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Hansti Duniya





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Holi Message, Love and Laugh

Whatever its background. Holi festival is known for fun, pun and domestic guns. It falls during Spring season when the nature seems to be at play with colourful flowers.

The children, free from annual examinations, keenly look forward to the celebration of Holi festival. They buy Gulal and Pichkaris from the market to throw dry and water colours on each other. Even the estranged children join together to share love and laugh. The elders also join them. Visits are exchanged in the houses or relatives and friends. Tasty dishes are prepared and served to add real charm to the celebration of Holi. The gaps in relationship are abridged and smoothened with love and laugh.



A story goes that one Prophet Elisa appeared before a Jew who was in prayer. Expressing happiness he asked the Prophet, "What do you want to tell me?" Elisa replied, "I know you pray and fast but you are not eligible for an exalted position as those two persons on the other side of the road." Out of curiosity, the Jew went across the road and met those two persons enquiring. "Do you give to the poor or practise charity?" They replied, "We are beggars. What can we give?" To another question, "Do you pray?" They told, "We are illiterate we do not know how to pray."

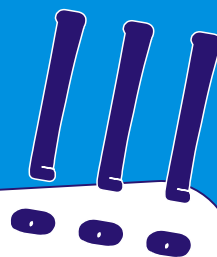
The Jew failed to understand how those men could get to heaven. He then asked. "Do you fast?" Getting a negative reply. Jew put a final question, "Then what are you doing every day?" They said in reply, "We simply crack jokes to bring love and laughter to people in sorrow! When we see someone who is unhappy, we try to love and make him laugh."

Prayers and charity have their place. But the Position of those is certainly exalted who practically bring relief to those who weep. Everyday means Holi festival to them and they can get to heaven too!

— C.L. Gulati

SAMPURAN AVTAR BANI

IK TU HI NIRANKAR - 162



SABH TON VADDA PAP EY LOKO JE PRABH DARSHAN PAYA NAHIN;
SABH TON VADDA PAP EY LOKO JE GUN JEEBHA GAYA NAHIN.
SABH TON VADDA PAP EY LOKO JEKAR MAAN GANVAYA NAHIN.
SABH TON VADDA PAP EY LOKO JEKAR SEES JHUKAYA NAHIN.
SABH TON VADDA PAP EY LOKO JE GUR CHARANIN CHIT LAYA NAHIN;
SABH TON VADDA PAP EY LOKO JE DASWAN DWARA PAYA NAHIN.
SABH TON VADDA PAP EY LOKO MAN NOON JE SMJHAYA NAHIN;
SABH TON VADDA PA PEY LOKO POORA GUR JE DHIAYA NAHIN.
SABH TON VADDA PUNN HAI IHO JEEAN DA KALYAN KARE;
KAHE AVTAR OH DANI VADDA JO NAM BHANDARA DAN KARE.

Thou Formless One - 162

The greatest sin is, O' men, not perceiving God;
The greatest sin is. O' men, not singing the glory of God.
The greatest sin is, O' men, not shedding one's ego and pride;
The greatest sin is, O' men, not bowing your head (at the feet of the True Master).
The greatest sin is, O' men, not focusing the mind on the feet of the True Master;
The greatest sin is, O' men, not realizing the Tenth Doorway.
The greatest sin is, O' men, not correcting the erring mind;
The greatest sin is, O' men, not contemplating the perfect True Master.
The greatest virtue is redeeming human beings;
Avtar says, he is the greatest donor, who distributes the treasure of the Divine Name.

Benefits of Orange

Orange is known to have several health benefits and is amongst the most popular fruits around the world.

Oranges can be had not only as a snack but also as a major recipe ingredient in various dishes. Nowadays orange juice is an integral part of a healthy breakfast thus promoting a healthy start to the day. They're mainly available in two categories — sweet and bitter, with the former being the type most commonly consumed. Generally an orange should have smooth textured skin and be firm and heavy for its size. These will have higher juice content than those that are either spongy or lighter in weight.

Benefits of eating oranges

High in Vitamin C

Oranges are an excellent source of vitamin C. One orange offers 116.2 per cent of the daily value for vitamin C. Good intake of vitamin C is associated with a reduced risk of colon cancer as it helps to get rid of free radicals that cause damage to our DNA.

Healthy immune system

Vitamin C, which is also vital for the proper function of a healthy immune

system, is good for preventing colds and preventing recurrent ear infections.

Prevents skin damage

Anti-oxidants in oranges help protect skin from free radical damage known to cause signs of aging. An orange a day can help you look young even at 50!

Keeps blood pressure under check

Oranges, being rich in Vitamins B6, help support the production of haemoglobin and also help keep blood pressure under check due to the presence of magnesium.

Lowers cholesterol

According to a study by US and Canadian researchers, a class of compounds found in citrus fruit peels called Polymethoxylated Flavones (PMFs) have the potential to lower cholesterol more effectively than some prescription drugs without side effects.

Controls blood sugar level

Fibre in oranges helps by keeping blood sugar levels under control thereby making oranges a healthy snack for people with diabetes. Moreover, oranges have simple sugars. The natural fruit sugar in oranges, fructose, can help keep blood sugar levels from rising too



high after eating. Its glycemic index is 40 and normally whatever foods fall under 50 are considered to be low in sugar. However, that does not mean you go about eating too many oranges in one go. Eating too much can spike insulin and may even lead to weight gain.

Lowers the risk of cancer

Oranges contain D- limonene, a compound that is touted to prevent cancers like lung cancer, skin cancer and even breast cancer. Vitamin C and antioxidants present in oranges are both important to build body's immunity – they help in fighting cancer. The fibrous nature of the fruit also makes it cancer protective. According to a study, up to 15 per cent of cancer cases happen because of

mutations in the DNA, which can be prevented with Vitamin C.

Good eye health

Oranges are a rich source of carotenoid. The Vitamin A present in them play an important role in keeping the mucus membranes in the eyes healthy. Vitamin A is also responsible to prevent age-related muscular degeneration, which in extreme cases can lead to blindness. It also helps eyes to absorb the light.

Safeguards against constipation

Oranges have both soluble and insoluble fibre. This helps in keeping your intestines and stomach function smooth, preventing irritable bowel syndrome. Additionally, the fibre helps treat constipation to a greater extent.

Padmasana

Padmasana pronounced as Pa-dah-maa-sun-aa is also known as the lotus position. This posture is considered to be of great importance in making a successful yoga practitioner and is given great importance in the prenatal yoga teacher training. If a person gains expertise in doing this pose then his being and yoga practice will blossom like a lotus and therefore the name Padmasana. The lotus pose is also known as Vajra position in Chinese and Tibetan Buddhism.

How to Perform it

Padmasana is known to provide a good workout for your mind and breathing. It helps in conditioning the core of the body and increases the flexibility. Step by step instructions to perform the Padmasana are:

Sit down on the floor on yoga mat with both of your legs stretched out in front of you. Your spine should be erect while you sit.

Now bend your right side knee & place it on your right thigh. See to it that the sole of your feet is pointing in the upward direction and your heel is placed close to the abdomen region.

Now repeat the same instructions with the other leg.

Remember to keep both of your legs crossed and your feet on the opposite thighs while you place your hands on your knees. Your hands must be placed in the mudra position. Hold and continue these steps with slow and long breaths inwards and then outwards.

Top Benefits of Padmasana (Lotus Pose):

It is highly recommended by yoga practitioners for increasing concentration and focused attention. The concentration power of the brain gets increased manifold and it calms down the brain as well.

Doing this asana regularly helps to preserve all the natural fluids in the body. It also prevents the different abdominal diseases and many female disorders which are concerned with reproductive organs.

A much needed peace and tranquillity prevails after doing this asana. It helps mind & the body to relax.

It can also help in stretching the knees and ankles in a great way. This yoga asana is considered to be the base for all the other types of asanas because it helps in strengthening the joints of women.

It helps in losing weight from thighs and hips. In fact, this asana is the simplest posture which can be done by people of all ages.



Padmasana also helps in improving digestion and reducing the muscular tension.

It brings your blood pressure under control. Helps pregnant ladies with easy childbirth.

Decreases the menstrual discomfort and helps in relaxation of the mind.

Beginner's Tip:

If you are beginner and encounter a problem in overlapping your legs while sitting in the Padmasana then you may consider sitting in Ardha Padmasana or half lotus pose. This can be done by placing one leg on either of the two thighs. You can keep doing the half lotus pose until the time you feel comfortable enough to carry on with the Padmasana.

Precautions:

- 1- Anyone who is suffering from a serious ankle injury is not advised to do this asana.
- 2- If someone has gone through a recent knee surgery should also avoid this asana.
- 3- Do not practice this asana with a sprain in your leg or if you have back pain.

— Karuna, Bangaluru

The Smart Vendor



There was a smart vendor. He used to act smart with people. Once, a small boy bought some berries from the vendor. The vendor gave him berries weighing less.

The boy asked "Why are you giving me less berries?" The vendor replied "lesser the berries, easier will it be for you to carry. Now, give me the money".

The boy dropped some coins into the vendor's hand and walked off. The vendor counted and found the money to be less.

The vendor shouted "Hey boy, you've given me less money". The boy's reply was "Lesser the money, easier to count, isn't it!"

Moral : Smart people are outsmarted.

Story : Rajat Kapoor, Delhi

A Pleasant Judgement



Once Lakshmi, goddess of wealth and Jyestha Devi, goddess of poverty, had an argument about who was more beautiful.

When they were arguing, they saw a merchant passing by them. They decided to seek his judgement to settle the matter.

The merchant was filled with awe when they told him who they were, but he turned pale when they told him what they wanted him to do. It was very clear to him that Lakshmi was more beautiful of the two but it was difficult for him to tell Jyestha Devi that she was less beautiful. She would be furious and would probably reduce him to poverty.

But the merchant was very wise man. He said, "O Lakshmi you are beautiful than any other woman on earth or in heaven when you are entering a house. But you O Jyestha Devi, words fail to describe your grace when you are leaving a house. There is none to compare with you in beauty at that time."

It was a judgement that pleased both the contestants because each thought that she had been adjudged the winner. But the real winner of course was the merchant who spoke the truth with tact and talent. He won the favor of the goddess of plenty without displeasing her powerful rival.



True Freedom

Song— Bhupinder Singh ' Dilvar', Mumbai

I want to be free, I want to be free
No bondage for me, I want to be free
No colour no face, no boundaries of place
No nations for me, I am a free race
No sects and no creed, no barriers of breed
Just humanity, I wish to embrace
I want to be free

No dogmas for me, no rituals, no rites
All places are same, no more sacred sites
Religion no bar, my love is for all
My conscience dictates, the wrongs and the rights
I want to be free.....

Know One and Be One, the Master has said
Peace and unity, the Master has bred
The freedom I have, is only His grace
I follow the path, the Master has tread
I am truly free, I am truly free
No bondage for me, I am truly free
I am truly free

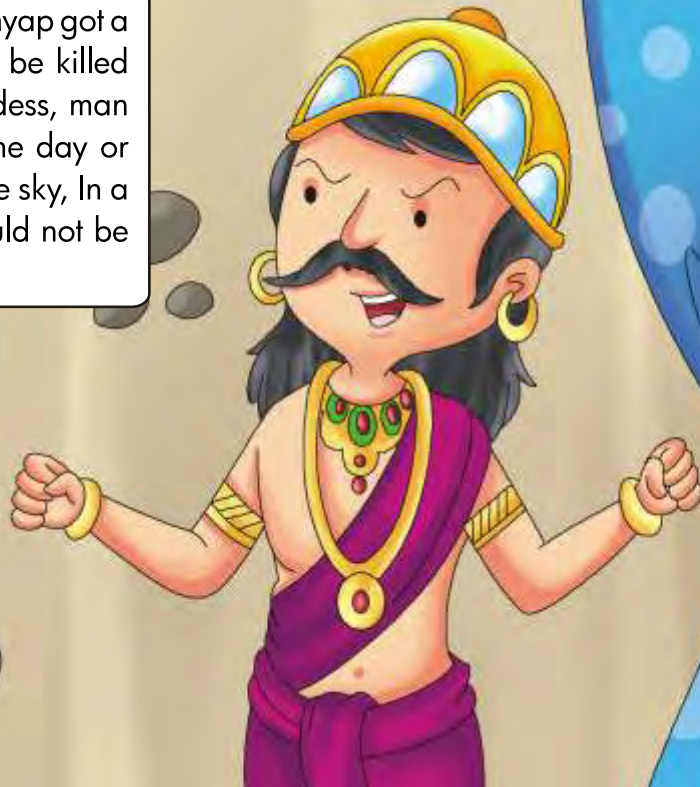




Grandpa

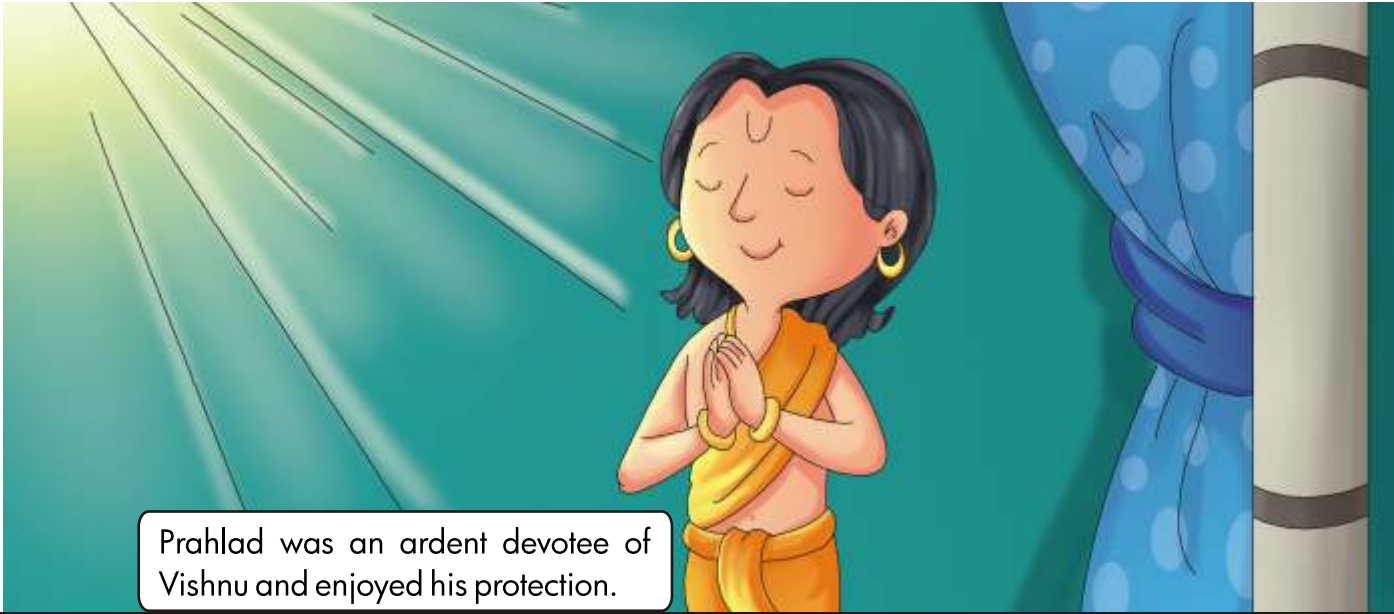
Story & Illustration
—Ajay Kalara

In ancient times, Hirnakashyap got a boon from Bramha not to be killed by any animal, god, goddess, man or a demon. Neither in the day or night, on the earth or in the sky, In a house or outside. He should not be killed by any weapon.

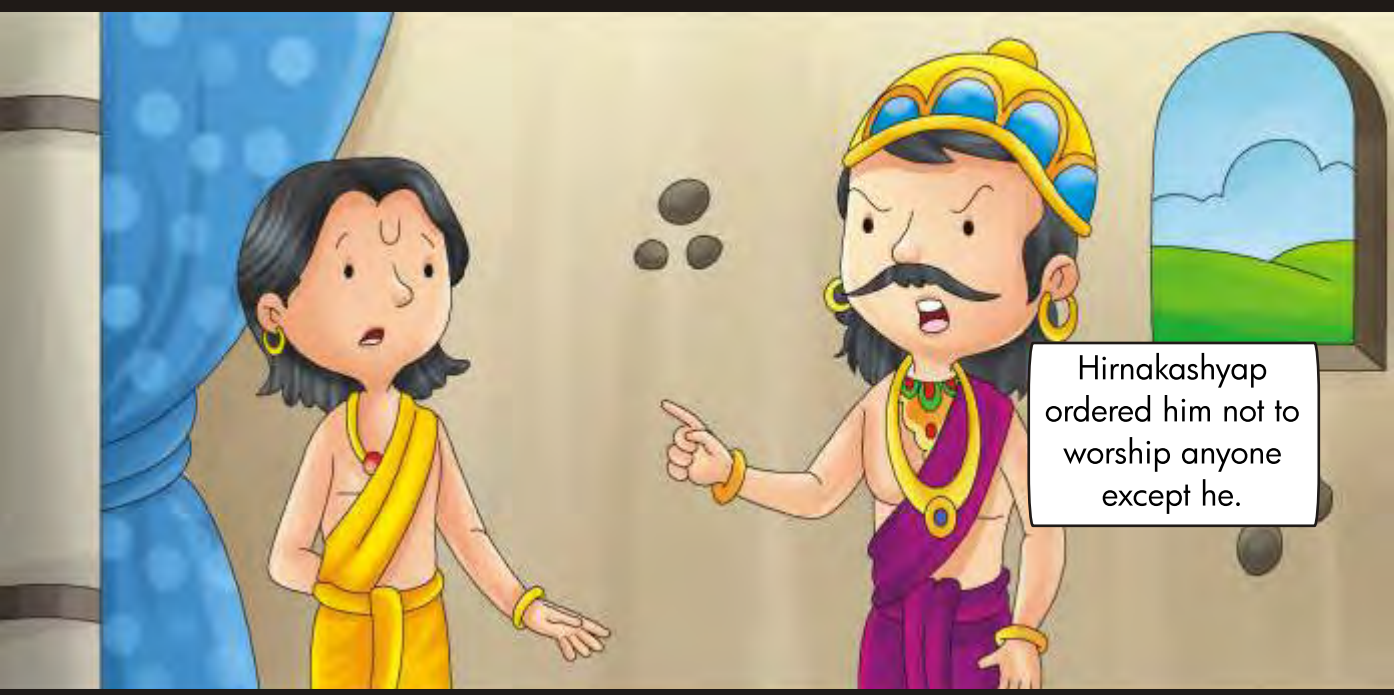


After getting such a boon he became unrestrained and cruel. He got a son who had deep faith in God.

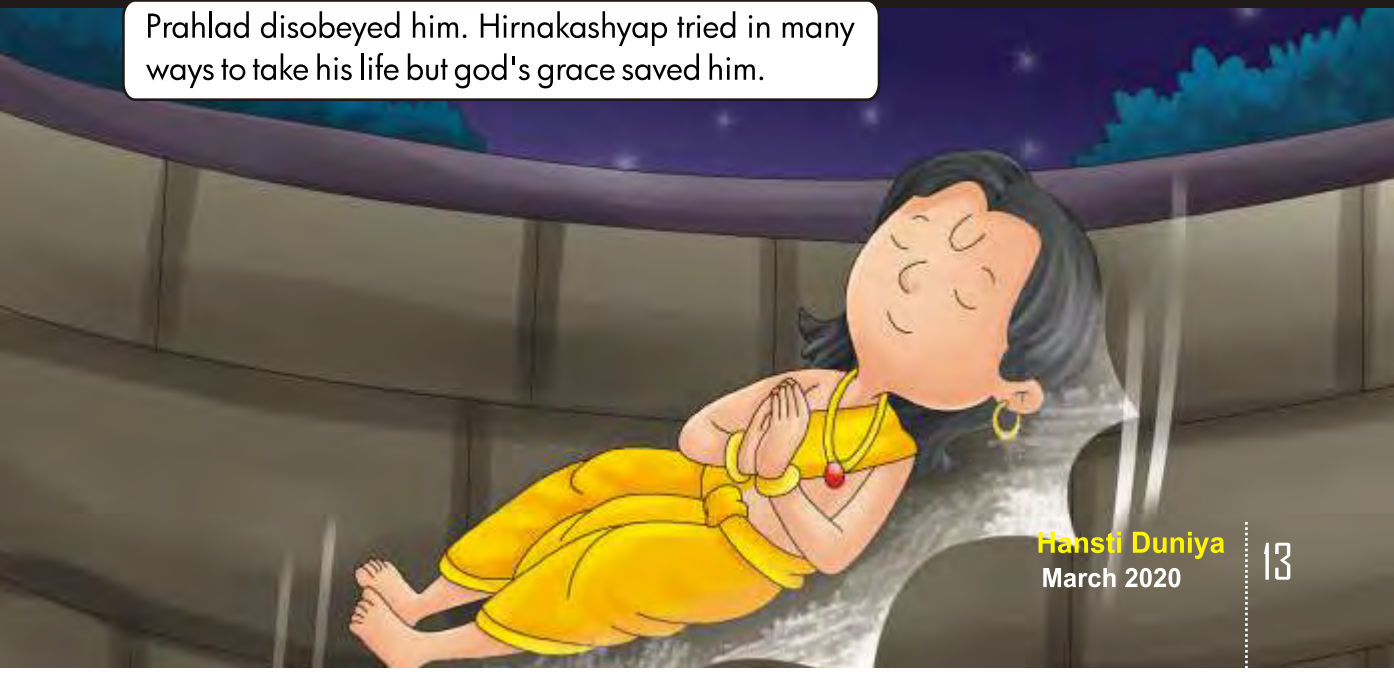


A cartoon illustration of a young boy with dark hair, wearing a yellow dhoti and a yellow shawl. He is standing with his eyes closed and hands pressed together in a prayer (Anjali) mudra. He is wearing yellow bangles and a yellow necklace. The background is a teal wall with a blue curtain on the right and a window on the left showing a bright light.

Prahlad was an ardent devotee of Vishnu and enjoyed his protection.

A cartoon illustration of a man with a mustache, wearing a yellow and blue crown, a purple dhoti, and a purple shawl. He is pointing his right index finger towards a young boy. The boy is wearing a yellow dhoti and a yellow shawl, looking surprised. The background is a beige wall with a blue curtain on the left and a window on the right showing a green landscape.

Hirnakashyap ordered him not to worship anyone except he.

A cartoon illustration of a young boy lying on his back on a grey rock. He is wearing a yellow dhoti and a yellow shawl, with his eyes closed and hands pressed together in a prayer mudra. He is wearing yellow bangles and a yellow necklace. The background is a dark blue night sky with stars and a dark blue curtain on the left.

Prahlad disobeyed him. Hirnakashyap tried in many ways to take his life but god's grace saved him.



Holika his maternal aunt had a scarf (Chunri) that could save her from fire.



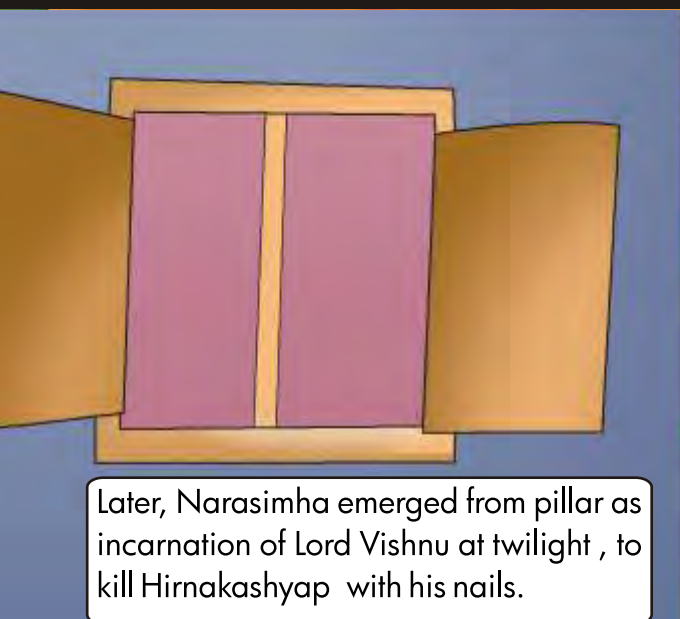
Hirnakashyap hatched a plan with Holika to kill Prahalad in fire.



Holika wore the scarf, took Prahalad in her lap to burn him.



With god's grace the scarf flew over Prahlad but Holika was burnt to ashes.



Later, Narasimha emerged from pillar as incarnation of Lord Vishnu at twilight , to kill Hirnakashyap with his nails.



Since then, festival of Holi is celebrated as victory of good over evil.

— Jagtar Chaman, Anoopgarh

The Green Earth

The beautiful green earth was created by God. There were many green fields full of grass and trees. Then God created birds and animals to live in the meadows and the fields. And finally, He created man to take care of all his beautiful creation. This was the best creation.

But at the same time he warned man, "You must keep the earth green and as beautiful as I have made it. Do not commit any sin. Or else earth will lose all its beauty."

Then man came to earth. Soon he forgot God's warning. He started committing sins like stealing, lying and killing others. So, the earth lost its beauty and started turning into a desert.

Man felt sorry for his deeds. Then God forgave him. That is why we have some greenery still left on the earth.

—Praveen Kumar Sisodia

Safety Tips On Holi

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

because of their strategic place in body. Please ensure that your eyes remain protected at all times. Use a sunglasses to protect your eyes from a misfire of colour filled darts or water jets.

- ★ Put on your old clothes so that you won't have to take on the hassles of an immediate washing.
- ★ Rags like tattered denims and bright shades like black, blue, green, purple are highly recommended.
- ★ Try to save yourself off from all possible attacks on the face.
- ★ If possible avoid going outside your home, at least in the peak hours of celebration. The premises of your home ensure that you are safe from pouncing hooligans, even friends who can be a little rough on the day.
- ★ Do not use permanent dyes. If someone has applied it on you, do not rub the face with soap immediately in order to get rid off it, especially when it is wet. Instead, use good quality cleansing milk for removal. It's better than using soap, which will dry up your skin.
- ★ Take a bath much later after the entire Holi celebration is over. Taking frequent baths, washing the face again and again, will ruin your skin. You will also lose hair, for too much soap/shampoo has a drying effect.
- ★ When travelling keep the car windows



Holi: Festival of Colours

thoroughly shut, even if you don't have an AC car. Do not bump into the frenzied group of mobs if you take to streets. Better you cross the road to the sidewalk across. Or, simply stay at a safe distance.

- ★ If you are prone to skin allergies, avoid playing with gulal altogether. Going to a dermatologist (skin specialist) serves no purpose, after the damage is done.
- ★ Avoid running on jumping on wet floors, so that you don't slip and injure yourself. Bones are specially vulnerable on this day.
- ★ Avoid over indulgence in bhang, drinks or food... so that you don't repent later.
- ★ Do not drive if you are high on alcohol or bhang.

The Magic Lantern

Life is like a carpet
We weave in and out to make a pattern
Life is not a target
It can be navigated smoothly with the magic lantern

The lantern
Of love and devotion
Of gratitude and surrenderance
Of happiness and kindred emotion
Of hope and benevolence

The lantern feels light
When it is free of malice
It is a happy sight
When it is untouched by pain and plea

It dims with hatred
Burning to an end
It breaks when it finds nothing sacred
Shattering to no mend

It strives on harmony
A weight to carry
Infused with oneness and humility
nothing Temporary

— Nikita Dogra, Jhansi (U.P.)

Riddles

- Q. 1. After discovering America, what did Columbus see in his left hand?
- Q. 2. I break out on sweets, Sugar is my weakness. Although I am not welcomed, You can find me everywhere.
- Q. 3. What is the only thing you can break by saying its name?
- Q. 4. What does India produce, that no other country can?
- Q. 5. The two things people never eat before breakfast?
- Q. 6. I come as green or red, As an important spice. I may look simple, But I am indeed hot.
- Q. 7. In which respect is India ahead from U.S.A?
- Q. 8. I take birth only in winters, Like millions of pearls. Grass and flowers are my bed, But I vanish as it dawns.
- Q. 9. Which starts with E, ends with E and has only one letter?
- Q. 10. What is that which can't be cut with knife or scissors. Everybody wants to hold it, but it pass without your knowledge.

Answers : 1- Fingers 2- Fly 3- Silence 4-Indians 5-Lunch and Supper. 6-Chilly
7-Time 8-Dew 9-Envelope. 10- Age



H.D. Answers

—R.K. Bhalla, Houston (U.S.A.)

Q. What is great marriage?

A. A great marriage is not when the perfect couple comes together. It is when an imperfect couple learns to enjoy their differences.

—Sanjay Kumar, Delhi

Q. What is it that money cannot buy?

A. Many things, Character is one of them.

—Shobhit Keswani, Houston

Q. What is the contact no. of Satguru Babaji?

A. Very simple - To contact Babaji, say, "Tu hi Nirankar Main teri sharan haan, Mainu Baksh Lo".

—Rambabu, Hissar (Haryana)

Q. If somebody's faith in Nirankar begins to shake, what should he do?

A. Be in the company of saints.

—Sanjhvi, Prem Nagar, Delhi

Q. What is so special about a Nirankari Samagam?

A. It is a confluence of people with faith in one Almighty Nirankar without any barriers.

—Naveen Chauhan, Shimla

Q. How to live life gracefully?

A. Live your life in such a way that your presence is not tolerated but celebrated.

—Ram Awadh Yadav, Azamgarh

Q. Could you name two things—one very common and one very rare?

A. Evil is common and goodness is becoming rare.

—Ramesh, Bhagalpur

The Dreamer Astronomer



There lived an astronomer who was very much involved in his observations. He often used to look up at the sky at night and start observing the stars.

Once, as he walked looking up at the stars, his leg slipped and he fell into a ditch. He started shouting.

A passerby, who heard his shouts, helped him out of the ditch and asked, "How did you fall into this ditch?" The astronomer replied, "I was so engrossed in my observations that I did not notice the ditch".

The passerby asked "How do you expect to discover things when you fail to take note of things under your nose?" The astronomer walked away with a sad face.

— Avneesh Gulati, Chandigarh



Holi festival is known for fun. It falls during Spring season when the nature seems to be at the best with colourful flowers.

Children look forward to the celebration of Holi festival. Holi festival falls in March. Soon after this festival, the annual examinations follow. Those who did not do their studies regularly, might be worried about the preparation for their examinations as also about the celebration of Holi. They may not therefore be able either to prepare for the exams, or enjoy fully the fun of the festival of colours.

So, dear children, always remember to pursue your studies regularly so that you are not deprived of the fun of the festival. Doing studies right from the beginning to the end will enable you to enjoy the fun of life as also to come out with flying colours in your exams.

We wish you all a happy Holi and pray for your success in the examinations.

—Sanjay Tandon, Chandigarh

The Violin

Man by nature is a hoarder. Most of us tend to accumulate odds and ends over the years. Books, shoes, pullovers, furniture, crockery etc. Oddities being such as are never ever likely to be used.

A rich couple while getting their house painted, had emptied out the store room that held their accumulations over the years. They decided that they would auction off all the stuff that had been lying unused for years. They would utilize the amount raised for a good cause.

So they put an advertisement in the newspaper. Everything was put up for sale on the following Sunday in the community hall. There was furniture, old paintings, porcelain vases, crystal pieces, sculptures, musical instruments, bone-china and many other things. One by one the auctioneer put up the things and Started disposing them off.

The auctioneer picked up an antique violin and held it up for all to see. "Any takers?" he asked. Apparently there was no one who wanted the old, dusty and dirty looking violin. A man made a bid for Rs.50/-. "My son would like to play with it," he thought to himself. The auctioneer waited. Another man said, "I'll give you Rs.100/-" As the auctioneer was about to strike the hammer to conclude the deal, an authoritative voice from the end of the room said, "Wait!" A well groomed old man came up to the



auctioneer, took the violin from his hands and proceeded to wipe the dust off it. Next he tightened the keys. One by one he played the strings. They were totally out of tune. But the man worked his nimble fingers deftly over them, till he was able to tune them to perfection. The man played the violin to a completely enthralled audience. He then handed it back to the auctioneer and said, "Now my friend, you can auction it."

The bids started rising. "Rs.10,000!" "I'll take it for Rs.25,000." "Rs.40,000."

The stakes were rising higher. Eventually the hammer was struck down at Rupees One lakh. What a hefty sum indeed for an old and forgotten violin. It was now a collector's item! But, wasn't it the same old violin that no one seemed to want? What was it that added value to it?

It was the touch of a Master.

Makes us think, that If only we would allow the Master to touch us. If only we would allow Him to wipe the dust off us and tighten our keys; play and tune our rusted strings; perhaps we would also be worth a lot more. Perhaps we too could put our lives to the making of music rather than just making noise!

—Vikram Deep Sharma, Jaipur

Fenugreek Leaves

Fenugreek, also known as methi, is a popular herb commonly found in the Mediterranean region of the world. However, due to its strong medicinal properties and uses in Ayurvedic medicine, it has gained popularity worldwide.

The nutrients found in this herb include iron, manganese, copper, magnesium, phosphorus and vitamin B6. Fenugreek also contains a number of powerful phytonutrients

Control Diabetes

This herb is highly beneficial for people who have diabetes. Its hypoglycemic property plays a key role in improving glucose tolerance and lowering blood sugar levels. Plus, the fiber in fenugreek slows down the absorption of carbohydrates and sugars.

Balances Cholesterol Level

Fenugreek also has cholesterol-lowering power. It has a good amount



of soluble fiber, which increases the viscosity of the digested food and inhibits the uptake of cholesterol and bile acids. It helps reduce the low-density lipoprotein (LDL or 'bad' cholesterol) level in your blood. Bad cholesterol can cause blockages in your blood vessels, which can lead to a heart attack or stroke.

Improves Heart Health

Fenugreek has antioxidant and cardioprotective benefits, which help

improve overall heart health. It works as a blood thinner to prevent blood clots, which can stop blood flow to the heart, lungs and brain. Fenugreek also lowers blood pressure.

Cures Constipation

Fenugreek contains a good amount of soluble fiber that absorbs water in the intestines and adds bulk to the stools. This triggers contractions and helps move stools through the intestines easily to ease constipation.

The Foolish Couple



Once the Goddess came to a poor farmer and his wife and said, "You have worked very hard for so many years. I am happy with you. You can ask for any three wishes and they will be granted."

The couple said to the Goddess, "We will think and then tell." That night, they were sitting in the kitchen and thinking what to ask for. Suddenly, the wife said, "I wish, we had chicken to eat." And there appeared a chicken on the plate.

The farmer scolded her, "Foolish woman, you have wasted a wish. Now, stick this chicken to your nose."

As he said so, the chicken flew and stuck to the woman's nose. The couple was scared now. The wife said, "I wish to be free of this chicken."

And the chicken got removed from her nose. All the three wishes were wasted.

The foolish couple did not think before they spoke and lost the chance of becoming rich. From that day, they learn to think before speaking anything.

Moral-Look before you leap : Think before you speak.

— Sarita, Shiv Kunj, Jharoda

HOLI

Holi is the festival of colours and one of the famous festival of Hindus. This festival is based on Hiranyakashyap. Hiranyakashyap had a son, his name was Prahlad. He was devotee of Lord Vishnu. Hiranyakashyap wanted to kill Prahlad, he called his

sister Holika. She had a magic robe. This robe had power to save the wearer from burning in the fire. Hiranyakashyap said to his sister Holika to sit on fire along with Prahlad. Hiranyakashyap thought that his sister would not be harmed by the fire because of the magic robe and Prahlad would be burnt to death but result was opposite to what the evil demon Hiranyakashyap planned. Prahlad came out of fire safely and Holika was burnt to death. No one can harm person who has God as his savior.

This day is celebrated with colours to mark the victory of virtue. People pour colored water, water guns and water-filled balloons to play with each other and cook many types of sweets like Gujiya, Malpuas etc. Holi is celebrating happiness with family & friends each year with zeal in the month of March. People forget their troubles and indulge in this festival to celebrate brotherhood. This festival unites people and removes all sorts of negativity from life.



—Jagtar Chaman, Raj.

SAND AND STONE

Two friends were walking through the desert. At one particular point they had an argument, and one friend slapped the other. The one who got slapped wrote in the sand: "Today my best friend slapped me."

Thereafter, they decided to bathe in an oasis. Soon, the one who got slapped

started drowning and the other friend saved him. When he recovered from the shock, he carved on a stone: "Today my best friend saved my life."

Moral: When someone does something good for us, we must engrave it in stone where no wind can ever erase it.

DEMONESS AND THE STICKS

In ancient Aryan Reign, King Pruthu is quite a famous and much talked-about name. It is said that the word earth was derived after his name, i.e., Prithvi. The following incident happened during his kingdom.

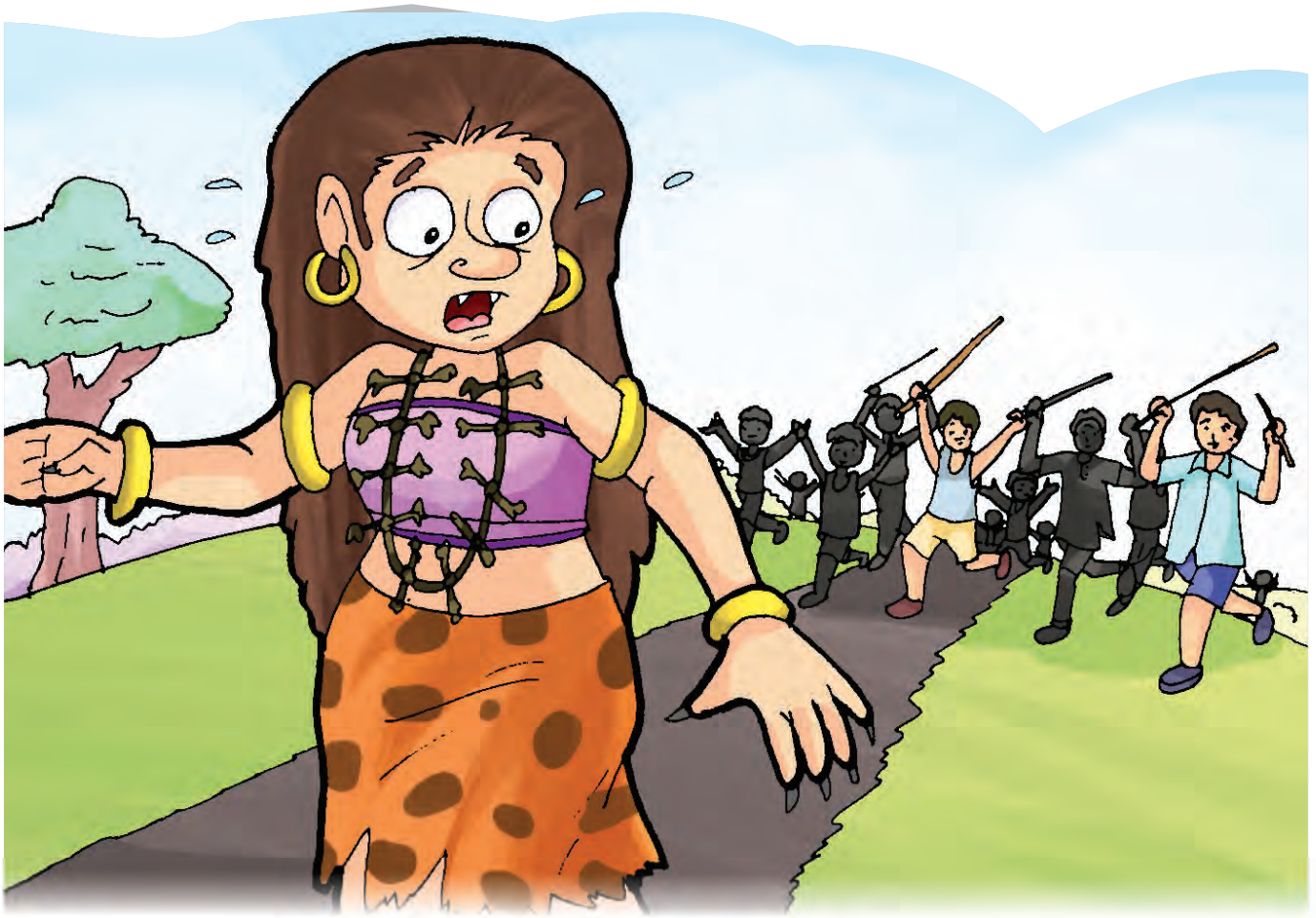
Those days, there lived a demoness known as Dhoondha, daughter of a demon called Malin. She worshipped Lord Shankara very hard and got a wish that she could not be killed by angles, demons or human. In addition, she got the wish of being the most powerful one. Therefore, having possessed too much of power, she started torturing people. She got hold of innocent children and killed them. She kept a distance from adult people, as also from troublesome and naughty children. But, children shy and silent by nature were not spared. The people were quite annoyed with this nuisance.

The annoyed citizens approached King Pruthu and told him about their agony. It was learnt that due to the boons granted by Lord Shankara, no harm could be made to her by any angle, demon or human. Therefore, King

Pruthu got worried. He consulted saints and sages. During such a consultation, the king came to know that besides these boons, she also suffered from two curses. First - she could not face adult people as well as naughty children carrying sticks, and second - if thrown out of a place during the full moon night of every month of Falgun (Spring), she could not come back to that place till the similar night falling the next year. King Pruthu could now easily understand as to why the victims were only the shy and silent children.

With the knowledge of curses on Dhoonda demoness, King declared that in the full moon night of every Falgun month, all the children should carry sticks and should create a rowdy and crowd atmosphere all over the state – the officers of state would reach out every child to ensure that they had sticks so that they did not face any problem in their absence.

With the rowdy behavior of the children and whirling of sticks on all the streets, the curse-bound demoness left the earth. Enjoying this event, people



distributed sweets and played colours, i.e., Holi, with each other. Lest the demoness may return, this event was arranged every year on the full moon night of every Falgun. This marked the beginning of a custom of 'dhoondh', i.e., offerings to newly born children. Among others, it included sticks enabling them to play and make sounds.

By one belief, the festival of Holi began only after this incident of Dhoonda demoness. People caught the demoness and burnt her alive, and rejoiced her death the next day by enjoying Holi through playing colours and gulals.

The Goatherd and the Goat.

One day a goatherd tried to induce a goat who had strayed from the flock. He whistled and sounded his horn but in vain. So he threw a stone at the goat. The stone broke one of the horns of the goat. The goatherd begged the goat not to tell his master what had happened. Then the goat replied, "you are the most foolish goatherd in the world. The horn itself will proclaim the deed, though I remain silent."

Moral: Don't attempt to hide things which can not be hidden.



Name :

Address :

.....

.....

Mobile No.

Look at the Picture and Complete the Story

[illegible]

This story by Ishana Bhatia D/o Sh. Vishwas Bhatia, H.No. 289 , Sant Nagar, Delhi-110084 .She has been adjudged the best, Congrats to her.



God Lives In Both Animals & Humans

Once upon a time there was a king who was very unhappy with his life. He wanted that every human and every creature would connected to him but only human obeyed him and no animal came to him. This thing hurt him a lot, He decided to go to the Sadhu who had solution of every problem. He went to that Sadhu. Sadhu asked, Do you hunt animals?" He said, "Yes, because I eat meat for good health". Sadhu said, "This is the reason that is hurting animals". Animals are scared of you. You must love animals. Animals are not objects. They have feelings. They want love, they are speechless but they can express their emotions. You must understand. If you hunt animals they feel pain just like you. Animals look different ways , they also have a heart of love.

After that, King understood all the teachings of Sadhu and started to weep. He put his head on Sadhu's feet and promised never to hurt animals again. Then he loved animals, He fed animals, gave water to the animals and after some time animals came to understand that the King will not hunt them. Animals started to love him and the life of the king became the happiest one. He was so happy then he loved every creature of the earth. God lives in both animals & human heart, both have feelings.



Story by : Harphool Singh Nohta

SAGACITY OF BHOLI

Once there lived a Jackal named Khamisa with his wife in a cave of a Jungle. Khamisa always boasted in front of the inmates of the Jungle about his intelligibility that he had learnt all the scriptures. On the other hand, his wife Bholi was silent and of helpful nature. Therefore the inmates of the Jungle liked her more than Khamisa.

One night, Bholi was feeling thirsty. She requested her husband to accompany her to a brook. But the Lion Sher Singh was the owner of that brook. Nobody dared to take a water from that. So, Bholi said to her husband "How can we escape from Sher Singh?"

Khamisa said, "You need not bother about him; I have hundreds of formulae to escape from him."

They came out from the cave and went to the brook. Hardly had they reached near the brook when Lion Sher Singh roared loudly.

Bholi said to her husband, "Do something."

Bholi! I have forgotten 50% of the formulae on hearing his voice," said Khamisa.

They went little ahead. Sher Singh again roared. Now Khamisa started trembling. Bholi said, "What has happened? Why are you trembling?" You know all scriptures. Think of some way of escaping".

"Bholi! I have forgotten all the formulae. Let us run away, said Khamisa.

"You are only a brag", remarked Bholi. Follow me. "I'll see now", Bholi said.

In the meantime, Sher Singh appeared and said; "Who are you? Why are you wandering here at such late night? Don't you know that I am the King of the Jungle?"

Bholi said, "Your majesty! I am Bholi. He is my husband, Khamisa. We live in your Jungle. We had come to you for the





settlement of our dispute. My husband wants two children, I want two children. But the problem is that we have only there children. Then how can the matter be settled. We need your kind advice in the matter.

Ya! Sher Singh thought for a moment. First I'll eat their children and thereafter them too, he thought.

Ok! Where are your children?

"your majesty! They are very little and can't walk. So, You have to go along with us." Bholi said. And they along with the lion left from there.

On way back Bholi said politely, "Your majesty! if you do not mind, we shall drink some water from this brook."

"Yes! Why not", said Sher Singh.

Both Bholi and Khaminisa drank

water to their fill and started. When they reached their cave, Bholi said to Sher Singh keeping her hand close "Your majesty! You kindly wait here till we come back with children."

After waiting for a long time, when Bholi and Khainisa did not come out, Sher Singh called them out. But instead of coming out Bholi replied, "Sher Singh! You may go back. We have got the fourth child and divided equal.

Lion roared, "No! You have befooled me. I'll see you later".

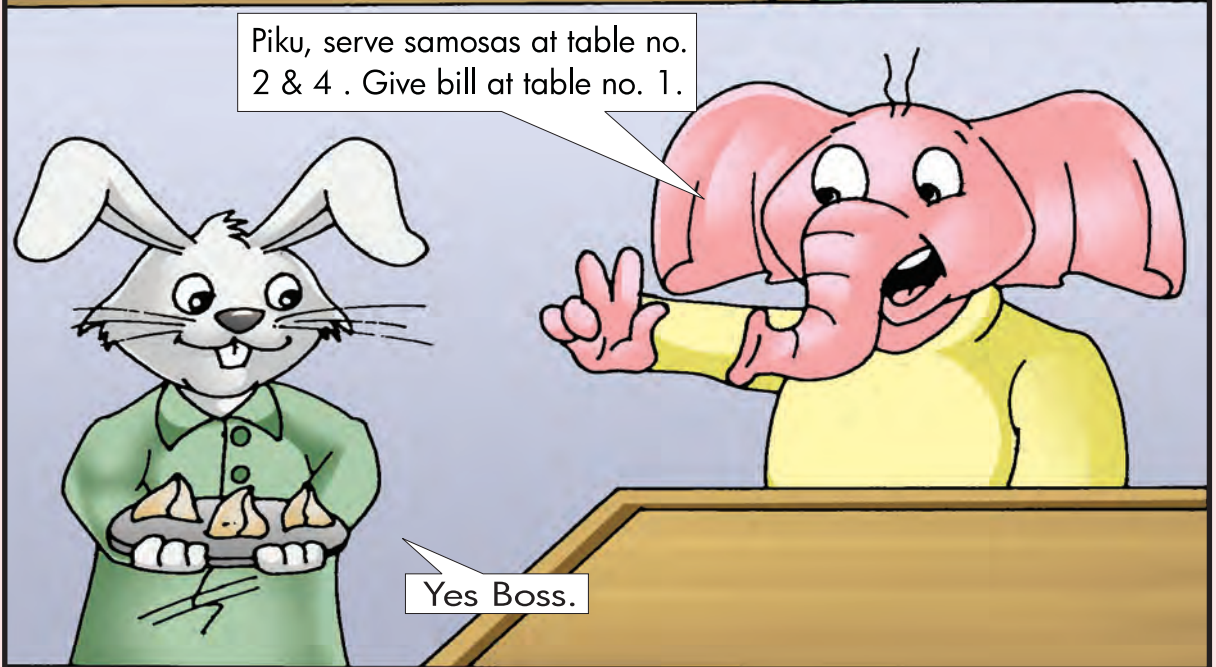
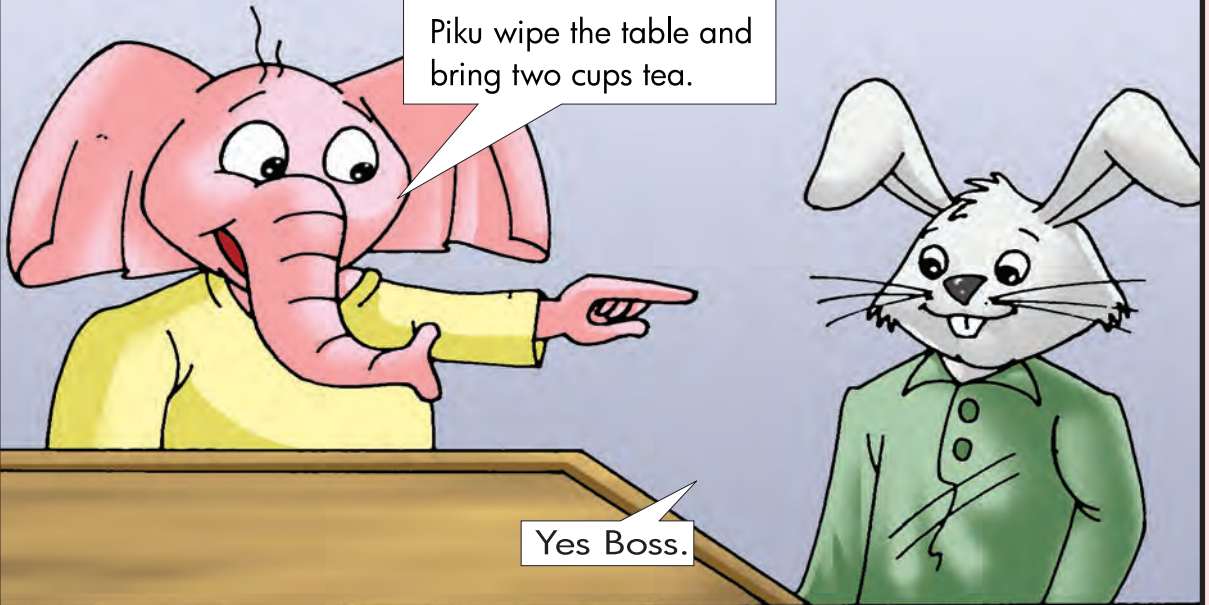
Dear children, whatever the truth of the story may be. We should never be boastful of our intelligibility in front of others. We must be practical. Even in distress, we must keep patience and face the odds calmly and wisely.

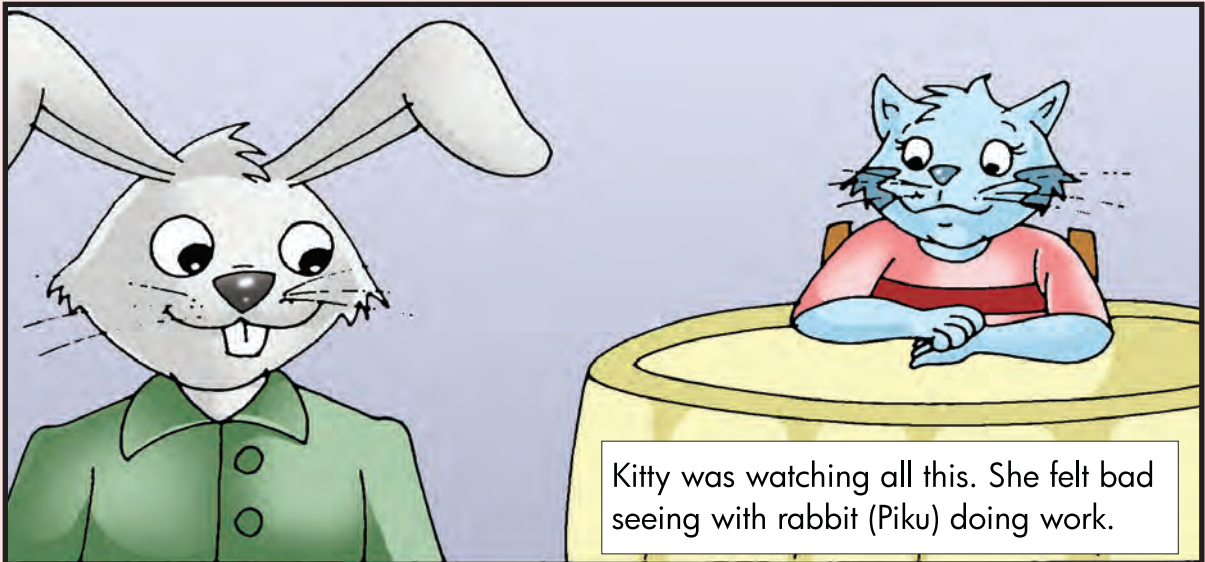




Kitty

Story & Illustration
—Ajay Kalra

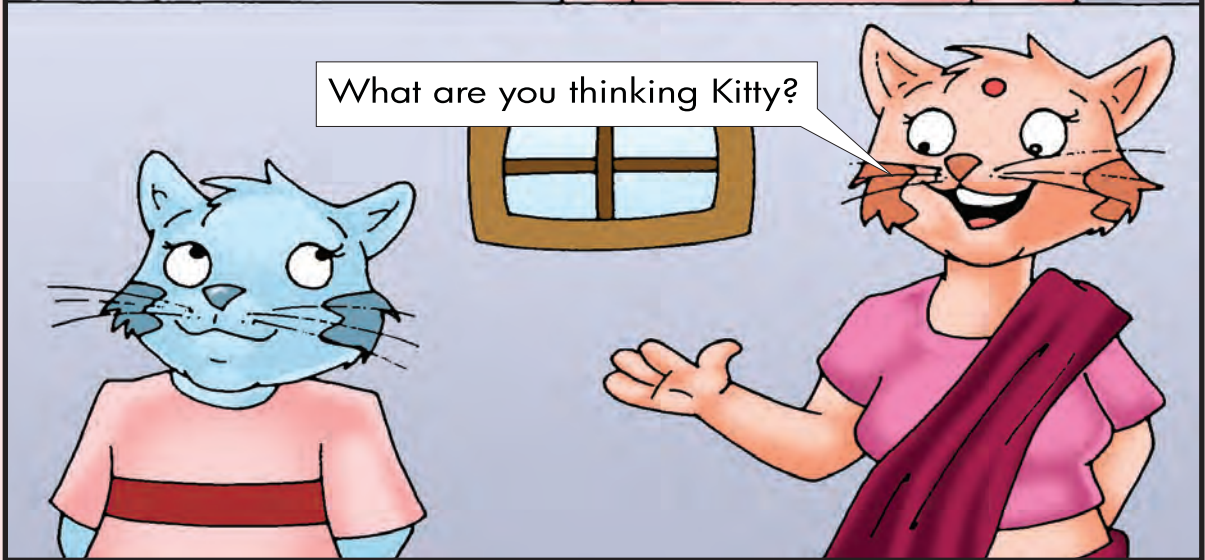




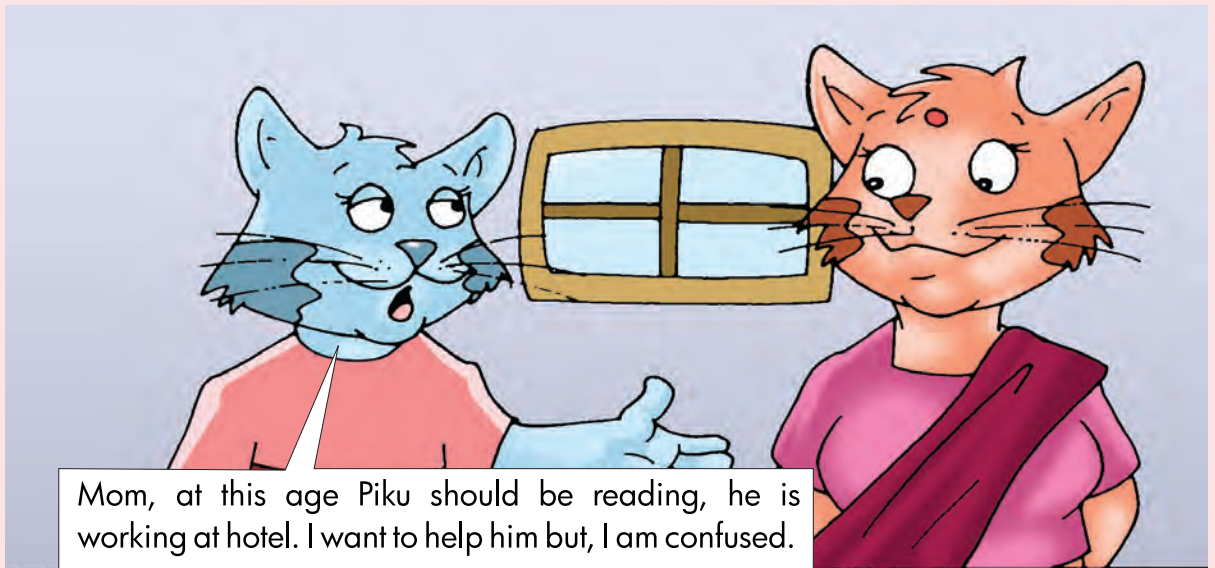
Kitty was watching all this. She felt bad seeing with rabbit (Piku) doing work.



At the school going age he is working.

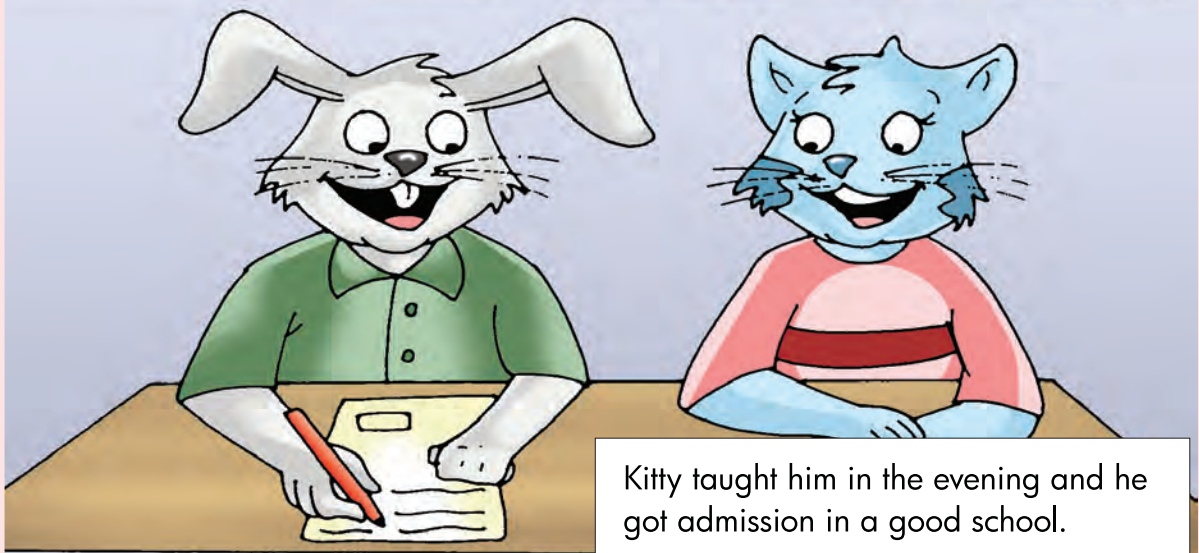


What are you thinking Kitty?





Kitty, talked to the owner. He was happy and freed Piku for an hour in the evening. Kitty taught Piku for an hour.



Kitty taught him in the evening and he got admission in a good school.



Friends! Child labour is bad. We should all fight against this crime.

— Sunil Nagpal, Delhi

Guess Time

Write the first letter of each picture. Then make the name of an animal with those letters.



Name of the animal :

--	--	--	--	--	--	--	--

Krishna and Radha Rani

The Holi of Braj is famous all over India for its intimate connection with the divine deities. It is said that when Krishna was a young boy, he asked the reason for his dark color while Radha was so fair.

His mother Yashoda playfully suggested that he should smear color on Radha's face too and change her complexion to any color he wanted.

Captivated by the idea, Krishna proceeded to do so and thus, introduced the play of colors of Holi.

(Explanation. Even today, Holi is one of the most important festival of Braj, where the men of Nandgaon and women of Barsana play 'lathmar Holi' in the remembrance of Krishna and Radha Rani)

—Savita Jha, Delhi

Albert Einstein



Albert Einstein (14 March 1879 – 18 April 1955) was a German-born theoretical physicist who developed the theory of relativity, one of the two pillars of modern physics (alongside quantum mechanics). His work is also known for its influence on the philosophy of science. He is best known to the general public for his –mass energy equivalence formula, which has been dubbed "The world's most famous equation". He received the Nobel Prize in Physics for his services to theoretical physics, and especially for his discovery of the law of the photoelectric effect" a pivotal step in the development of quantum theory.

Near the beginning of his career, Einstein thought that Newtonian mechanics was no longer enough to reconcile the laws of classical mechanics with the laws of the electromagnetic field. This led him to develop his special theory of relativity during his time at the Swiss Patent Office in Bern (1902–1909). He subsequently realized that the principle of relativity could be extended to gravitational fields, and published a paper on general relativity in 1916 introducing his theory of gravitation. He continued to deal with problems of statistical mechanics and quantum theory, which led to his explanations of particle theory and the motion of molecules. He also investigated the thermal properties of light and the quantum theory of radiation, the basis of laser, which laid the foundation of the photon theory of light. In 1917, he applied the general theory of relativity to model the structure of the universe

In 1905, called his miracle year, he published four groundbreaking papers, which attracted the attention of the academic world. That year, at the age of 26, he was awarded a Ph.D. by the University of Zurich.

He taught theoretical physics for one year (1908/09) at the University of Bern, for two years (1909–11) at the University of Zurich, and after one year at the Charles University in Prague he returned to his alma mater ETH Zurich between 1912 and 1914, before he left for Berlin, where he was elected to the Prussian Academy of Sciences.

He published more than 300 scientific papers and more than 150 non-scientific works. His intellectual achievements and originality have made the word "Einstein" synonymous with "genius".

Compiled by : Sakshi Gulati, Chandigarh



Laughing Time



Parveen : What do you call a sleeping bull?

Sunita : A bulldozer.

Jali : Which building is the largest?

Mali : The library because it has the most stories.

Hali : What can be the maximum penalty for bigamy?

Khali : At the most it can be two mothers-in-law.

Beggar : (To a passerby) In fact, I am a writer. I have written a book : '100 ways of earning money.'

Passerby: Then why are you begging here?

Beggar : This is one of those ways.

Teacher : What is Curd?

Arpita : Milk Loose at Night and turned tight in the morning.

Wife : (To husband) Why don't you love my relations?

Praveen : You are telling a lie. I love your in-laws much more than my own ones.

Artist : (To the house owner) One day people will remember that a great artist used to live in this house.

Owner : If you don't pay the rent by today evening, that day will be today itself.

Driver : Madam, the petrol has runout, so the car cannot go further.

Madam : Then drive the car back home.

Teacher : Why are you late?

Student : There was a man who lost a hundred dollar bill.

Teacher : That's nice Were you helping look for it?

Student : No. I was standing on it.



A woman phoned her dentist when she received a huge bill. I'm shocked' She complained. " This is three times what you normally charge."

"Yes, I know, ' said the dentist." But you yelled so loud, you scared away two other patients.

Sidhant : When is your Birthday?

Yogita : On 27 April

Sidhant : Which year?

Yogita : Every year.

Dad : Sumit, why are your school reports so bad?

Sumit : Oh, that's the teacher's fault, Dad.

Dad : What do you mean ? Your exam marks used to be always very good. Also, you have got the same teacher, haven't you?

Sumit : Yes, But I haven't got the brainiest boy in the class sitting next to me. Teacher has moved him.



Teacher : Where is Taj Mahal?

Nishant : I don't know.

Teacher : Stand on the bench.

Nishant : Will I'll be able to see from here?

A man was writing something very slowly.

Friend asked : Why are you writing so slowly?

Man : I am writing to my 6 years old daughter, he can not read very fast.

Son : Dad, I killed five flies, three of them were males while other two were females.

Father : But how do you know it?

Son : Because three of them were sitting on the glass of juice, while the other two were on the mirror.



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

— Anmol, USA

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

— Suraj , Canada

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

—Dharmveer, Boston

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

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

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

— Avneesh Gulati, Chandigarh

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

—Gurdeep Komal, Chicago, USA

—Ankita Rai, Delhi

★ Insaan mayus isliye hota hai kyonki wo
Parmatma ko razi karne ki bajaye logon
ko razi karne me laga rehta hai. Wo yeh
bhool jata hai ki Rab razi to sab razi.

★ When your commitment is deeper than
the Sea and your ambition is taller than
Mount Everest, your future will be
brighter than the Sun.

— Maharaj Singh, Sultanpur

★ Reasonable planning in life is our
concern. Worrying about future is not
our concern. It is Satguru's concern.
Why worry when He is the caretaker in
our life - "Jeevan'da rath Tuhi chalaane,
assa taa kewal behnahai."

★ 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.

—Sukhbir Shah, Canada

Result for the month of January 2020 Issue

First :

Simran Kaur

Age 09

D/o Sh. Gurpreet Singh,
New Judicial Complex,
Dasuya(Punjab.)



Second :

Ushabhashri Dhakane

Age 07

Miami chs ,Wadgaon,
Pune, (Maharashtra)



Third:

S.Simran Chittoria

Age 13

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Puducherry-605006.



Consolation Enteries

Noomi Donaiya (Ahmedabad)

Shiv Kumar (Arjun Nagar, Delhi)

Sumanyu Chawla, (Dheerpur, Delhi.)

Aryan Dev, (Kalpana Enclave Gbd)

Raju (Jammu), Ananya, (Rajpur)

Nitika Dev (Pandoh),

Komal (Anand Parbat Delhi)

Amrit (Plot No 100, Delhi)

Vibhati (Chandigarh)

Rohit (Jamshedpur) Aarti (Panchkula)

Sonna (Ahmedabad)

Kriti (Azad Market, Delhi)

Harsh (Model Town, Jalandhar)

Neha (Shimla), Sagar (Jaipur)

Ishanna (Sant Nagar Delhi)

Harshita (Noida), Pari (Mukandpur)

Manisha (Slapper HP),

Bunty (Sundernagar)

Rehmat (Patiala)

Ishaan Bhatia (Jharoda)

"Colour it" for March Issue

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

The result will appear in **MAY 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



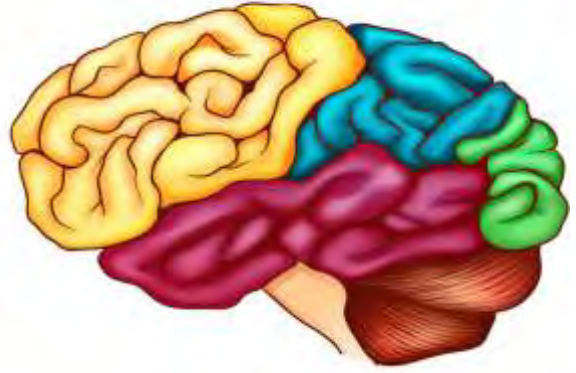
Name Age

Address

.....

—Sanjay Singh, Ludhiana

Human Brain



What does the brain look like?

From above, the brain looks rather like a giant walnut, pink-grey in colour and wrinkled. It has the consistency of blancmange.

What is the brain made of?

The brain is a mass of over 10 billion nerve cells. These are surrounded and supported by cells called glia, which supply them with nutrients.

What does the brain do?

The brain is the body's control centre. It sends messages to and receives them from organs and tissues all over the body. The brain gives us our ability to learn, reason and feel. As well as our voluntary, or conscious, activities it controls involuntary activities, too. For example, it controls heartbeat and digestion.

A The brain is protected by the bony skull. The biggest part of the brain is the cerebrum. This is the conscious part of the brain.

A Different parts of the brain process different types of information.

How is the brain protected?

The skull protects the brain from most physical injuries. The brain is also protected by three layers of tissue called meninges, which are wrapped around it. The inner layer acts as a barrier to prevent bacteria reaching the brain. The middle layer contains cerebrospinal fluid. This supplies the brain with food and oxygen and acts as a shock absorber, cushioning the brain against damage. The outer layer lines the cranium. The skull itself consists of several bones which are fused together.

What are the main parts of the brain?

The three main parts are the cerebrum at the top, the medulla on the underside, and the cerebellum at the back. The largest part is the cerebrum (about 85 percent of the brain's weight). It gives us intelligence and emotions. We use it to think, feel and remember.



— Deepa Gupta

Green Chillies

There's no doubt that a perfect balance of spice and taste is essential in achieving ultimate deliciousness in food. The balance of flavour is an art of seasoning. And, green chilly does more than adds hot and spicy taste to food.

Know all about the health benefits that green chillies provide besides enhancing taste and flavour of food.

Improves immunity: Green chillies are rich in vitamin C. Regular consumption of vitamin C helps develop resistance against infections, pro-inflammatory free radicals from the body and harmful diseases by boosting immunity.

Improves digestion: When green chillies are chewed, saliva is automatically released in good amount. It helps in food digestion.

Iron booster: Green chillies tend to be a great source of vitamin C, a vitamin that can assist your body in absorbing iron from a vegetarian diet and hence plays a

key role in your body's ability to metabolise iron. Also, they improve haemoglobin levels being a natural source of iron and help fight anaemia.

Reduces blood sugar: Eating green chillies benefits people suffering from diabetes by reducing their increased sugar levels and further creating a balance in their bodies.

Anti-bacterial properties: The anti-bacterial properties of green chillies help protect the body from injurious effects of free radicals generated during stress and various diseases.

Benefits your skin: The vitamin C content in green chillies is a potent water soluble antioxidant that is essential for collagen synthesis. Collagen is one of the main structural protein required for maintaining healthy and glowing skin.

Good for the hair: Due to the presence of natural silicon that improves blood circulation to the scalp and hair

follicles, green chillies act as a natural hair growth stimulator and shield follicles from harmful effects of di-hydro testosterone.

Aids weight-loss: Green chillies help burn excess fats of the body by increasing metabolism and having zero calories.

Improves vision: Being rich in vitamin A, green chillies help in improving vision among people of all ages.

Good for heart disorders: Green chillies are enriched with minerals, including potassium, manganese, iron and magnesium. These are important components that help control heart rate and blood pressure.

Bone care: Green chillies are rich in calcium and vitamin K that help decrease your risk of osteoporosis and over bleeding when you're injured. They also contain vitamin A that is helpful in maintaining healthy bones, teeth, mucous and membranes.

Prevents constipation: To help resolve and prevent constipation, choose green chillies that contain plenty of dietary fibre.

Stabilise mood: Green chillies contain capsaicin that aids the release of endorphins (feel good hormone) into the brain. Hence they are known as mood stabilisers.

Green chillies are a must for a hearty meal. Remember to consume in moderation to maximise the fitness doles. Excess of it can cause inflammation and sometimes even stomach cancer

Poem : Avinash Gujje, Bhiwandi

God's Grace



Oh True Master
I bow to thy lotus feet
Bestow on me thy blessings sweet

May thou ever dwell in mind,
Ever with me may thou I find

I look forward to thy grace,
For every success in life's race.

Fill my life with wisdom and love,
May I be like a tolerant dove.

May I see thou in every face,
Grant me the vision of thy grace.

Form - IV

(See Rule - 8)

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Sant Nirankari Mandal,
Sant Nirankari Colony,
Delhi - 110009

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

Date : 1-3-2020

—Dimple Randhawa, Mumbai

HOW MANY TURNS?



One day, a messenger came to the court of Akbar and said, "The Afghan king has send his greetings. He has expressed his wish to come and visit Agra. But he wants to know beforehand how many turns the streets of Agra have, so that he may not get confused when he comes here."



Emperor Akbar replied, "It would take some time to find out exactly how many turns the streets of Agra have. I would send a reply after a month."

"No, Your Majesty," the messenger said, "the king told me to bring the answer with me, and I have to leave by tomorrow."

Now Emperor Akbar was really in a fix. He was still debating what should be done when Birbal came in the court. Emperor Akbar was relieved to see him.

"I have received a strange request, Birbal," said the Emperor. "The king of Afghanistan wants to know how many turns our streets have, and I have to give the reply by tomorrow."

"It is a very easy question, Your Majesty. The king of Afghanistan should know the answer," replied Birbal.

"Do you know the answer?" asked Akbar excitedly.

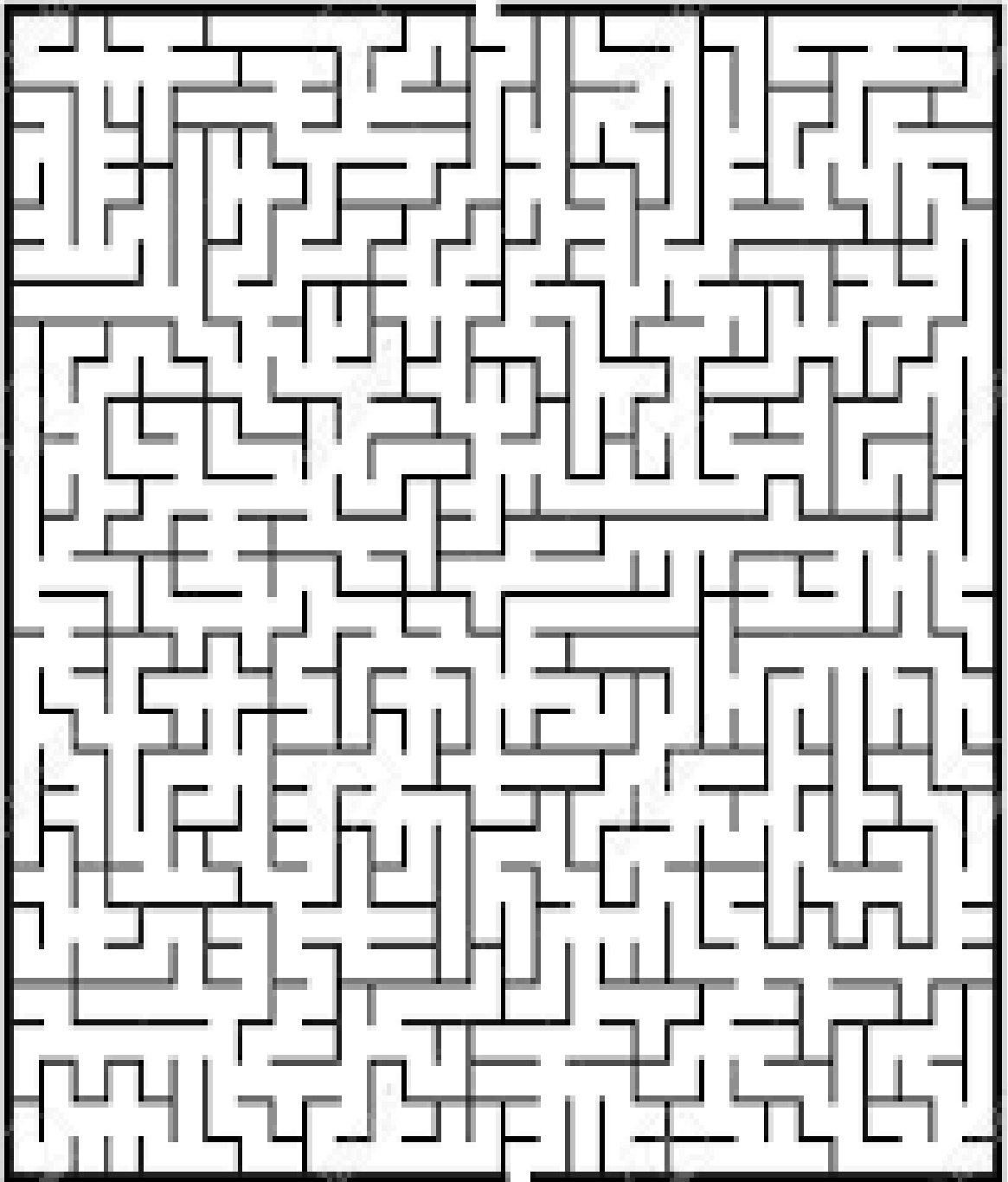
"Yes, Your Majesty. All the streets in the world have only two turns, a left turn and a right turn." The emperor was very pleased with Birbal's reply.

"You have once again saved the prestige of the kingdom with your wit," said Akbar and praised Birbal.

Maze



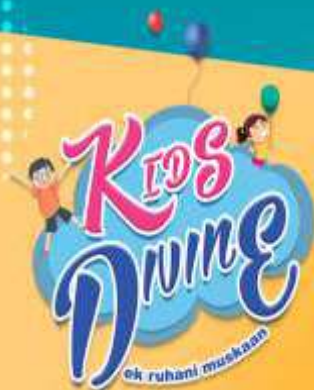
Reach the apple





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