

Hansti Duniya

₹15/-

★ Vol 33

★ No. 8

★ August 2019





Hansti Duniya

- Vol.33 ● Issue No. 8 ● August 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 **Rajat Kapoor**
 Editor (Honorary) Associate Editor (Honorary)

Email: editorial@nirankari.org

Ph.: 011-47660200

Fax: 011-27608215

Website: <http://www.nirankari.org>
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
5. Sampuran Avtar Bani
- 8-9. The Divine Words ...
20. H.D. Answers
29. Riddle
30. Look at the Picture and complete the story
38. Thoughts to Ponder
40. Laughing Time
42. Sms of the Month
44. Colour it
50. Maze

Photo Features

12. Grandpa
34. Kitty



Stories

17. The Hard Labor
Darshan Singh
19. The Wolf in Sheep Skin
Gurdev Singh
23. Never Be Ungrateful
Jyotish
25. The Evil-Minded Servent
Richa
31. Honesty
Gauri khomane
32. Pay Attention
Latika Prasad
32. Charity
Abhay Nanda
45. Four Friends
Sunil Nagpal
47. God is Listening
Dr. Ashok



Articles

06. If speech is silver
Archana Garg
11. The Ringed Planet
Harjeet Nishad
21. Alphabet of ...
Sonna
22. Increase Your ..
Avneesh Gulati
24. Neil Alden Armstrong
Aman
26. Benefits of Maize
S.C. Bhatia
28. ICC Word Cup-2019
D.R. Dogra
39. Monkey Primitive ...
Praveen
46. Raven and Crow's ...
Rajat Kapoor

Poems & Etc

07. Let us go.
SHeela Rani
10. Life is.....
Dr. Ashok K. Chitkara
16. The Sun
Sharda Narayan
16. Cuckoo
Dinesh Chamola
18. The Festival of
Rakshabandhan
Asha Kapoor
33. Known Faces
Mamta
48. Hima Das Win ...
Sanjay Mehra
49. Mother of Poor & Dying
Simmi

Living Cheerfully

Life is all about liveliness. So cheerfulness must be integrated in life if we want to live a joyful, happy and prosperous life. A smiling face gives pleasure to all and one remains happy too. Smile should not be superficial but an effort should be made so that the whole being at all time bubbles with life.

Two friends were on their way to college. It was rainy season. They were joyfully engaged in talking. They were not aware of what was happening around. Suddenly one of them fell into a mud pit. The other one started laughing at him because his face was smeared with mud. He couldn't stop laughing at his funny face. Anyway he took his hand out to help his friend out of mud and tried to pull him out. But the one in the mud held his friend's hand and pulled him inside the mud. Now both of them were in the mud. Both of them enjoyed the situation playfully and returned to their places.

Any situation can be put to advantage by maneuvering it loving in our favour.

On the other hand one may become hopeless if the same situation is considered hostile. Its all about our

understanding, wisdom and day to day conduct. We should not behave in a manner that feels as if we are mocking at somebody. We must laugh but laughter and jest that hurts somebody is not appropriate.

Laughter is integral to life. Our jovial, cheerful and cordial behaviour attracts every body to us and also bestows good health upon us. We should also sometimes laugh at our stupidity but this is only possible if we oncs in a while analyse our behaviour and conduct. This kind of introspection will raise our stature and our behaviour shall change for the better.

Dear Friends! You must laugh a lot. We are into 'Hansti Dunia'. When we laugh whole heartedly it becomes contagious and others also start enjoying and laughing. While laughing, we are free of any kind of thoughts. We can feel this phenomenon spontaneously. Our joy and cheerfulness then don't wait for an occasion and our body and mind get filled with warmth and energy. This energy fills us with enthusiasm and creates loving relationships among friends and family members and the entire society. Laughter sees no caste or age. Laughter equally boosts up blood formation in children, young, adults, grown ups and elderly and refreshes all. Therefore whole heartedly live, love and laugh.

—Vimlesh Ahuja



SAMPURAN AVTAR BANI

IK TU HI NIRANKAR-155



JHDA VALI SARE JAG DA KARDA JO RAKHWALI EY;
JIS DE MAN VICH PIAR NAHIN IHDA SOCH SAMAJH TON KHALI EY.
RIDHIAN SIDHIAN TE NAU NIDHIAN JIS SEVA TON PANDA EY;
MAYA PICHE LAG PRANI US NOON BHULDA JANDA EY.
GHAT GHAT ANDAR VAS HAI JISDA HAR DAM HAZAR NAZAR EY;
KHALQAT SARI BHULLI BAITHI KIHDA IS DA QADAR EY.
JIS DI BAKHSHISH NALASAN NOON KULL DUNIA VICH MAAN MILE;
ANT KAL JO HOVE SATHI DARGAHIN JO AN MILE.
SABHE LOKIN BHULLKE IHNOON AIVEN SAMA GUZAR RAHE;
KAHE AVTAR KARE GUR KIRPA TAN IH YAD MURAR RAHE.

Thou Formless One 155

Who is the Supreme Master of the universe, and looks after all;
A person who is devoid of His love is bereft of intellect and wisdom.
From whose service one attains prosperity, miraculous powers and all type
of riches;
In the pursuit of material wealth, man is forgetting Him.
Who dwells in every being, is ever present and watchful everywhere;
The whole mankind has forgotten as to who is its Creator.
By whose grace we get respect in the whole world;
Who shall be with us in the end, and meet in His own Court.
Having forgotten Him, all the people are whiling away their time;
Avtar says, if the True Master is gracious, only then one can remember God.



—Archana Garg, Vancouver Canada

If Speech is Silver, Silence is Golden

“Nothing is more powerful than the tongue,” some important man once stated “Nothing is more sober than the tongue,” says other philosophy. Speech and silence are practically antonyms, but friends to speak or not to speak, to say or not to say, many of us believe that standing up for injustice or some wrong deed is the greatest defence while others follow the path of ignoring the barking dogs. Speech is indeed an essential social as well as a ‘fancy’ communication tool but silence is the mastermind of non violence and the best way to resolve any conflict. Silence is the weapon of the strong, beating around the bush is the work of fools. If speech is silver, silence is golden! Oh yes, it is keeping quiet in many situations leads to happiness in the long run. No one ever

questioned, Jesus Christ, why he calmly let his prosecutors do their wishful? No one ever questioned Shri Krishna why he remained mum when Arjuna killed his cousins? Then why is silence considered weak? May it be compromise or self defence, silence plays a vital role.

Silence has its own language and its own world where only the adventurous and strong can dare to come. Peace has its own way and nothing can compete with the power of tranquility indeed, speech has a position and an identity but everyone can speak, What is so unique about it? Patience comes from silence, modesty comes from silence and satisfaction also comes from silence. The grass is always greener on other side & so is silence when compared to speech.

The greatest thinkers and philosophers taught the power of silence, if we give due regard to factual accounts. Nothing is impossible in the world of silence, likewise nothing can be compared with the competency of silence in this world. Even if the path of silence takes one slowly to the desired destination, as we have heard, slow and steady wins the race.

“Why worry when thy silence is thy strength. If speech is thy mind, silence is thy heart, and thee should follow thine heart.”





—SHEela Rani

LET US GO..... THEN YOU AND I

Let us go towards the future, friends

Where dreams take flight and hope never ends

There you and I can see the shore together

Without fear of hate or stormy weather

Where Mankind is kind and all is one

Living united under the sun

Where bigotry and hatred are cast aside

Then you and I can, our sorrows divide

The road there is arduous and long

Obstacles are many, so we must stay strong

For that future is where we can breathe at last

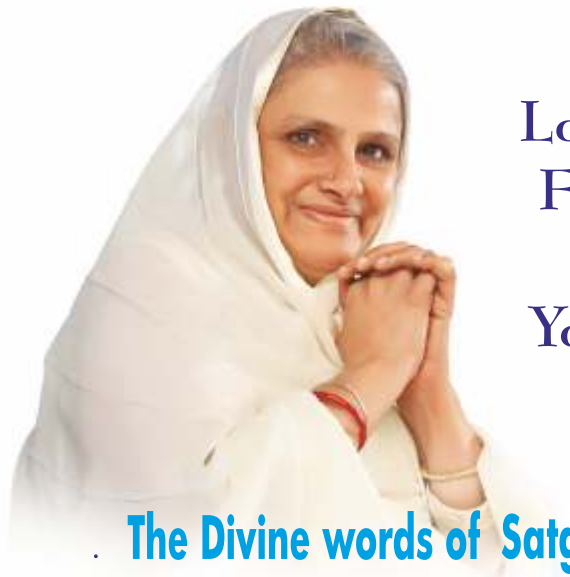
Then you and I can the world recast

You may say it is just a dream

So what? Every little step goes a long way

If only we persevere and fight the good fight

Can you and I reach that Light.



Divine Satguru Mata Ji
Loveliest bloom of Nirankar.
Full of Compassion, Mercy
Humility & Nobility.
Your fragrance will linger on
forever.

We bow in adoration.

The Divine words of Satguru Mata Savinder Hardev Ji Maharaj

- ★ Where faith, devotion and feeling of surrender is the adornment of a devotee, the important part of devotion is his consciousness also.
- ★ A devotee knows what things he has to imbibe in his life and what others to shun.
- ★ The wisdom is in learning new things on daily basis and also in un-learning some bad things.
- ★ The saints know that we are to unite with God Almighty through the God realization.
- ★ Wherever the saints go, they carry the fragrance of their devotion along with and they make the entire world fragrant through their fragrance. They spread the teachings of Satguru everywhere.

Precious Words of — Nirankari Rajmata Ji



- ★ Truth is God only.
- ★ Always keep company of the gentle persons.
- ★ Anger converts a man to an animal.
- ★ Satguru is a link between man and God.
- ★ Association with truth is a great fortune.
- ★ Satsang means association with truth or association with God.
- ★ God realization is achieved through the company of saints.
- ★ The garland of humanity is impossible without the thread of God.
- ★ The heart full of devotion becomes generous.
- ★ The first sign of being religious is to live in harmony and act like humans.

Precious Words of

Baba Avtar Singh Ji Maharaj

- ☆ Where there is mention of God, there lies true happiness.
- ☆ The first trait of a devotee is humility.
- ☆ Saints' congregation dispels the ignorance.
- ☆ The building of humanity can not exist by removing the foundation of mercy.
- ☆ We shouldn't feel jealous of others rather love all.
- ☆ The true religion is humanity and no religion can be saved by eliminating humanity.
- ☆ A person regularly attending saints' congregation remains alike during ups and downs and happiness and sorrows of life.
- ☆ The anger always causes downfall of a person.
- ☆ The God's remembrance has been considered as the means of permanent happiness.
- ☆ All the wealth of the world cannot buy contentment.
- ☆ Discretion and wisdom are achieved through association of truth only.
- ☆ The devotees always imbibe the knowledge of truth in their hearts.
- ☆ The devotee always keeps Guru on high pedestal.
- ☆ Realizing God in each and every human being, love all and pray for the welfare of all.
- ☆ God is always alike and consistency comes to our life also after knowing Him.
- ☆ Satsang is the food of our mind, without which our mind becomes weak.
- ☆ Saints' satsang is must for spiritual strength.
- ☆ Make your vision large to turn blind eye to shortcomings of others.

—Sumit Pal (Babu)



Who do I need to forgive? Unpack for Peace

If you want to travel far and fast, then travel light. Unpack all of your envies, jealousies, unforgiveness, revenges, and fears. "Be the first to forgive." Without forgiveness, life is governed by an endless cycle of resentment and retaliation. Think about it: Is there anything as pathetic to behold as a person who has harbored a grudge and hatred for many years.

What really matters is what happens in us—not to us. "He who has not forgiven an enemy has never yet tasted one of the most sublime enjoyments of life." Forgiveness releases you and creates freedom.

One of the secrets of a long and fruitful life is to forgive everybody, everything, every night before you go to bed. Forgiving those who have wronged you is a key to personal peace. It is far better to forgive and forget than to hate and remember. Unforgiveness blocks blessings; forgiveness releases blessings.

Forgiveness won't change the past, but it will enlarge the future. Don't burn bridges. You'll be surprised how many times you have to cross over that same river. You'll "start your day on the right foot" if you ask yourself every day, "Who do I need to forgive?"

— Dr. Ashok K Chitkara,
(Chancellor, Chitkara University)
Chandiagarh

When you don't have a grip on life,
it will definitely get a grip on you.

— Jewel Diamond-Taylor

Life is



A mystery, Unfold it.

A journey, Walk it.

Painful, Endure it.

Beautiful, See it.

A joke, Laugh at it.

A song, Sing it.

A flower, Smell it.

Wonderful, Enjoy it.

A candle, Light it.

Precious, Don't waste it.

A gift, Open it.

Love, Give it.

Unlimited, Go for it.

Light, Shine in it.



—Harjeet Nishad, Indore

THE RINGED PLANET

Saturn is the sixth planet from the Sun. It is named after the god of agriculture in Roman mythology. Saturn is easily visible through a small telescope, and its famous spectacular rings are quite clear. The astronomer Galileo was the first to see the rings through his telescope.

Saturn is a gas planet, like Jupiter, Neptune, and Uranus. Very little of it is solid. Most of Saturn consists of the elements hydrogen and helium. It is covered with bands of coloured clouds and surrounded by a number of thin rings made up of water ice and ice-covered particles. Photographs taken by the Voyager 1 and 2 spacecraft show that these rings range in size from a speck of dust to the size of a house. Voyager 2 took the photograph you see here.

Because Saturn is made of different substances, different parts of the planet rotate at different rates. The upper atmosphere swirls around the planet at rates of 10 hours and 10 minutes (Earth time) and about 10 hours and 40 minutes. The inner core, which is probably made of hot rocks, rotates in about 10 hours and 39 minutes.

Saturn takes 29 years and 5 months in Earth time to go around the Sun just once. The Earth goes around the Sun once every 365 days. Saturn's year is so much longer because the planet is so much farther away from the Sun than Earth is.

Astronomers have found that at least 30 moons orbit Saturn. The largest of these is Titan, which is almost as large as the planet Mercury or Mars. In our photograph, you can see two of the moons as tiny white spots to the lower left of (Dione) and below (Rhea) the planet. Other satellites include Mimas, Enceladus, and Tethys.



GRANDPA

Story & Illustration


Ajay Kalara

There lived a monkey named Chiku in Nandanvan. He was naughty and arrogant so other animals kept distance from it.




One day he was roaming in jungle in search of food. He saw a huge tree full of mangoes. A cuckoo was singing a sweet song in its branches.

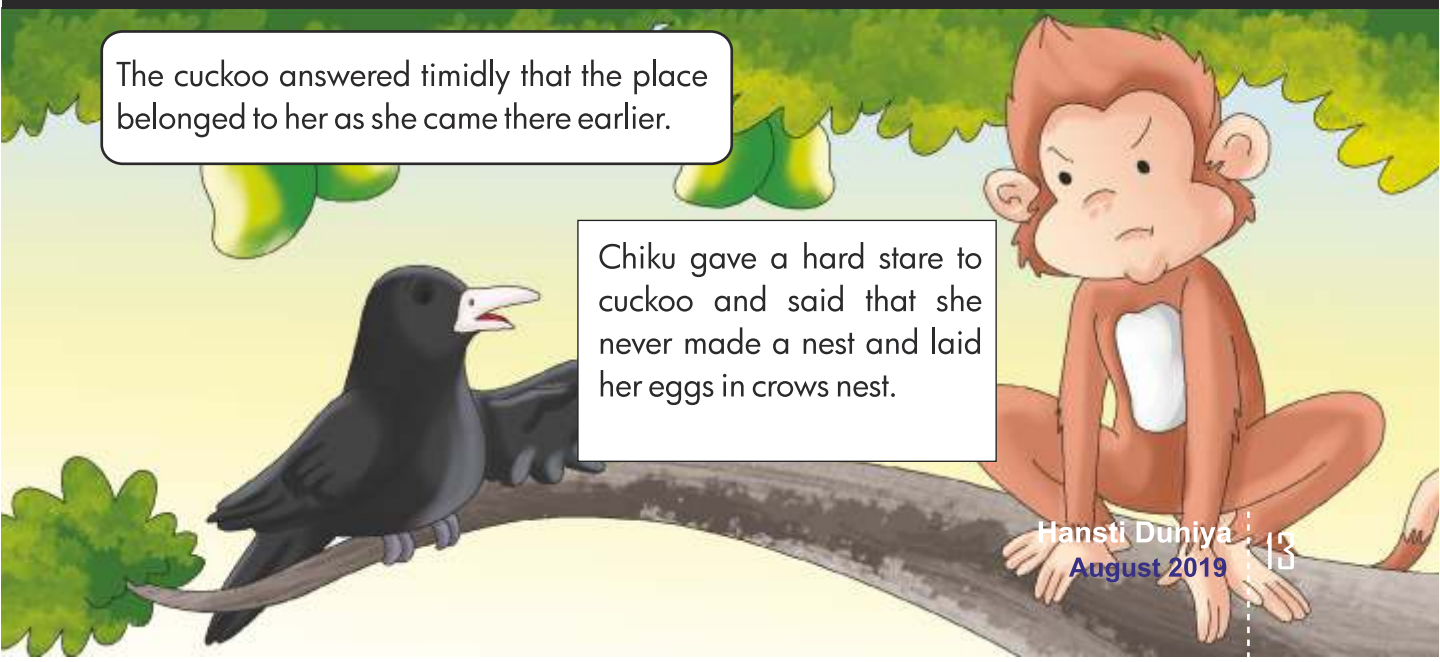




He thought of residing in it. As it was full of fruits & flowers that promised good crop.



He jumped onto the tree and shouted at cuckoo to stop singing and get lost from there.



The cuckoo answered timidly that the place belonged to her as she came there earlier.

Chiku gave a hard stare to cuckoo and said that she never made a nest and laid her eggs in crows nest.

The cuckoo felt sad to hear these nasty words from Chiku. She shifted to another tree.



Just then Geelu the squirrel living in near by guava tree pulled Chiku for his rude behaviour.



It fell on his deaf ears.



He thundered "dont teach me what to do."

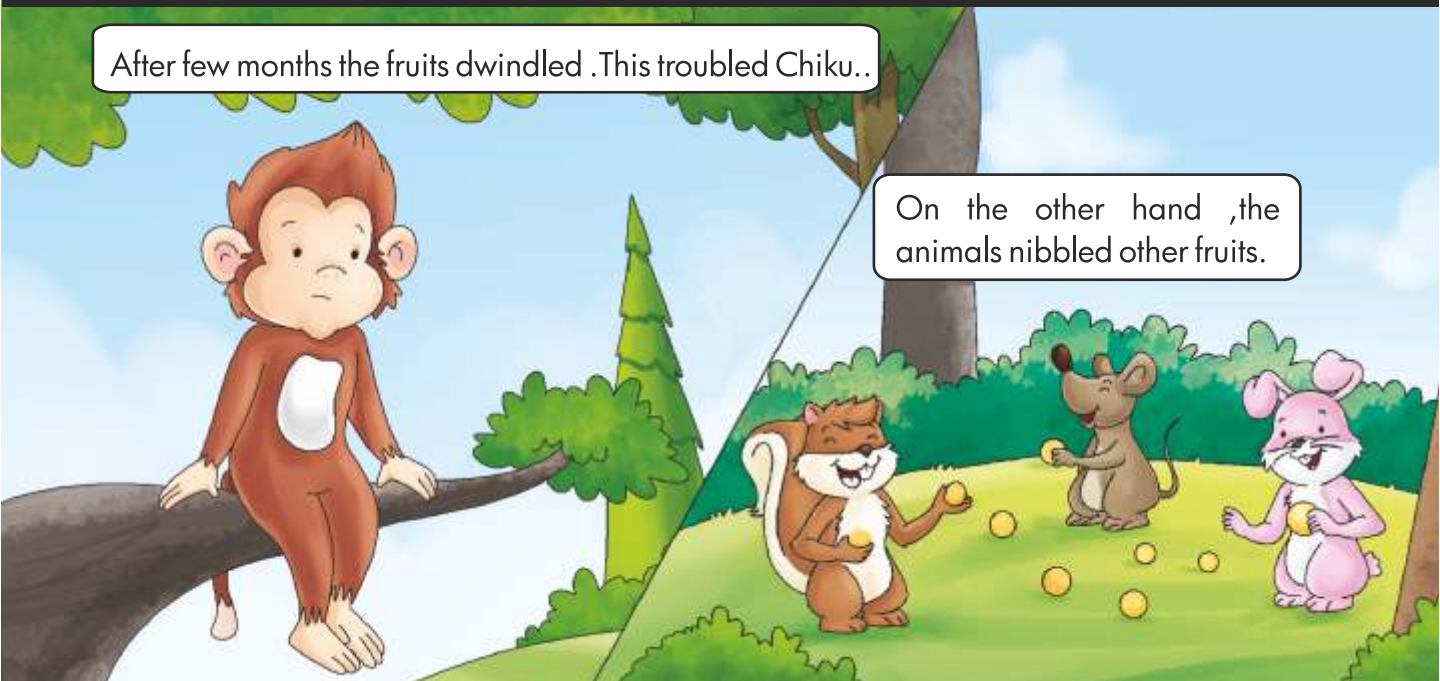




All the animals were surprised at Chiku's reactions.

In a short span, the tree was full of mangoes. Chiku enjoyed juicy fruits everyday.

After few months the fruits dwindled .This troubled Chiku..



On the other hand ,the animals nibbled other fruits.

Chiku was starving and begged rabbit for fruit.

The rabbit happily shared fruits with him. Chiku was haunted with guilt pangs for his misbehavior towards cuckoo. He realised living in harmony is blessing.

Moral : We should get along with everyone.



Poem: Sharda Narayan

The Sun



Every morning, grows the Sun
Light on earth, throws the Sun

Braving the dense darkness
A bright day shows the Sun

Though it sets, rises daily
No fatigue yet knows the Sun

Piercing through the clouds dark
How steadily glows the Sun.

Let's learn to serve humanity
As light bestows on all the Sun.

Poem : Dinesh Chamola

Cuckoo

Lovely spring, lovely bird
Have you seen or ever heard?

Cuckoo, one of charming birds
Full of music, full of words

She is fond of Spring green
Pleasing every high or mean
When she sings melodious songs
I do forget foes and wrongs
Had I got my wings to fly
I would fly too in the sky
I can't sing, have no wings.
I can enjoy but worldly things
I love to see when cuckoo sings
And flies with golden wings.

Story: Darshan Singh Ashat

The Hard Labor



Once, a crow had made his nest on an Acacia tree. The nest was made hastily and was, therefore, untidy.

After sometime, a weaverbird happened to come to that tree. Attracted by the charming atmosphere of the place, he too decided to make his dwelling on that tree.

The other day, the weaverbird started collecting the weaving straws for his nest from the nearby places. He would examine minutely each and everyday straw before putting it into use. Then he

would fix tidily one straw with the other to make his nest.

Seeing the weaverbird so much engrossed in the making of his nest, the crow ridiculed: "Brother weaverbird, if you go on with the making of your nest in such a lazy way. It astonishes me to see you wasting your time thus."

My dear crow, "our forefathers ever advised us to put in hard labour in doing our work so that we don't have to suffer loss in future", the weaverbird cut short his answer. The crow felt sorry for him.

It was evening by now. The crow noticed that the weaverbird was still busy in building his nest. The crow said again, "If you too finish your nest hurriedly like me, heavens will not fall. I pity you for this foolishness of yours. You are busy in making the nest since morning". But the weaverbird continued with the making of his nest.

The nest was complete by the next day. It was so beautiful and tidy that all the birds were astounded to see it.

The days went by. One day, stormy wind blew. Many of the trees were uprooted and there was destruction all around in the jungle. The crow's nest was also destroyed. He flew away to a banyan tree for shelter. He was feeling sorry for his nest having been destroyed.

When the storm settled down, all the birds started rebuilding their nest. The crow came to the weaverbird who was sitting safe in his tidy nest.

The crow said, " Brother Weaverbird, you were right in saying that the nest built with hard labour can never be exposed to any danger. Now I have learnt a lesson from you." ●

Poem : Asha Kapoor, Delhi

The Festival of Rakshabandhan



Every year comes a day
when the siblings, don't fight
and keep trouble away.

The sister ties Rakhi
"I will protect you" brothers say
what ever may be time
night or day.

Everyone gives sweets,
prays, eats and celebrates.

Brother promises not to fight
and helps sister
to make her future bright .



— Gurdev Singh (Pandoh, H.P.)

The Wolf In Sheepskin

A wolf was walking in the countryside. He found a sheepskin spread on the ground. He thought, "If I wear this skin and get mixed up in the flock, the shepherd will not suspect me. At night, I will kill a stout sheep and then take him away with me".

The wolf covered himself with the sheepskin and mixed up with a flock of sheep. As he had expected, the shepherd took him as a sheep and shut him also in the den. The wolf was waiting for the night.

The shepherd had a feast that night. He sent a servant to fetch a fat sheep. The servant saw the sheepskin covered wolf by chance. That night, the guests had the wolf for supper.

Moral : EVIL THOUGHTS HAVE EVILENDS

H.D. Answers

— Saurav (Adarsh Nagar, Delhi)

Q. : What are the three things man should avoid?

Ans. : Idleness, flattery and distrust.

Q. : Despite having eyes when does a man act blindly?

Ans. : The man acts blindly when he is laced with 'ego' and does not use intellect and wisdom.

— Kamal Nagpal (Khandwa)

Q. : What is supreme — Society or religion?

Ans. : The religion based on Divine knowledge. By adopting such a religion, society automatically becomes supreme

— J. L. Chhabra (Delhi)

Q. : What is sin?

Ans. : To live in ignorance is sin and letting others live in ignorance is a greater sin.

— Sakshi Gulati (Chandigarh)

Q. : Why God gives us problems?

Ans. : God gives us problems to humble us not to trouble us.

— Mukul (Bahadurgarh)

Q. : Can you give a sentence containing all the alphabets?

Ans.: Yes. It is, "A quick brown fox jumped straight over the lazy little dog."

— Gurdeep (Delhi)

Q. : What are heaven and hell?

Ans.: Fit of anger is hell and asking for forgiveness is heaven.

— Sonna, Ahmedabad

Alphabet of Successful Life



- **A**void negative sources, people, things and habits.
- **B**elieve in God and do the right.
- **C**onsider things from every angle; commend, don't condemn.
- **D**o unto others as you would have them do unto you.
- **E**njoy life today: yesterday is gone and tomorrow is uncertain.
- **F**amily and friends are hidden treasures; seek them and value them.
- **G**od, and not gold, is the ideal.
- **H**umility be your strength; it destroys ego.
- **I**gnore those who try to discourage you.
- **J**udge your words before speaking.
- **K**now God, know peace; no God, no peace.
- **L**oving is living.
- **M**aster your anger.
- **N**ever lie, cheat, or steal; always strike a fair deal.
- **O**pen your eyes and see things as they really are.
- **P**urity of thought bestows peace and prosperity.
- **Q**uitters never win and winners never quit.
- **R**ead, study and learn about everything important in your life.
- **S**ee more in the mind than the mirror.
- **T**rust and tolerance cure tension.
- **U**nderstand yourself in order to better understand others.
- **V**alues of human life be upheld.
- **W**atch your character.
- **X**-ray your thoughts and feeling everyday.
- **Y**ou are unique amongst all of nature's creations. Note it.
- **Z**ero in on your target, and go for it.

Increase Your Knowledge



Q. Why do we not see the stars in the day light ?

A: We do not see the stars during the day time because of powerful light of the sun.

Q. What is the difference between weather and climate ?

A: Weather is the name given to the state of atmosphere day by day and week by week, while climate is the usual kind of weather for a particular place, taken season by season.

Q: Why do stars twinkle?

A: The Twinkle is caused by the differences in temperature of the air from point to point and from moment to moment. These different parts of the air bend the star-light in different ways and at different angles. So they sometimes come through and sometimes not .Hence the twinkling.

Q: Why do we hear better on water than land ?

A: Sound is composed of waves. In air ,these waves can not travel very long distance without striking some houses , trees or hillocks. In a lake or sea, there is nothing to interrupt the movement of sound waves, hence they travel longer distance.

Q: Why is the sky blue ?

A: The light from the sun is scattered by the tiny particles of air ,dust and water vapours in the atmosphere. Sun-light is made of the colours of spectrum and these different colours have a wave-like nature and the blue light has much shorter wave length than those of red and orange light .When sunlight strikes at the dust particles and the water vapours of the atmosphere ,then the blue part of light is scattered by these particles, because of its short wavelength. The scattered blue light coming to the makes the sky look blue.

—Jyotish (Dehradun)

Never Be Ungrateful

It was the noon of a very hot day in high summer. Two fast friends Moti and Jyoti were coming back from their school which was at about two kilometers from their village.

Troubled by the hot sun, they looked for some shady tree. Soon they spotted one just by the way-side. They rushed towards it and sat around its roots where the shade was the thickest.

They unloaded their bags from their shoulders and leaned their backs against the tree trunk. Then they began to talk to each other.

Moti said to Jyoti, "What tree is it? Do you know? "It is a simple tree—a useless tree indeed, just look at its strong trunk numerous branches and twigs and a thick umbrella of leaves. In spite of all this, it does not bear any fruit at all. Isn't it a pity indeed?" replied Jyoti.



Never say like that, Jyoti. Everything made by God has its own good and bad points. So, we cannot understand the secrets of Nature. So, we must never criticize her creations," argued Moti.

But Jyoti held on to her point and said many more things against the tree. The tree was listening to the talk going on under it. It was thankful to Moti but it felt quite sad at what Jyoti had said.

Unable to control its anger, the tree said to Jyoti, "You ungrateful wretch! You came under me when you were troubled by the hot sun. You felt relieved in my shade. Instead of thanking me, you are calling me useless. Get up and be lost from here."

Neil Alden Armstrong

— Aman Dev

Neil Alden Armstrong (August 5, 1930 – August 25, 2012) was an American astronaut and aeronautical engineer who was the first person to walk on the Moon. He was also a naval aviator, test pilot, and university professor.

Armstrong joined the NASA Astronaut Corps in the second group, which was selected in 1962. He made his first spaceflight as command pilot of Gemini 8 in March 1966, becoming NASA's first civilian astronaut to fly in space. During this mission with pilot David Scott, he performed the first docking of two spacecraft; the mission was aborted after Armstrong used some of his re-entry control fuel to stabilize a dangerous roll caused by a stuck thruster. During training for Armstrong's second and last spaceflight as commander of Apollo 11, he had to eject from the Lunar Landing Research Vehicle moments before a crash.

In July 1969, Armstrong and Apollo 11 Lunar Module pilot Buzz Aldrin became the first people to land on the Moon, and spent two and a half hours outside the spacecraft while Michael Collins remained in lunar orbit in the command and service module. When Armstrong stepped onto the lunar surface, he famously said: "That's one small step for a man, one giant leap for mankind." Along with Collins and Aldrin, Armstrong was awarded the Presidential Medal of Freedom by President Richard Nixon. President Jimmy Carter presented Armstrong with the Congressional Space Medal of Honor in 1978, and Armstrong and his former crew mates received a Congressional Gold Medal in 2009.

After he resigned from NASA in 1971, Armstrong taught in the Department of Aerospace Engineering at the University of Cincinnati until 1979. He served on the Apollo

13 accident investigation, and on the Rogers Commission, which investigated the Space Shuttle Challenger disaster. He acted as a spokesman for several businesses, and appeared in advertising for the automotive brand Chrysler starting in January 1979.



24 Hansti Duniya
August 2019

—Richa, Dehradun



THE EVIL-MINDED SERVANT



Birbal, the wisest of all courtiers in the court of Akbar, was having a walk. When he turned the corner of a market he was met by a rich merchant. The merchant said, "Sir, there has been a theft in my house. I suspect one of my servants to be the thief. Kindly help me, Sir".

Birbal called all the servants and gave them each a stick of the same length and said, "This is a magic stick. When this is in the hands of the thief it will grow by an inch a day. Let us see tomorrow".

The servant who had stolen thought, "If I cut the stick by an inch, tomorrow it will be the original length". So he cut the stick by an inch.

The next day, Birbal called all the servants and found the stick of the thief-servant to be shorter. He said, "You are the thief. The stick I gave was just an ordinary stick. Your evil mind has betrayed you."

Moral : Evil minded are ill fated.



Maize

1. Healthy Eyes : A nutritious diet, filled with the right kind of elements will definitely help prevent many diseases from taking form. It is no secret that food is the ultimate innate medicine that can keep the heart and other organs going. Corn contains many vitamins which are useful for body.

2. Prevents Diverticular Diseases

These diseases are often painful and lead to a lot of discomfort and suffering. Although about 47,228 men the benefits of consuming popcorn to prevent the symptoms of this disease from developing.

3. Anemia Prevention : This is another illnesses that is spreading more than ever. This is especially true for women. When there is profound deficiency of vitamins and minerals such as iron in your body. Corn is a very good source of iron.

4. Cancer Prevention : It is true that an antioxidant rich diet will help prevent cancer. There are many studies that show that antioxidants fight free radicals cells and prevent oxidative damage to the body. Sweet corn when cooked is observed to have more antioxidants. Corn contains carotenoid antioxidants that are proven to

protect the eyes and skin from oxidative damage. Popped corn can be a good way to get those antioxidants in.

5. Source of Fiber : Fiber helps the body in several ways by reducing cholesterol and making the digestive system more efficient. Corn provides a healthy and impressive amount of fiber when eaten either on the cob or in the form of popcorn. Corn provides an impressive 7 grams of fiber per 100 grams of serving. Fiber helps prevent constipation and also lower cholesterol levels.

6. Weight Loss : Often trying to lose weight becomes a burden as we tend to believe that starvation will help us, or not catering to bouts of hunger and craving will diminish those extra inches. Corn is the best snack for this, it is a source of energy and will also leave you feeling full for longer due to its fiber content. Popped corn without any salt, cooked with a tablespoon of coconut oil is the way to go.

7. Gluten Free : Corn and corn flour is a good option as it is naturally gluten free and a better option than other grains.

8. Source of Energy : It provides the energy required for the body and mind to function properly. Corn is a complex carbohydrate that takes time to get fully digested. This is beneficial for the body as it



keeps you fuller for longer. It can also be a good post workout snack.

9. Diabetes Management : The regular consumption of corn provides energy to people suffering with diabetes without spiking blood sugar levels too much.

10. Prevents Hypertension : It regulates blood pressure and prevent hypertension. There is also a good amount of vitamin B that is beneficial for the optimal functionality of your adrenal glands.

11. Manganese Rich : It has a good amount of manganese per serving. This mineral has multiple benefits and keeps the blood sugar levels in check. This also helps fuel the body by breaking down complex carbohydrates.

12. May Prevent Alzheimer : It has been studied as a source of thymine, which is an antioxidant that sharpens brain functions. It also helps synthesize acetylcholine, which in turn leads to an improved memory.



—D.R. Dogra, Khailar

ICC WORLD CUP-2019

The whole world is in the grip of Cricket mania. The people have been in tizzy , flocking to England to cheer their favorite teams New Zealand known as black caps created first upset in the semifinal by knocking India out of the world cup. They stunned India. A well deserved victory. In the second semi final England played superb knock and showed Australia the door. The final match is slated between New Zealand vs England. Indian fans are heartbroken and dejected. They are crestfallen. All the celebrations for the Sunday have been cancelled. They are inconsolable. Let the spirit of the game prevail. The people gathered in large groups in clubs and restaurants to watch on the giant screen to feel the thrill, excitement and frenzy.

As everyone watched in nail biting finisher, England snatched victory from the hands of New Zealand. The game went in Super Over as many people saw an unjust rule(maximum number of fours) take the cup away from New Zealand into the hands of England. England's Eoin Morgan lifted the trophy in the end as heartbroken New Zealand were undid by an overthrow rule which could have been a dead ball.

—P.P. Bhuteja, Delhi

RIDDLES

Q.: I reach for the sky, but clutch to the ground; sometimes I leave, but I am always around. What am I?

A.: **I am Tree.**

Q.: What are moving left to right, right now?

A.: **Your eyes.**

Q.: Five apples are in a basket. How do you divide them among five girls so that each girl gets an apple, but one apple remains in the basket?

A.: **Give the fifth girl her apple in the basket.**

Q.: You have three stoves: a gas stove, a wood stove, and a coal stove, but only one match. Which should you light first?

A.: **The match!**

Q.: I have a little house in which I live all alone. It has no doors or windows, and if I want to go out I must break through the wall. What am I?

A.: **A chick in an egg.**

Q.: What 4-letter word can be written forward, backward or upside down, and can still be read from left to right?

A.: **NOON.**

Q.: How can you leave a room with two legs and return with six legs

A.: **Bring a chair back with you.**

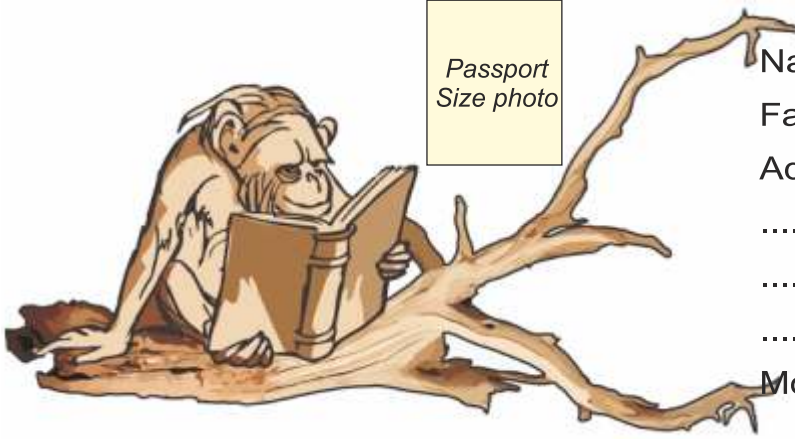
Q.: What 5 letter word typed in all capital letters can be read the same upside down?

A.: **SWIMS.**

Q.: Look in my face, I am somebody; Look in my back, I am nobody. What am I?

A.: **I am a mirror.**





Name :

Father's Name :

Address :

.....

.....

.....

.....

.....

Mobile No.

Look at the Picture and Complete the Story

Complete the short story and send it with your passport size photograph to Editor Hansti Duniya English
 Address: Patrika Vibhag, Sant Nirankari Mandal, Sant Nirankari Colony, Delhi-110 009
 E-mail : editorial@nirankari.org

(The best story would be published in Hansti Duniya (November 2019))

A monkey once found a book in a jungle

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

This story by **Gauri Khomane** D/o Sh. Atul khomane
Shilp rachana plot. No 178, flat no 02 Nerul (E) Navi
(Mumbai 400706. Maharashtra has been Adjudged the
best. Congrates to her.



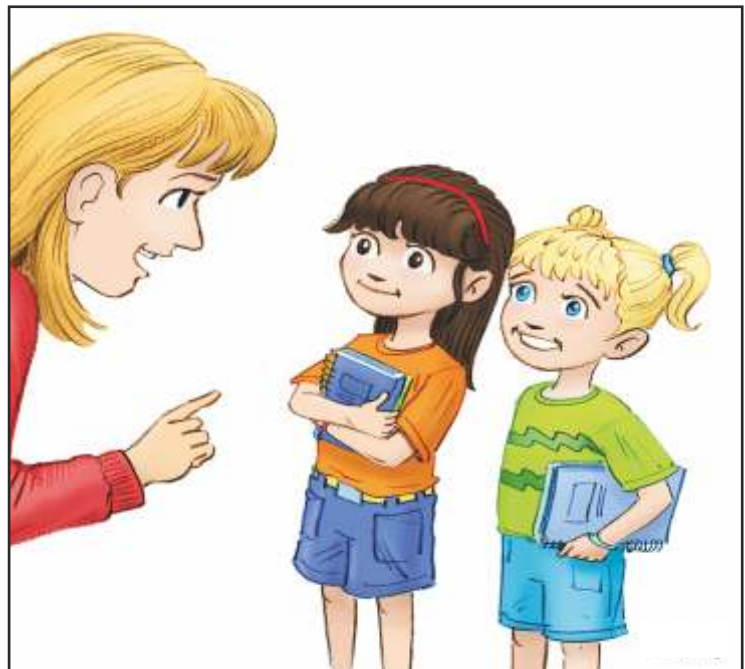
HONESTY

A teacher was telling a motivational story to her students. They were listening to it wholeheartedly. The teacher told them that listening to the story and appreciating it is not enough you should be doing the same at that situation. Once two girls were returning from school chatting with each other. Suddenly they saw a purse with lot of money lying on the path. For a second they thought to pick it up. But then they remembered the story told by their teacher of a girl named Riya who was very innocent girl. Her mother was hospitalized due to high fever. She was also returning from the school to the hospital and found a purse with lots of money instead of taking it she handed it over to the police station.

The lady who owned it appreciated Riya. After going to the hospital Riya came to know that the same lady was the head of the hospital and giving treatment to her mother.

The lady realised that Riya was a poor and an honest girl so she assured her to do the treatment free of cost. After remembering this both of them went to he police station and submitted the purse which was actually of their teacher. The teacher was proud of them and gave them a story book for their honesty.

Moral : Honesty is the best policy





Pay Attention

— Latika Prasad D/o Sh. Shatrughan Prasad (Flat No. T-2 Priya Apartment, Talawadi Circle, Sardarnagar, Ahmedabad)

A teacher was telling a motivational story to two girls Reena and Pinki. Reena was listening to the story attentively but, Pinki was not giving attention to her teacher. She was seeing right and left all the time doing random stuff. The teacher got angry and scolded her but she ignored her teacher. Now exam days came. The same story's question answer were asked in the exam. Reena did very well in her exam and wrote all the question answers but Pinki did not do well in her exam and was not able to write any answer. Reena passed the exam with good marks but Pinki failed the exam. She was very sad for not paying attention to her teacher.



Same is true of our life one who follows and imbibes the teaching of saints and great men lead the life with happiness and prosperity. Success touches their feet and welcomes them at every step.

Moral of the story: Always pay attention to everything that is taught in the class.

Charity



— Abhay Nanda
S/o Sh. Sanjeev Nanda
(48, Royal Avenue,
Pathankot)

Rinki and Pinki used to study together. One day their teacher told

them a story.

One day my grandfather was planting a sapling in the hot sun. I asked him, "what are you doing? My grandfather replied, I am

planting a mango, tree I asked him when it will bear fruit? He said after 15 years. I said "I think you won't live long enough to eat its fruit" My grandfather said yes it is true, but other people will get the fruit. Then he told me that the fruit, I get today were planted by other people so we should not think about ourselves only that is why kids, we should do good for others also.

Moral : We should think good about others also.

Known Faces

Write the name of these famous people.
Take help from the Help Box.



1



6



2



7



3



8



4



9



5



10

Help Box: Dr. A.P.J. Abdul Kalam, Mother Teresa, Kalpana Chawla, Rajiv Gandhi, Pt. Jawahar Lal Nehru, Lal Bahadur Shastri, Swami Vivekanand, Rabindra Nath Tagore, Subhash Chand Bose, Raja Ram Mohan Roy

Answer on another page



KITTY

Story & Illustration

—Ajay Kalara

"Children! I will tell you today about the Cleanliness Drive."

Clean India Drive

Clean India

"Sure, Ma'm! The Cleanliness Drive has become a big momentum these days. The Indian Government has also started this campaign in a big way."



"You are right, dear Kitty. Children! Cleanliness keeps both our body and mind clean. It keeps the environment clean as well."



"Ma'm, I take special care about the cleanliness in and around my own house as well as that of my neighbours."

"Very good, Kitty! Children, you would have seen that many celebrities are closely associated to this Cleanliness Drive."





"Yes, Ma'm. I have seen its promotion in which people willingly clean the streets and are busy in promoting this Drive."



"Well said, Kitty. Children! Their initiative will have to be followed by all of us. India is our country and we live in it. Its roads and streets belong to us."




"You are absolutely correct, Ma'm."


"Ma'm, from this moment, every one of us will participate in this Drive and follow cleanliness."



"Very good, children From now on, it is your duty to ensure that the dirt does not collect near our area. Always use dust bin. And further, prohibit anyone from Littering around."

A classroom scene with a teacher and students. The teacher, a large brown bear, is seen from the back, wearing a red shirt. Several students, including a blue fox, a yellow tiger, and a brown bear, are sitting at wooden desks. The blue fox is speaking.

"Ma'm! Also, on Sundays, we will go around our streets and inform people about the benefits of this cleanliness drive."

A teacher, a large brown bear, is standing and addressing a class of students. The students, including a blue fox, a yellow tiger, a brown bear, and a pink pig, are sitting at wooden desks. The teacher is wearing a red shirt and a purple skirt.

"Very good, children. Even otherwise also, we should not feel shy of cleaning jobs. Instead, we should feel ashamed of the dirt."

A blue fox student is speaking in a classroom. Other students, including a brown bear and a yellow tiger, are visible in the background, sitting at desks. The blue fox is wearing a white shirt and a red tie.

"You are right, Ma'm. Cleanliness must be our pride."

Thoughts to Ponder

- ★ Happiness does not imply that God is also part of our life, instead happiness is that God is solely our life. — Nirankari Baba
- ★ Sometimes you have to experience what you do not want in life to come to a full understanding of what you want. —Mandy Hale
- ★ Achievements and possessions can get us regard, not happiness and respect. Regard is an outer gesture and respect is feeling for what the person is. —Natarajan Adhikesavan.
- ★ I do not believe in coincidence. I believe in signs and synchronicities that remind us we are on the right path and that we are all connected by Love.
- ★ When people are bored, it is primarily with their own selves that they are bored. —Jules Renard
- ★ Nothing can bring you peace but yourself. —Ralph Waldo Emerson
- ★ The man who can not believe in himself can not believe in anything else. — Ray. L. Smith
- ★ He that fears not the future may enjoy the present. —Thomas Fuller
- ★ Our grand business is not to see what lies dimly at a distance, but to do what lies clearly at hand.
- ★ Service breeds solace that brightens one's face.
- ★ If you judge people, you will have no time to love them.
- ★ "O" man, awake the sun has risen. It is not night you are sleeping. One who sleeps, loses and one who is awake gains.
- ★ "O" man, why are you slumbering carelessly with the eyes of the mind closed, Arise, awake and accomplish the task for which you came into the world. —Holy Avtar Bani.
- ★ Lo, the light has come, but man preferred darkness to light because their deeds were evil. —Bible.
- ▶▶ The True Master manifests in world for entire humanity —Avtar Bani.



—Praveen, Gurugram

Monkey's

Primitive Cousins

Lemurs have lived on Earth for a very long time, but they are found in only two places: Madagascar and the Comoro Islands, off the eastern coast of Africa. Millions of years ago, the island of Madagascar broke away from the continent of Africa. On the continent the monkeys were smarter than the lemurs, and the lemurs all died out. But no monkeys ever reached Madagascar, so the lemurs did well there without any competition.

The best-known species of lemur, the ring-tailed lemur, has a long striped tail, with rings of black and white. Like most lemurs, it lives in trees but looks for food; on the ground. When walking on the ground, the ring-tailed lemur waves its tail back and forth, high in the air over its

back. But lemurs don't hang from trees by their tails, as some monkeys do. Instead lemurs' tails help help them keep their balance and sail through the air from tree to tree, like the ring-tailed lemur in the large photo.

Lemurs are mild, shy animals, but they can be very curious when there is food around. They have a better sense of smell than monkeys have, and they use it to find find fruits, leaves, insects, and small birds to eat. Most of this activity takes place at night, because lemurs like to sleep during the day. Lemurs usually have only one baby at a time. The baby clings to its mother's underside and travels with her through the treetops. After a while, the baby lemur rides on its mother's back.

—Unknown

Compiled by : Sakshi Gulati, Chandigarh



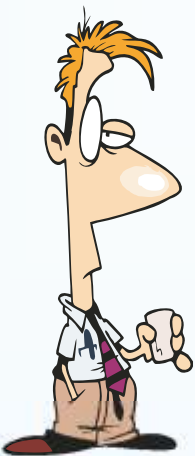
Laughing Time



Caller : Hello, Dominos.
Dominos : Yes, Sir. How can I help you?
Caller : Will you really help?
Dominos : Sure, Sir.
Caller : Then tell, how do I cook a pizza at home?



Examiner : Why do you look so confused?
Student : (silent)
Examiner : Did you forget your pen?
Student : (silent)
Examiner : Forgot calculator?
Student : (almost shouting) Will you shut up? I am concerned about the answer slip of a different subject I brought for today's exam and you, confused me only about these tiny items.



Friend : I have four children. The first is MBA, the second one is MCA; the third one is Ph.D. and the fourth one.....
Other friend : Should be an engineer or a doctor.
Friend : No, he is a thief.
Other friend : Then, why don't you throw that thug out of your family?
Friend : Since he is the only earning member. Others are just unemployed.



Wife : You tell a man something, it goes in one ear and comes out of the other.
Husband : You tell a woman something: It goes in both ears and comes out of the mouth.



Patient : Doctor, I have a pain in my eye whenever I drink tea.

Doctor : Take the spoon out of the mug before you drink.

Teacher : If you copy from any of your friend's answer sheets, I will deduct 10 marks.

After some time —

Teacher : Rama, I have seen that you are copying from Krishna, stand up.

Rama : But Madam, he is not my friend, we are enemies.

Sam : Why does someone feel a stomach ache?

Doctor: As there's nothing in the stomach.

Sam : Danny told me he had an head ache does it mean there's nothing in his head...???

Doctor :.....!!!!!!?????



A: Why are all those people running?

B: They are running a race to get a cup.

A: Who will get the cup?

B: The person who wins.

A: Then why are all the others running?

A man goes to the doctor and says, "Doctor, wherever I touch, it hurts."

The doctor asks, "What do you mean?"

The man says, "When I touch my shoulder, it really hurts. If I touch my knee - OUCH! When I touch my forehead, it also hurts." The doctor says, "I know what's wrong with you - you've broken your finger!"



Sheela: Did you pass in you exam?"

Munni our whole class passed but our teacher failed!"

Sheela: How...?

Menni: See, she is still teaching the same class...



- ★ If your eyes are positive, you will like all the people in the world. But, if your attitude is positive all the people in the world will like you. — Praveen, Delhi
- ★ Ups and downs in life are important to keep us going. A straight line in an ECG means that the man is not alive.
— Simmi Kamla Panth, (HP.)
- ★ In order to have a comfortable journey of life, reduce the burden of desires. — Ravneet, (Delhi)
- ★ A very short but very nice line for a true relation "Hurt me with the truth, but never comfort me with a lie"
— Annu, (Mumbai)
- ★ Heart is not a basket for keeping tension and sadness. It's a golden box for keeping roses of happiness. Let your heart be happy always.
— Ritik, (Mumbai)
- ★ If you want to be a masterpiece be the piece of master.
—Avneesh Gulati, Chandigarh
- ★ Adversity reveals genius, prosperity conceals it.
— Sanjay, Delhi
- ★ Greatness lies not in never falling, but in rising every time we fall.
— Sudeep, Chandigarh
- ★ Once we "Realize" God's Presence, we receive the "Real-Eyes" to see the Formless God.
— Anmol, USA
- ★ The shame is never in having failed- the shame is only in not having tried.
—Himanshu Bhasin, Delhi
- ★ Even beneath the heaviest winter snow, lies a potential spring waiting to bloom.
- ★ Every game you lose, gives you a new lesson to win.
- ★ Praying for others is a beautiful gift that is priceless. —Sushil, Pune
- ★ Human Values are more valuable than Valuables .
—Raja Gulati, Chandigarh

Result for the month of June 2019 Issue

First :

Matre Eashana Age 7

125/A, Sindhi Colony,
Jalna Road, Aurangabad
(Maharashtra)



Second :

Kanav Khanna Age 6

H.No.439, Kiriti Nagar,
Ferozpur City-152002.



Third:

Aanish Pankaj Kokare Age 5

Plot No 126, Flat No 501,
Om Classic, Collectors Colony,
Opp: Nirankari Bhawan,
Chembur, Mumbai 400074.



Consolation Enteries

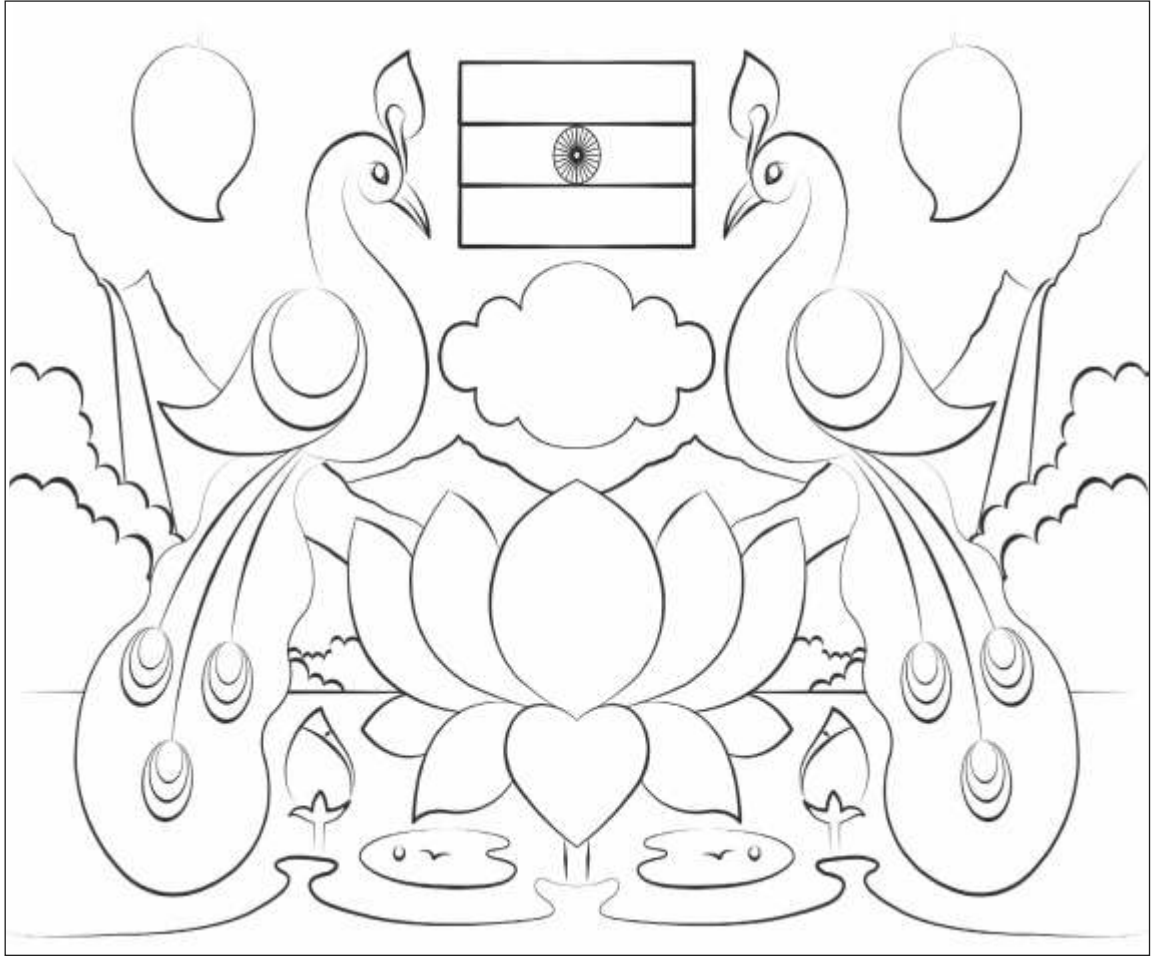
Avya (Dhirpur, Delhi)
Sonna, Udipur (Rajasthan)
Raturaj M.Shitole (Vadodara)
Nitin Ahuja (Pitampura)
Ishiana (Sant nagar)
Avya (Vaishali)
Summanyu (Dheerpur)
Shrey (Mohali)
Aryan Dev (Pandoh)
Simi (Kapurthala)
Raju (Jammu)
Prashant (Amritsar)
Sanjay (Khanna)
Des Raj (Mandi)
Ankita (Amarawati)
Sunita (Nehru Place)
Gurleen (Patiala)
Satvik Popli (Mukherjee nagar)
Sunny (Pathankot)
Aditi Mehra (Nirankari Colony)
Mona (Faridabad)
Nitika Dev (Raj Nagar extn.)
Ria Pia Kanav (Indra vikas Colony)
Nancy (Kolkatta)
Manju (Chamba).
Babli (Pahar Ganj)

"Colour it" for August Issue

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

The result will appear in **October 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

.....

—Sunil Nagpal, Delhi



Four Friends

Four friends were passing through a forest. They came across some pieces of bones lying on the ground. All of them stood around the bones and started gazing at them.

One of the friends said, "These must be the bones of a lion. I can form a skeleton of a lion with the help of my knowledge". Saying so, he formed a skeleton of a lion.

The second friend said, "With my knowledge, I can patch up flesh and skin and give a body to this skeleton and make it into a lion". Saying so, he started to patch up the skeleton.

There was one who had wisdom. He said, "Please don't do it. It is a dangerous experiment". But the friends did not take

heed of his advice.

The third friend said, "With my knowledge and wisdom, I can give life to the lion". Again, the friend with wisdom said, "Please stop your experiment. This is dangerous".

The remaining three friends laughed at him and the third one said, "He is trying to spoil our knowledge. Let us chase him away and then give life to the lion". So, the friend with wisdom was chased away.

Now, the third friend started to give life to the lion. Slowly, the lion came to life. As soon as the lion got his life, he growled ferociously and jumped at the three friends and killed them.

Moral : Wisdom is more important than knowledge.



—Rajat Kapoor, Delhi

Raven and Crow's Potlatch

Raven was a crafty fellow, always playing tricks. All during the autumn he teased the other animals as they gathered food. When winter came Raven realized what a fool he'd been. He was cold and hungry. So Raven went to see Squirrel. 'Friend,' he called. 'Won't you share some of your food?'

'No!' said Squirrel. 'You made fun of me, and now you can starve.'

Disappointed, Raven went to see Bear. 'Friend Bear,' called Raven. 'Won't you share some food with your poor friend Raven?'

But Bear was asleep, and he'd eaten all his food before settling in for his winter sleep.



Raven was hungrier than ever. He thought hard and decided to visit his cousin Crow. 'Why Crow, aren't you ready?' he asked. 'Ready for what?' Crow asked. 'Your potlatch feast. All the animals will be here soon. They can't wait to hear you sing.' Now Crow was vain about his voice, so he was very excited.

Raven went out and invited all the animals to the potlatch. 'Come to my potlatch. There'll be mountains of food.'

Soon all the animals had gathered, and they began to stuff themselves with Crow's food. Crow sang until all he could do was croak. By the time he had finished, Crow was hungry. He wasn't worried, though, because every guest at a potlatch has to invite the host to thank-you feast.

But while he waited all winter long, Crow was never invited to any feasts. All the animals thought that the potlatch had been

Raven's, so Raven was treated to feasts. And Crow has never stopped being hungry. You can still see him today wherever people are, begging for food in his harsh, croaking voice.

Answer Known Faces

1. Pt. Jawahar Lal Nehru
2. Mother Teresa
3. Rabindra Nath Tagore
4. Lal Bahadur Shastri
5. Swami Vivekanand
6. Kalpna Chawla
7. Subhash Chand Bose
8. Raja Ram Mohan Roy
9. Rajiv Gandhi
10. Dr. A.P.J. Abdul Kalam

—Dr. Ashok K Chitkara (Chancellor Chitkara University,
Chandigarh)

God Is Listening

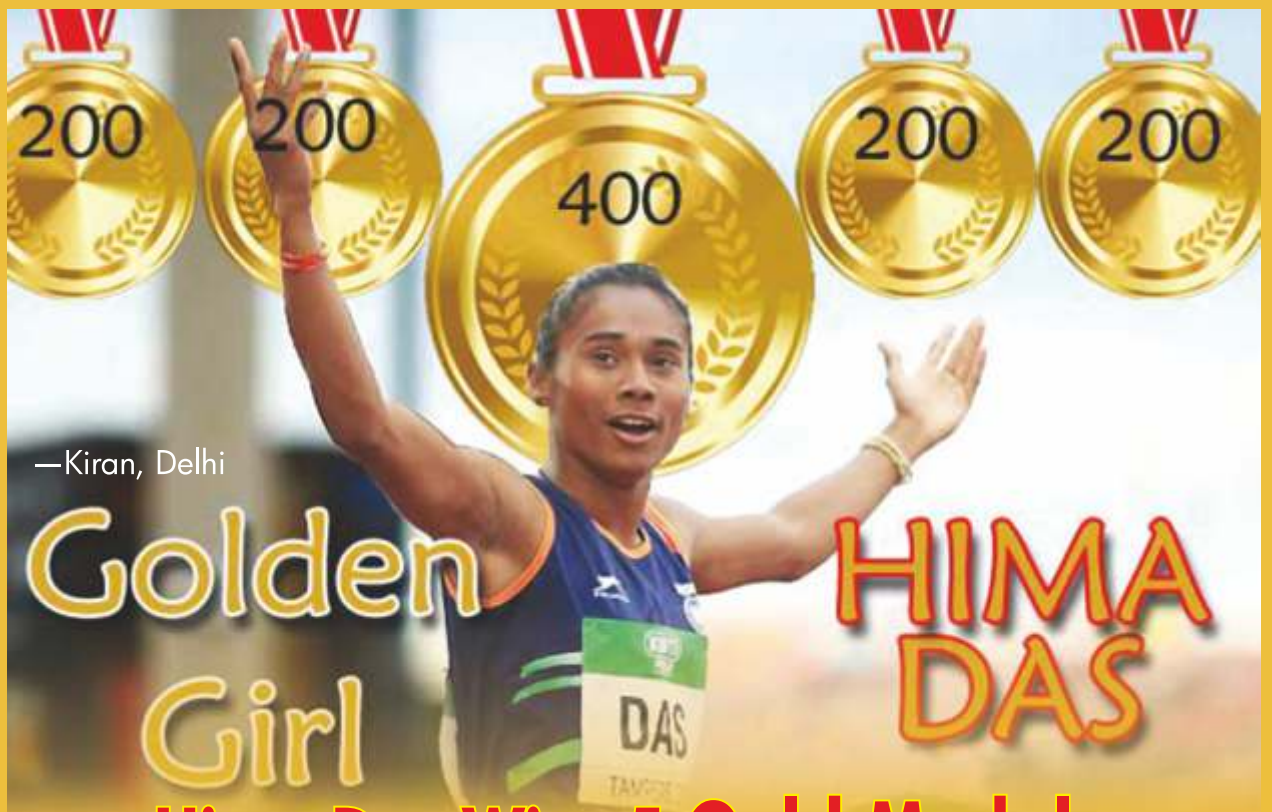


It is said that God likes conversations in which we talk about how good He is. When He hears them, He gets out His book of remembrance and records them. He does not record our murmuring, grumbling, or complaining, but He records the words we speak when praise is on our lips.

Just think about how you would feel if you overheard your children saying, "Our mom is awesome. We have the greatest mother in the world. Don't we have the most incredible mom and dad? They're the best parents around" I am sure that if you witnessed such a conversation between your children, you could hardly wait to bless them.

But, on the other hand, what if you walked into a room and your children were saying, "I'm so sick and tired of Mom and Dad. They never do anything for us. They've got all these rules. They don't want us to have any fun. Mom always nags us and makes us do our homework. If our parents really loved us, they would give us what we want, not what they think is best."

Our lives with God are no different than the two scenarios I have described above. We are God's children! He hears everything we say and He knows what is in our hearts even when we don't say it. What does He want to hear us talking about? How great He is! How awesome He is! The wonderful things He's done, can do, and will do! Speak well of God, from your heart, and you create an atmosphere for God to speak to you.



—Kiran, Delhi

Golden
Girl

HIMA
DAS

Hima Das Wins 5 Gold Medals

Ace Indian sprinter Hima Das continued her sensational sprint form as she clinched her fifth gold in July by claiming the top honors in a 400-metre race in Czech Republic. The ace Indian sprinter won the gold after she clocked a season-best time of 52.09 seconds in her pet competition at the Nove Mesto nad Metuji Grand Prix on Saturday. Her personal best is 50.79 seconds, which she recorded at the Asian Games in 2018.

At the Kutno Athletics Meet on July 7, Das clocked 23.97s to claim another 200m gold. She won her third gold at the Kladno Athletics Meet in Czech Republic on July 13. She went to win another 200m gold in Czech Republic at the Tabor Athletics Meet on July 17. The 400m at Prague was the Indian sprinter's first at her pet event. Among the other Indians participating in the meet, MP Jabir won the gold medal in the 400-metre hurdles race. India's national record holder had to settle for the third spot in the men's 200m after clock 20.95 seconds. Nirmal Noah Tom took the silver in the event with a timing of 46.05. Hima has also been urging people to donate to the Chief Minister's Relief Fund to help her home state Assam which is being ravaged by floods. "Flood situation in our state Assam is very critical, 30 out of 33 districts are currently affected. So i would like to request big corporates and individuals to kindly come forward and help our state in this difficult situation," Hima said two days ago. →

Compiled—Simmi Kamala Pant, Delhi

Mother of the Poor & Dying



"During her lifetime Mother Teresa became known worldwide for her kindness and her charitable work.

Mother Teresa was born Agnes Gonxha Bojaxhiu in Albania (now Macedonia) on 26th August 1910. When she was 18 years old, she decided to become a nun in the Roman Catholic church. She traveled to Ireland and there she joined the Institute of the Blessed Virgin Mary. She took vows promising to live a simple life and not to marry, and she became Sister Teresa.

The Institute had charity missions in India, and soon Sister Teresa sailed to the country to work as a teacher. Over the next 17 years, she taught in two schools in India, one of which was in Calcutta (now Kolkata). She saw firsthand poverty and suffering of the people. She often said that she was inspired to make two important decisions in her life. One was to become a nun, and in 1946

the other was to devote her life to helping the sick and the poor.

As soon as her studies in nursing were finished, she began working with the people living in Calcutta's slums. She became an Indian citizen and she became Mother Teresa when she founded the Missionaries of Charity. This was a new order of Roman Catholic nuns who wanted to help the sick, especially the dying and disabled.

Under Mother Teresa's guidance, the Missionaries of Charity opened centers all over the world. In these centers anyone could receive care, no matter what their religion. In 1979 Mother Teresa was awarded the Nobel Prize for Peace. Soon after her death, in 1997, the Roman Catholic church began the process to have Mother Teresa declared a saint.

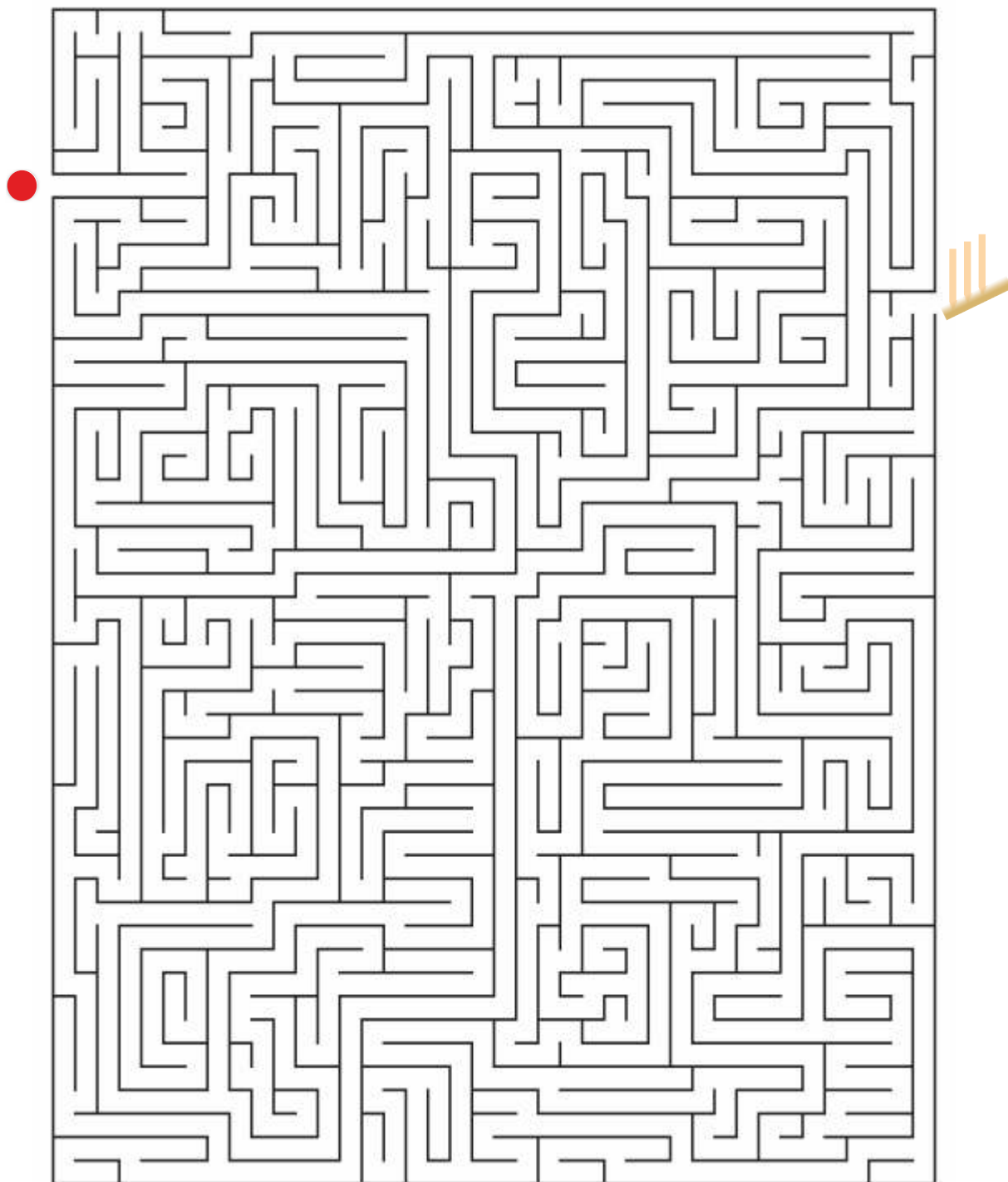


She also revealed that she herself has contributed to the Chief Minister's Relief Funds with reports suggesting that she has donated half of the salary she receives from Indian Oil Corporation. Last week, Hima Das had donated half her month's salary for flood relief operations in her home state Assam. She is inspiration to all. She comes from humble origin. She fought odds to reach this lofty position.

Maze

Make the ball reach the wicket.

— Himanshu Bhasin





Spiritual Zone for kids



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

kids.nirankari.org

- His Holiness Message
- Glimpse of Blessing
- Message in colors
- Poetry Fantasy
- Wacky and True
- Fun Games

- Hansti Duniya
- Kids Creation
- Kids Activities
- Jokes
- 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