

# Hansti Duniya

★ Vol. 33

₹15/-

★ No. 3

★ March 2019



# Hansti Duniya

## Hansti Duniya

● Vol.33 ● Issue No.3 ● March 2019 ● Pages 52  
(A Monthly for Children's Mental Development)  
Published in English, Hindi, Punjabi and Marathi

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

**Harjeet Nishad**

Chief Editor

**Vimlesh Ahuja**

Editor (Honorary)

**Rajat Kapoor**

Associate Editor (Honorary)

Email: [editorial@nirankari.org](mailto:editorial@nirankari.org)

Ph.: 011-47660200

Fax: 011-27608215

Website: <http://www.nirankari.org>  
[kids.nirankari.org](http://kids.nirankari.org)

## SUBSCRIPTION

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

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



## Regular Columns

4. Editorial
6. Sampuran Avtar Bani
9. Cross Word
21. H.D. Answers
30. Look at the Picture and complete the story
38. Noble Thoughts
39. Riddle
40. Laughing Time
42. Sms of the Month
44. Colour it
49. Maze

## Photo Features

16. Grandpa
34. Kitty



## Poems & Etc

10. A Deserted Land  
Sakshi Batra
13. There's No Other You  
Ravneet Singh
20. Increase Your Knowledge  
Ravneet Singh
31. 7 Wonder  
Ravneet Singh
32. Nirankari Logo and ...  
Kripa Sagar
33. It's Time to Study  
Vivek
46. We Are All One  
Rahamat Khan

## Stories

5. The King  
Japinder Bains
11. A Trip to Heaven  
Gurdev Singh
15. Unity is Strength  
Praveen
22. A Fox and a Lion  
Rajan Sachdeva
27. Loyal Friend  
Pawan Kumar Verma
29. Even the Worst has...  
Archana Garg
45. Bad Company  
Harjeet Nishad

## Articles

7. Safety Tips on Holi ...  
Himanshu Bhasin
14. Distant Fire  
Sakshi Gulati
23. Trip to the Moon  
Nishtha Anand
24. Holi Festival  
Sunil Nagpal
26. Sky  
Gurdev Singh
31. 7 Wonders in Delhi  
TOI.



# FRUIT OF HARDWORK

We work hard when the exams are at hand. However the aims are different just to pass the exams; to achieve first rank or to get good marks. The one who wishes to get the first rank works the hardest, others to pass also work hard but only push themselves to a certain limit. So clearly our outcome is directly related to the hard work we put in.

Does getting a position or merely passing would fulfill the purpose? There might be some students who work hard to keep their parents happy; others want to achieve the first position for better placement.

So, this way everyone is working hard not for themselves but to show off and to satisfy their vanity. This mentality is ruling in all fields. But the need of the hour is to work without keeping in mind the actual result. This will help us to achieve success without any mental burden and will simply help us in fulfilling the aim that we are working towards. This hard work creates an internal state of happiness while we can spread this happiness around without carrying the burden of success. This way our target would be achieved in a relaxed way .

Dear friends, studying and getting education is an essential part of our life since it increases our level of wisdom in life and develops our mind. However if this education is only aimed to make other people to look small it will only make us conceited and it will not add to our insight but defeat the purpose of education. The aim of real education is to make us more humble. Egoism and pride will lead to fall in the esteem of one's own eyes and others too. Whatever fields we are working in. We must work with dedication, honesty and whole heartedly. This will itself lead to success and our work will never become boring or burdensome. The results achieved out of such efforts and work will be much more gratifying and satisfying.

—Vimlesh Ahuja



Story by ; Japinder Bains

# The King

One day Rita and her husband Harpal were arguing. Harpal complained that he wanted to be a king. He wanted everyone to respect him and not to do any work. He also wanted slaves to do things for him and obey his order.

Rita got tired of listening to her husband's complaints. So, she stormed out of the house. She went out for a walk. While she was walking she met a traveler.

The traveler came to Rita and asked if he could stay for the night at her house. Rita consented and took the traveler home.

When she got home Harpal was not there. She then showed the traveler his room and she made something for him to eat. It was getting late. Rita was getting worried about Harpal. The traveler went to bed after eating. Then Harpal walked in.

Rita started questioning him: "Where have you been and what have you been doing?"

Harpal shouted at her and said: "I want to be respected and be a king. I don't want to go out and earn money. I want people to give it to me."

By now the traveler was awakened. He had overheard their arguments. Harpal



was still shouting at his wife saying that his life is a misery and it was not fair that others should be rich and have big houses, while he is not as rich as they.

In the morning the traveller left. He also left a note thanking Rita. Later on in the day a servant came to Harpal's house and said, "The king wants to see him and Rita." Harpal was really excited.

When he and his wife went to see the king, Rita recognized the king. It was that very traveler. The king granted Harpal his wish to be king.

After a few months, Harpal went to the king who granted him the wish and asked if he could go back to his normal life because people were coming to him asking him to solve their problems, which he could not do.

The king agreed. "To be a king isn't easy. Uneasy lies the head that wears the crown" he said. He also told Harpal that he should be grateful for what God had given him and his wife.



# SAMPURAN AVTAR BANI

## Ik Tu Hi Nirankar - 150

MAUT DE RAH VICH JITHE BANDE DHUND GUBAR HANERA EY;  
 GIAN DI JOTI PAS JE TERE CHANAN RASTA TERA EY.  
 RISHTEDARI ES JAHAN DI UTHE RAKHNA MEL NAHIN;  
 SIRAF NAAM DI DAULAT BAJHON DUJA HONA KHEL NAHIN.  
 JANDI VARI KHALI HATH SI KAROON ATE SIKANDAR DA;  
 SATGUR BAJHON KOI NAHIN SATHI DHARM RAJ DE MANDAR DA.  
 JO KUJH DISDAI SABH KUJH JHOOTHAI MIT JANAI IS MAYA NE;  
 HO JANA EY MITTI IK DIN MITTI DI IS KAYA NE.  
 JIHANAN APNA GURU RIJHAYA MANIA IHDA BHANA EY.  
 KAHE AVTAR OHNAN DE PALLE ASLI NAAM KHAZANA EY.

### Thou Formless One 150

O' man, on the path of death where there is haze and utter darkness;

You will find your way illumined if you have the lamp of Divine Knowledge with you.

No worldly relations will find any relevance there;

Nothing except the wealth of Divine Name will be acceptable there.

While leaving this world even Karoon and Alexander were empty-handed;

None except the True Master will stand by you in, the temple of the god of death.

All that is visible is false and this illusion is liable to disappear;

This body of clay will be reduced to dust one day.

Those who have pleased their True Master and submitted to the will of God;

Avtar says, they possess the real treasure of Divine Name.



—Himanshu Bhasin, Delhi

# Safety Tips on Holi



- ★ Here are a few tips and suggestions to make your holi safe and joyous.
- ★ Play safe. Don't get too boisterous and do not let others to be rude on you.
- ★ The best option would be to play with natural home made colours. Your skin and hair will feel pampered with the use of skin friendly natural products.
- ★ Buy colours from a reputed shop or vendor.
- ★ Use more of red or pink colours which look good and can be easily taken off.
- ★ Make sure that your face is well oiled before and after the play.
- ★ Apply thick coating of paint on your nails- both in fingers and toes so that they remain protected.
- ★ Oil your hair well, so that colour doesn't stick on your hair and can be washed off easily later.
- ★ Make sure that powder or any other product does not get inside your eyes. Eyes are extremely vulnerable on Holi because of their strategic place in body. Please ensure that your eyes remain protected at all times. Use a sunglasses to protect your eyes from a misfire of colour filled darts or water jets.

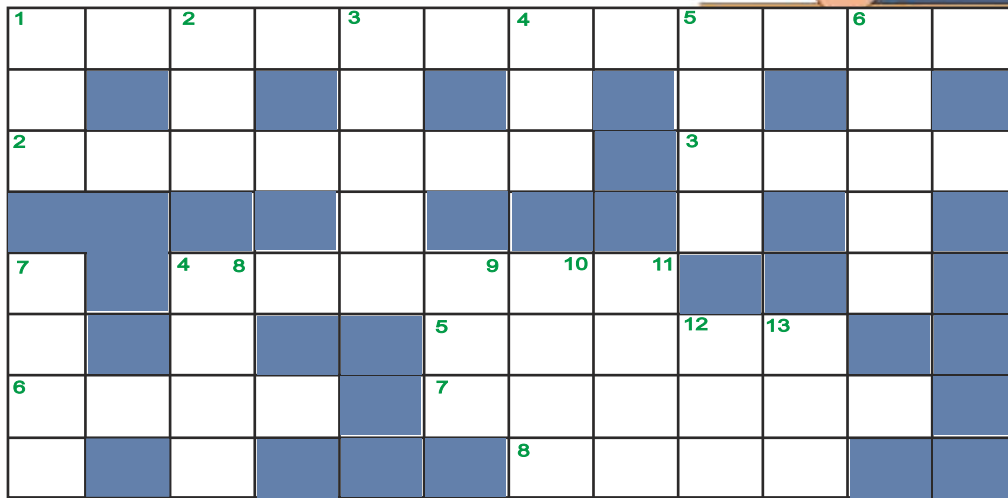
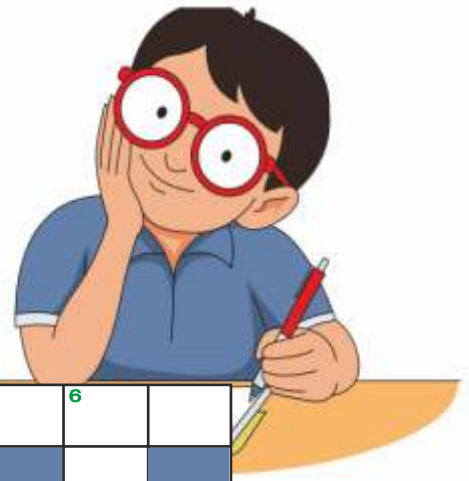


- ★ Put on your old clothes so that you won't have to take on the botheration of an immediate washing.
- ★ Enjoy the spirit of festival Celebrate with gaiety and mirth. Be cautious and avoid evils associated with the festival.
- ★ Try to save yourself off from all possible attacks on the face.
- ★ If possible avoid going outside your home, atleast for the peak hours of celebration. The premises of your home ensure that you are safe from pouncing hooligans, even friends who can be a little rough on the day.
- ★ When travelling keep the car windows thoroughly shut, even if you don't have an AC car. Do not bump into the frenzied group of mob if you take to streets. Better you cross the road to the sidewalk across. Or, simply stay at a safe distance.
- ★ Do not use permanent dyes. If someone has applied it on you, do not rub the face with soap immediately in order to get rid off it, especially when it is wet. Instead, use good quality cleansing milk for removal. It's better than using soap, which will dry up your skin.
- ★ Take a bath much later after the entire Holi celebration is over. Taking frequent baths, washing the face again and again, will ruin your skin. You will also lose hair, for too much soap/shampoo has a drying effect.
- ★ If you are prone to skin allergies, avoid playing with gulal altogether. Going to a dermatologist (skin specialist) serves no purpose, after the damage is done.
- ★ Avoid running on jumping or wet floors, so that you don't slip and injure yourself. Bones are specially vulnerable on this day.
- ★ Remember you also have police on your side and if any untoward revelers misbehave, you can make your complaint. Mark out the locality, building and if possible the person.





# CROSS WORD



**Left to Right** →

**Up to Down** ↓

1. First lady Prime Minister of India.
2. Room for cooking food.
3. An outer and upper garment with sleeves.
4. Payment for regular employment.
5. To make sounds and expression of face so as to express merriment joy and pleasure.
6. To understand, to study.
7. A dove like bird of grey and black colour.
8. Word by which individual is spoken of are by which person is known.

1. Kinds of fluid for writing.
2. A small round point or spot or mark.
3. President of Congress.
4. Written abbreviation for general.
5. Part of body connecting head with shoulders.
6. A Hollow organ in the body which keeps up circulation of blood.
7. Lacking or absence of light.
8. A thing to sit on.
9. A high mountain in Europe.
10. Drops of water falling from clouds.
11. One of the Hindu ages of the world .
12. A precious stone or jewell.
13. A tool for digging up surfcae soil or a tool to dig up weeds.



## True Words

### How to succeed in Life ?

- ★ Talk Softly
- ★ Breathe Deeply
- ★ Dress Smartly
- ★ Work Patiently
- ★ Behave Decently
- ★ Eat Sensibly
- ★ Sleep Sufficiently
- ★ Act Fearlessly
- ★ Think Creatively
- ★ Earn Honestly
- ★ Save Regularly
- ★ Spend Intelligently

### Life of Some ORGANS

#### After Death

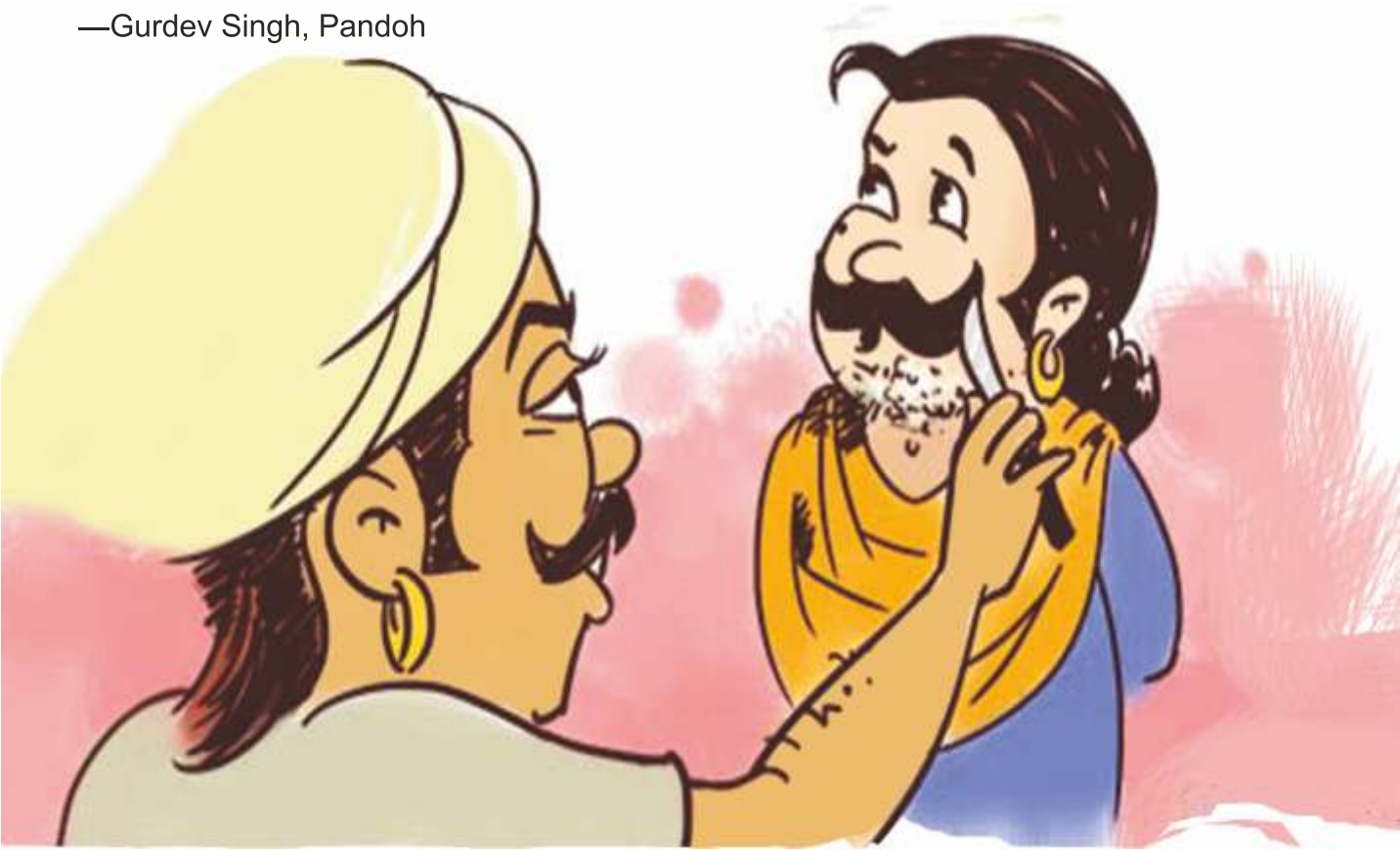
- ★ Eyes : Three minutes
- ★ Ears : One Hour
- ★ Heart : Ten minutes
- ★ Legs : Four hours
- ★ Hands : Four hours
- ★ Brain : Four hours
- ★ Skin : Five days
- ★ Bones : Five days

—Sakshi Batra, Nirankari Colony

# A Deserted Land

Where a flower blooms  
A wave of thoughts  
Welcoming a new moon  
Love and harmony  
Replacing arrogance  
Kindness and empathy  
A new fashion statement  
Smiles and emotions  
Laughter is the new potion  
hatred and jealousy in dearth  
Time to build a peaceful earth  
Peace graffiti on the walls  
Less prison blocks  
Humility the new currency  
Love among folks  
Actions that only reflect  
The words that will become  
harbingers of humanity





## A TRIP TO HEAVEN

**The** personal barber of Akbar was very jealous of Birbal. He was looking for the opportunity to harm Birbal. One day he thought of a plan. As he was shaving the emperor, he started talking, "Your Majesty, do you believe in next life?"

"Yes, I do," replied Akbar. "Well then, do you have a wish to find out how your relatives are living in heaven?" the barber asked.

"Yes, I do want to find out, but how is it possible? No one can go to heaven," replied the emperor.

"There are some saints who can send a person to heaven. I will make all the arrangements. You will just have to choose a person who can go," said the barber.

"That is very easy," said the emperor. "I will send Birbal. But how is such a thing going to happen?"

"That is easy. A pyre would be lit and Birbal would be made to sit on it. As the flames of the pyre would rise, he would also rise with them. Finally, he would be transported to heaven," said the barber.





When the emperor mentioned this plan to Birbal, he at once understood that someone had plotted against him. "Who made this wonderful plan?" he asked.

"It is my barber," said the emperor.

"I am quite ready to go to heaven, Your Majesty, but I need some time for the preparation," said Birbal.

The emperor gave him time. Later, Birbal found out the exact location where the pyre was placed, and had a tunnel dug from beneath it to his house. After the preparations were complete, he gave the go ahead to be taken to the cremation ground.

Once the pyre was lit Birbal escaped, through the tunnel, to his house. The Barber was very happy as he thought his enemy was dead. After spending a few months in his house, Birbal came to the court. During the days of secret living,

Birbal appeared before Akbar with beard. The emperor was overjoyed to see him. "Welcome Birbal," the emperor said. "How is everything in heaven? How are my relatives?"

"Lord, everything is fine in heaven and your father and grandfather have sent you their regards. But there is only one problem. There is no barber in heaven. You can see that even I have not been able to have a haircut or shave there. They have asked you to send them a good barber," replied Birbal. "Yes, yes, I will certainly fulfil their wish," the emperor said happily. "I'll send my own barber to them." Saying so, the emperor asked his barber to prepare to leave for heaven. The Barber protested a lot but it was set aside, and one day he was burnt on the pyre. In this way, Birbal took his revenge on the wicked barber. ◆



Compiled : Ravneet Singh

# *There's No Other you*

You can get lost in a crowd,  
yet I can spot you,  
because you are important to me.

You can get lost in the surge of humanity,  
but God never loses sight of you,  
because He loves you eternally.

Whatever you are,  
there is no other you.  
There is only one you  
and you are loved tremendously.

"I have redeemed you  
and called you by name.  
You are mine."

## Spiritual fruit

The Fruit of silence is prayer

The Fruit of prayer is faith

The Fruit of faith is love.

The Fruit of love is service

The of service is peace



# Distant Fire

All stars are basically enormous balls of fire. They are made up of gases that give off both heat and light as they burn. Their power comes from nuclear energy, the same source that both powers atomic bombs and produces electricity in many parts of the world.

The life of a star spans billions of years. A star is born from clouds of dust and the element hydrogen. This cloud mass forms a spinning ball and becomes extremely hot. It becomes so hot that the hydrogen gas begins to glow. The glowing gas ball is called a 'protostar' ('proto' means 'beginning' or 'first').

A protostar slowly becomes bigger until eventually it stops growing. It is then a star, and it can continue to glow for millions of years. But eventually it starts to cool off. It turns red and grows larger once more. It becomes a 'red giant'. Then the star begins to die. How long a star lives depends on how big it is. The bigger the star, the longer it lives.

In large stars, the heat inside the star produces iron. This iron acts like a sponge and soaks up the star's energy. The energy eventually causes a big explosion called a 'supernova'. In some cases, what is left may become a black hole. Black holes are like giant vacuum cleaners in space that suck up everything around them, including light.

Our Sun is still a young star, although it is already billions of years old. It will be many more billions of years before it begins to die. So there's still time to finish your homework!

—Archna Garg, Delhi ●



— Praveen, Delhi

# Unity is Strength



There was a farmer who had four sons. All four were never together. They always quarreled among themselves. This state of his sons worried the farmer very much. He wanted to do something in order to unite his sons.

He thought of many plans. But no plan worked out. At last he got an idea. He collected some bamboo sticks, and he tied a bunch of sticks together.

He called his sons. All of them came, but did not look at one another. He gave the bunch to his eldest son and asked him to break the bunch. The eldest son tried with all his might but failed. All the other sons were laughing at their elder brother's hardship.

It was the turn of the second son. Then, it was the third and fourth son's turn. All failed.

Now the farmer pulled out single sticks and gave one to each of his son and he asked them to break. The sons broke the single stick easily.

The farmer explained the strength of unity and now, the sons understood one another better and started living together without any quarrel.

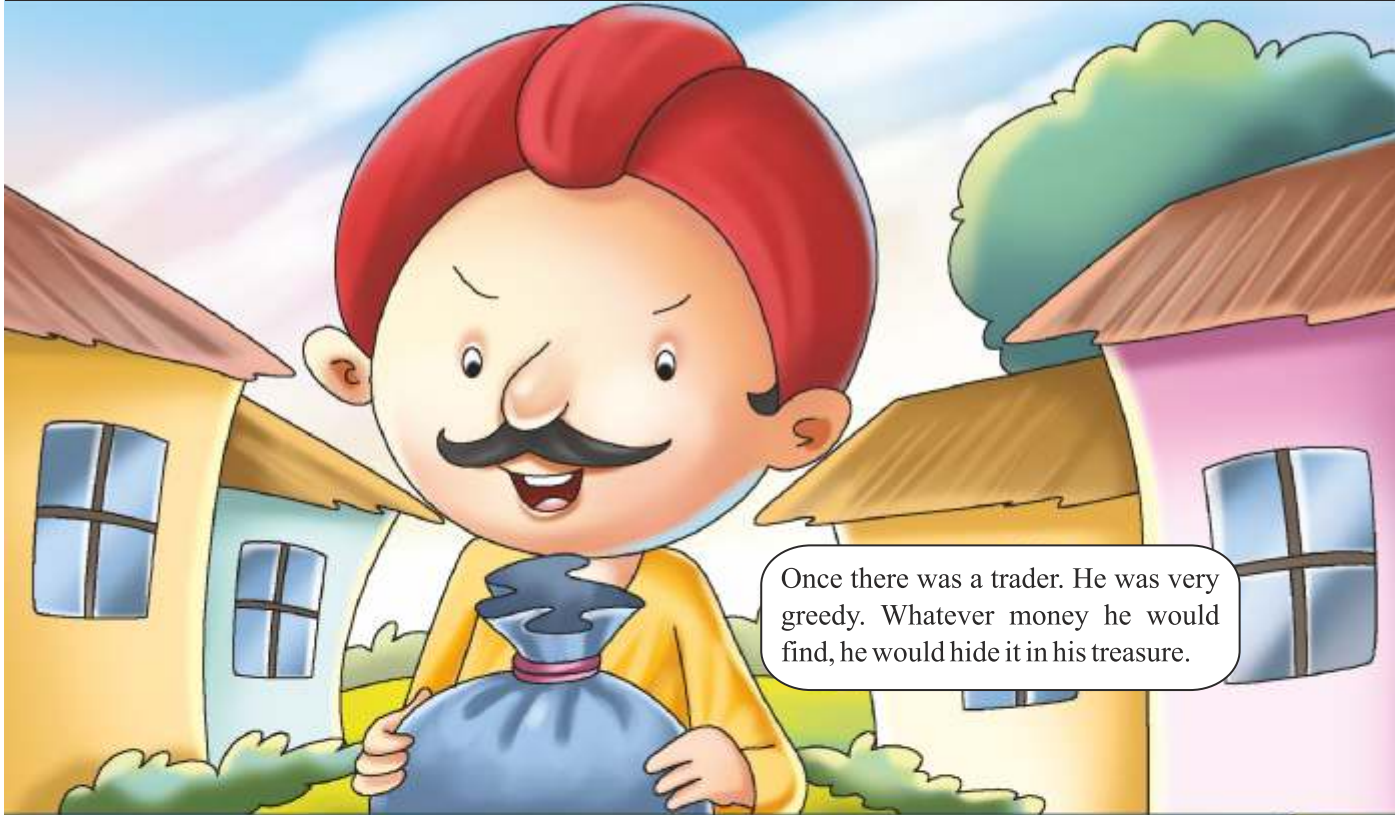
**Moral : We must live together.**





# GRANDPA

Story & Illustration  
—Ajay kalara



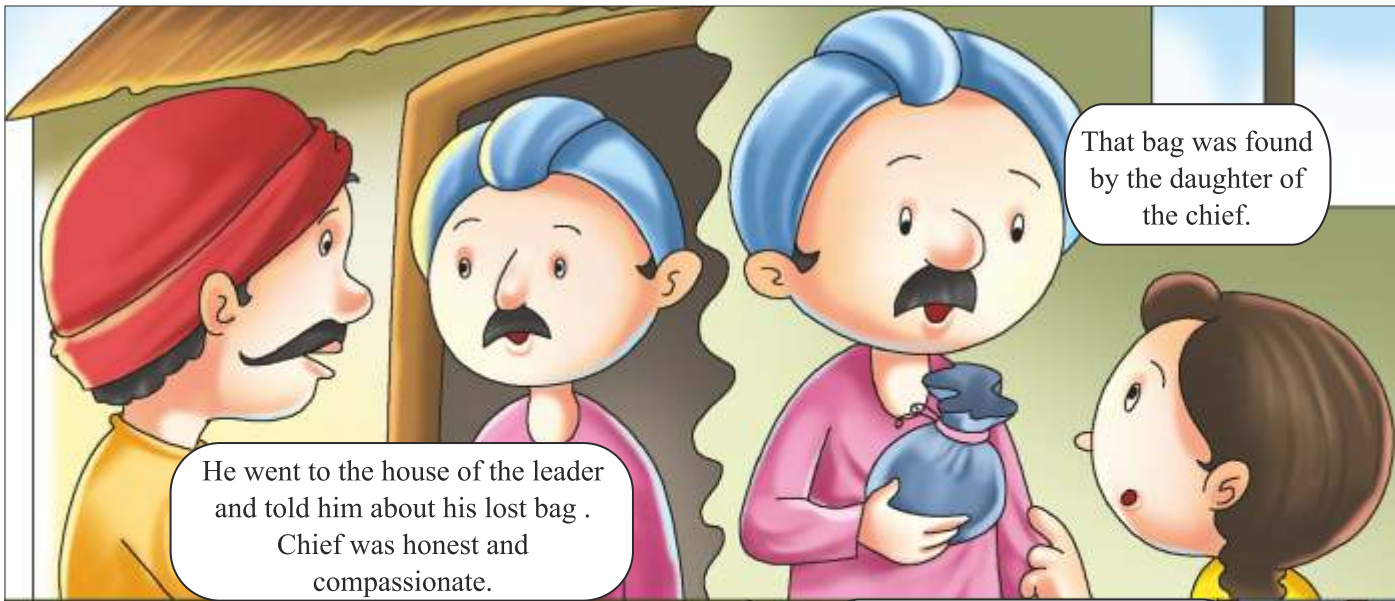
Once there was a trader. He was very greedy. Whatever money he would find, he would hide it in his treasure.



Once he was returning after making some profit. Suddenly one bag of money fell from his shoulder. It had 30 coins of gold.





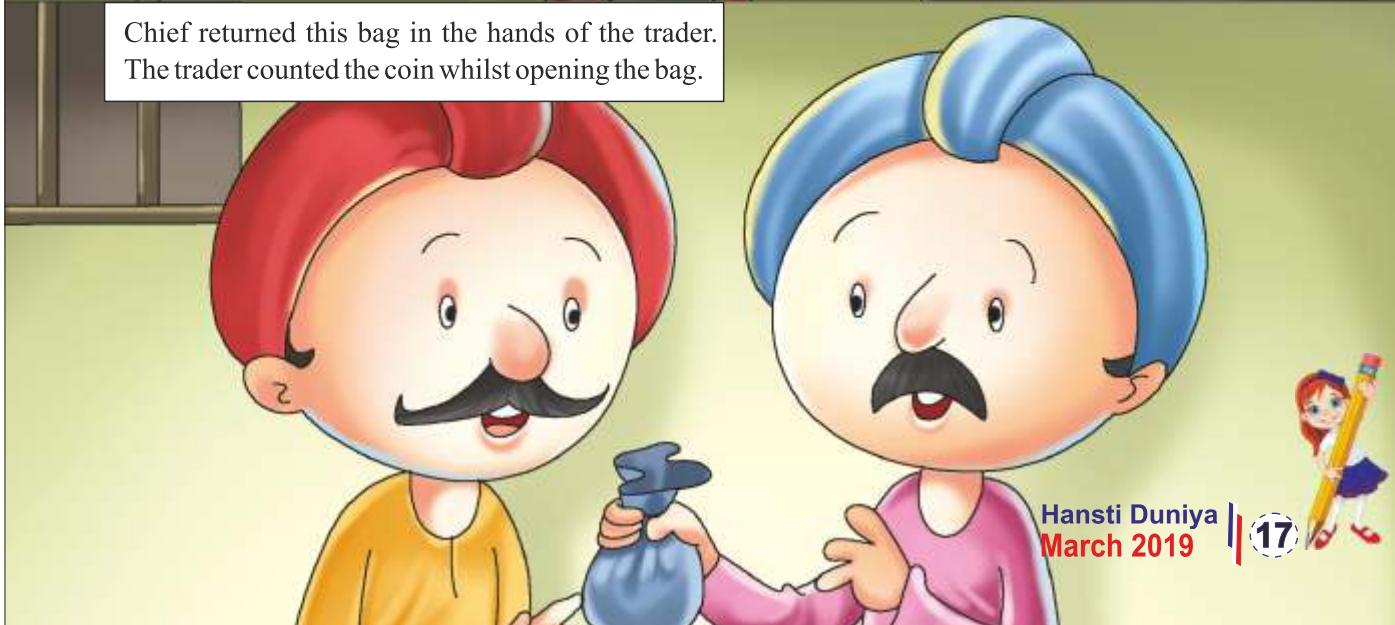


He went to the house of the leader and told him about his lost bag . Chief was honest and compassionate.

That bag was found by the daughter of the chief.



The Chief opened the bag and found thirty gold coins in it.



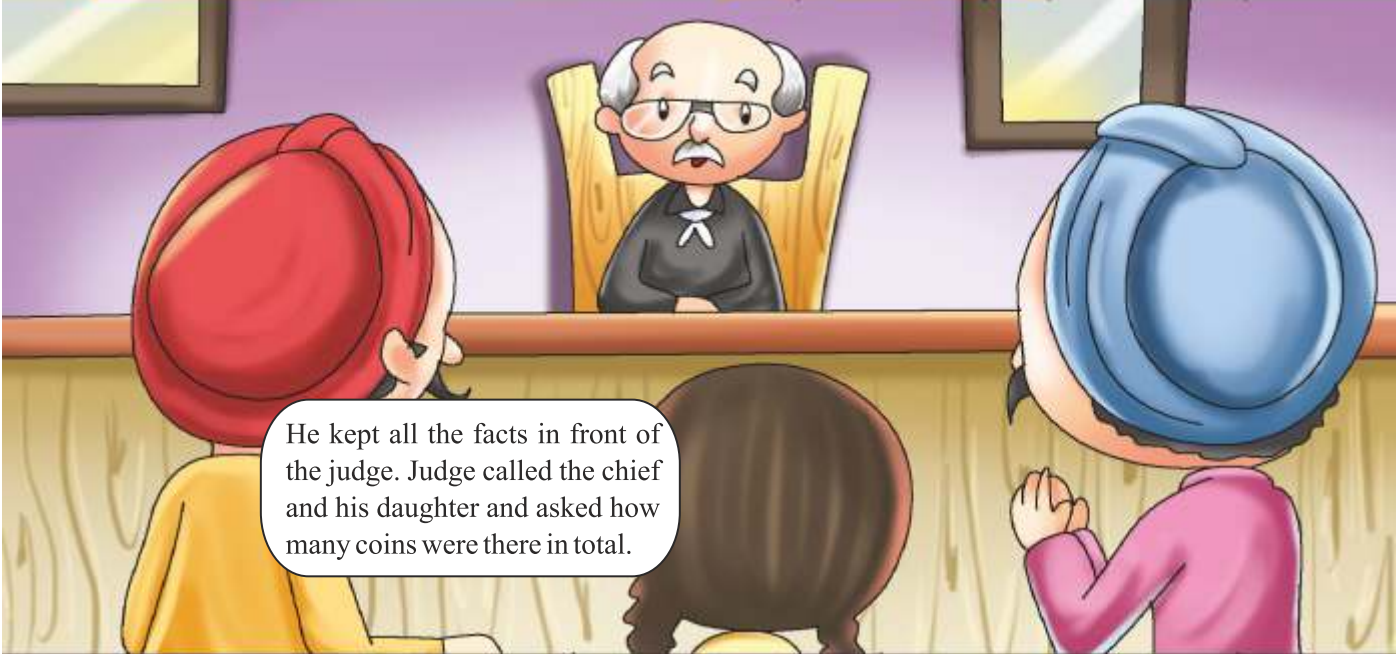
Chief returned this bag in the hands of the trader. The trader counted the coin whilst opening the bag.





Trader's mind become dishonest and greedy, so, he claimed the loss of ten coins from the bag.

Chief tried to clarify his honesty yet the trader went to the court of law.



He kept all the facts in front of the judge. Judge called the chief and his daughter and asked how many coins were there in total.

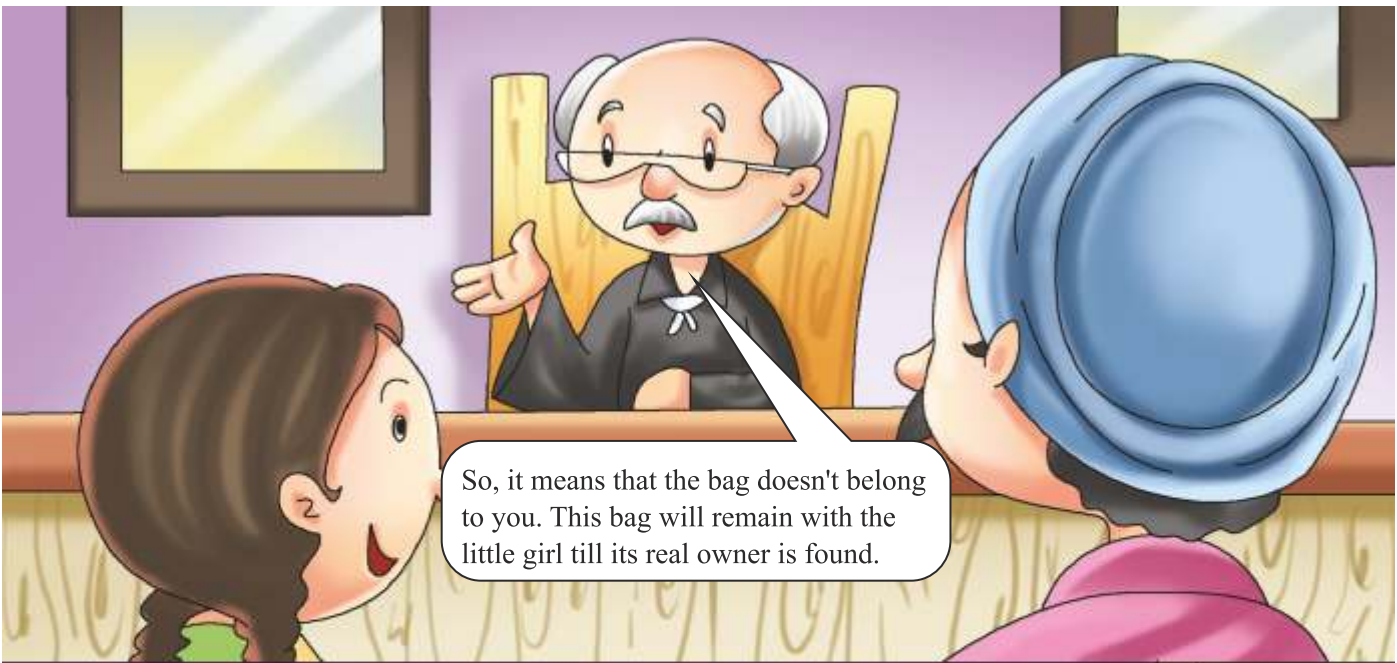


How many coins did you lose?

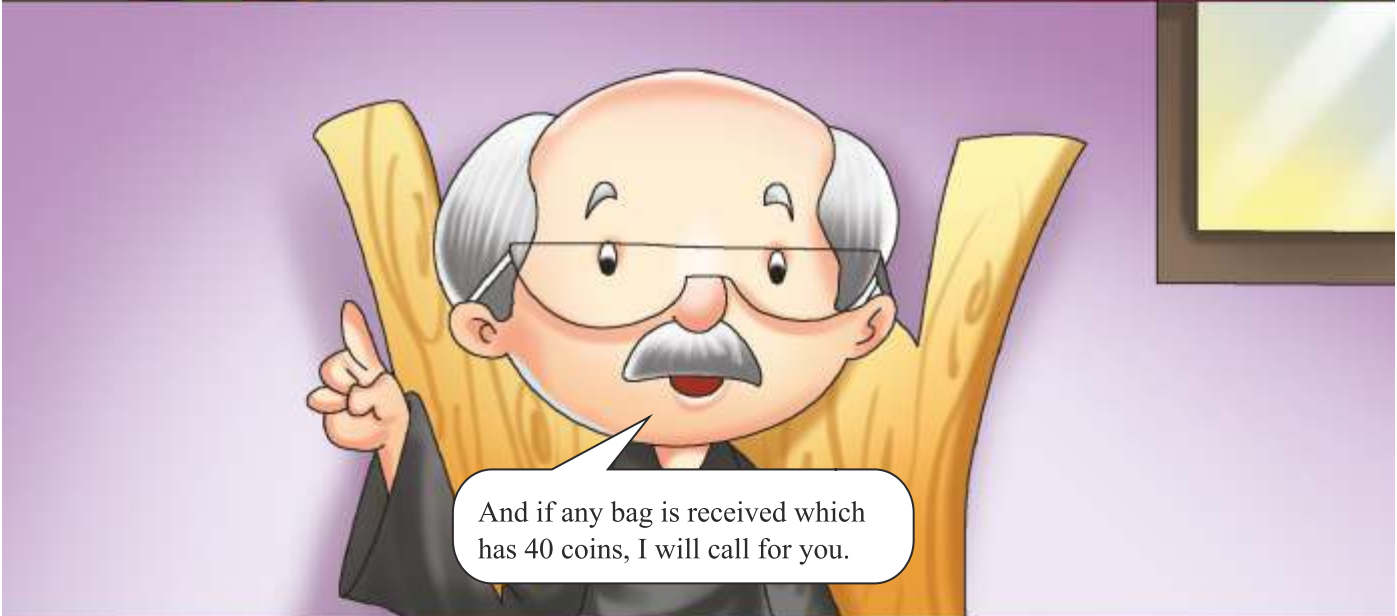
30

40

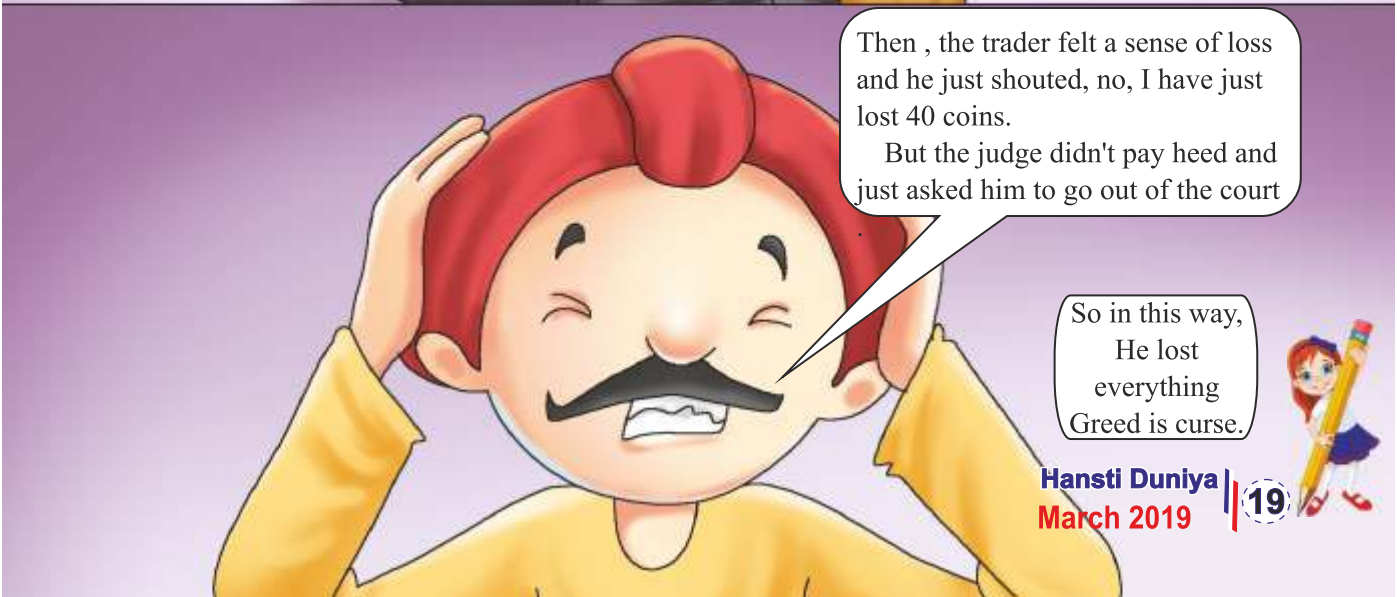




So, it means that the bag doesn't belong to you. This bag will remain with the little girl till its real owner is found.



And if any bag is received which has 40 coins, I will call for you.



Then , the trader felt a sense of loss and he just shouted, no, I have just lost 40 coins.  
But the judge didn't pay heed and just asked him to go out of the court

So in this way,  
He lost  
everything  
Greed is curse.



—Sunil Nagpal, Delhi

# INCREASE YOUR KNOWLEDGE



**Q1.** What is an "Iron Lung"?

Ans. Iron lung is used for artificial respiration.

**Q2.** Why are water pipes apt to burst in cold weather?

Ans. Water expands when it freezes and the pipes contract when the temperature falls so

the water pipes burst in cold weather.

**Q3.** What "drops" are put in the eyes to cause dilation of pupils?

Ans. Atropine drops are put in the eyes.

**Q4.** What blood group does a "Universal donor" possess?

Ans. There are four groups of blood A, B, AB and O. But blood group O is universal donor. Each group can be either positive or negative, which means in total there are eight groups.

**Q5.** Explain the formation of a rainbow?

Ans. A rainbow is produced when sunlight falls on raindrops hanging in the atmosphere; light is dispersed after suffering refraction and internal reflection. The seven colours of a rainbow are called Violet, Indigo, Blue, Green, Yellow, Orange and Red. (VIBGYOR)

**Q6.** Why does a pressure cooker reduce the time of cooking?

Ans. By artificial increase of pressure inside the cooker, the boiling point rises with an increase of pressure, so vegetables can be cooked quickly.



# H.D. Answers

— Sandeep, (Jhunjhnu)

Q. What has been the landmark quality of legendary Sachin Tendulkar of the cricket field?

A. Humility.

— Ramesh Rai (Bhagalpur)

Q. What will be the benefit of discovering alien life on other planets?

A. If people on earth itself are living like strangers to each other, finding aliens on other planets may not be of any benefit.

— Nivedita (Delhi)

Q. What is the sign of true religion?

A. True religion unites, never divides.

— Anil (Faizabad)

Q. What's most comforting and what's most painful in life?

A. Contentment is the most comforting and jealousy the most painful.

— Sidhesh Prajapati (USA)

Q. How can we change the people around us?

A. We cannot change people around us. We can just change ourselves.

— Pramod Kumar (Jaipur)

Q. Can more earning bring more peace in life?

A. No if we earn and also learn, life can be more prosperous and peaceful.

— Aditi (Delhi)

Q. How can we really make our life blissful?

A. By knowing ourselves.

— S.R.P. (Delhi)

Q. How can one get one's sins wiped out?

A. Through repentance and spiritual enlightenment through a True Master.



# A Fox and a Lion

A short story : Rajan Sachdeva (USA)

A fox who lived in a deep forest had lost its front legs. No one knew how: perhaps escaping from a trap.

A man who lived on the edge of the forest, seeing the fox from time to time, wondered how in the world it manage to get its food. One day, he saw the fox not far from him.... crawling, dragging itself on its two legs. The man decided to watch it, but he had to hide himself quickly because a tiger was approaching. The lion had fresh game in its claws. Lying down on the ground, he ate all he could, leaving the rest for the fox.

Again the next day the great provider of this world sent provisions to the fox by the same lion. The man began to think: "If this fox is taken care of in this mysterious way, its

food sent by the unseen Higher Power called Almighty God, why don't I just rest and have my daily meal provided for me too?"

He sat in a corner waiting for his food. Nothing happened. Because he had a lot of faith, he let the days pass, praying and waiting for food.

Still nothing happened.

But He did not lose his faith, hoping God will provide for him soon. He just went on losing weight and strength until he was nearly a skeleton. Close to losing consciousness, he heard a voice which said: "O, you who have mistaken the way, see now the Truth, Instead of imitating the disabled fox, You should have followed the example of that tiger who not only worked for his own food but provided to others also"



—Nishtha Anand, Mumbai

# A Trip to the Moon

Would you like to go to the Moon? One day you may be able to.

Astronauts have already visited the Moon. They took their

own food, water, and air. You would have to take these things with you too, because the Moon doesn't have them.

Compared with the planets, the Moon is very close to the Earth. It is only 400,000 kilometres away. Spaceships travel fast enough to cover this distance in a matter of hours.

One day there may be little towns on the Moon. The first ones will probably be covered over and filled with air. When you're inside a Moon town, you'll be able to breathe normally without a spacesuit or air tank. But you will need to wear a spacesuit and an air tank outside.

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

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

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



—Sunil Nagpal, Delhi

# Holi Festival

Festivals are a welcome relief from the humdrum and monotony of everyday existence. When it is Holi, it goes without saying that is certainly one of the most-celebrated festivals of India. The people of Uttar Pradesh add color to their lives by celebrating their festivals with great merriment. When Holi is celebrated, bright colors and happiness soak each and every corner of the state and bring much joy to the lives of the people. In fact, the festival must be a part of tour to India.

Uttar Pradesh celebrates Holi with great fervor like most places in India and even more. The Braj region in India, the cities of Uttar Pradesh, mostly in Mathura and Vrindavan make the festivities all the more special. According to some legends, Holi is celebrated as a divine connection of love between Lord Krishna and Radha. Therefore, people re-enact the fun-play of these divine lovers. Apart from play of colors, exchange of sweets and other fun, there are also unique rituals only in Uttar Pradesh. Barsana celebrates Holi with a unique ritual of lath-maar holi where women hit men with sticks for fun. People indulge in play of colours, dry and water. Sweets, music, dance and fun make the festival even more special for all to have fun with friends and families.

Rituals of Holi :— Holi is the celebration of colours and fun, there are also certain rituals. A day before Holi, a bright bonfire is lit at almost every place in Uttar Pradesh, referred to as Holika or Chhoti Holi. It symbolizes the triumph of good over evil. According to legends, the demon king Hiranyakashyap had conspired with his sister Holika to kill his son Prahlad for him being a big follower of Lord Narayana. However he was not successful in his mission. His son was saved by the grace of God whereas his sister was consumed by the fire.

All the people participate to light the fire. A pot of new barley seeds is kept under the pyre. When the fire burns out, these seeds are consumed by the people. Often predictions are made about the future harvest on the basis of the condition of seeds or the direction of the flames. The ashes of this fire are considered very auspicious and often either the ashes or the smoldering fragments of wood are taken back home. They light their fires at home with these embers and keep the ashes which they believe will protect them against diseases.







Festivities of Holi On the day of the festival, the air of almost every town is filled with gulal and abeer of various colors. Youngsters apply it on each other and on the feet of the elders of the family. Pichkaris of various shapes and sizes crowd the markets. The sight of everybody pouring color on each other and whole heartedly participating in the mirth makes a perfect picture of happiness. The delights of gujiya, mathri, laddoos are associated with the festivities.

## Recipe for A Good life

### Ingredients

1. Six cups of love
2. Four cups of loyalty
3. Three cups of forgiveness
4. Two cups of kindness
5. Two spoons of hope
6. Three spoons of faith

## Gems of Knowledge



Keep the goodwill drink the anger  
bear the sorrow keep the tolerance  
show the patience  
Take the knowledge say the truth  
Abandon the pride throw the jealousy  
renounce the attachment.

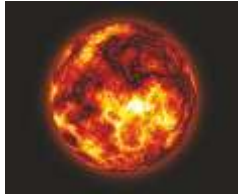


# SKY

Why does the sky appears blue? It appears so because of the scattering of sunlight due to gas and dust present in the atmosphere. Beyond the atmosphere, the sky is a vast area called the space. We find planets, meteors, asteroid and many other heavenly bodies in the space.

**Following words are jumbled rearrange them**

1. EVNUS



2. STAURN



3. ERAHT



4. NAPUNTE



5. ARSM



6. RAUNSA



7. JPIUTER



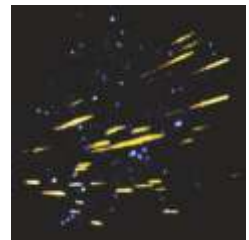
8. OCEMT



9. MURRYCE



10. TOMERSE



[Answers on page 28](#)





—Pawan Kumar Verma

## LOYAL FRIEND

There was a small village at the edge of a forest. There were about 10 clay houses . In one of the houses Ramu lived with his parents. Ramu was about 12 years old. Their field was right in front of their house where he worked with his father.

One winter night Ramu's father was returning from the city and he saw some children teasing Sheru and he felt very angry. He brought Sheru to his home and sheru became the companion of Ramu. Ramu loved Sheru, Sheru was a good watchdog. He would keep a vigil in and around the house and even the farm too.



Once there was a drought and people were worried in the village. People felt the pangs of the shortage of the food grains. Unlike every year Ramu's father failed to fulfill the needs of the family because of the drought. Even no fuel was left in the house for daily needs.

Ramu made up his mind and went to forest to cut wood to help out his mother. He chanced upon a dry branch on a tree. A hungry fox was attracted by the sound of Ramu's chopping the branch.

The fox stealthily moved towards the sound and jumped upon Ramu. But Sheru intervened and jumped upon the fox. Ramu cried with fear. There was the pitched battle between fox and Sheru. Sheru fought with all his might to defeat the fox.

Sheru was no match for the fox and was seriously injured. Ramu climbed up the tree and hid himself in the thick leaves. When Sheru saw that he could not fight of the fox he looked up for Ramu on the tree but was unable to see him. He understood that Ramu was hiding in the tree. Sheru found no means to escape the fox and was seriously injured.

He ran towards the village to help his friend although being injured he could not run properly. Ramu's parents were looking for him. They were frightened to see Sheru in such a bad condition. Sheru started pulling Ramu's father's dhoti and directed him towards the forest. His father understood that Ramu was in trouble.

He called up for the villagers and they came with sticks to help him. All of them started moving towards the forest. That fox was still lurking around the tree. Sheru

barked at the fox. The fox ran away seeing so many people.

Ramu climbed down the tree, embraced his father and began to weep. They reached the village and Ramu nursed Sheru. Ramu was proud of Sheru.

### **This is True**

Happiness is when what you think, what you say, and what you do are in harmony... You must not lose faith in humanity. Humanity is an ocean; if a few drops of the ocean are dirty, the ocean does not become dirty.

Answers: 1. Mars Jupiter, Saturn, Mercury, Neptune, Meteors, Uranus, Venus, Earth, Comet.



—Archana Garg, Vancouver, Canada



## Even the worst has Something Good

**Once** upon a time, there was a king. His prime minister was very intelligent. One day, while practising to wield sword, the king's finger got cut off by mistake. He cried with pain. His prime minister consoled the king saying, "Have patience! "Everything happens for our good. I am sure even that must have something good hidden in it"

Hearing the words of the prime minister the king got furious. He cried with anger, "What good can you see in cutting off my finger? You must be punished for talking so absurdly. Then the king got the prime minister sent to the prison.

Then after some days of this incident the king went to the forest for hunting along with the new prime minister and some soldiers. In the forest the king was caught by the tribals. They wanted to please their god by sacrificing a human body. They took the king before their leader. But, soon one of them saw the king's hand without a finger. He told the leader about it. The Leader asked his men to set the king free as he was handicap. The king returned to his kingdom.

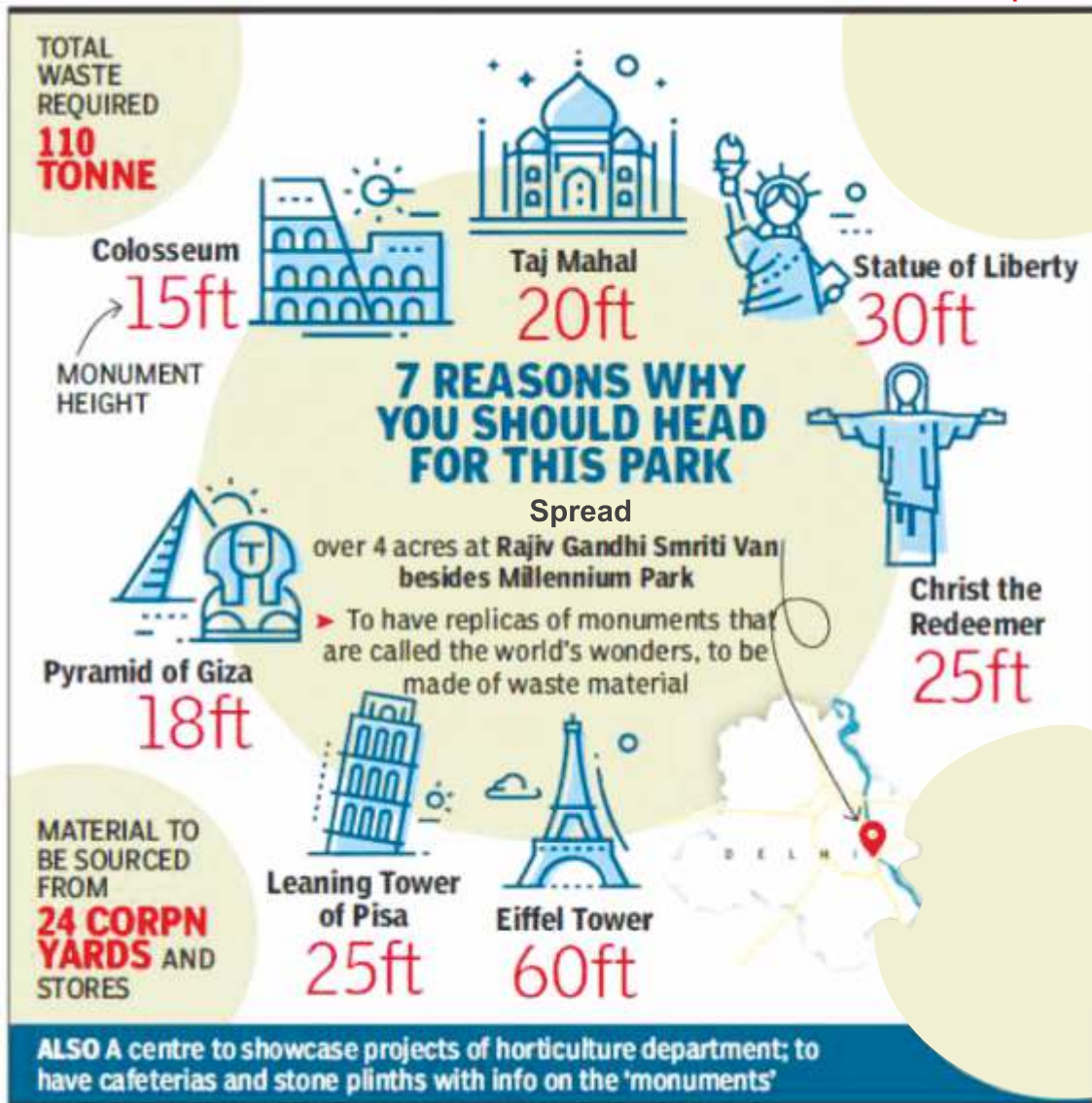
The king ordered his soldiers to present the prime minister before him. The prime minister was brought before the king who said to him, "You were right! Really everything happens for our good. I was saved today because my finger had got cut off that day." Then the king narrated the incident that took place in the forest. Then, the prime minister said, "Even in the worst something good is there for us."

**Moral:** Everything has its positive side.





## Visit Wonders of the world in Delhi Park without Passport



1. Taj Mahal in Agra : India
2. Colosseum of Rome : Italy
3. Statue of Liberty : USA
4. Pyramid of Giza : Egypt
5. Christ the Redeemer Rio de Janeiro : Brazil
6. Leaning Tower of Pisa : Italy
7. Eiffel Tower : France

Courtesy, TOI



— Kirpa Sagar

# NIRANKARI LOGO AND ITS SIGNIFICANCE

Like any other organization, Sant Nirankari Mission too has a Logo to quickly identify itself to those who come into its contact for the first time or repeatedly. It is printed on all kinds of stationery items, books, CD/DVD covers, diary, calendar and other publication materials. The Logo is also carried by hoardings and sign-boards displayed on SatsangBhawan and other places belonging to the Mission.



The Sant Nirankari Mission's Logo is to be used by Mission's organizational outfit 'Sant Nirankari Mandal' and its office-bearers, including SewadalAdhikaris from Headquarters down to the level of Branch or unit all over India and abroad, while corresponding with Government officials, representatives of other

religious, social and cultural organizations and general public. The Logo is used only when they deal with others on behalf of the Mission, and not otherwise. Similarly, the Mission's Logo is also used by members of Central Planning and Advisory Board and Sant Nirankari Charitable Foundation and their Sewadars.

The Logo designed and adopted by the Sant Nirankari Mission has a round ball marked with vertical lines and held by two hands from above and below, without touching the ball, of course. It symbolizes this Universe as One whole, round in shape, with Divine Hands holding it, protecting it as a supernatural power, without coming into contact physically. The power remains invisible.

The round whole is not mere Globe to show the Earth. It is marked with vertical lines only to keep it distinguished from globe. It takes into its fold the sun, the moon, the stars and the earth with everything existing on or around them – animate or inanimate. The Logo seeks to show that they are maintaining their respective placement and inter-





relationship because they are all the Creation of the One – God, who continues to govern or control them in their respective forms and roles. He also exists everywhere (Omnipresent) and in all the objects, every particle of the Universe (All-pervading). Every object of the Universe exists in God and God exists in every object. He is Immanent and Transcendent at the same time.

The Universe and the Logo for that matter has been shown as a Round whole just to convey that existing in God, it too has no beginning and no end; one can neither know this side, nor the other. If you want to realize its existence, you have to look at it as a whole, as one.

The Sant Nirankari Mission does preach the Oneness of Universe through the Oneness of God. The Oneness of Mankind on earth through Oneness of God, Universal Brotherhood based on Oneness of the Supreme Father – God, are the slogans derived from the bigger version represented by the Logo.

Like any ideal Logo, here also it has the capacity to be reduced to any size without any loss of its expression.

—Viveak

# It's Time To STUDY



**Gird up your loins  
To study hard  
It's only hard work  
That shall you guard**

**To succeed in life  
Do not be indolent  
Those who study not  
Shall have to repent**

**It's only the educated  
That rule indeed  
For success lies not  
In word but in deed**

**Mind, who study not  
Ever lag behind  
And only the educated  
Do serve the mankind**

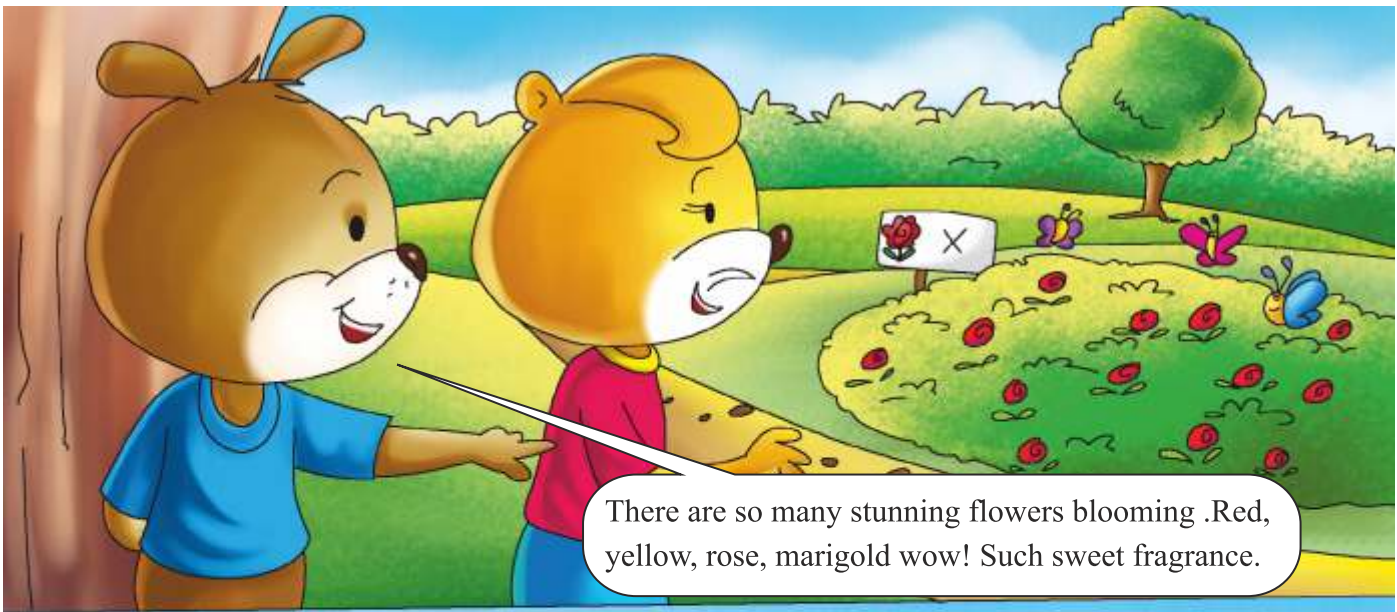




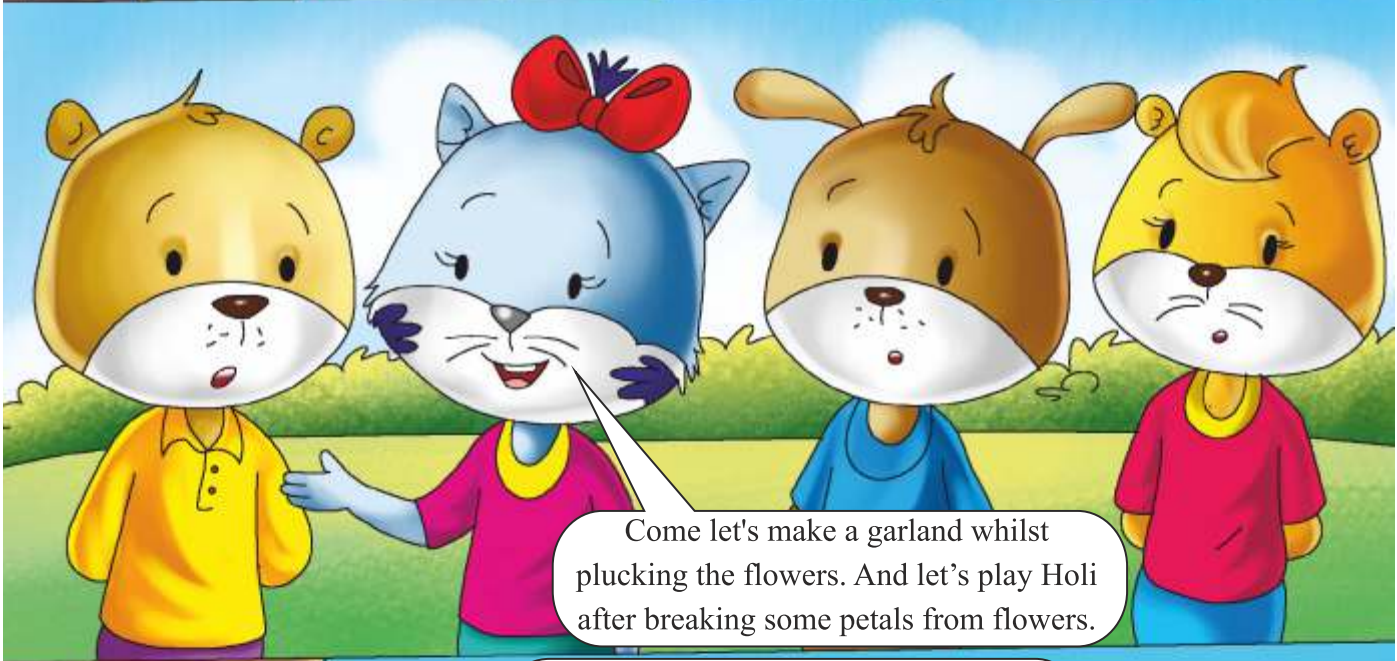
# Kitty

Story & Illustration  
Ajay Kalara

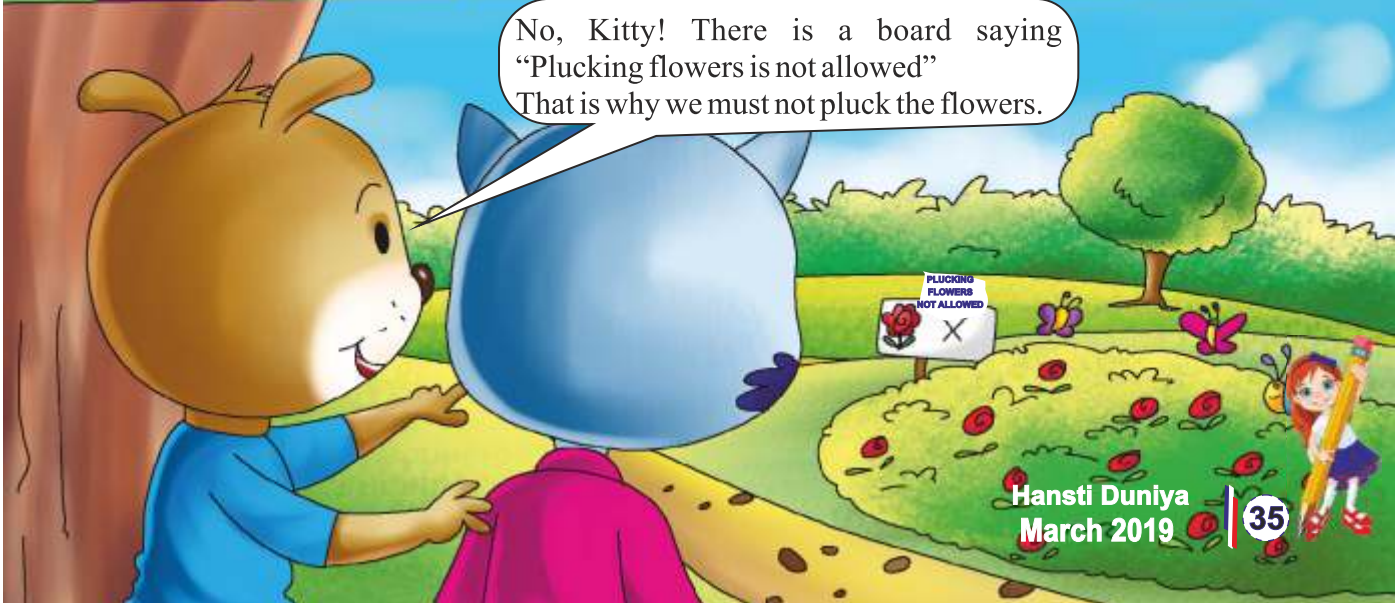




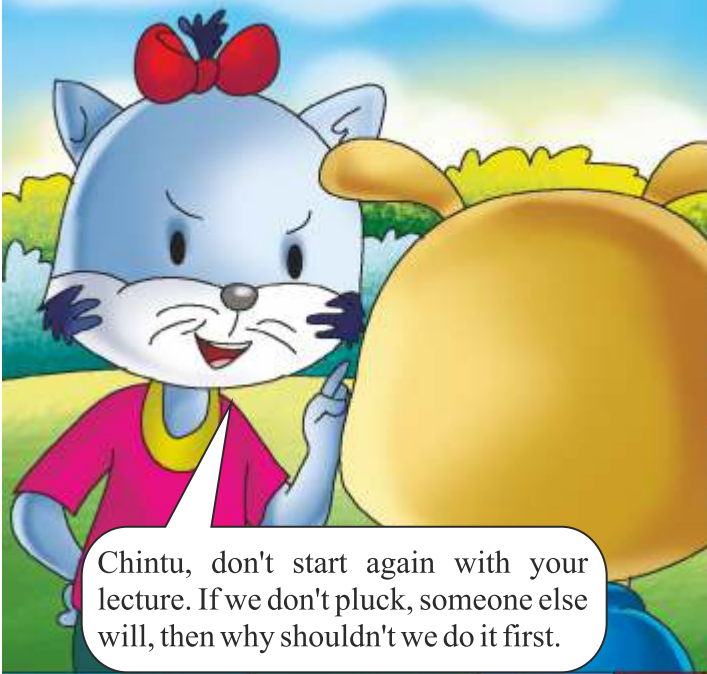
There are so many stunning flowers blooming .Red, yellow, rose, marigold wow! Such sweet fragrance.



Come let's make a garland whilst plucking the flowers. And let's play Holi after breaking some petals from flowers.



No, Kitty! There is a board saying "Plucking flowers is not allowed" That is why we must not pluck the flowers.



Chintu, don't start again with your lecture. If we don't pluck, someone else will, then why shouldn't we do it first.



But Kitty, we don't have any right to spoil the beauty of this garden .This is not our property.



See, now this is our property.



Kitty you don't realize how many different ways Flowers are used in making things such as soaps, scents rose syrup etc. and many more things .



If everyone starts spoiling gardens like you then from where will we get all this.



Who is plucking flowers out here? Now, no one amongst you would be spared.



Dear gardener, these people were plucking flowers from here. I have been explaining them the benefits of flowers for so long.



Sorry dear gardener, we won't pluck flowers in future.

# NOBLE THOUGHTS

- ★ It is a divine law that God can be realised by the grace of True Maser. — Nirankari Baba
- ★ Hatred does not cease by hatred, but only by love; this is the eternal rule. — Buddha
- ★ A man's best friends are his ten fingers. — Robert Collyer
- ★ Forgive thyself little, and others much. — Leighton
- ★ Hope is life and life is hope. — Adele Shreve
- ★ God is the only Supreme Power though He may be called by different names. — Elizabeth Browning
- ★ To be trusted is a greater compliment than to be loved. — George Macdonald
- ★ Violence is the last refuge of the incompetent. — Isaac Asimov
- ★ Forsake not God until you find a better master. — Scottish Proverb
- ★ That man never grows old who keeps a child in his heart. — Richard Steele
- ★ Only reverence can restrain violence, reverence for human life and the environment. — William Coffin.
- ★ To acquire and imbibe saintly traits, the company of saints is indispensable. — Nirankari Baba
- ★ The happiest people don't have everything in life, but they just keep creating situations that bring happiness everyday.
- ★ Use your legs to move forward only and not to interfere in others affairs.
- ★ Waves are inspiring, not because they rise and fall but because they never fail to rise again. — Unknown



—Namrata, Delhi

# Riddles



- Q. 1. Which "Star" swims in the sea?
- Q. 2. Which "Angle" can we wear?
- Q.3. In which "ox" can we put things?
- Q. 4. A "Dress" which everybody has but nobody can wear?
- Q. 5. Which "son" kill us?
- Q. 6. What is "Dark" made by light?
- Q. 7. A "Net" which is not used to catch fish?
- Q. 8. Which "Table is not made of wood?

ANSWER:- 1.Starfish 2.Bangle 3.Box 4.Address 5.Poison 6.Shadow 7.Magnet 8.Timetable

## KEY TO SUCCESS

- ★ Respect your elders
- ★ Believe in yourself
- ★ Keep the pride away
- ★ Be kind to everyone
- ★ Always keep the patience
- ★ Be polite and humble
- ★ Keep the discipline and be punctual

- ★ Listen to everyone analyse everything but take your decision.



—Archana Garg, Vancouver Canada

# Laughing Time



What happens when you don't dust your mirror?  
You get a dirty picture.

---

Arpita: Do you know why the crows are black?

Yogita: Yes, because they don't have money to buy 'Fair and Lovely'.

---

How do you know when it's time to clean your room?  
When you have to use a compass to find your bed.

---

Teacher : Why did the tall tree fall asleep in the lumberyard.

---

Sidhant: The word impossible doesn't exist in my dictionary.

Susheel: You should have checked the dictionary before purchasing it.

Sharda : Dad, doctor has suggested me to go for a holiday to Paris or Rome. Where should I go?

Dad : To the other doctor.

Father : ' Sir, my son is lost'

Police : 'Describe him'.

Father : 'He is 3 feet in height and colour of his face is red, black and blue.

Police : What do you mean.

Father : Actually he was lost on festival of Holi?

---

Teacher: Where is your home work?

Dolly : At home, Madam.

---

Praveen : You cheated me.

Shop Keeper: No, I sold a good radio to you.

Banta : Radio label shows made in Japan but radio says this is All India Radio.

---

Son : Mom, May I have some money for the man crying outside?

Mom : What is he crying?

Son : He is crying 'Ice-cream! Ice-cream.'







Vanita : What does your father do ?

Muskan : He does whatever mother asks him to do.

Sumanyu: When is your birthday ?

Nitika : On 28 April

Sumanyu: Which year ?

Nitika : Every year.

Teacher: Correct the sentence 'A bull and a cow grazing in the field'.

Aavani: A cow and a bull grazing in the field.

Teacher: How?

Aavani : Ladies first!

Child : (to his sister)- When I went to NASA, there the people became so happy that they changed its name .Sister: Which name was given to NASA then?

Child : Satyanasa.

Teacher: Where is the Mount Everest ?

Student: I don't know.

Teacher: Stand up on the chair.

Student: Mam, from here also I am not able to see Mount Everest.

Question : What are the two reasons why men don't mind their own business?

Answer : One, no mind. Two, no business.

## CROSS SOLUTION

1	I	N	2	D	I	3	R	A	5	G	A	4	N	D	6	H	I
	N		O		A		E		E		E						
2	K	I	T	C	H	E	N			3	C	O	A	T			
					U						K		R				
7	D		4	8	S	A	L	9	10	A	R	11	Y			T	
	A		E					5	L	A	U	12	G	13	H		
6	R	E	A	D				7	P	I	G	E	O	N			
	K		T						8	N	A	M	E				





★ God is the best doctor and prayer is the best medicine.

—Sunny Gulati, Chandigarh

★ Difficulties in your life don't come to destroy you. But to help you realise your hidden potentials.

—Sushma, Ghazibad

★ Start every morning by saying " I believe something wonderful is going to happen to me today. —Rahul, Delhi

★ The most humble statement we can say is, I am nothing without God and the most powerful statement is 'With God I can do anything.'

—Ramesh, Bhagalpur

★ Life is hard but not impossible.

—Pawan, Delhi

★ God will never leave you empty. He will replace everything you lost. If He ask to put something down, it is because He wants you to pick something greater.

—Pustam, Sonipat

★ Keep peace in the mind, Love in the heart and happiness in relationship.

—Sudeep, Delhi

★ Mind is not a dustbin to keep anger, hatred and jealousy but it is treasure box to keep love, happiness and sweet memories.

—Vinod, Azamgarh

★ A cotton wool flying in air is due to its luck...but a bird flying in the air is its effort...So do not worry if luck does not support us. Efforts are ours use them.

★ 95% problems of life are due to the tone of voice. It is not what we say, it is how we say. Just change the tone and see the change in life.

—Manoj, Delhi

★ Tomorrow is never promised..So love and appreciate the people in your life today

.—Ankita, Delhi

★ It is not important in life that who is Ahead of us or who is behind us. What truly matters who is with us.

★ Happy moments praise God. Difficult moments seek God, Quiet moments worship God, Painful moments trust God, and every moment Thank God.

—Manish, Delhi



# Result for the month of January 2019 Issue

**First :**

**Aditi Shree Age 13**

Omax City, Jhajjar Road  
124507 North Avenue-1 AuroraTower  
5<sup>th</sup> Floor Bahadurgarh (Hry.)



**Second :**

**Dhruvika Bhartiya Age 14**

2/10 SFS Agarwal Farm  
Mansarovar, Jaipur (Raj.)



**Third:**

**Samdisha Age 10**

Room No. 49, Plot No. 100  
Nirankari Colony Delhi-09



## Consolation Enteries

Saanvi Yodha (Raisingh Nagar, Raj.)

Nitika Dev (Indiravikas Colony, Delhi)

Jheellamba

(Vasundhra Enclave, Delhi)

Rhythm chanana (Bassi Pathana)

Harman Verma (Burari, Delhi)

Aniya (Bhopal)

Raju (Kullu)

Rphit Kohli (Dehradun)

Taniya (Indore)

Manohar Lal (Hoshiarpur)

Preeti (Pune)

Sunita (Delhi)

Amrit (Kolkata)

Muskan (Kolkata)

Ankita (Karuvee, Azamgrh)

Amrita (Varansi)

Vidish (Delhi)

Sheela (Delhi)

Sapna (Nirankari Colony, Delhi)

Archana (Ramgarh, Mau)

Pawan (Shimla)

## "Colour it" for March Issue

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

The result will appear in **May 2019** issue. Full name and address should be mentioned clearly at the prescribed place. Children up to the age of 15 years only will be eligible to participate.



# Colour it



Name ..... Age .....

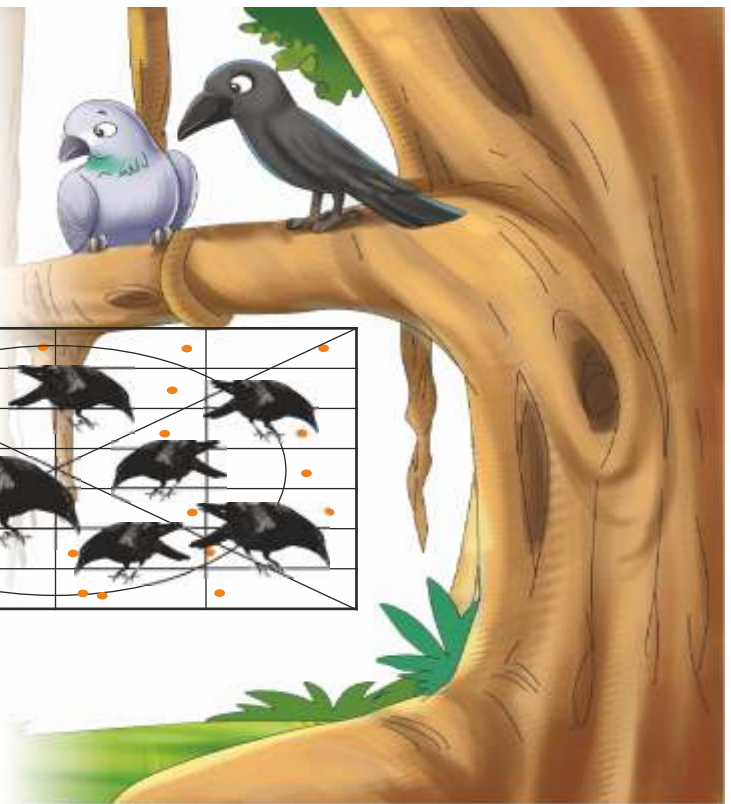
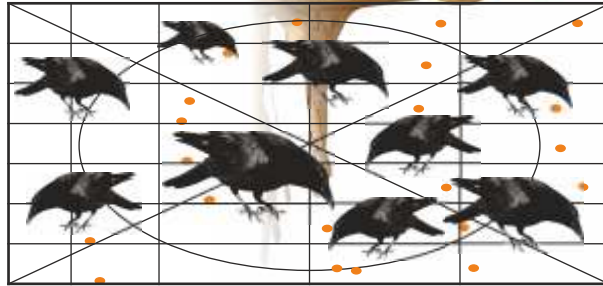
Address .....

.....



— Harjeet Nishad, Indore

# BAD COMPANY



Once there was a farmer who owned a small farm and raised rich crops on it. He was very happy but there was one trouble for him. A crow lived near the field in a tree.

Whenever the crop was ready, it would call other crows and all of them would harm the crop a lot. It happened many a time and the farmer decided to do something.

Thinking very hard, the farmer hit upon a plan. He scattered some grain on the field and spread a net also. The crow saw the grain and called all its companions to enjoy it. Unluckily, a pigeon also came down with the crows to feed on the grain. Soon all the birds including the pigeon were trapped in the net.

The farmer was hiding near by. Seeing the birds trapped, he came out from his hiding and said, "You Wretched Fellows ! you will pay now for the harm that you have been doing to my crops."

Just then the farmer heard the sound of the cooing of a bird. He looked at the net in wonder and found a white

pigeon among the trapped crows. The pigeon was cooing in a pitiable sound. The farmer felt sorry for it as it had been caught innocently. So, he went up to the net and got the pigeon out of it safely.

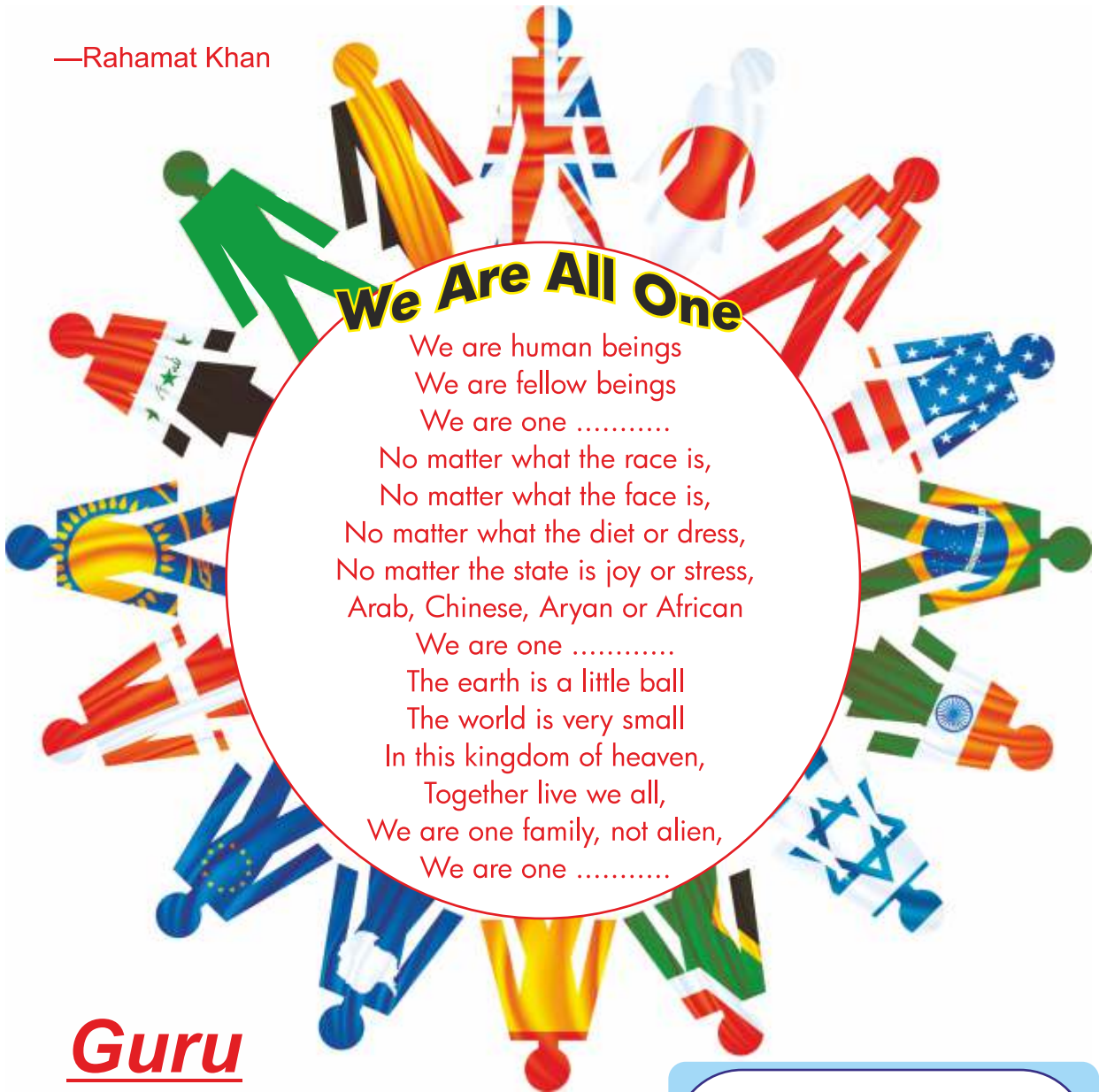
Addressing the meek pigeon, the farmer said, "Never mix with cunning birds. It was in their bad company that you were also trapped. Never repeat this mistake."

Saying so, the farmer let the pigeon off into the sky. And then he whistled his farm-dogs to come and make short work of the cunning crows. The dogs killed all the crows one by one.

**Moral: Bad company leads to harm.**



—Rahamat Khan



## We Are All One

We are human beings  
We are fellow beings  
We are one .....

No matter what the race is,  
No matter what the face is,  
No matter what the diet or dress,  
No matter the state is joy or stress,  
Arab, Chinese, Aryan or African  
We are one .....

The earth is a little ball  
The world is very small  
In this kingdom of heaven,  
Together live we all,  
We are one family, not alien,  
We are one .....

## Guru

- ★ Guru is like a lamp  
Who gives us the light of knowledge.
- ★ Guru is like a captain  
Who shows the direction to our life
- ★ Guru is like God  
Who gives us new life and new mission
- ★ Guru is great
- ★ Guru is loveable.

—Bharat Verma

### AMAZING FACTS

1. Mandir = 6 words
  2. Masjid = 6 words
  3. Church = 6 words
  4. Geeta = 5 words
  5. Kuran = 5 words
  6. Bible = 5 words
- 6-5 = 1 God is One

—Sujal



## Form-IV (See Rule - 8)

1. Place of Publication Sant Nirankari  
Satsang Bhawan,  
Sant Nirankari Colony,  
Delhi- 110009
2. Periodicity of Publication Monthly
3. Printer's Name C.L. Gulati  
(whether citizen of India) Yes, Indian  
Address Room No. 11  
Gurbachan Niwas  
Sant Nirankari  
Mandal,  
Sant Nirankari Colony,  
Delhi-110009
4. Publisher's Name C.L. Gulati  
(Whether Citizen of India) Yes, Indian  
Address Room No. 11  
Gurbachan Niwas  
Sant Nirankari  
Mandal,  
Sant Nirankari Colony,  
Delhi-110009
5. Editor's Name Vimlesh Ahuja  
(Whether Citizen of India) Yes, Indian  
Address H.No- 1/43  
Sant Nirankari Colony,  
Delhi-110009
6. Name & Address of Sant Nirankari Mandal,  
individuals, who own the Sant Nirankari Colony,  
newspaper and partners Delhi-110009  
or share holders holding  
more than one percent of  
the total capital.

I, C.L. Gulati, do hereby declare that the particulars given above are true to the best of my knowledge and belief.

Date : 1.3.2019

C.L. Gulati  
Publisher

Poem: Ashok Yadav, Bulandshehar

## Trusting

I'm trusting, only trusting  
In Nirankar day by day :  
I feel His presence nearer,  
While pressing on my way.  
My Soul is full of glory,  
And this my song shall be:  
I love my blessed Saviour,  
Because He first loved me.  
I'm trusting, only trusting  
In Baba Hardev every hour,  
Who saves me by His mercy,  
And keeps me by His power;  
I'll publish His salvation  
Wherever I may be;  
with all my heart I love Him,  
Because He first loved me.  
I'm trusting, only trusting  
My Saviour's hand to guide;  
I know His grace sufficient,  
And ask for naught beside;  
My soul is on the mountain,  
My home beyond the sea:  
O bless the Lord! I love Him,  
Because He first loved me.

### Chorus:

Because He first loved me,  
I love Him, I love Him,  
Because He first loved me:  
I trust Him, I trust Him,  
Wherever I may be.  
My soul is full of glory,  
I sing because I'm free;  
I love my blessed Saviour,  
Because He first loved me.



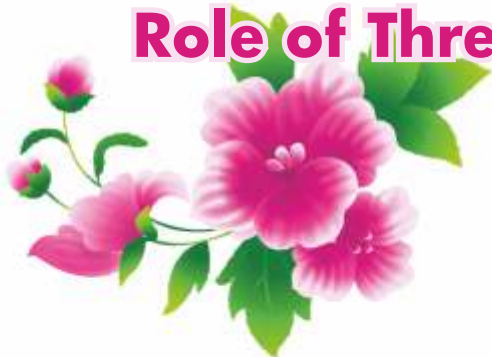
# Fill in the Blanks

Read the clues and name these land forms/water bodies:

1. A hole in the earth from which hot molten rock comes out is called a.....
2. The shaking of the earth is called an .....
3. A very big piece of land surrounded by water on all sides is called.....
4. A fountain of hot water that comes out of the earth is called a .....
5. A giant sea wave that can cause great damage in coastal areas is called a .....
6. A piece of land surrounded by water on all sides .....
7. A part of land that rises to a great height above the earth's surface is called a ...
8. A large area of flat land is called a .....
9. A low lying area between hills or mountains is called a .....
10. An area of scanty rainfall that has very few plants .....

Answer : 1-Volcano 2. Earthquake 3-Continent 4-Warm fountain/Geyser 5-Tsunami  
6-Island 7-Mountain 8-Plain 9-Valley 10- Desert

## Role of Three Things in Life



1 Welcome each day of life with the following :

- A : Smile on your face
- B. Love in your heart
- C. Good thoughts in your mind

2 Don't miss three looks

- A. Look back to get experience
- B. Look forward for hope
- c. Most importantly look within you for realising your truth

3- Go for three 'F'

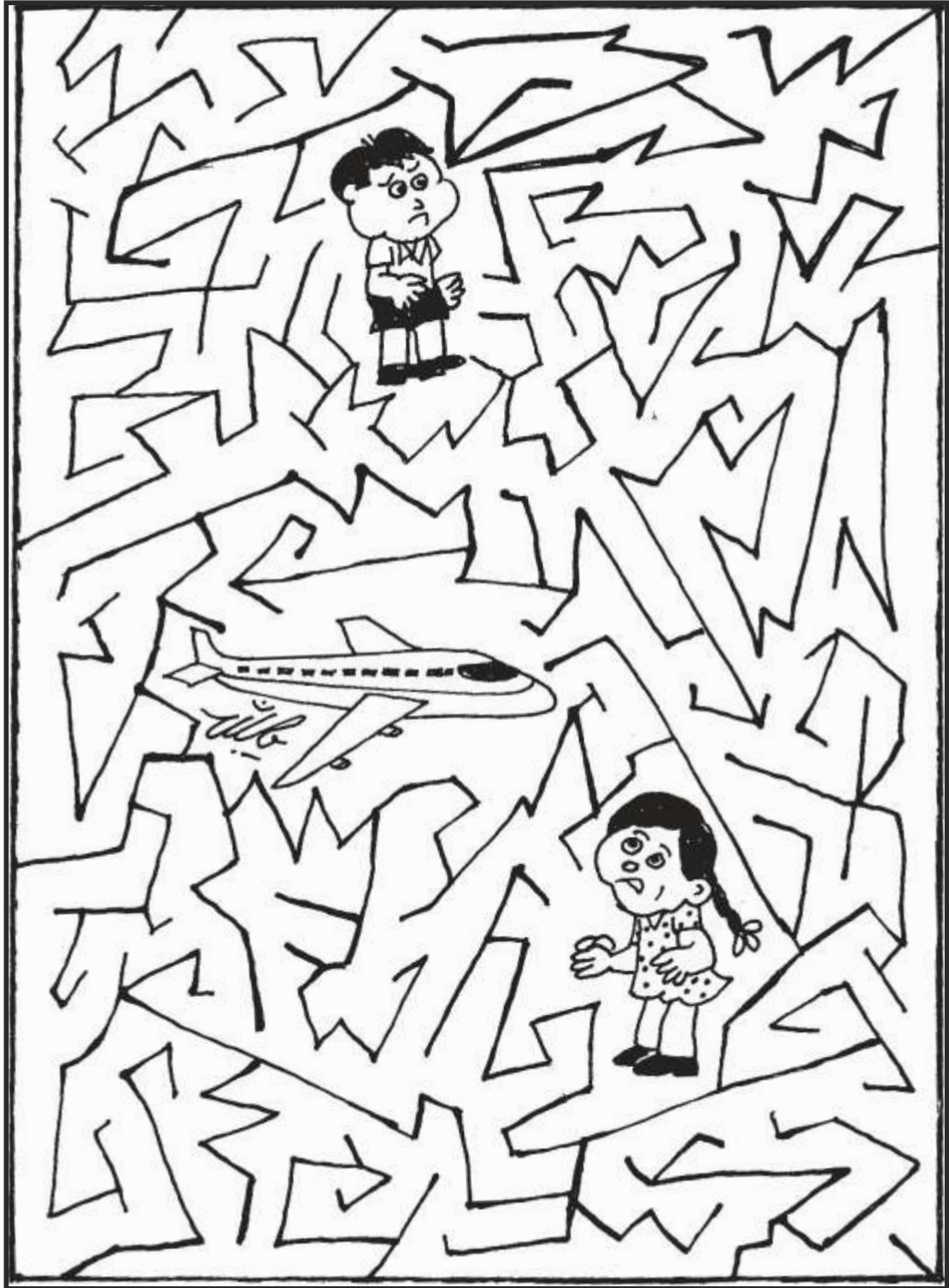
- A. Face the harsh realities
- B. Fight with your negative mind set
- C. Follow a perfect master who can make you free from the bondages of the world.





Who will travel by air?

By: Chand Mohamd Ghosi



# MADAN

## UNIFORMS

www.mykarv.com

# BULK SUPPLY


One stop shop for  
all your uniform needs!

We accept bulk orders  
for all kind of uniforms!

Corporate uniforms  
are also available!

Our USP - Best quality  
and regular service!

Proper refill  
at the time of need!

You can also place your order on  Whatsapp +91-8795700700  
Contact : 9335062144, 8795700700 • Email : madanuniforms6@gmail.com



50

Hansti Duniya  
March 2019

## 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](http://kids.nirankari.org)

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

**Share**  
your talent  
in form of  
painting, poetry  
& story



Registered with the  
Registrar of Newspaper  
For India Under Number 47383/88

: Delhi Postal Regd. No.G-3/ DL(N)/186/2018-20  
: Licence No. U (DN)-21/2018-20  
: Licenced to post without Pre-payment



## Read Nirankari Magazines and Motivate Others

**Sant Nirankari**  
(Eleven Languages)

**Ek Nazar**  
(Three Languages)

**Hansti Duniya**  
(Four Languages)

Please contact for the membership of:

‘Sant Nirankari’, ‘Hansti Duniya’ (Hindi, Punjabi and English) and ‘Ek Nazar’ (Hindi/Punjabi) at  
Patrika Vibhag, Nirankari Complex, Near Nirankari Sarovar, Nirankari Colony, Delhi-110009  
011-47660200, E-mail: patrika@nirankari.org

**Please Contact for the membership of:**

**Sant Nirankari, Hansti Duniya, Ek Nazar (Marathi) and Sant Nirankari (Nepali)**

### Sant Nirankari Satsang Bhawan

1st Floor, 50, Morbag Road, Naigaon, Dadar (E) MUMBAI - 400 014 (Mah.)

e-mail : chandunirankari@yahoo.com & marathi@nirankari.org

**Please Contact for the membership of other languages’ magazines as below:**

#### TAMIL

Sant Nirankari Satsang Bhawan,  
#7, Govindan Street,  
Ayavoo Naidu Colony, Aminji Karai,  
CHENNAI-600 029 (T.N.)  
Ph. 044-23740830

#### ORIYA

Sant Nirankari Satsang Bhawan,  
Kazidiha, Post : Madhupatna,  
CUTTACK-753 010 (Orissa)  
Ph. 0671-2341250

#### TELUGU

Sant Nirankari Satsang Bhawan,  
No. 6-2-970, Khairtabad,  
HYDERABAD- Pin : 500 029 (TS)  
Ph. 040-23317679

#### GUJRATI

Sant Nirankari Satsang Bhawan,  
1st Floor, 50, Morbag Road,  
Naigaon, Dadar (E)  
MUMBAI - 400 014 (Mah.)  
Ph. 22-24102047

#### KANNADA

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

#### BANGLA

Sant Nirankari Satsang Bhawan,  
884, G.T. Road, Laxmipur-2  
East Bardhaman—713101  
Ph. 0342-2657219

**Seek blessings of Satguru Mata Ji by participating in the propagation campaign of Sant Nirankari Magazines.**

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