

★ Vol. 34 ★ No. 01 ★ January 2020

Hansti Duniya

₹15/-

2020





Hansti Duniya

● Vol.34 ● Issue No. 01 ● January 2020 ● 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

Ph.: 011-47660200

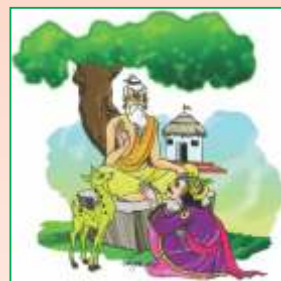
Fax: 011-27608215

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
20. H. D. Answers
30. Look at the Picture
32. Riddle
40. Laughing Time
42. Sms of the Month
44. Colour it
50. Maze



Photo Features

12. Grandpa
34. Kitty



Poems & Etc

- 08. Subhash Chandra Bose
Aditi
- 11. Prayer
Radhe Lal Navchakra
- 16. Do You Know?
Ankur
- 22. Bhagwad Gita
Tapsya
- 27. Truthful Gokhle
Anita Pandey
- 30. Look at the Picture ...
- 45. I Love My India
Gurdev Singh
- 47. What is friend

Stories

- 10. Founder's Day
Bharat Bhushan Rai
- 17. The Wasted Candle
Siddhesh
- 21. King Finds Water
Radha
- 25. The Greedy Man
Savita Kumari
- 26. The Garden
Priya Tandon
- 31. The Panchyat
Swati Gore
- 33. Tansen
Sanjay Tadon
- 48. The Apple Truck
Perna

Articles

- 18. Mustard Green
Sandeep
- 23. Know your Animals
Kishore Daniel
- 24. Swami Vivekanand
Tapsya
- 28. Benefits of Guava
Supreeti
- 38. Drink Hot Water
Gursharan Anand
- 39. Science Matter
Rajat Kapoor
- 46. Stephen Hawkins
Saurabh
- 47. Streams of Energy
Lakshita Matoo
- 49. The Dishonest
Subhanshu Indore



Happy New Year

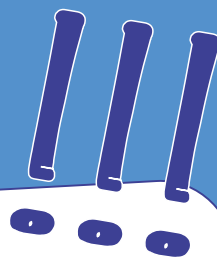
- ☆ Let us behold the formless God (Nirankar) throughout, in our day-to-day life.
- ☆ Consider all the worldly assets-physical, mental and material as ultimately belonging to God, and utilize them as a trustee only without any pride.
- ☆ Cut across the barriers of caste, colour and creed without criticising others on these counts.
- ☆ Do not hate others on account of their diet, dress and style of living.
- ☆ Live the life of an ideal householder without becoming a recluse and parasite on society.
- ☆ Do not reveal the God knowledge to anyone without the permission of Satguru.
- ☆ Hansti Duniya has received a spate of Greeting Cards for a Happy New Year 2020. We heartily reciprocate the good wishes to all of them and pray for a very Happy and Prosperous New Year with the blessings of Her Holiness Satguru Mata Sudikhsha Ji Maharaj.

— C.L. Gulati



SAMPURAN AVTAR BANI

IK TU HI NIRANKAR-160



BOL KABOL NA TOL KE BOLEN MITHA KADE NA BOLEN TOON;
HIRIAN VARGA JEEVAN TERA VICH KAUDIAN ROLEN TOON.
AKHAN AGE RAB KHALOTA AKHAN MOOL NA KHOLEN TOON;
JHOOTHI TERI KARANI DHARMI JHOOTHO JHOOTHI HI TOLEN TOON.
DUJE TE UNGAL KION KARNAI JAD APNI HI SAR NAHIN;
RAM RAM KAR RAM NAHIN MILNA DIL VICH JEKAR PIAR NAHIN.
JAM DA PHANDA GAL VICH PAISI JE PAYA NIRANKAR NAHIN;
NIJ GHAR VASA KIDDAN HOSI JEKAR GHAR DI SAR NAHIN;
KITHON LEKHA PADH SUNASAIN VAHI TAN TERI KORI EY;
KAHE AVTAR SUNO RE PRANI SIR TE JHOOTHI DI BORI EY.

Thou Formless One 160

O' man, you don't weigh your words before you speak and you never utter sweet words;

You are wasting your life which is as precious as diamonds, for the sake of cowries.

God is right in front of you, but you do not open your eyes;

False is what you do and false is all that you dispense.

Why do you raise an accusing finger towards others, when you are not conscious of your own faults?

You cannot realize God by mere repetition of God's name, unless you have love for Him in your heart.

You will find the noose of death around your neck, if you have not realised the Formless God;

How would you find your eternal abode, unless you have known it?

From where will you read out your claim, when your book of account is blank?

Avtar says, listen O' man, what you are carrying on your head is a sack full of falsehood.



MATA SAVINDER JI

—C. L. Gulati, Secretary (HQ)

If one word from the True Master can inspire change across countless lives, then imagine a life that has followed every word from him, Pujya Mata Savinder Ji.

Born on 12 January 1957 in Delhi, her birth itself etched the great epic of sacrifice and devotion when her proud parents, Mata Amrit Kaur and Rev. Manmohan Singh Ji Anand gladly accepted Shehanshah Baba Avtar Singh Ji's word and handed over their beloved daughter Savinder to Rev. Gurmukh Singh Ji and Mata Madan Kaur Anand Ji from Farukhabad (U.P.). Spiritually awakened, both were known as good and great families.

Brought up amidst abundant love and affection from both the families, childhood of Savinder Ji was nourished and guided with the teachings of Satguru. While her voluntary involvement in the holy congregations cemented her belief in the message of truth,

she acquired education and shaped her learning curve from the renowned Waverly Convent Jesus and Mary School, Mussoorie. It also helped her gain discipline laced with 'Gurmat' and proficiency in English language.

Her sincere endeavours and dutiful approach pleased Baba Gurbachan Singh Ji to accept her as his daughter-in-law. Her marriage with the divine personage Seth Hardev Singh Ji took place on 14 November 1975 in Delhi during the 28th Annual Nirankari Sant Samagam. It marked yet another milestone in a divine journey to unfold.

But just like in the life of any great disciple, testing times were around the corner. On 24th April, 1980 the crusader of human unity and peace, Baba Gurbachan Singh Ji was assassinated. Millions of devotees of the Mission across the globe were shaken. Young Hardev had lost not only the Satguru but also his beloved father. This was the period of a great stress and grave test.

Immediately after the cremation of Baba Gurbachan Singh Ji, Seth Hardevji was greeted and hailed as the Head of the Mission on 27 April 1980. Everyone present witnessed the Satguru manifesting in him. His Holiness declared, "Baba Gurbachan Singh Ji's martyrdom is the will of God". Calming the torrent waves of time, he ruled out even the remotest thought of vengeance, "It would go contrary to what Baba Gurbachan Singh Ji lived and sacrificed his life for."

From the Satguru's daughter-in-law to the True Master's life partner, Savinder Ji's circumstances and responsibilities grew manifold. Addressed as Pujya Mataji at a



young age of 23, she not only served her duties to perfection but also became the epitome of love, devotion and humility. Staying true to her virtue of minimum words backed with immense actions, Pujya Mataji is a 'Mission in Action' and describes the entire epic of her life in a single sentence, "They say, love is the highest degree of acceptance, but I think, acceptance is the primary requirement of love."

Accompanying Babaji on salvation tours across the globe, spreading the message of spiritual awakening, Pujya Mata Savinder Ji has been a living portrait of sainthood following into the footsteps of her sole inspiration, Satguru Baba Hardev Singh Ji Maharaj.

Be it initiating Blood Donation Camps back in 1986, to establishing Old Age Homes, Tailoring and Embroidery Centres and arranging Medical Check-up Camps, Pujya Mataji always lead the Social Welfare Department. The personal example of blood donation by Satguru Babaji and Pujya Mataji

has made blood donation a way of life with Nirankaris. Marking human unity, the Mission is No. 1 in voluntary blood donation in the country, both in quality and quantity.

With the Mission getting new dimensions, Nirankari Babaji remained very busy. Mataji took special care to attend to the visiting saints and provided her guidance to sort out their matters. She was always found helping the hapless.

Mother showered love, affection and care on all. Right from visiting inmates of jails, to orphanages, she gave the practical message of the Mission. Pujya Mataji painted the globe in rainbow colours of love and giving the message of harmony in oneness.

Identifying youths as the spinal chord of the Mission, Mataji channelized their potential and skill towards the Mission's activities. Mataji guided them on to the course of spiritual development, encouraging dynamism and inspiring new ideas. Her affection and patience enabled the entire young generation to get closer to the Mission.



Translating into action the words of Babaji, Pujya Mataji conveyed to the world, "Loving is living and that is possible with attitude of gratitude borne out of love for God. When this power of love overcomes the love of power, the world will know peace." The words will always fall short while

describing this ever flowing wave of love and humility. In fact, it is worth summing up with 'insightful message from Pujya Mataji herself; "There's a little difference in people but that little difference makes a big difference. The little difference is of attitude, and the big difference is whether it is positive or negative."

Pujya Mata Savinder ji was a graceful mother of three, devoted and dedicated daughters - Samta, Renuka, Sudiksha and grand mother of two beautiful gifted grand children, Hardik and Sampreeti. To millions of people across the world, she was image of maternity helping all to lead happy family and spiritual lives. She says, "Guru's blessing cures every curse"

An epitome of humility, Mata Ji reached out to the hearts of global community, be it a child, youth or elderly. She always maintained that the best way to promote and spread the message of Mission was to display it in action in day-to-day life, "Knowing the truth is knowing the destination and living the truth is reaching the destination."

Subhash Chandra Bose

1. Subhash Chandra Bose was born on 23 January, 1897 in Cuttack (Orissa) to Janakinath Bose and Prabhavati Devi.
2. Subhash Chandra Bose was a very intelligent and sincere student but never had much interest in sports.
3. January 1942, he began his regular broadcasts from Radio Berlin, which aroused tremendous enthusiasm in India. In July 1943, he arrived in Singapore from Germany. In Singapore he took over the reins of the Indian Independence Movement in East Asia from Rash Behari Bose and organised the Azad Hind Fauj (Indian National Army) comprising mainly of Indian prisoners of war.
4. However, defeat of Japan and Germany in the Second World War forced INA to retreat and it could not achieve its objective. Subhas Chandra Bose was reportedly killed in an air crash over Taipeh, Taiwan (Formosa) on August 18, 1945.



—Aditi, Delhi

Thoughts to Ponder

- Man's greatness lies in behaving as a man.

— Nirankari Babaji

- You pray for rain and get the mud also. That is a part of it.

— D. Washington

- To listen well, is as powerful means of influence as to talk well, and is as essential to all true conversation.

— Chinese Proverb

- He is great who can do what he wishes; he is wise who wishes to do what he can.

— Iffland

- Saying sorry and thank you is more than good manners. It is a mark of spirituality.

- Let us leave a mark that spreads the fragrance of humility.

—Nirankari Babaji

- It takes a very long time to create a deep and lasting relationship, but it takes only a few seconds to break the bonds of love and friendship. Be careful.

— Nirankari Babaji

- Nothing is complete and thus nothing is exempt from criticism.

— J. L. Adams

- The essence of devotion makes my life come alive.

—Nirankari Babaji

- One man with courage makes a majority

—Andrew Jackson.

- You can't just talk positive and be a winner. You have to believe it deep inside

—Roger Staubach

- Personality can open doors but only character keep them open.

—Elmer G Letterman.



— Bharat Bhushan Rai

Founder's Day

Founder's Day was being celebrated in the School. The palace was bubbling with activity. Numerous competitions had been organized for the children. There were competitions for singing, dancing, painting, photography etc. Excitement was at its peak.

Little Supriya was only seven years old. She was fond of photography. In fact her father had gifted a camera this year to her, for her birthday. The topic for the entries to the photography competition was 'Nature'. Entries flooded in, there were pictures of mountain, flowers, butterflies, waterfalls and the like.

That afternoon it rained incessantly. Supriya was waiting for it to clear up, so that she could go out to play. All of sudden the clouds stopped their downpour and the sun smiled. The prismatic effect of the raindrops suspended in the sky on the sun's rays dissected the pure white light into seven beautiful colours and... Voila! A rainbow emerged! Supriya looked at in awe. She had never seen a rainbow before. She ran inside to grab her camera camera and was out in a jiffy. To her relief the miracle in the sky had not yet dissipated, it had waited for her. She clicked a picture of it carefully.

When she got her roll developed, there was no doubt as to which picture was the most important to her. She submitted the picture to the coordinator of the photography competition and titled it as , "God's paint in the sky.

On the day of the prize distribution. Supriya's entry was placed at No.1 . She got a beautiful paint box and special praise for her prize triumphantly from her mother. She was very happy.

The next morning , after Supriya left for school, her mother's eye caught a gift-wrapped packet lying on the dining table. She looked at it curiously. A slip of paper over it read as follows, "Dear God, I cheated your painting in the sky. It was your work , so I am sending the prize to you, because it is rightfully yours. Only you deserve this prize. Love, from Supriya.

Another note beside it said, "Mother , please mail this to God because I do not know His address. Thanks Supriya."

—Radhey Lal Navchakara



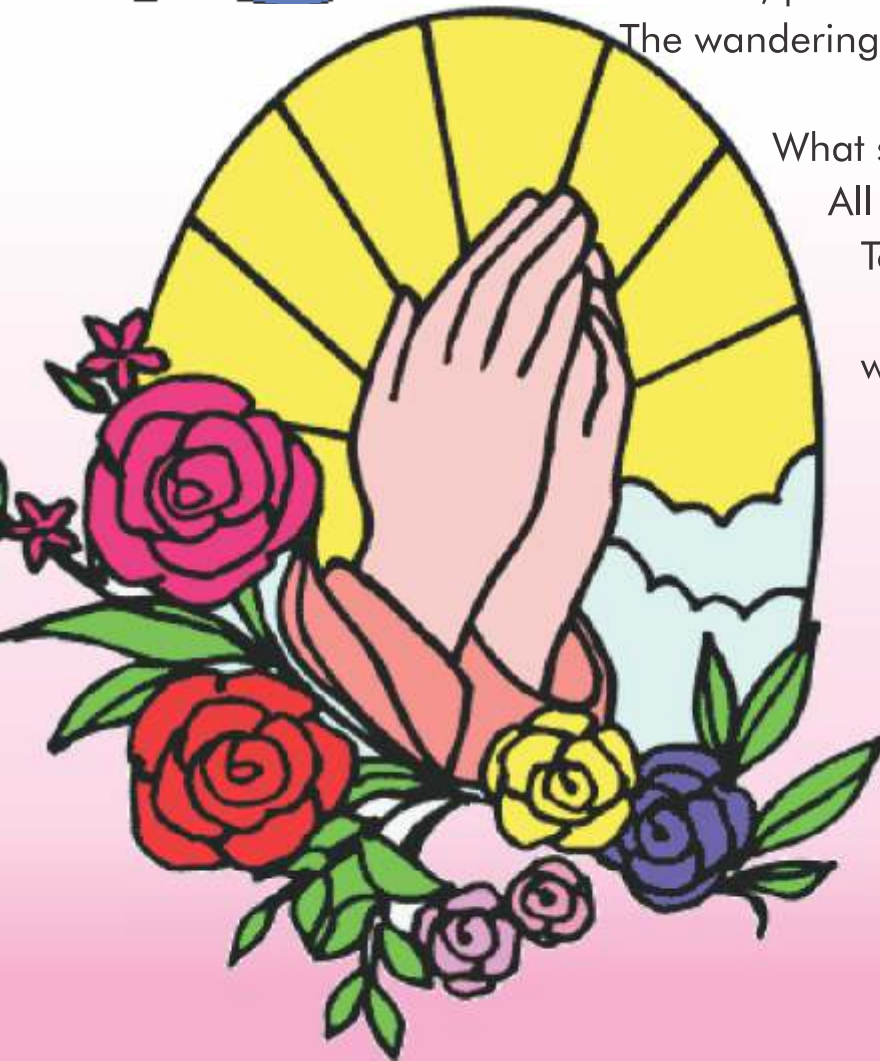
Prayer

Thou are the sustainer
We the children, ignorant
In everything visible
Thy love is evident.

Rivers and Ocean deep
There are also mountains high
Mars, planets, sun and moon
The wandering clouds in the sky.

What so is in the nature
All give a fine lesson
To live life is an art
Do they tell,
without a mention.

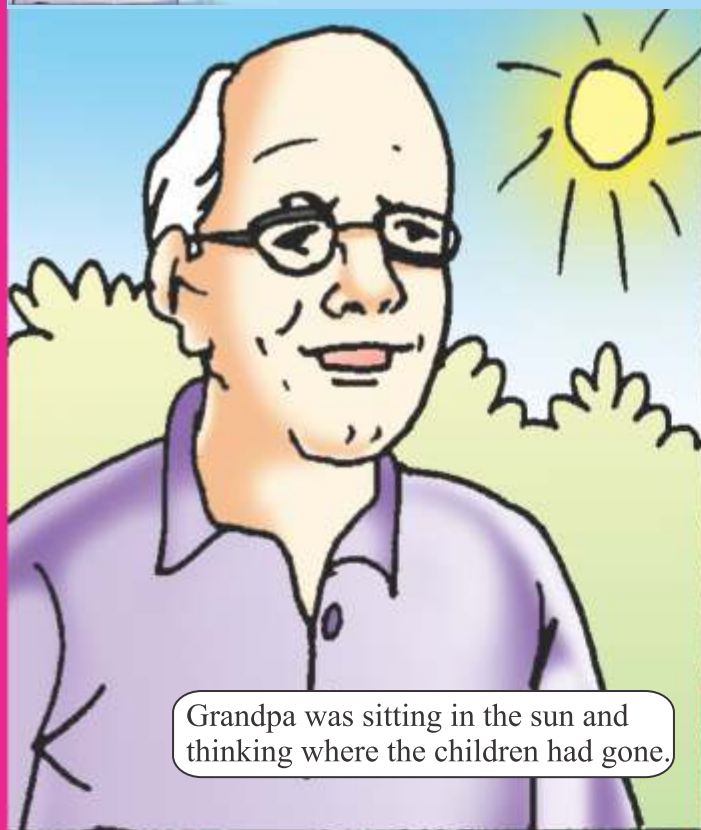
Ever do on us
thou shower
Thy blessings
O God great
We the children,
bow to you
For thy love
we can't state.





Grandpa

Story & Illustration
—Ajay Kalara



Grandpa was sitting in the sun and thinking where the children had gone.



We all went to picnic today. When our money was spent, we borrowed money from the shopkeeper.

Grandpa now please tell us story.

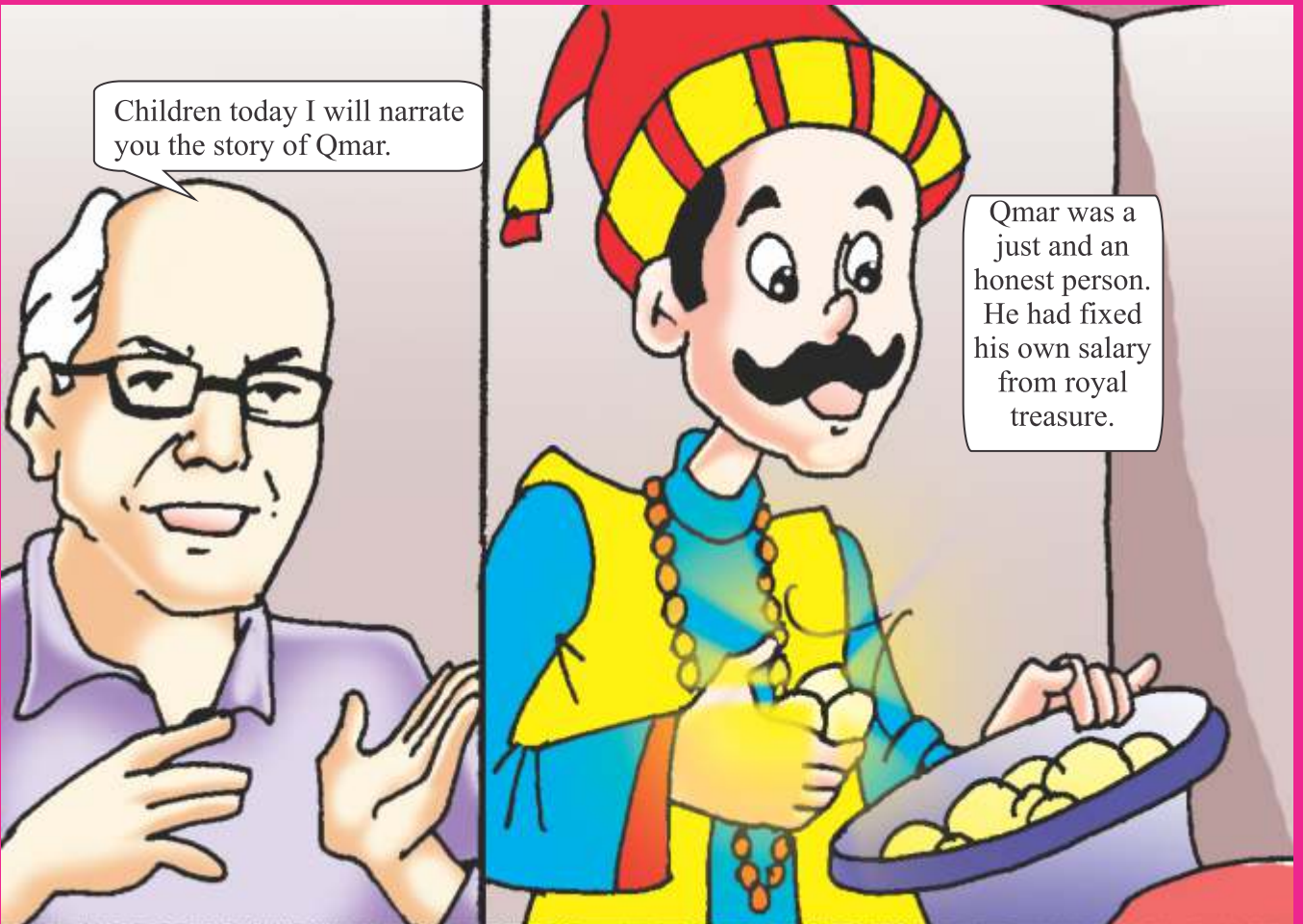


Grandpa good morning.

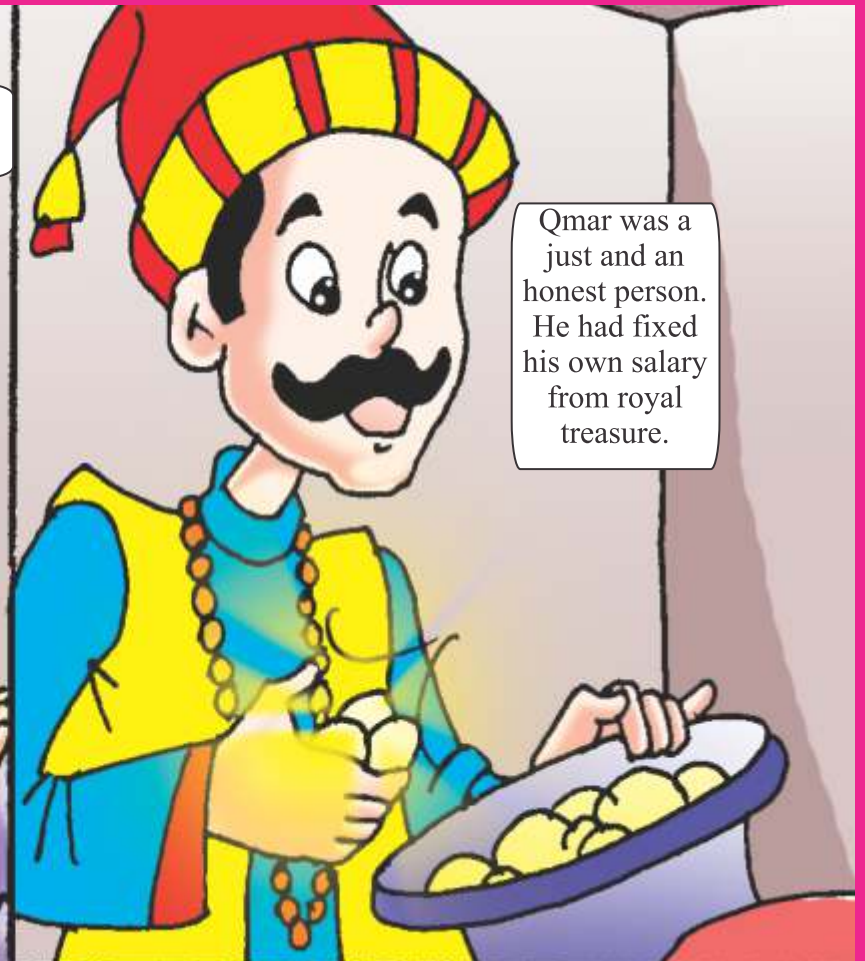
Children where were you till now and why are you making noise.




Hearing this Grandpa felt very happy.



Children today I will narrate
you the story of Qmar.



Qmar was a
just and an
honest person.
He had fixed
his own salary
from royal
treasure.




One day Qmar's wife
requested him to bring
home the coins in advance
so that children could wear
new clothes for festivities.

Qmar would see the royal finance entire day and
then would take home 3 gold coins. This amount
was very less compared his home expenditure.

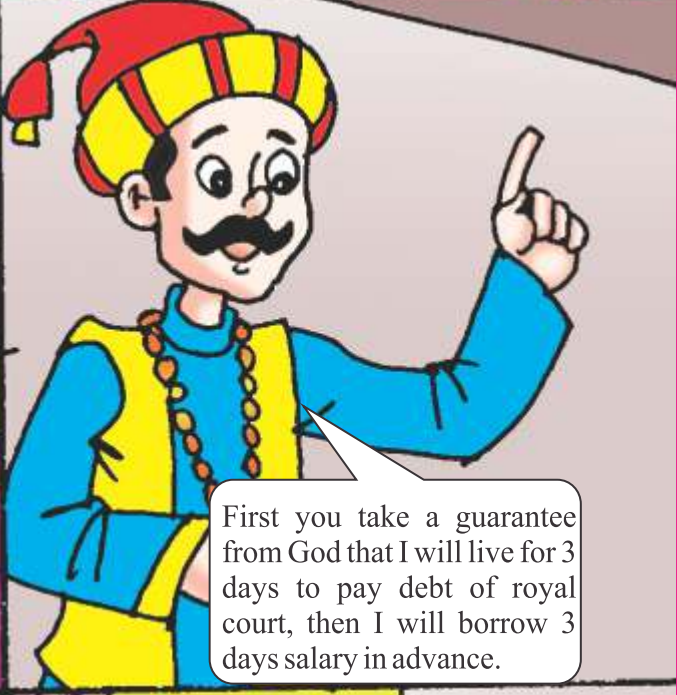


Qmar replied and said.


Your demand is rightful



But if I pass away , who will repay the debt of the royal



First you take a guarantee from God that I will live for 3 days to pay debt of royal court, then I will borrow 3 days salary in advance.

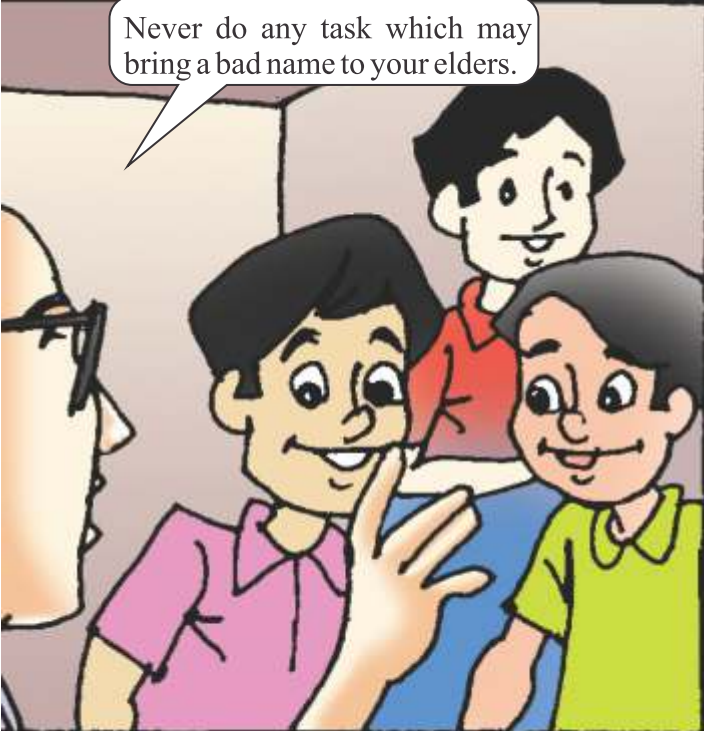


His wife did not have an answer to this question.



Children , to celebrate is not a bad, but within ones means and not after borrowing money.

Never do any task which may bring a bad name to your elders.



All children promised to spend only 8 rupees out of the 10 rupees and to save 2 rupees for time of need.



Grandpa please forgive us we will never commit such an act in future.

Do You Know?

When did the first farmers harvest crops?

Archaeologists in Israel have found flint sickles (tools used for cutting grain) thought to be 13,000 years old. Microscopic examination of the sickle blades shows they were probably used to harvest cultivated, not wild, cereals. If this is so, farming began much earlier than was previously thought. Scientists had previously found evidence of cereal planting in Syria some 11,000 years ago.

How is iron smelted?

Iron was first made by heating iron ore in a furnace with charcoal and limestone. As the charcoal burned, the molten iron ran down and cooled into a solid mass. This 'bloom' was then hammered and reheated to purify the iron. The process of melting down iron ore is called smelting. The 'Iron Age' began about 1500 BC, in the Near East.

When was steel first made?

The Romans knew how to make steel of a kind, and metal smiths in China and elsewhere probably also made steel by accident. During the Middle Ages, Toledo in Spain was famous for its steel swords. Large-scale steel production was not possible until the invention of an industrial steel-making process. This was done by Sir Henry Bessemer, who invented his 'converter' to make steel in 1856.



★ Early people used flint for making tools such as knives, scrapers, borers and arrowheads. They made needles from animal bones.



When were candles first used?

Candles have been in use for at least 3,000 years, and probably longer. They are mentioned in the Old Testament of the Bible and the Romans burned candles made from flax coated with wax and pitch. Beeswax and tallow (animal fat) were also often used.

More than half the world's steel is made by the basic oxygen process, illustrated here. The electric arc and open hearth are two other common steel-making processes.



—Siddhesh, Canada

The Wasted Candle

Golu went to a shop to buy candles. He bought two candles. Each of them costed three rupees. When he gave a ten rupee note, the shopkeeper returned four rupees. There was a two rupees coin and two one rupee coins.

When he reached home, there was no light. So Golu lit the candle but by chance he dropped a one rupee coin. He looked around but could not find the coin.

Slowly the candle was burnt out. But Golu did not find the coin. So he lit the second candle too and kept looking for the coin. After sometime, the second candle was also burnt out and luckily Golu recovered the one rupee coin.

But to get that one rupee coin Golu had burnt out two candles worth six rupees. Now he wondered whether he had a profit or a loss.

Now he understood that one should be careful to make decisions which do not cause any loss.

Moral : Think before you act.

Mustard Greens or Sarson Saag

Mustard greens or sarson saag is incredibly healthy, packed with huge amounts of minerals and vitamins, and has very few calories. Consuming mustards on a regular basis will broaden your nutrient consumption, provide you with energy, as well as include a distinctive splash of color to just about any dish you prepare. Mustard greens offer an abundant mixture of vitamins, minerals, dietary fiber as well as protein. There are numerous advantages of ingesting mustard greens. 11 Health benefits of mustard greens or sarson saag.

1. Rich in Antioxidants

Mustard greens supply the greatest amounts of three powerful antioxidants: vitamin K, vitamin A and vitamin C. Also, they are an excellent source of manganese, folate and also vitamin E. Vitamin E, C and A help destroy free radicals, which damage the cell membranes. Together they provide wonderful benefits to people struggling with asthma, heart diseases and menopausal symptoms.

2. Helps in Detoxification

The antioxidants and sulfur in mustard greens trigger detoxifying actions, which help in maintaining cardio health, avoid cancer and also prevent various other long-term illness and diseases. You can detox yourself with this expert recommended diet plan too.

3. Anti-Inflammatory

Avoiding long-term swelling is important in lessening the risk of cancer, cardiovascular disease, arthritis and much more. Vitamin K and omega-3 fatty acids are a couple of anti-inflammatory agents present in mustard greens.

4. Prevents cancer

Mustard greens help to prevent cancer because of anti-oxidant and anti-inflammatory properties present in it. Research indicates that it can be useful in preventing cancers of bladder, colon, breast, lungs, prostate and ovary.

5. Healthy heart

Mustard greens assist cardio health in a number of methods. They help in decreasing levels of cholesterol and provide good quantities of folate. Folate can help avoid homocysteine build-up, a contributing element in cardiovascular disease.

6. Dietary Fiber

Mustard greens are a fantastic method of obtaining dietary fiber. It encourages good colon health, manage metabolism and also help with digestion.



7. Bone Health

An excellent source of both calcium and potassium, mustard greens encourages good bone health and assists in preventing bone diseases like brittle bones.

8. Weight loss

Vegetables with higher quantities of dietary fiber like mustard greens assist in managing the metabolism and sustain a sound body weight.

9. Promotes lung health

Carcinogen within tobacco smoke causes vitamin A insufficiency, which in turn leads to emphysema. This cycle could be reversed by consuming a diet abundant with vitamin; therefore, mustard greens are helpful in maintaining healthy lungs.

10. Improves mental health

As we grow older, our mental performance usually diminishes. Studies have demonstrated that ingesting three servings of green leafy vegetables every single day might help reduce the loss of mental function simply by 40%.

11. Helps asthma patients

Vitamin C in mustard greens aids in the breakdown of an inflammatory substance, histamine, that is overproduced in people struggling with asthma. Moreover, the magnesium content helps relax the bronchial tubes and lungs. —Sandeep, Jhunjhunu

H.D. Answers

— Avneesh Gulati, Chandigarh

Q. Why is rising early in morning good for health?

A. Our health depends a lot on our breath and quality of air we breath in. The level of oxygen is maximum during early morning. Thus waking early in morning is extremely beneficial for health.

— Karuna, Banglore

Q. What is the biggest element lacking in today's education system?

A. Moral and spiritual education.

Q. Can we make the world one by removing boundaries on world map?

A. Not unless we remove barriers in our own hearts.

— Kiran, Bhagalpur

Q. Explain teachings of the Mission in one word .

A. Tolerance

Q. Why do people worry?

A. People worry as they are always in a hurry to get ahead in the competitive world.

— Ramesh, Bhagalpur

Q. Can we apply Gandhiji's teachings/virtues in today's world/present day?

A. Yes, we can but after modifying them with present world circumstances,

—Radha, Delhi

King Find Water



Once upon a time, there was a severe drought in a country. The king ordered his soldiers to search water everywhere.

One soldier reached the market and asked a shopkeeper, "Where can I get water?"

The shopkeeper said, "There is no water here. But you can take this slab of ice. This is actually frozen water."

So the soldier took the ice with him. Neither he nor his king had seen the ice before. On the way, the ice slab melted into a small piece of ice.

The king thought that the small piece of ice was the seed of water. So he asked his soldier to dig the ground to sow the seed so as to get the tree of water. But the ice piece melted when kept on the ground and the water got absorbed in the ground. The king asked the soldiers to dig the ground to get back the ice. They dug deep in the ground and found water instead of ice.

This is how the wells were created.

Moral : Work done with good intention always pays off.

One sentence per Chapter List of Bhagavat Gita

-Tapasya

BHAGWAD GITA **in one sentence per chapter...**



Chapter 1

—Wrongful thinking is the only problem in life

Chapter 2

—Right knowledge is the ultimate solution to all our problems

Chapter 3

—Selflessness is the only way to progress & prosper

Chapter 4

—Every act can be an act of prayer

Chapter 5

—Renounce the ego of individuality & rejoice in the bliss of infinity

Chapter 6

—Connect to the Higher consciousness daily_

Chapter 7

—Live what you learn

Chapter 8

—Never give up on yourself

Chapter 9

—Value your blessings

Chapter 10

—See divinity all around

Chapter 11

—Surrender to see the Truth as it is

Chapter 12

—Absorb your mind in the Higher acts

Chapter 13

—Detach from Maya & attach to Divine

Chapter 14

—Live a lifestyle that matches your vision

Chapter 15

—Give priority to Divinity

Chapter 16

—Being good is a reward in itself

Chapter 17

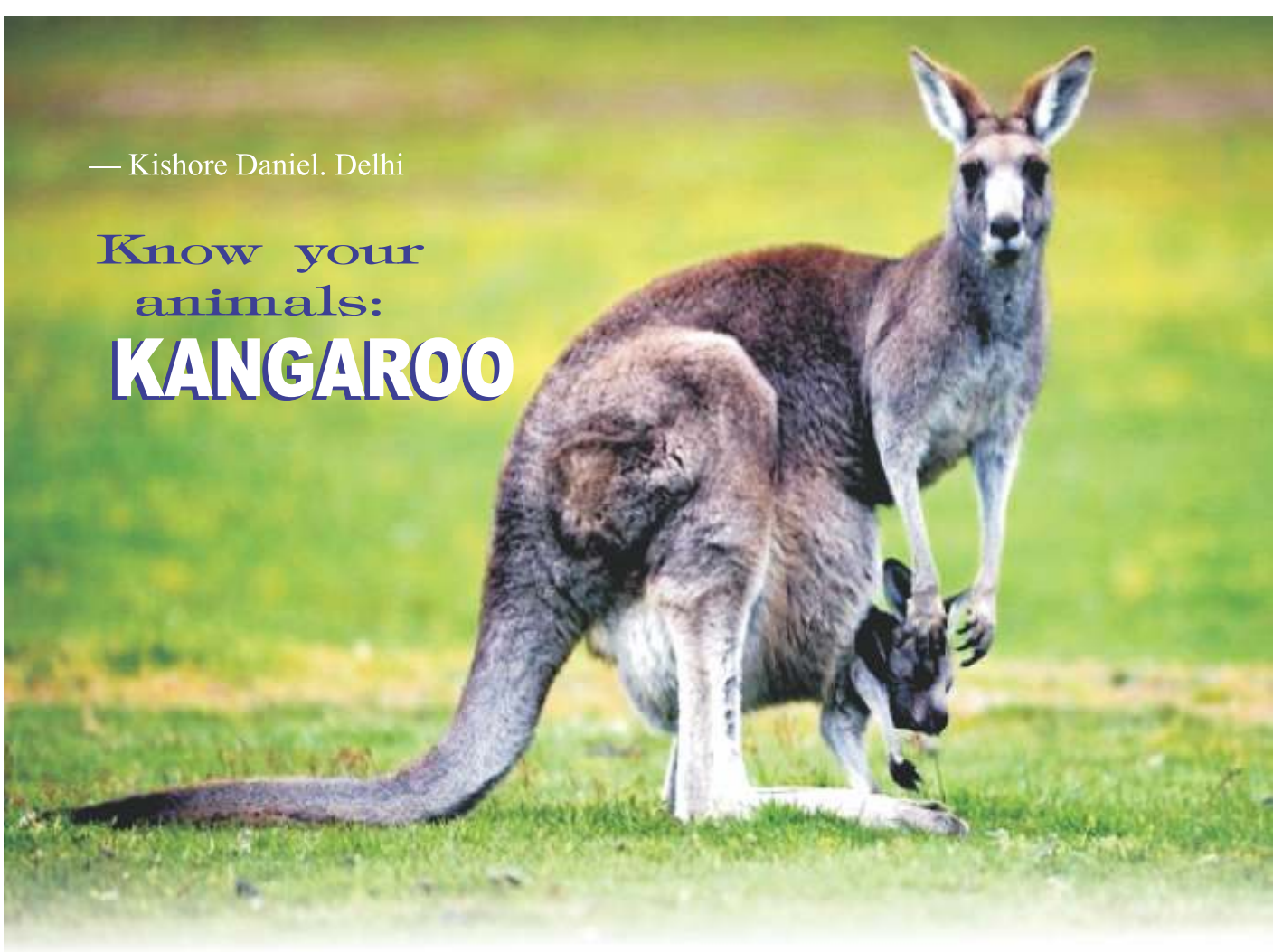
—Choosing the right over the pleasant is a sign of power

Chapter 18

—Let Go, Lets move to union with God

— Kishore Daniel. Delhi

Know your
animals:
KANGAROO



The most curious animals in the world come from Australia, but none is more interesting than the Kangaroo. This athletic animal has such powerful hind legs that he leaps from place to place instead of walking or running. A male Kangaroo can jump as far as thirty feet with ease, and his shoulders are so well developed that with a pair of boxing gloves on he can stand up to a good professional boxer.

Baby Kangaroos have homes of their own immediately after they are born, for they live inside a pouch on the lower underpart of their mothers' bodies. Here they can stay safely until they are ready and able to leap about by themselves. If you look carefully at a Kangaroo in the zoo you may notice the babies playing 'hide and seek' as they put their little heads out of the pouch and then timidly withdraw them in again.

There are many different kinds of Kangaroos, but the best known are either grey or tawny-red in color. All of them are peaceful animals and browse among the grass on the Australian plains. They quickly become alert if attacked and are so swift in escape that they rarely need to defend themselves. But Kangaroos have sharp claws to fight with in case they are cornered.

—Tappu

**National Youth Day
– 12 January**

SWAMI VIVEKANANDA

Swami Vivekananda was born on 12th January, 1863 in Kolkata. His parents called him Narendra. His father, Vishwanath Datta, was a successful lawyer and his mother, Bhuvaneshwari Devi, was a religious lady.

During his school days, he excelled in music, gymnastics and studies. By the time, he graduated from Calcutta University, he had acquired a vast knowledge of Western philosophy and history. Instead of worldly affairs, he was more drawn towards spiritualism.

One day, he went to meet Sri Ramakrishna and straightaway asked him, “Have you seen God ?” Sri Ramakrishna replied, “Yes, I have. I see Him as clearly as I see you.” Thus, the true Master blessed his disciple Vivekananda with God realisation. Swami Vivekananda attended World’s Parliament of Religions held in Chicago

in 1893. His address began with the words ‘My dear sisters and brothers of America’. This thrilled the audience as this greeting contained the spirit of Universal Brotherhood. His inspiring speech made him famous as an ‘Orator by divine

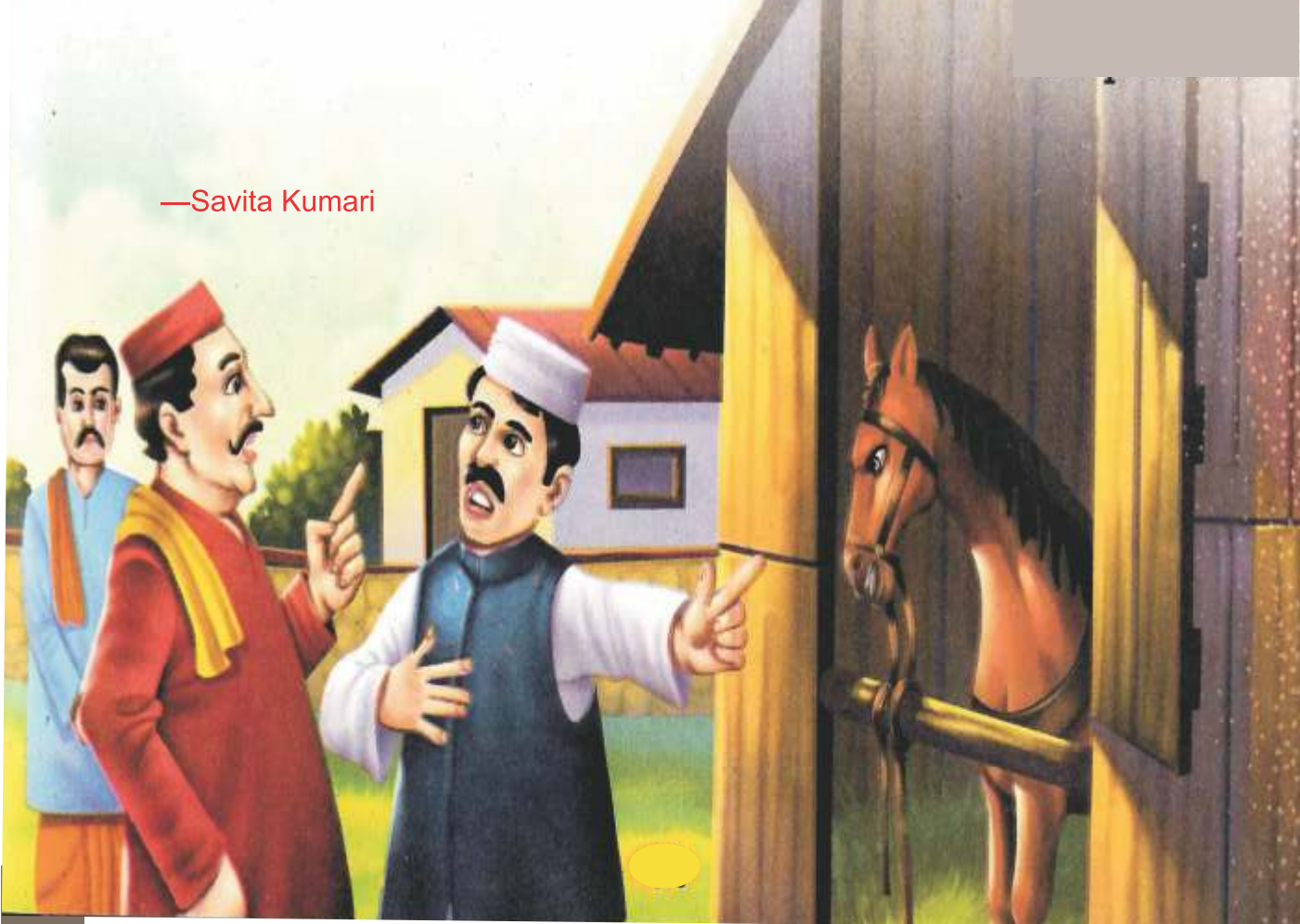
right’ and ‘Messenger of Indian wisdom to the Western world’. After the Parliament, he spent more than three years spreading Vedanta in America and England.

After coming back to India, he founded Ramakrishna Mission in 1897. This organisation worked for the spread of education and uplift of the poor masses. It also ran various hospitals, schools and colleges and conducted relief work for the victims of calamities.

In 1899, he went to the West on a second visit to inspire and guide people on spirituality. He conducted hundreds of public and private lectures to spread awareness about the Hindu philosophy. His call to the world was ‘Awake, arise, and stop not till the goal is reached.’

He passed away at the age of thirty-nine years on July 4, 1902 in India. His birthday is celebrated as ‘National Youth Day’ in India.

—Savita Kumari



The Greedy Man

Once a Rich man came in a village for trade. On his way, he met a farmer. He asked the way to an inn.

The farmer told him the way to the inn and went on his way. The Rich man checked into the inn. He tied his horse in the inn's stable and went to sleep.

In the morning, the innkeeper claimed, "This is my horse. My stable gave birth to this horse."

Rich man was shocked to hear such a lie. Both of them had a strong argument. They went to the court of law for justice. Rich man called the farmer as witness for his identification.

The farmer came late and said, "Sir, I am late because I was sowing boiled wheat in my fields."

The judge laughed and asked, "How can boiled wheat bear any grain?"

"If a stable can give birth to a horse, then everything is possible," replied the farmer.

The judge understood the truth and punished the innkeeper.

Moral : Wisdom is the key to all problems.



Story : Priya Tandon, Chandigarh

The Garden

There was a hermitage where an ascetic lived with some disciples. A nine year old boy was the youngest disciple there. One day the old ascetic told the little boy, "I am going out for a few days. I have given all the boys certain duties to do, while I am away. You are in charge of this garden. Look after it nicely."

Ten days later the ascetic came back. He found that the garden and its little caretaker both looked weak and unhappy. He made the boy sit near him and asked him, "Did you look after the garden in my absence?"

The boy nodded his head and said, "I got up early in the morning and worked all day. I even slept in the garden, so that no one would enter and damage anything. I did not allow anyone pluck any flowers."

The Ascetic said, "You spent the whole day looking after the garden? Tell me, what all did you do?"

Boy: Gurudev, I cleaned all the leaves with my Angavastra (shawl). I wiped the dust off all of them. I removed all the ants and caterpillars that crawled on them.

The ascetic listened patiently as the little boy went on.

Boy: Gurudev, I cleaned all the branches and removed the dead leaves. I smelt each

flower one by one. I even sprinkled Itra (perfume) on the flowers that did not smell good. I sang songs to the little plants and told them that Gurudev would be coming soon. I wiped the dust off all the fruits and kept guard all day, so that the birds would not peck at the fruits and damage them.

Ascetic: My child, I can see that you have been working very hard, you must be very tired.

The boy lowered his tear filled eyes and did not speak a word. The master held his hand softly.

Ascetic: Son, did you water the garden? Boy: No Gurudev, I did not.

Ascetic: My child, you have taken care of the outward appearance of the plants. You have cleaned and polished them diligently. You have even removed all the insects from the plants. But you did not provide nourishment to them. You did not think of what is within the plants. It was not important to dust the leaves and branches. Dust does no harm to them. Even the ants and all the crawlers do not damage the plant. They are a part of nature. The plants are used to them. The birds too normally take their share out of nature's bounty. You did not notice that the leaves looked dry and droopy. You did not feel that the ground looked parched. You did not see that the grass was turning dry and yellow. Did you try to find out why everything looked so droopy and weak?

This is what we also do. We spend hours on our outward appearance. We spend loads of money to buy good clothes, jewellery, cosmetics, perfumes etc. We are concerned about only the outwardly issues. Do we pause to think about what we need for our inner self? The thing that is not visible, that is most important. Concentrate on that. That is the most valuable part of us.

Moral: "The Lord loves the Inner, not the Outer. But you should not neglect the outer, even in the outward behaviour and in your acts you should manifest the inner feeling."

Truthful Gokhle



Once a teacher gave very difficult sum of maths to the students. The sum was given as home-work. One of the students was intelligent and also tried his best but could not solve the problem. Thus, he got it solved from his elder brother.

The next day, he was the only student in the class who had solved the problem. The

teacher was very happy and praised him. The teacher rewarded him for his intelligence. The student accepted the praise that day but the next day he apologized to his teacher and said, "Sir, I have no right to this reward. I got the problem solved from my elder brother."

The teacher was overjoyed and praised him for his truthfulness. He was no other than our great leader and freedom fighter Gopal Krishan Gokhle.

By . : Anita Pandey

Benefits of Guava

1. Immunity Booster : Did you know: Guavas are one of the richest sources of vitamin C? It's true. Guava fruit contains 4 times the vitamin C content present in oranges. Vitamin C helps improve immunity and protects you against common infections and pathogens. Moreover, it keeps your eyes healthy.

2. Lowers Risk of Cancer : "Lycopene, quercetin, vitamin C and other polyphenols act as potent antioxidants which neutralise free radicals generated in the body, preventing the growth of cancer cells. Guava fruit has shown to be widely successful in reducing prostate cancer risk and also inhibit the growth of breast cancer cells since it is rich in lycopene.

3. Diabetes-Friendly: Due to the rich fibre content and low glycaemic index, guavas prevent the development of diabetes. While the low glycemic index inhibits a sudden spike in sugar levels, the fibre content ensures the sugar levels are well regulated.

4. Heart Healthy : Guava fruit helps improve the sodium and potassium balance of the body, thereby regulating blood pressure in patients with hypertension. Guavas also help lower the levels of triglycerides and bad cholesterol (LDL), which contribute to the development of heart disease.

5. Treats Constipation : It is one of the richest sources of dietary fiber in comparison to other fruits and just 1 guava fulfills about 12% of your daily recommended intake of fibre, which makes it extremely beneficial for your digestive health. Guava seeds, if ingested whole or chewed, serve as excellent laxatives too, helping the formation of healthy bowel movements.

6. Improves Eyesight : Due to the presence of Vitamin A, guava is well known as a booster for vision health. It can not only prevent degradation of eyesight, but even improve eyesight. It can help slow down the appearance of cataracts and macular degeneration. Even though guavas are not as rich in Vitamin A as carrots, they are still a very good source of the nutrient.

7. Beats Toothache : Guava leaves have a potent anti-inflammatory action and a powerful antibacterial ability which fights infection and kills germs. Thus, consuming guava leaves works as a fantastic home remedy for toothache. The juice of guava leaves has also been known to cure toothaches, swollen gums and oral ulcers.

8. Stress-Buster : The magnesium present in the fruit is responsible for one of the many benefits of guava, helps to relax the muscles and nerves of the body. So after a hard workout or a long day at the office, a guava is certainly what you need to relax your muscles, combat stress and



give your system a good energy boost.

9. Good for Your Brain : “Guavas contain vitamin B3 and vitamin B6, also known as niacin and pyridoxine respectively, which help in improving blood circulation to the brain, stimulating cognitive function.

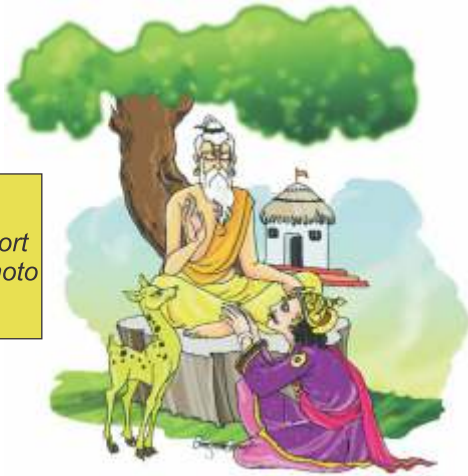
10. Weight Loss : Want to shed a few pounds? Guava is just the ticket. Without compromising your intake of proteins, vitamins and fiber, guava helps you lose weight by regulating your metabolism. It's a win-win! Guava makes for a very filling snack and satisfies the appetite very easily. Guava, especially raw guava, also has far less sugar as compared to apples, oranges, grapes, and other fruits.

11. Cough and Cold : Guava has one of the highest quantities of vitamin-C and iron among fruits, and both are proven

to be preventive against cold and viral infections. The juice of raw and immature guavas or a decoction of guava-leaves is very helpful in relieving cough and cold since it helps get rid of mucus and disinfects the respiratory tract, throat and lungs.

12. Improves Complexion : Guava helps regain the skin's radiance and freshness. Reap the benefits by preparing a DIY scrub at home: All you have to do is mash some guava flesh with an egg yolk and apply it on your face. Rinse off after 20 minutes with warm water. When used once or twice a week, this scrub will remove dead cells from your skin and lighten your complexion. Guavas are also a great source of Vitamin K, which helps get rid of skin discoloration, dark circles, redness and acne irritation.

—Supreeti, Bijnaur



Mobile No.

Once upon a time there was a King

[illegible]

This story by Swati Gore D/o Sh. Manik Gore, Maharashtra, in Khangoor at Wadi in Ganpati Nagar has been adjudged the best Congrats to her.



The Panchayat

Prince and Kalu were fast friends. Kalu's aunt lived nearby his home. Kalu lived with his wife. Kalu's aunt had a lot of property. One day she decided to let Kalu and his wife live with her. So they started to live in. But after two years she retired his wife is not comfortable with her. So she told Kalu that he have to give some money per month to stay in. Next day he went to his fast friend Prince who was Panch of village. Villagers arranged a meeting and heard views of both side. Finally Panchyat told that Kalu has to pay monthly rent. After some years Prince got ill and became poor because his one bull had died. So he thought to sell his another bull to a person named Sahu and in return they decided that Sahu must give him money on time. After two months his other bull also died. But Sahu had not given money to Prince. So Prince went to Panchyat and told all the situation. Next day Panchyat met and now the head Panch was Kalu, so prince told Sahu call any one as Panch head and any decision will be accepted honestly. Sahu knew that Kalu has become enemy of Prince. So he selected Kalu as Panch and said your decision will be accepted as the voice of Panch is the voice of God. But Prince became sad because Kalu will not take decision in favour of me. Because I am his enemy. After hearing the views of both side Kalu took decision that Prince must get his money back. Prince was really shocked after the decision. After the dispersal of Panchayat Kalu came to Prince and hugged him happily and said that today I knew that Panch must take decision honestly because God lives in Panches.



Riddle



1. You are participating in a race. You overtake the second person. What position do you finish? ,
2. If you overtake the last person, then you arrive.....?
3. When do elephants have eight feet?
4. What is alive and has only one foot?
5. What can not be recalled?
6. What is faster than air?
7. What is higher without the head than with it?
8. What is the best cure for dandruff?
9. What gets wetter and wetter, the more it dries?
10. Where does Friday comes before Thursday?
11. What is the difference between a Jeweller and Jailor?
12. A boy fell off a 100 foot ladder, but he did not get hurt. Why not?
13. What has a ring, but no finger?
14. Which bank never has any money?

Answer

1. Second 2. Last Person 3. Pair 4. A Leg 5. Timers
6. Mind 7. A Pillow 8. Baldness 9. A Towel
10. In the dictionary 11. A Jeweler sells watches—A Jailor Watches Cells 12. He fell off the bottom step
13. A telephone 14. A riverbank

—Sanjay Tandon,
Chandigarh

Tansen



Here is an anecdote from the life of the famous Emperor Akbar who was very fond of music. Musicians and artisans were given a lot of encouragement at Akbar's court. The great singer Tansen was his court singer. One day Akbar said, "Tansen, you sing so beautifully. I am sure that there is no one in the world who can sing better than you." Tansen replied humbly, "Badshah Salamat (your royal highness), I beg to differ. There is one person who sings more sweetly than me."

Akbar said, "That is impossible. Who is he?" Tansen said, "Oh Badshah! is my Guru Shri Haridas. If you want to hear him sing, you shall have to come with me to Vrindavan."

So it was settled. Akbar went to Vrindavan along with Tansen. They reached there in the late evening. Tansen said, "Maharaj, my Guru should be resting now. Let us also sleep. We shall go to see him in the morning."

In the wee hours of the morning, Akbar woke up to the sound of someone singing. He listened intently. The singer was singing a devotional song, to wake up the baby Krishna sleeping in His

cradle. So sweet were the notes and so heavily were they drenched in love and devotion that the voice was divine and sweet beyond words. Akbar was totally immersed in the sweet nectarine words and intoxicating music. Tansen woke up to find Akbar totally overwhelmed by the sweetness of the song that he was unconsciously an audience to. Tansen whispered into the ear of the Emperor, "My Lord that is my Guru Shri Haridas."

Akbar slowly opened his tear-filled eyes and asked, "You too sing in my court Tansen; but what is this? What sweetness! I have never experienced this before! What is the difference?" Tansen said, "Badshah Salamat there is only one difference. But it is a great big difference."

"What is that?"

"My Lord, I sing for the Badshah of Delhi. My Guru Haridas sings for the Badshah of the Universe!"

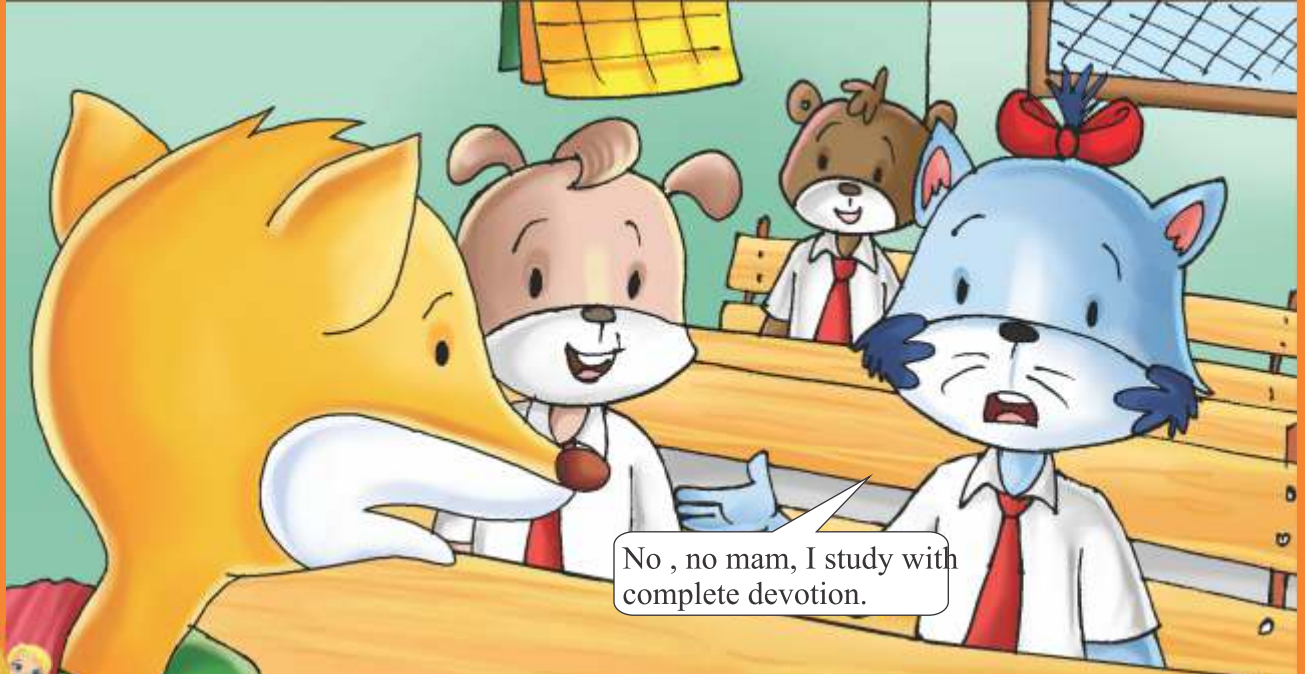
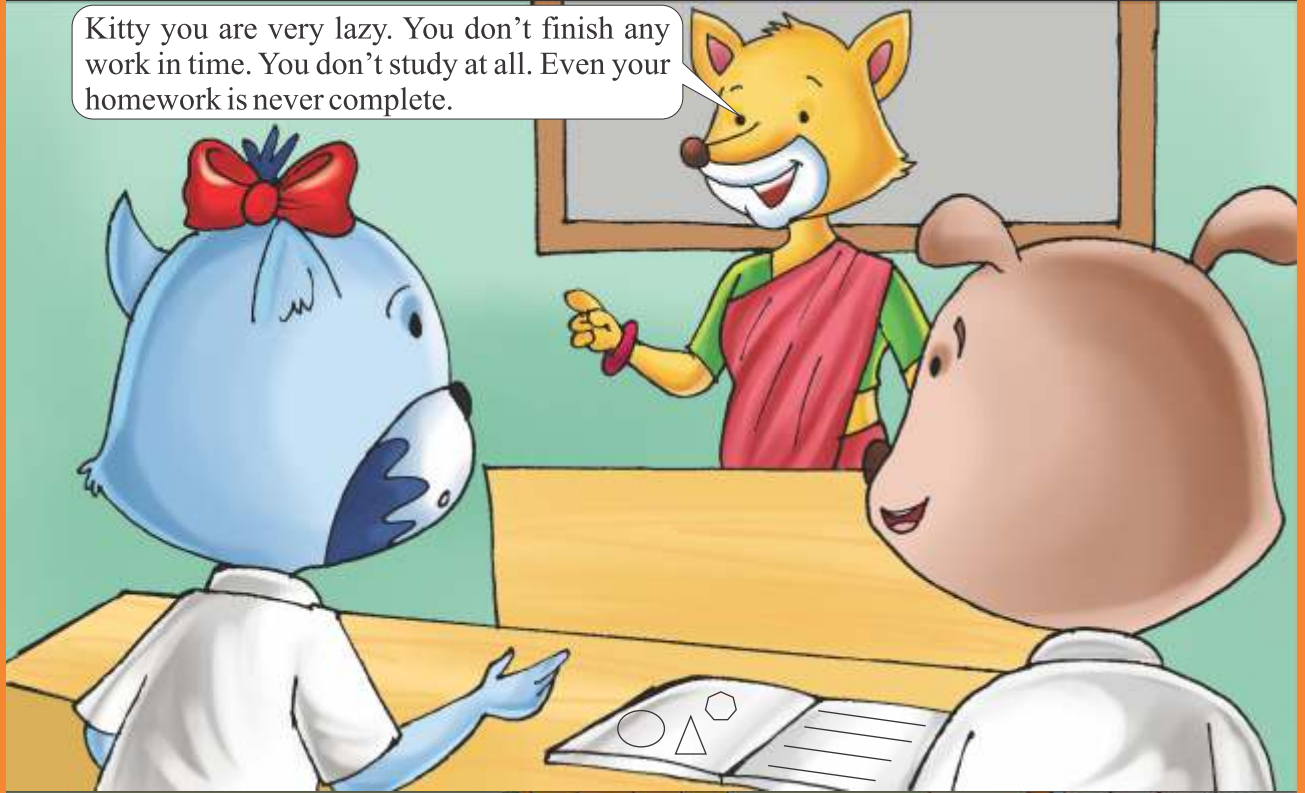
What an enormous difference! Anything and everything that is done with love and devotion for God becomes sweet and beautiful. Bhagawan Baba tells us that, devotion is not a uniform to be worn on special occasions. Devotion is a way of life!



Kitty

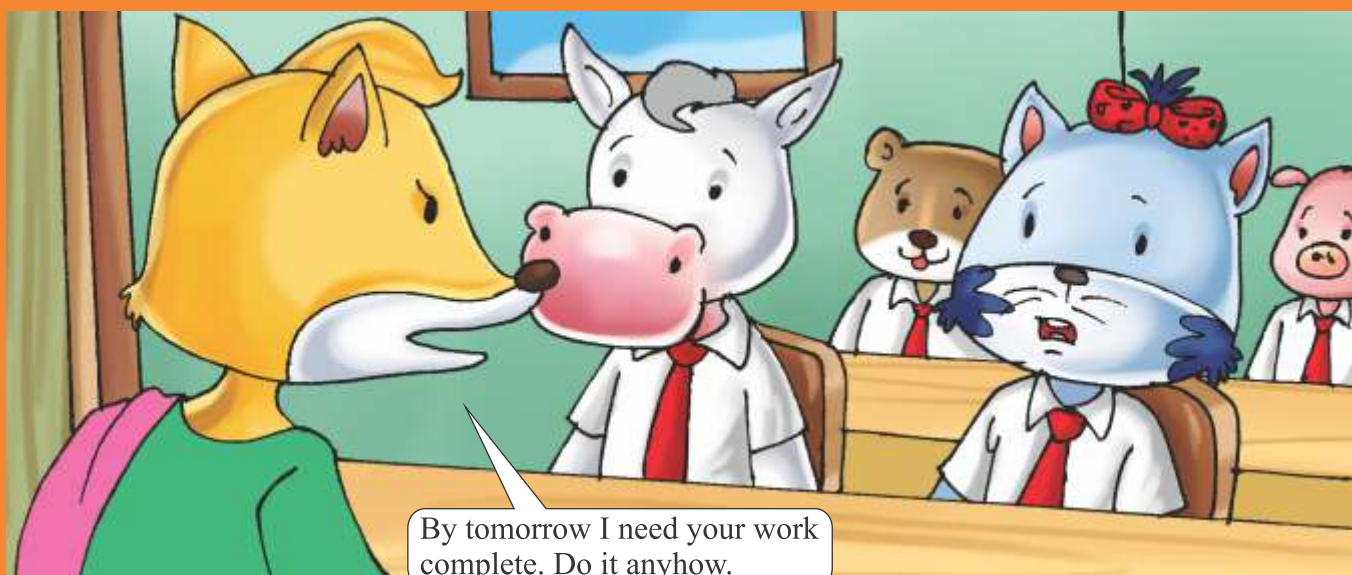
Story & Illustration
Ajay Kalara

Kitty you are very lazy. You don't finish any work in time. You don't study at all. Even your homework is never complete.



No , no mam, I study with complete devotion.





By tomorrow I need your work complete. Do it anyhow.



Chintu can you give me your copy for completing work? Or else tomorrow I will be in trouble.

Yes Kitty why not? You can have it. But please don't let them get dirty and don't spoil them.



Ok Chintu, I will take care of it. Just give it fast, I need to complete the work.



See Kitty, I had already warned you earlier to complete your work . Else madam would be upset .



You just go from here Montu. Else I would be very angry. And I will throw away these copies.



Montu please allow me to copy.





See, here go the copies.

Kitty, you threw Chintu's copy also. See they are torn now.



Now your punishment is that you will now make two copies. One yours and another Chintu's. And that too right in front of me.



Oh, I was thinking of making Chintu do the work for me. Now I will have to do the work twice. That is why it is said that anger is harmful. Now I will never be angry again.



Drinking hot water is useful not only after meals for good digestion but also to prevent heart attack. Chinese and Japanese take hot tea after their meals and not the cold water. Generally people like to take cold water or cold drinks with or after their meals which is very harmful, because the cold water solidifies the oily products that we take in our meals and slows down our digestion. When it reacts with the acids in our stomach, it breaks down and soon gets absorbed by the intestines much faster than the solid food. It gets deposited in the intestines and soon converted to fat which becomes a cause for cancer.

So it is always advisable to take hot soup or warm water after the meals. A glass of warm

water should also be taken before going to bed. This prevents formation of blood clots and saves us from heart attack.

A group of Japanese doctors have certified that drinking hot water is very much effective for headache, migraine, high/low blood-pressure, joint pains, irregular heart-beat, increase of cholesterol, cold, cough, uneasy breathing, asthma, blockage in veins/nerves, urine problem, stomach problem, weak memory, eyes-nose-ear-throat problems etc.

How to use Hot Water :

1) If you are suffering from skin problem and tired of using various cosmetics, start taking hot water after getting up early morning. Your skin will be problem free and start glowing.

2) All the toxic elements present in the body get eliminated by drinking hot water. All the abdomen problems such as indigestion,

acidity, constipation, piles etc. are also removed by taking hot water empty stomach early in the morning and after meals at night.

3) The problem of low appetite is removed by taking lemon with little black salt and black piper in hot water.

4) The problem of cough, cold, throat infection, asthma also get removed by taking hot water.

5) By taking lemon and honey in hot water, the extra fat in the body gets eliminated and weight gets reduced.

— Gurcharan Anand, Ludhiana (Punjab)



How Plants Make Food

Science Matter

All green plants need sunlight because they use the Sun's energy to make their food. The food-making process called photosynthesis, takes place mainly in the leaves using a substance called chlorophyll. If a green plant is kept in darkness, it soon loses its green colour, withers and dies.

How do Plants Feed?

Plants have to feed themselves to stay alive, just as people and animals do. However, green plants are able to make their own food. They make sugars and starches by absorbing carbon dioxide through their leaves, and water from the soil and rain through their roots and leaves. They use energy from sunlight to change the gas and water into food, which they can store if necessary. This food-making process is called photosynthesis. Oxygen is given off, keeping the air supplied with oxygen. The plants also take up minerals through their roots.

Fungi such as mushrooms and toadstools are not classed as plants because they do not make their own food. They feed on other plants or the remains of plants, and can live in darkness.

—Rajat Kapoor, Delhi



Compiled by : Sakshi Gulati, Chandigarh



Laughing Time



A miser's house caught fire and it continued burning for hours till everything was reduced to ashes. There was no response from the Fire Brigade as the miser gave only missed calls to the Fire Station!

A doctor tells his (heavy weight) wife, "Remain in the Flat for sometime, I am trying to sell at the shop some bottles of the patented slimming lotion."

Patient : Shall I survive this risky operation?

Doctor : Yes, I am very sure about that.

Patient : How can you claim to be so sure?

Doctor : Out of ten patients nine die in this operation, and yesterday my ninth patient died.



Teacher : Sam what is the outside of a tree called?

Sam : I do not know.

Teacher : Bark, Sam-Bark.

Sam : Bow-Wow-Bow!

Father : Ravi, why are you making a hole through your text book?

Ravi : Because teacher asked me to go through the book.

Mother (to the teacher) : Is my son outstanding in the class?

Teacher : Of course, he always stands outside the class.

Peter : Swimming is an excellent exercise, it keeps you slim, smart and in a good figure.

Max : Then why are the ducks short and fat?



Boss : You got your hair cut during office time?

Employee : It grew during office time.

Boss : Not all that hair.

Employee : I did not get it all cut.

Feju : My father always whistles as he works.

Teje : He must be a happy-man.

Feju : No, he is in traffic police.

Customer : But, if you are selling these watches below cost, where does your profit come from?

Shopkeeper: We make profit out of repairing them.

Karuiia : How should I convey to my father that I have failed again?

Taruna : You just send a telegram "Result declared, past year's performance repeated."

Teacher : Why haven't you gone to study your Geography —Arhan?

Aman : I heard my father say that the world is changing every day so I thought I'll wait till it settles down.

Anuj : That's funny, my shaving brush is very stiff this morning.

Ramnik : But it was nice and soft when I painted the wall with it yesterday.

Gobind : How often do you shave?

Gullu : About thirty times a day.

Gobind : Are you crazy?

Gullu : No, I am a barber.

Mohit : What is a committee?

Ramari : It is a group of men who individually can do nothing but as a group decide that nothing can be done.



★ When God dwells in our heart, He protects us from all evils and we feel blissful wherever we may be.
— Rishi , U.S.A.

★ All religions teach one basic lesson; removal of the blemish of egoism; and running after tiny joys."
— Raunak, Mumbai

★ Do you wish men to speak well of you? Then never speak well of yourself.

Patience is not how long you can wait... but how well you can behave while you are waiting.

—Avneesh Gulati, Chandigarh

★ No body can take away your pain; so never let any body take away your Happiness.
— Ramesh Rai, Bihar

★ Nothing hurts more than being hurt by the person whom you thought would never hurt you.
— Ratnesh , Gorakhpur

★ Best friends should be like two zeroes : When you try to add them, they are the same. When you try to subtract them, they are again the same. But when you divide them, it is just impossible.
— Shweta , Delhi

★ Be not elated by fortune, be not depressed by adversity.
— Greek Proverb

★ Understanding between man and man is the key to world peace.
—Ashok, USA

★ Peace is not merely a distant goal that we seek, but a means by which we arrive at that goal.
— Martin Luther King

★ Great is one who imbibes God even a little.

★ When the power of love overcomes the love of power, the world will know peace.

Result for the month of November 2019 Issue

First :

Sumanyu Chawla

Age 8

316 Dhirpur Village
Delhi - 110009



Second :

Vedant O Mourya

Age 11

23, Sai Bandhu, Sai Baba Nagar
Navghar Road,
Bhayander (E) Thane- 401105



Third:

Shivansh Kumar

Age 10

Village Makri, Po. Jejwin
Teh. Kalal, Dt. Bilaspur (H.P.)



Consolation Enteries

Tanishtha M. (Bangaluru)

Vandita Arora (Faridabad)

Aditi (Nirankari Colony, Delhi)

Lakshita (Sant Nagar, Delhi)

Pari (Mukunpur, Delhi)

Tapsya (Ludhiana)

Radha (Azamgarh)

Tappu (Delhi)

Ankita (Delhi)

Rita (Kanpur, UP)

Ashmita (Delhi)

Richa (Dehradun)

Sarita (Dehradun)

"Colour it" for January Issue

On page 44, a beautiful picture is given; colour it and send it to us latest by **February 20, 2020**. Office address: **HANSTI DUNIYA**, Nirankari Complex, Near Nirankari Sarover, Nirankari Colony. Delhi - 110009

The result will appear in **March 2020** 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

.....

I Love My India

I Love
My
India

Punjab for farming

Bengal for writing

Kashmir for beauty

Karnataka for silk

Haryana for milk

Goa for salt

Assam for tea

Tamil Nadu for sea

U.P. for sugarcane

Himachal Pradesh for apples

Orissa for temples

Madhya Pradesh for tribals

Bihar for minerals

What do you know

Delhi for?

For the sweet and

generous people

who work hard

This is

my India

Compiled by Gurdev Singh, Pandoh

Stephen Hawkins



Stephen William Hawking (8 January 1942 – 14 March 2018) was an English theoretical physicist, cosmologist, and author who was director of research at the Centre for Theoretical Cosmology at the University of Cambridge at the time of his death. He was the Lucasian Professor of Mathematics at the University of Cambridge between 1979 and 2009.

His scientific works included a collaboration with Roger Penrose on –gravitational singularity theorems in the framework of general relativity and the theoretical prediction that black holes emit radiation, often called Hawking radiation. Hawking was the first to set out a theory of cosmology explained by a union of the general theory of relativity and quantum mechanics. He was a vigorous

supporter of the many-worlds interpretation of quantum mechanics.

Hawking achieved commercial success with several works of popular science in which he discusses his own theories and cosmology in general. His book *A Brief History of Time* appeared on the British Sunday Times best-seller list for a record-breaking 237

weeks. Hawking was a Fellow of the Royal Society (FRS), a lifetime member of the Pontifical Academy of Sciences, and a recipient of the Presidential Medal of Freedom, the highest civilian award in the United States. In 2002, Hawking was ranked number 25 in the BBC's poll of the 100 Greatest Britons.

In 1963, Hawking was diagnosed with an early-onset slow-progressing form of motor neurone disease (MND; also known as amyotrophic lateral sclerosis "ALS" or Lou Gehrig's disease) that gradually paralyzed him over the decades. Even after the loss of his speech, he was still able to communicate through a speech-generating device, initially through use of a hand-held switch, and eventually by using a single cheek muscle. He died on 14 March 2018 at the age of 76, after living with the disease for more than 50 years.

—Saurabh Sehgal

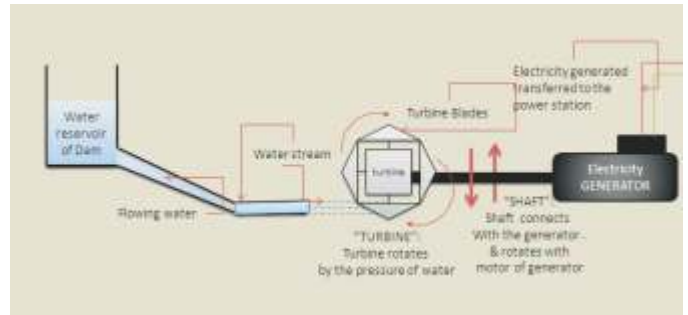
Streams of Energy

We have only to hear the roar of a waterfall to guess the power of water. Its force is also clear anytime we see the damage by floods. But the water power can be extremely useful as well as destructive.

One excellent aspect of water power is that the water can be reused. Unlike such fuels as coal and oil, water does not get used up when harnessed for power. And it doesn't pollute the air either.

The power of water lies not in the water itself but in the flow of water. The power produced by water depends upon the water's weight and its height of fall, called 'head'. Generally, the faster that water moves, the more power it can generate. That's why water flowing from a higher place to a lower place, as a waterfall does, can produce so much energy.

Since ancient times people have used the energy of water to grind wheat and other grains. They first devised the



waterwheel, a wheel with paddles around its rim. As the photograph shows, the wheel was mounted on a frame over a river. The flowing water striking the blades turned the wheel.

Later, larger waterwheels were used to run machines in factories. They were not very reliable, however. Flood waters could create too much power, whereas long rainless periods left the factories without any power at all.

Today, streamlined metal waterwheels called 'turbines' help produce electricity. The electricity produced by water is called 'hydroelectric power' ('hydro' means water).

Enormous dams, like the one pictured here, provide this superior source of electricity. Unlike petrol or coal, water power doesn't cause air pollution.

—Lakshita Bhasin, Delhi

What is Friend

A friend should be a friend
when you need something to share
a friend could be a Father
when you need strength
A friend could be mother
when you need support
A friend could be brother
when you need help



A friend could be lover
when you need happiness
A friend could be a teacher
when you need to be cared
A friend could be 'God'
when you want to trust
A friend could be the lap
when you die.

The Apple Truck

A man owned many trucks. He used to let them out for the transport of apples from Himachal Pradesh to the plains. In the wee hours of the morning he got the message that one of his trucks had skidded and overturned on the highway. At dawn the truck owner went to the site of the accident, to look into the matter.

He was pained to see the truck laid upside down on the roadside. Most of the apple boxes had split open and the apples were strewn all over the road. Luckily there was no loss of life. The Insurance company executives had come to assess the loss. The contractor who owned the apples came to retrieve what ever he could. A crane was called to put the truck back on its wheels. Many hours passed, each professional doing his job to get things back into the streamline.

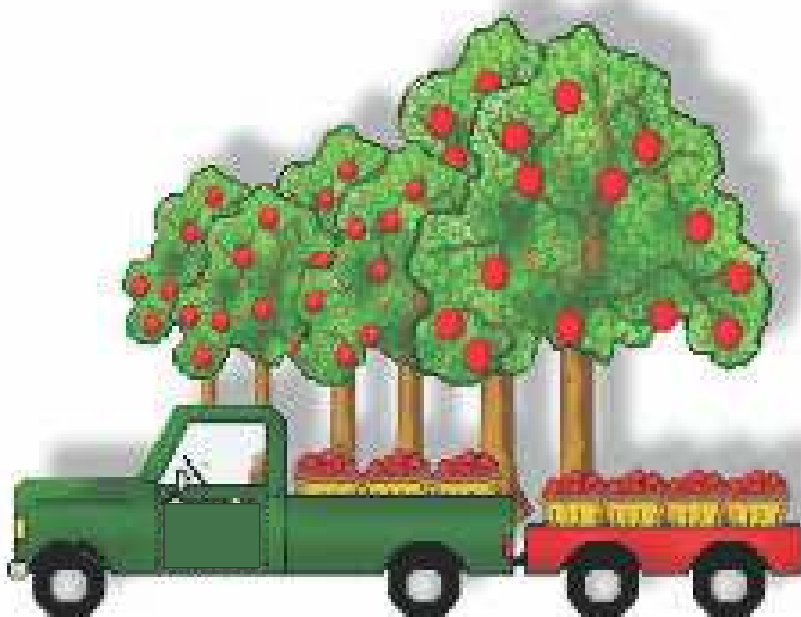
It was late in the evening when the truck owner returned home, tired and weary. He told his elder sister, "In the hurry, I left my wallet at home. I've not had a bite all day. I'm really hungry. Get me some food quickly."

As she served him food, she said, "Didn't you say that there were apples strewn all over the road? Why didn't you pick up a couple of those and eat them? Why did you go hungry all day?"

He said simply, "How could I? They didn't belong to me!"

How true! We are answerable to others later; first and foremost we are answerable to our own conscience!

—Prerna, Lucknow



The Dishonest Richman



While Dasgupta, a rich landlord, had been for a purchase he lost his purse. A poor farmer, Shivprasad, found his purse. Not knowing whose purse it was, he kept the purse safe with him.

Dasgupta found that his purse was missing. He gave an announcement, that whoever returned the purse would get a handsome reward.

Shivprasad took the purse to Dasgupta. Dasgupta got the purse. He counted the money and found all the ten hundreds he had in the purse was there.

But, Dasgupta said, "You cheap farmer! you have taken some money from my purse".

Shivprasad was astonished. He said, "Sorry Sir! But I did not take even a single rupee".

The matter was taken to the court. The judge after listening to the arguments came to the conclusion that Dasgupta was telling a lie to save from giving the due reward.

The judge asked Dasgupta for his purse. He got the purse and then asked, "Dasgupta, how much money was in your purse?" Dasgupta said, "There were twelve hundred rupees, Your Honour".

The judge counted and found only ten hundred rupees. So he said , "Perhaps the purse belongs to the farmer and dismissed the case.

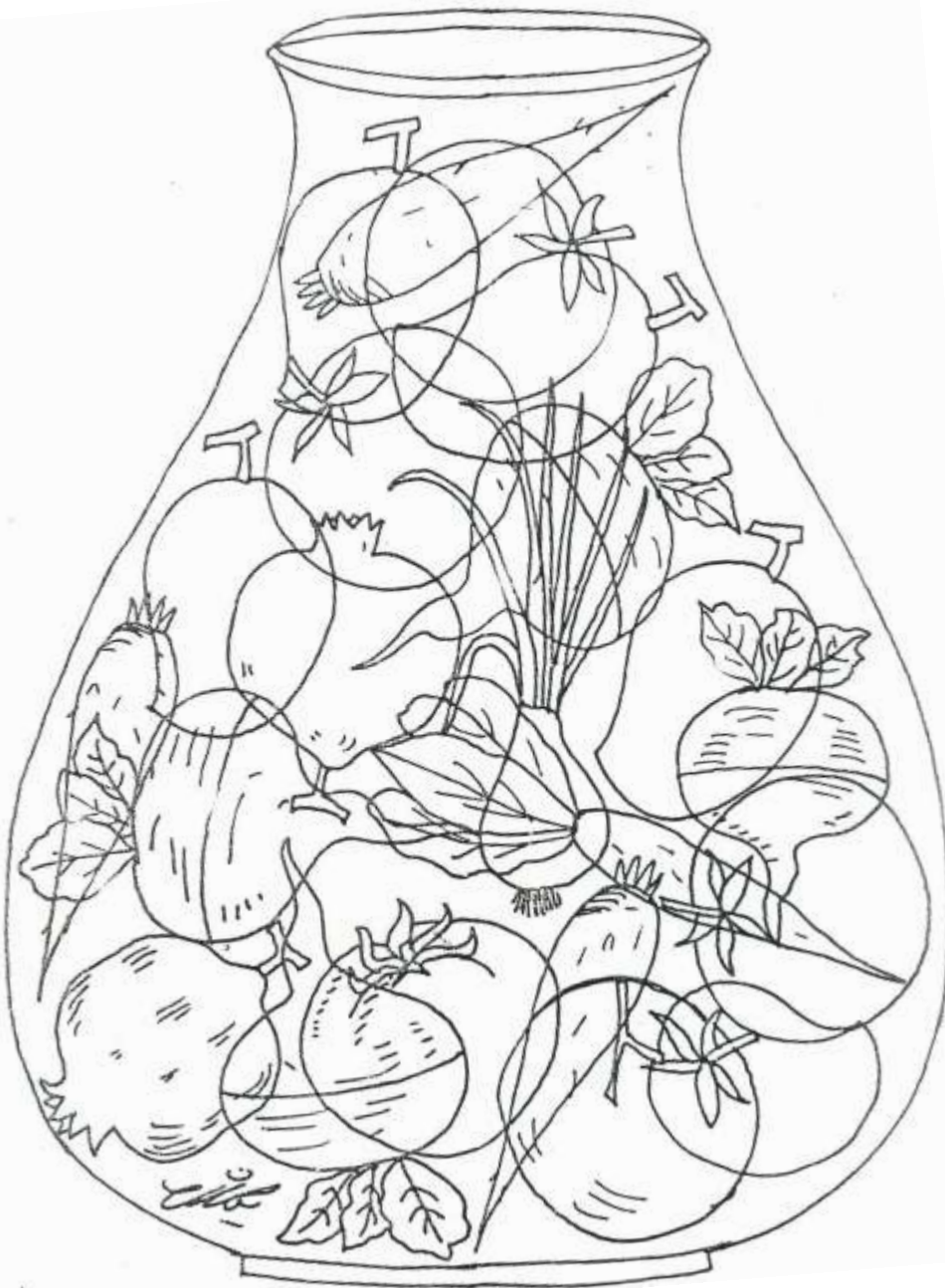
Moral : A wrong doing has a heavy penalty

—Subhanshu, Indore

Let us try

■ Chand Mohammad Ghosi

Which fruit and Vegetables are there in the following jar & how many ?



Answer : 4 Mango, 5 Tomato, 5 Turnip, 4 Carrot and 2 Pomegranate



radio.nirankari.org

24x7



kids.nirankari.org

Catch the latest episode
on **23rd** of every month



www.nirankari.org

Catch the latest episode
on **10th** of every month

Bhakti
Sangeet

radio.nirankari.org

Catch the latest episode
on **20th** of every month



radio.nirankari.org

Catch the latest episode
on **1st & 16th** of every month

Video & Audio Webcasts on www.nirankari.org - Every month



SANT NIRANKARI MISSION

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