yoga itself is a very old practice that is followed in India since time immemorial. Its origin can be traced back to Lord Shiva, who is also called the Adi Yogi (First guru) and is known as the teacher to all the yogis in the world. However, today, the need for a nation that practises yoga on a day-to-day basis was felt by the Prime Minister of India, Shri Narendra Modi, himself.

The idea to observe June 21 as Yoga Day was first proposed by the Prime Minister of India during his speech at the United Nations General Assembly in September 2014. June 21 is the longest day of the year in the Northern Hemisphere. He has stated:

"For us in India, respect for nature is an integral part of spiritualism. We treat nature's bounties as sacred. Yoga is an invaluable gift of India's ancient tradition. Yoga embodies unity of mind and body; thought and action; restraint and fulfilment;

harmony between man and nature; a holistic approach to health and well being. It is not about exercise but to discover the sense of oneness with yourself, the world and the nature. By changing our lifestyle and creating consciousness, it can help us deal with climate change and in bettering our well being. Let us work towards adopting an International Yoga Day."

The first International Yoga Day was celebrated all over the world on 21 June, 2015. In India, the day was celebrated at Rajpath, New Delhi, where the Prime Minister Shri Narendra Modi and dignitaries from 84 nations participated in the celebrations.

The celebration that happened at Rajpath, New Delhi has established two Guinness world records. The first one was for being the world's largest yoga class as it featured 35,985 people and the second one was for having maximum number of participating nationalities, that is, 84.



OF C.As. And M.Ps

A Chartered Accountant (C.A.) walks into a Bank in New York and asks for a \$5000 loan. The Bank asks for a security and C.A. hands over the keys and documents of his BMW car.

The Bank's President and all officers enjoy a laugh for C.A. using \$100000 BMW as a security against a loan of \$5000. Then the car was parked in the Bank's garage.

Two weeks later the C.A. returns and repays \$5000 with interest amounting to \$15.41. The loan officer says, "Sir, we are very happy to serve you but we are a little puzzled. While you were away, we checked out and found that you are a multi-millionaire. Then why did you bother borrowing \$5000? The C.A. replies, "Where else in New York City can I park my car for 2 weeks for only \$15.41 and expect it to be safe there when I return?" Only a C.A. can think this way!

C.As. seem to be wise but wiser still are the enlightened Mahapurshas (MPs.) who entrust their self to the care of Divine Master and gain eternal safety and security of life here and beyond!

Life is like a Piano. While white keys represent happy moments, the black keys denote sad ones. But both the keys are played together to get sweet music. Mahapurshas enjoy life in the following manner :-

In happy moments — Praise Nirankar
 Difficult moments — Seek Nirankar
 Painful moments — Trust Nirankar
 Every Moment — Thank Nirankar.
 (Avneesh Gulati, Chandigarh) ●

Answers:

Improve Your Grammar

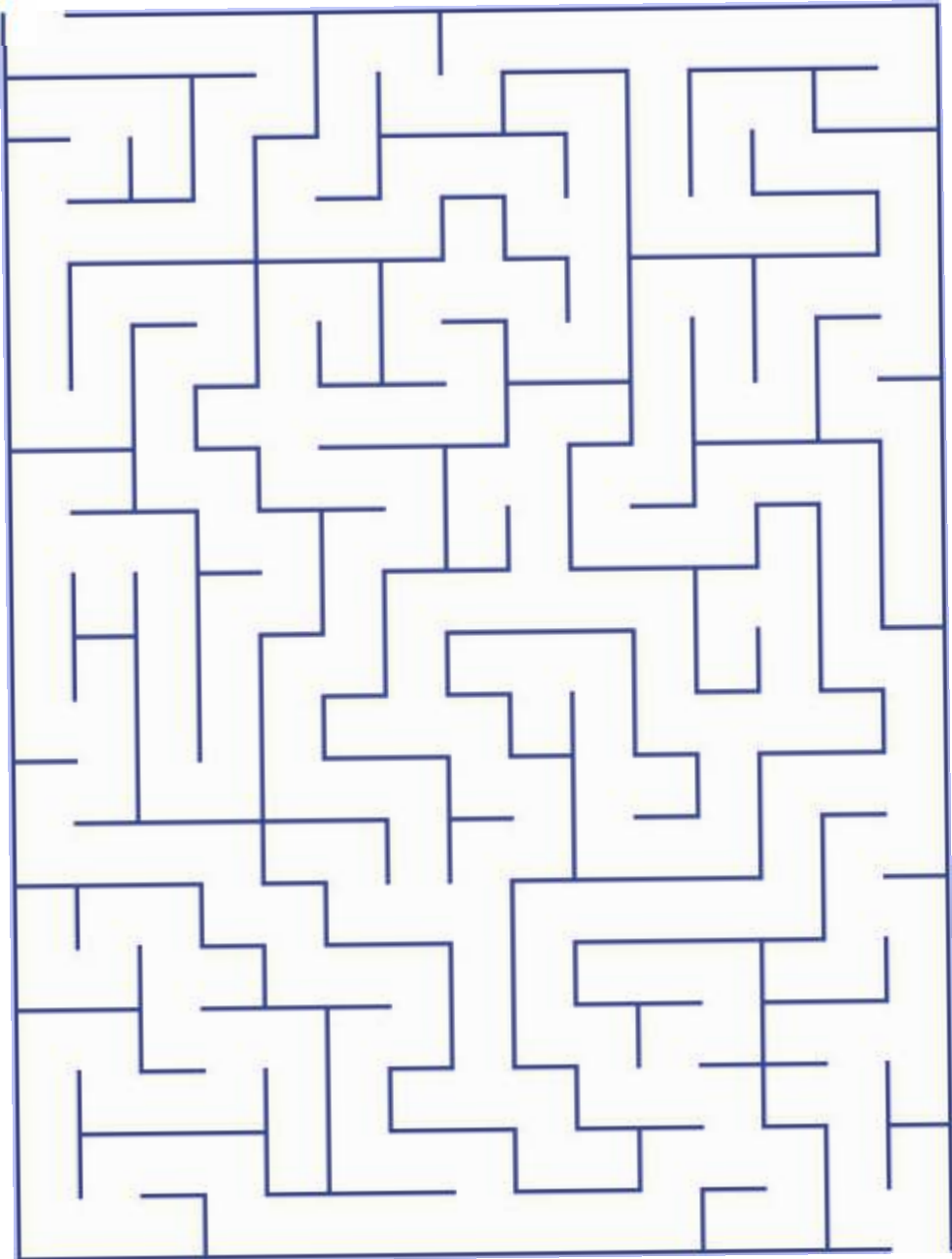
1	2	3	4	5	6	7	8
a	a	b	b	b	b	b	a

Q.No. Explanation

- (a) is right as adverb of present tense daily is there. 'es' with the first form because he is third person.
- Heir means successor
- Young one of goat is 'kid'
Lamb is the young one of sheep.
- Please, kindly is not there, so use 'ordered'.
- (b). Fond takes preposition 'of'.
- (b). It is from Green Mythology means- 'difficult thing'
- (b) With the superlative degree is used.
- (a) raise is the right as rose means to swell up.



Let us try the right way



H.D. Answers

— Prateek (Delhi)

Q : What to do to increase our faith in Nirankar?

Ans: Be regular in Sangat, Simran and Sewa.

— Sanjeev Powari, New York (U.S.A.)

Q : What is the difficult task in life?

Ans: To maintain divine character, as per teachings of Satguru.

— Raunak Rai, Azamgarh

Q : For an ideal and happy family life, how to link children with the Mission

Ans: When the old cock crows, the young ones learn. So, what you expect from children, do that yourself.

— Sheelu Keswani, Houston (U.S.A.)

Q : Nirankari Babaji often inspires involvement of Youth in the Mission. How to do it?

Ans: In this connection please refer to the Editorial published in February, 2010 of this monthly.

— Avneesh Gulati, Chandigarh

Q : What is the best investment?

Ans: People normally invest in real property and gold. But more valuable than that are the spiritual thoughts. So, the best investment would be to subscribe to Nirankari magazine, which are known to be the richest source of spiritual literature in the world today.



— Kiran Bala



Robot becomes the Officer

You must have met so many officers who stick to their chairs, but now has come the age of robotic technology when machine men are substituting the human beings and have been appointed in place of officers.

China has already initiated this process. Starting a new experiment, it has posted ten robots as border duty officers on three harbors of Guangdong state of China. These robots have already started their duty as Custom Duty Officer.

This is the first batch of border duty officers being used in Gongbai, Heingkin and Jhongshan harbors of China. These are equipped with art technology and capable of listening, chatting, learning, viewing and moving.

This robot is capable of replying the quarries raised in 28 languages including Kantonee, Mandarin, English and Japanese. The border duty officer said that in future, they will connect Customer service hotline with robot.

These Robots are also capable of recognizing the doubtful characters. Equipped with the face recognizing technique, these robots can sound the alarm after recognizing the doubtful.



By : Chand Mohd. Ghosi

Guess and count

Wow! What a pleasure, count and tell the number of mice jumping in front of the cat.



Total : Eleven mice

— Sukarpal Giri

MOTHER A Life Full of Human Resources



The mother has got the highest position in the world and she is seen with highest regard. What's the reason behind? Let us analyse the following facts in this context:

- ★ Mother remains awake through out the night to ensure that the child should take sound sleep. Thus she sacrifices her sleep for the sake of her child.
- ★ Before the child wakes up from the sleep, she completes her household duties, so that she should be able to attend to her child.
- ★ She finishes her work before schedule so that she can spend quality time with her child.
- ★ She provides him/her the preliminary education, and then becomes happy to see her child prosper and progress in life .
- ★ Sometimes, she punishes the child too for his/her welfare only. She feels proud on the success of her child.
- ★ Thus we find that the mother's life revolves around the child. This is the reason that the mother has got the highest respectable position in the society.



— Yashi Hardik Saxsena
(Hardoi)

How Much Do You Know?



- ★ The hill named 'Iyers Talk' in South Australia daily changes its colour.
- ★ The shortest name in the world is that of city 'A' in Sweden.
- ★ Nepal is the only country that has never been under foreign rule.
- ★ Nile river has got hot water.
- ★ The Baikal lake in Siberia is the deepest lake in the world.
- ★ 'Nagraj' is the unique snake that makes its nest.
- ★ The most poisonous lizard in the world is 'Hilodarma'.
- ★ The most poisonous snake is 'Sea Snake' or 'Hydrofish'.
- ★ The longest rail track is 'Trans Siberian Rail Track'
(From Leningrad to Bladivostak).

Simple Information about Human Body



- ★ Human skeleton is constituted of 206 bones.
- ★ There are about 37.2 Trillion cells in a human body.
- ★ The weight of human brain is about 3 pounds.
- ★ The smallest bone in human body is in the ear.
- ★ There are 30 bones in human feet.
- ★ Our blood colour is red because of hemoglobin.
- ★ There are 639 muscles in a human body.
- ★ The largest muscle in human body is GLUTEUS Maximus (hip-bone).
- ★ Human finger nails generally grow by 0.000117 cm per day.
- ★ Generally, the head and beard hair of humans grow approximately by 0.00432 cm per day.



A decorative border of pink roses with green leaves surrounds the central text.

Song : Bhupinder Singh, 'Dilvar', Mumbai

Bless us Father

Bless us with thy grace O' Father, May we life in peace...
Love and Honor every human, Respect each other's needs –
Bless us with thy grace O' Father.....

May we shed the barriers of caste, creed and race,
Omnipresent Lord let us see, YOU in every face,
May our worship bring us closer, distances decrease...(2)
Love & Honor.....

Hate and Envy, Lust and Greed are weaknesses O' Lord,
May we overcome these Vices, and be one with God,
Make us Humble, make us Noble, Virtuous in our deeds...(2)
Love & Honor....

Faith undaunted, Love limitless, Devotion pure and true,
Every moment of our life, we should remember YOU,
Follow YOUR teachings Messiah, do as You may please...(2)
Love & Honor.....



India's 3rd Best Performance at Commonwealth Games in India Won 66 Medals, Including 26 Gold.

Gold Coast (Australia). India won 66 medals, including 26 Gold, during 21st Commonwealth Games. In the past 88 years history of the Commonwealth Games, this was the 3rd best performance of India. The performance was better than this during the years 2010 and 2002 only. On the last day of the games held in Gold Coast, India won 7 medals including 1 gold. Saina Nehwal won gold in women's singles Badminton final. Kidambi Shrikant got silver in men's singles Badminton. Chirag Satwik in Badminton Doubles and Deepika Joshna in Squash Doubles got silver.

For the first time, India won 6 medals in Badminton, whereas it had won 4 during Delhi Commonwealth Games.

Saina Nehwal became the first Indian player to win 3 gold in Badminton. This time she won 2 gold. During 2010, 1 gold was won. Thus India completed its 500 medals. India has become the 5th nation to win 500 medals in Commonwealth Games. Total medals won by India during Commonwealth Games has gone to 504. Other countries winning more than 500 medals are Australia, England, Canada and New Zealand.

Thoughts

- ☆ Let all the human beings on this earth learn to live in harmony and oneness.
- ☆ The goodness vanishes in selfishness as the river vanishes in the ocean.
- ☆ Love and forgiveness is much stronger than hatred in the world.





2-Days Nirankari Sant-Samagam (Spiritual Gathering) was held in Varanasi, U.P. in the Divine Presence of Satguru Mata Savinder Hardev Ji

On the second day of the Samagam, the Hansti Duniya family presented Guru-Vandana through cultural and spiritual programme.

On this occasion, Satguru Mata Savinder Hardev Ji Maharaj said in her discourse that you had enjoyed the Guru-Vandana programme during November Samagam in Delhi or various state level Samagams. Wherever Baba Hardev Singh Ji went, He wore the dress of that region and spoke in their dialect. He accepted the wish of every devotee and pleased them. Now it's our turn that we must imbibe His teachings in our life.

- ☆ We can please God only when we accept the human beings.
- ☆ Only the humble ones can be considered great in the field of religion.
- ☆ Ego is like a stone in the shoes which always pinches.
- ☆ We remember the saints, worship them. We should not limit ourselves only to remember them but follow their teachings also.

—Nirankari Baba ji



Poem : Notan Lal

Nature

**Like the moon's curvature,
Earth has a beautiful nature.
Nature is a gift from God,
So accept it as a reward.**

**Nature is like your life,
Do not cut it with a knife.
So protect your nature,
To ensure your future.**

**Nature is like money,
Do not eat it like honey.
If you wish a bright future,
You must protect your nature.**

**God is our life creator,
Nature is our life protector.
So have it like a benefactor,
Never become its destructor.**



Art Connoisseur

The king Krishandev Rai was very fond of music. Once he invited a famous singer from Varanasi and continued to enjoy his singing till late night. The people were getting bored and felt lethargic, still to please the king they uttered wah! wah! Suddenly, the king had a look at Tenaliram. He was sitting silent in a remote corner and dozing. The king got angry to look at him. When the singing session ended, the king called Tenaliram. He was sleeping, so the soldiers forcibly brought him to the king.

The king said- Tenaliram, You have shown complete disregard to me also along with the guest artist. You kept sleeping all the time during the concert. You would be severely punished. You leave my kingdom immediately and move away.

The people were very happy. Tenaliram was wonderstruck and then said, "O king! I accept your order. My mother used to recite 'lullaby' during my childhood. I got lost while listening to those. Today's singing session reminded me of those days and I experienced the same feeling as I was listening to mother's 'lullaby'. I was completely lost in that."

The king looked towards the singer. The singer smilingly said, "He is the real 'connoisseur of art'. He should be pardoned." The king pardoned Tenaliram and gave him a suitable reward also.

Presence of mind and quick wit tide over all problems. One easily wriggles out of difficult situations.



Story By : Ashok Kumar Bhatt



Mother's Love

There was an old woman in a village. She was a widow. She had a son. Her son was disobedient. He never cared for his mother. His behaviour towards his mother was extremely cruel and insulting. Despite his cruel and insulting behaviour, his mother always prayed to God for his well-being.

One day her son was extremely drunk. He was not normal. He came and shouted at his mother, "You old lady ... You are good for nothing, you are merely a burden on me." His mother did not respond to his harsh words. She brought food and drink for him. But her son threw them away. He became violent and started beating his old mother. His mother started crying for help. At this, the neighbour came to rescue her.

The people condemned this inhuman act of her son. They went to the village police station. The police officer heard the grievances of the old lady. He was full

of sympathy for her. The police officer fell heavily on her son. He began to thrash him badly. Her son was crying. Everyone was happy to see that her son was receiving good thrashing. The police officer was still beating him. The old lady could not see the beating of her son. The mother interrupted the inspector and cried, "Sir, don't beat my child. He is my darling. I love him,"

The police officer was surprised to hear these words. He said to her, "Don't you know your son is cruel to you. He does not care for you. You show love to such a bad son." She said, "Sir, all is right. I know ... But I am his mother. I cannot see him suffering. Can a mother see her children crying and suffering?"

The police officer said, "you are after all a mother. You can not. I know that. But tell me what I should do now." She said, "Set my son free."

The police officer set her son free. The old lady embraced and kissed her son. The son was very sorry. He now realised the importance of mother and her love.

He touched his mother's feet and sought her blessings. They lived happily everafter



BRAIN BOOSTER

1

Which is the highest gate way?

4

Which is the highest mountain in India?

2

There are two mothers and two daughters, how many females are there?

5

Which state had the largest numbers of Member of Parliament and in the Assembly?

3

Which crop is called 'Rabi Crop?'

6

Mother and daughter were coming from one side and two men were coming from other side. They met their husbands in the way. What was the relationship between men?



1. Buland darwaja 2. Three 3. Wheat 4. Himalaya 5. Uttar Pradesh 6. Father-in-law and son-in-law

Answers



Exploring the New Frontier

Once, the Moon was the only important thing in orbit around planet Earth. Today, many objects circling the Earth have been launched into space by people. All these orbiters, including the Moon, are called 'satellites'. Those launched by people are called 'artificial satellites'.

Communications satellites send telephone, television, and other electronic signals to and from different places on Earth. Weather satellites take pictures of the clouds and wind systems. Various scientific satellites gather information about outer space. There are even 'spy' satellites which take pictures for the military. And there are space stations.

In the late 20th century, the United States, Russia, the European Space Agency, Japan, and Canada joined forces to build the International Space Station (the ISS). It is meant to have people on it all the time. In 1998, the first two ISS modules were launched and joined together in space. In November 2000, the first three-person crew, an American and two Russians, occupied the station, which was still being added to.

Large space stations are planned for the future. These will have many people working in them all the time. They could be like airports are today, where a person changes planes to go to a specific destination. But from a spaceport, people would change spacecraft to travel to the Moon, another planet, or another space station.



Benefits of

Lady finger

1. Weight Loss

The low calorie content of Okra (30 kcal / 100 gm) and its high fibre content make it a suitable food for weight loss. It provides minimum calories and its high fibre levels help in keeping you full for longer.

2. Heart disease

Okra contains soluble fibre pectin. Pectin helps in lowering bad cholesterol and prevents atherosclerosis by helping in elimination of deposited cholesterol and clots.

3. Controls blood sugar levels

This benefit of lady finger may be attributed to its fibre content. Eugenol a type of fibre, helps in slowing down digestion and absorption of sugar from the blood stream. Hence it helps in avoiding sugar spikes after meal and stabilizes the blood sugar levels. Its fibre further helps in lowering blood sugar levels.

4. Improves digestion

The fibre content of lady finger helps in better digestion, and regularization of bowels. Pectin swells up in the intestine and helps in easier elimination of waste from the intestine. People suffering from constipation benefit from regular consumption of lady finger.

5. Improves immunity

Another important benefit of lady finger is that it contains Vitamin C which helps in improving immunity.

6. Anemia

Lady finger contains iron and folate and Vitamin K, nutrients that help in treating and avoiding anaemia.

7. Prevention of colon cancer

Like all other high fibre foods, lady finger too helps in prevention of colon cancer by keeping the digestive system intact and functioning properly.

8. Improves eyesight

The Vitamin A and beta carotene present in lady finger may be helpful in improving eyesight.

9. Treatment of dandruff and lice

Okra is used as home remedy for dandruff and lice. Cut okra horizontally and boil in water, add lemon to this water and use this water for rinsing hair.

— Sudeep, Delhi





Kitty

Story & Illustration
—Ajay Kalara

Children, today will be your science practical exam. Are you all prepared for that?

Children, let us all move to the laboratory.



Children, Don't touch any of the bottles, because all these contain chemicals.

It's O.K. Mam.





O Kitty! keep this lens away.
This is of no use to you.


I am just looking to it, Montu.




Why should I not keep it?
Montu is not looking now.




Children, let us all do the practical.
All the children shall look to me.



Oh! great, how beautiful is this lens.



Oh! Everything looks bigger through this lens. Above all my tail is also looking thicker.



O My God! Fire- fire. My tail has got fire. Is anybody there, Save me! Save me!



O Kitty! What have you done?

Save me immediately, my tail caught fire.



Look Children! We shouldn't touch the things about which we have no knowledge. It has so happened that when Kitty was looking its tail through the lens, the sun rays got converged through the lens on the tail and it caught fire.



Please forgive me. I shall not do such a thing in future.

Snake and the Saw



A snake penetrated into a carpentry workshop. As it slipped, it passed over a saw and got slightly wounded. It quickly turned and bit the saw - and by biting the saw, the snake seriously got wounded in its mouth!

Not understanding what was happening and thinking that the saw was attacking it, the snake decided to roll around and wrap

around the saw to suffocate it with all its body by squeezing it - with all its strength, but it ended up killing itself.

Sometimes we react in anger to hurt those who have harmed us, but we realize later that in fact we are hurting ourselves.

In life it is better sometimes to ignore situations, ignore people, ignore their behaviour and their words.

Sometimes it is better not to react, so as not to suffer consequences that can sometimes be deadly or harmful.

Do not let hate take over your life because love is stronger than anything.

Keep Smiling and Spread Happiness.....

—Rajan Sachdeva, USA.

Guru's Golden Words

- ★ It takes around two years to speak, but it takes a lifetime to learn what not to speak!
- ★ Your availability is more important than your ability.
- ★ To perceive God, one must attain the Divine Vision from Satguru.
- ★ Important are those, who give importance to God and love.
- ★ Love cures people; the ones who receive love and the ones who give it.
- ★ To be human is to be humble, to be humble is to be "Divine".



The powerful name is "BABA JI", The sweetest word is "BLESS", The loving alphabet is "U" and the greatest sentence is "Baba Ji Bless you".

—Gurdeep Komal, Chicago, USA



Charting the Year

A calendar, like a clock, provides a way to count time - though calendars count days and months rather than minutes and hours. The modern calendar has 12 months of 30 or 31 days each (February has 28, sometimes 29). The calendar year has 365 days, which is about how long it takes the Earth to circle the Sun once. That makes it a solar calendar.

Today's calendar, with a few changes, has been in use since 1582. Pope Gregory XIII had it designed to correct errors in the previous calendar. For this reason, it is called the 'Gregorian calendar'.

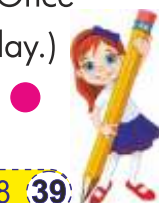
The oldest calendars were used to work out when to plant, harvest, and store crops. These were often 'lunar calendars', based on the number of days it took the Moon to appear full and then dwindle away again.

The traditional Chinese calendar is a lunar calendar. It has 354 days, with months of either 29 or 30 days.



Many calendars have religious origins. In Central and South America, the ancient Aztec and Mayan calendars marked ritual days and celebrations. Jews, Muslims, and Hindus have religious calendars - each with a different number of days and months.

All these calendars have one thing in common: they're wrong. None of them measures the Earth's yearlong journey around the Sun precisely. Extra days must be added to keep the count in step with the actual seasons. We add an extra day to February every four years. (Actually, even our corrections are wrong. Once every 400 years we don't add that day.)



Laughing Time



Sudeep : Tell me an example of creature which live on water as well as on land.

Navdeesh : Frog.

Sudeep. : Another example.

Navdeesh : Another frog.



Teacher : What is Microsoft Excel?

Nisha : It is another form of 'Surf Excel' which is used to clean the computers.

Teacher : When was Rome build?

Nitasha : At night sir.

Teacher : How did you know that?

Nitasha. : You yourself had said that Rome was not built in a day.

Panta : Washing basin in the hotel.

Manager : Why are you washing basin?

Panta. : You have written here " WASH BASIN ".

Sidhant : Dad, I am going out!

Dad. : Are you telling me or taking the permission?

Sidhant. : I am asking you for the money.





Teacher : George Washington chopped down his father's cherry tree, but also admitted it. Now can you tell why his father didn't punish him?

Rajesh : Because axe was still in his hands.

Yogita : How can you prevent diseases caused by biting insects?

Vinita : Don't bite any.

Teacher: If there are five flies on a table and you kill one, how many would remain?

Student: One, the dead one.

Baldman (to barber): Why did you charge me double? You should charge me less as I don't have much hair.

Barber : I am not charging you for cutting your hair.
I am charging you for having to search for it.



Customer : Are you sure that milk is pure?

Milkman: Yes sir, every drop of water added to it had been filtered.

An old lady was leading a donkey. A naughty boy equipped:- I salute you, O donkey's mother.

Old woman: "May you live long, my dear son!





★ On a thundering rainy day, Mom went to pick her six year old son from school thinking that he will fear lightning.

But she found him smiling at the sky for every lightning...

She asks, "Why are you smiling...?"

Son: "God is taking my pictures and I need to look Good".

Life is simple, we complicate it.

—Rajan Sachdeva, USA.

★ Everything is 'Pre-written' but with prayers it can be 'Rewritten'. Those who make us smile-thank them. Those who make us cry-tolerate them. But those who make us smile when tears are in our eyes-Trust them —Dharmveer, Boston

★ Loveable persons are like injections. They may sometime give you pain, but the intention is always to cure problems.

★ A good song means 5 minutes pleasure. A good movie means 3 hours pleasure, A good college means 4 years pleasure, but a good 'relation' means life time pleasure.

— Avneesh Gulati, Chandigarh

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

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

— Anmol, USA

★ Mind and Umbrella are useful only when they are open, otherwise they increase your burden.

★ A Great message for us to learn from a pair of walking legs.... The foot that is forward has no 'pride' and the foot that is behind has no 'shame'. Because, they both know that their situation will soon change.

— Suraj , Canada



Result for the month of April Issue

First :

Nitika Lado

Age 7

Main Bazar,
Manali(HP)



Second :

Vishwa S Barbhaya Age 8

12-C,Sai Krupa Society,
Near rushi mandap hall,
Karelibaug,Baroda.



Third:

Vedantd Maurya Age 10

23,Saibandhu CHS,Sai Baba
Nagar, Navaghar
Road,Bhayander(E)Thane



Consolation Enteries

Ishana Sethi (Delhi)

Shivam Kumar (Delhi)

Seyam (Jalandhar)

Anandita (Jalandhar)

Jagriti Gupta (Jamshedpur)

Shraddha Gajanan Wankhade
(Khamga)

Anshika (Delhi)

Sagar (Alwar)

Shilpa (Faridabad)

Meenu (Rohtak)

Amit (Hyderabad)

Asha (Dheerpur)

Sumanyu (Chandigarh)

Avyan Dev (Pandoh)

Ritu (Katrain)

Rahul Rai (Azamgarh, UP.)

Harshita (Delhi)

Ramesh Rai (Bhagalpur, Bihar)

"Colour it" for June Issue

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

The result will appear in **August 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



What Goes Around Comes Around

"Blessed is he who considers the poor;
God will deliver him in time of trouble."

It's technically called 'the law of the harvest,' but we commonly say, "What goes around comes around" to refer to the law of reaping what we sow. We see the effects of this 'law' every day. When we are angry and snap at people, they often snap back at us. When we help someone, the one we helped sometimes comes to our rescue when we are in need.



Here, though, the law of the harvest takes on a different twist. When we give to someone who is poor, that person can't pay us back, but blessings seem to come our way from out of the blue. It's God. He's the One who sees what we have done and takes care of us in return. The real big deal is to give to those who can't repay us. God loves that.

Who are the poor around us? Most of us have spent a small fortune buying homes in nice neighbourhood to protect our families from poor people. When we encounter them on drives through their parts of town, we hardly notice them—or worse, we make fun of them.

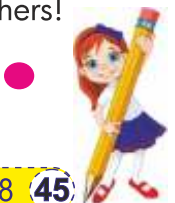
They are there, and they are the real people with real needs and real hopes and dreams. First, God wants us to consider them, to imagine what their lives are like, so that we learn to genuinely care. When we care, we will find a way to take action.

"God's boomerang of blessings occurs when we do something for someone else who can do absolutely nothing for us in return"

God is always working...

May I ever remain content with whatever I have!

May I never be ungrateful and never feel envy with the progress and rise of others!



Everyone Can use it.



Fish Protects your heart Boosts memory Protects your heart Combats Cancer Supports immune system



Garlic Lowers cholesterol Controls blood pressure Combats cancer Kills bacteria Fights fungus



Grapes Saves eyesight Conquers kidney stones Combats cancer Enhances blood flow Protects your heart



Green tea Combats cancer Protects your heart Helps stop strokes Promotes Weight loss Kills bacteria



Honey Heals wounds Aids digestion Guards against ulcers Increases energy Fights allergies



Lemons Combats cancer Protects your heart Controls blood pressure Smooths skin Stops scurvy



Mangoes Combats cancer Boosts memory Regulates thyroid Aids digestion Shields against Alzheimer's



Mushrooms Controls blood pressure Lowers cholesterol Kills bacteria Combats cancer Strengthens bones

— Lakshita Bhasin



Article: Ankushree



Environment Vs Industry

The major factor for increased environmental pollution is attributable to the rapid growth of industrialization; in-as-much as the industry is responsible for producing maximum amount of environmental pollution.

Three types of industrial wastes, viz., liquids, solids and gases render air and water pollution to a great extent, in addition to the pollution of noise and nature.

Whenever a new industry is created, a township comes into

being. This renders the land around this place unfit for any natural use. Further, it causes removal of hills and forests. This foul play with nature causes heavy damage to environment. Industries continuously need raw materials requiring considerable amount of excavation of earth. This renders valuable land becoming completely unproductive.

Metal-based industries also require excavation of land on regular basis. The dust so produced pollutes air and water. It contains different toxic contents of different colours, turning a normal dresses look as if dyed in different





shades. Even the skins of people get dyed.

The leather industry also creates extreme water pollution. The high voltage electrical plants on river banks also create water pollution as they keep on blowing out acid and ashes.

Similarly, the cement industry adds huge amount of dust containing remains of poisonous gases like carbon mono oxide, carbon dioxide, sulphur dioxide, bringing health of workers and residents at great risk. The Asbestos and Textile industries too release enormous quantity of tiny fibre in air. These fibers, easily inhaleable, cause serious lung problems.

Manufacturing of slate, pencil and fire proof bricks create excessive amount of

dust and sound. The labour class of this area suffers acutely from lung, eye, nose and ear diseases.

The aluminum industry releases a lot of caustic and waste powder. rendering water and air become poisonous.

The polluted air and water spread fast to far off areas and further pollute the unaffected areas. The rains passing

through these areas become acidic, an indicator of dangerous environmental situation.

With the rise in human civilization, the level and number of environmental hazards are also on the rise. With the farsightedness and multipurpose planning, the effects of pollution can be considerably reduced, e.g., replacing high voltage electronic plants with water-based equipments, big industries with cottage industries. Installation of recycling plant should be made compulsory in big industries. And, most importantly, to grow more and more trees around these industrial places in order to give natural freshness, as well as effectively reduce air, water and land pollution.



The Wonderful Feast

Early in the morning, Farmer Jones got up and said, "It is a beautiful morning. The sun is shining bright. The birds are singing, and I feel fine."

Then he went into the barn and gave his horse a great big breakfast.

"My", said the old horse. "What a wonderful feast I'm going to have."

It ate all he wanted and went to sleep. Then everything was quiet again.

A goat came into the barn. It looked at what was left of the horse's meal.

"My, oh, my," she said. "What a wonderful feast I'm going to have."

It ate all it wanted and left the barn.

Just then the hen came in looking for breakfast.



"Children, children," it called. "Look what a wonderful feast we are going to have."

In a moment the floor was covered with little chicks, having their breakfast.

All was quiet again in the barn after they left.

"Oh, my-oh, my-oh, my," whispered a little mouse, peeping out of its hole. "What a wonderful feast I'm going to have."

It crossed the floor to where the grains lay and took all it could to its house.

Then a busy old ant came into the barn. It picked up the last grain and took it away. "My, oh, my," said the ant. "What a wonderful feast I'm going to have." Every one was thankful that they had got a wonderful feast.



The Brahmin and His Enemies



This Short Story - 'The Brahmin and His Enemies' is quite interesting to all the people. Enjoy reading this story.

Long ago, a poor Brahmin lived with his family in a small house. His disciples would help him with food and clothes. He somehow managed to pass his days.

One day, the Brahmin received two calves as a gift from one of his disciples. He was overjoyed. Though he had difficulty in arranging for fodder and grain for the calves, he managed to feed the two calves. Years passed by and the calves grew up into two bullocks.

A thief had seen the bullocks. "The foolish Brahmin does not even know the proper use of these bullocks. I will steal the bullocks and sell them," he thought.

That evening, the thief started for the Brahmin's house. While on his way, the thief was stopped by a fierce demon. "I am

hungry. I will eat you," said the demon, in a thundering voice. "Wait! Wait, dear friend! I am a thief I am on my way to the Brahmin's house to steal his bullocks. You can eat the Brahmin instead of me," said the thief.

The demon agreed. The thief and the demon proceeded towards the Brahmin's house. Reaching the house of the Brahmin, the thief said, "Let me take the bullocks and go. Then you can eat the Brahmin."

"No! Let me eat the Brahmin first. I am hungry," roared the demon. The two started to quarrel.

The noise woke up the Brahmin. As soon as he saw the demon, he started chanting some mantras. The demon uttered a sharp cry, "AAIEE!" and disappeared.

Then the Brahmin got hold of a thick stick, "You tried to steal my bullocks, did you?" said the Brahmin. And he thrashed the thief. Thus the Brahmin saved himself from the demon and eventually punished the thief.

The Brahmin and His Enemies were separated from each other.

Moral: Never think of reaching harm to others.

Compiled by : Gurdev Singh, Pandoh



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KANNADA

Sant Nirankari Satsang Bhawan,
88, Rattanvillas Road, Southend Circle,
Basavangudi, BENGALURU-560 023 (Karnataka)
Ph. 080-26577212

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Sant Nirankari Satsang Bhawan,
884, G.T. Road, Laxmipur-2
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