

E-Magazine

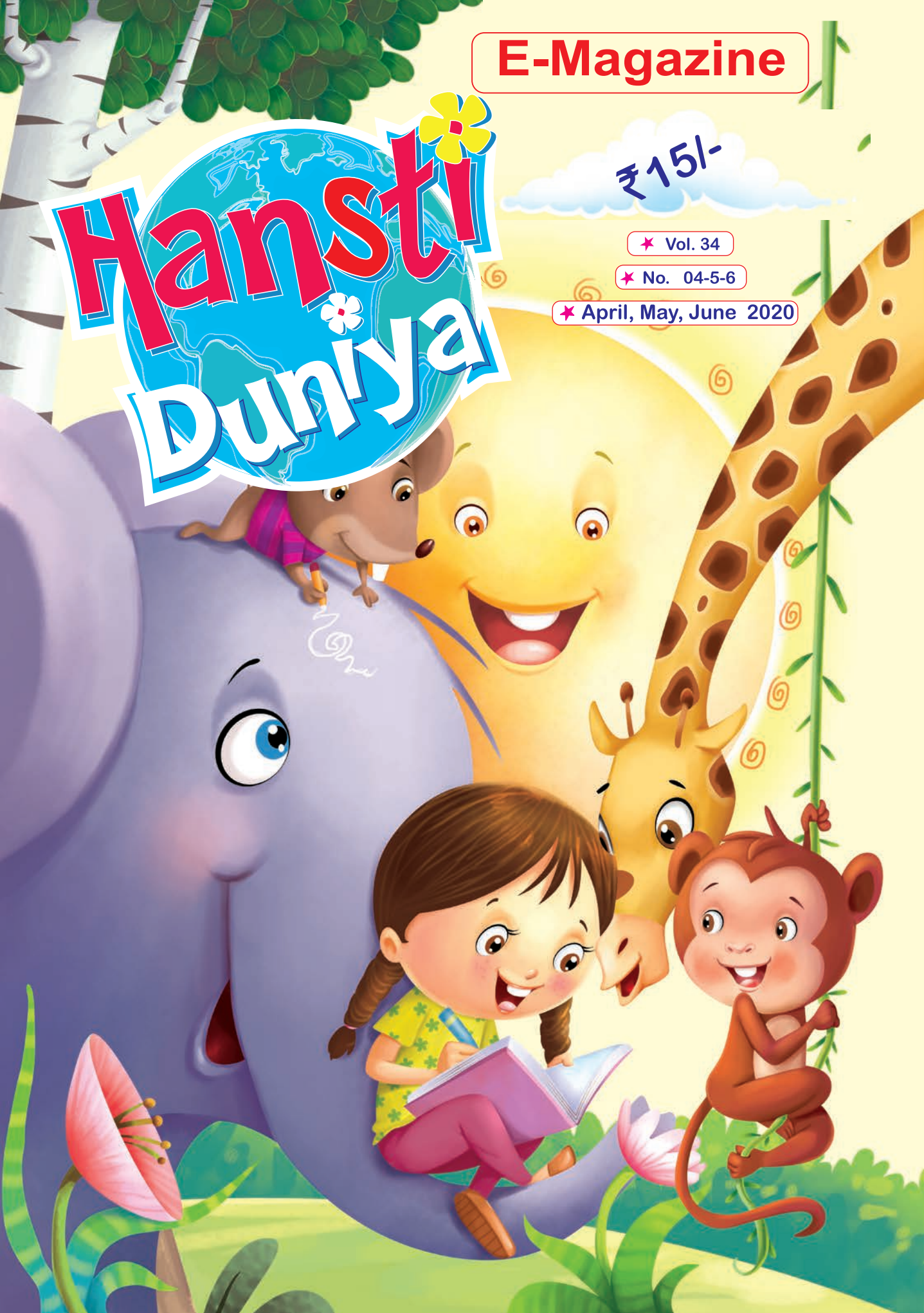
₹15/-

★ Vol. 34

★ No. 04-5-6

★ April, May, June 2020

Hanstii Duniya





Hansti Duniya

● Vol 34 ● Issue No 04-05-06

April-May-June 2020 ● Pages 25

(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.

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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

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Compassion a Watchword of Life

In the year 1935, Fiorello H. La Guardia was the Mayor of New York (U.S.A.). The first case that he dealt with related to an old woman stealing a loaf of bread. When the Mayor asked the lady to explain her conduct, she said with folded hands, "Sir, I needed the bread to feed my grandchildren."

After giving a thought to the case, the Mayor told the lady. "There is no option with me but to punish you, 10 dollars fine or 10 days in jail." The Mayor then threw \$10 into his hat and fined every person in the courtroom 50 cents for living in a city, "Where a grandmother has to steal food to feed her grandchildren."

Obedying the order of the Mayor, all contributed the fine. With this collection in hand the woman paid her fine and left the courtroom with an additional sum of \$56.50. With this wisdom of the Mayor, one could not agree more that justice should always be tempered with compassion.

On the same point George Washington once said that how far you go in life depends on your being tender with young, compassionate with the aged, sympathetic with the striving and tolerant with the weak and strong, because in your life you will have been all of these.

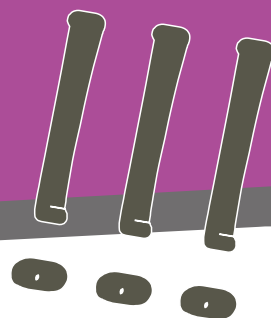
While making compassion a watchword of life in our dealings and doings with others, the children should especially put in to practice the command of Holy Bible, "Do not dishonour the old, we shall be numbered among them." Old age is expected of all things that can happen to man. And yet in childhood and in youth one forgets about this invisible phase of life.



— C.L. Gulati

SAMPURAN AVTAR BANI

IK TU HI NIRANKAR-163



DHIAN PUTTAR RISHTEDARI IH DHALDI HOI CHHAYA EY;
MAL DHAN TE MAIHL MADIAN IH SABH KOODI MAYA EY.
SABHNAN IK DIN TUR JANA EYN JO VI JAG VICH AYA EY;
SWASAN NOON TOON APNA SAMJHEN IH TAN MAL PRAYA EY.
IK VARI JIS VEKH BRAHM NOON IK CHHIN NAGMA GAYA EY;
KAHE AVTAR CHAURASI DE OH GEDAN VICH NA AYA EY.

Thou Formless One 163

Sons, daughters and all the relatives are just like a fleeting shadow;

Riches, wealth, palaces and mansions are all a false illusion.

All those who have come to this world will depart on the appointed day;

Even the life-breath which you consider as your own, belongs to someone else (God).

The one who, after seeing God once, has sung His glory even for a moment;

Avtar says, such a person does not undergo the cycle of birth and death.

—Bholu Ram



Dreams Come True

One day, poor Bittoo went to Ram Lal's shop. Ram Lal asked him, "Why are you standing here?"

Bittoo answered, "I had seen a dream last night that I would get gold in front of your shop." Ram Lal laughed and said, "You are a big fool. Dreams never come true. If dreams come true, then I tell you what I saw in my dream. I dreamt that there is gold underground in your courtyard."

Bittoo took Ram Lal's dream seriously and rushed back home. He reached home and started digging his courtyard. Suddenly, his shovel struck something hard. As he removed some mud, he saw a pot. He took out the pot. It was filled with gold coins.

Bittoo said, "Thanks to Ram Lal. It is true that dreams come true. Now, I am a rich man."

Dr. Abdul Kalam Azad

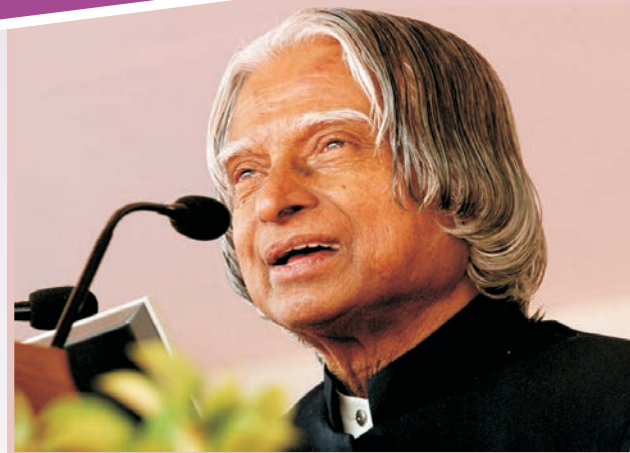
—Ravneet

A TV channel in an interview with Mr. P. M. Nair, (retired IAS officer, Secretary to Dr. Abdul Kalam). Mr. Nair spoke of a book titled 'Kalam Effect.' In which he spoke of anecdotes of life of former Prime Minister APJ Abul Kalam.

Summary of the points is as under-

1. Dr. Kalam used to receive costly gifts whenever he went abroad - as it is customary for many nations to give gifts to the visiting Heads of State. Refusing the gift would become an insult to the nation and an embarrassment for India. So, he received them, and on his return, Dr. Kalam asked the gifts to be photographed and then cataloged and handed over to the archives. Afterward, he never even looked at them. He did not take even a single pencil from the gifts received when he left Rashtrapathi Bhavan.

2. Dr. Kalam did not like the "Yes Sir" type of people. Once, when the Chief Justice of India had come and on some point, Dr. Kalam expressed his views and asked Mr. Nair: 'Do you agree?' Mr. Nair said, 'No Sir -I do not agree with you.' The Chief Justice was shocked - he could not believe his ears. A civil servant couldn't disagree with the President and that too so



openly. Mr. Nair told him that the President would question him afterward why he disagreed, and if the reason was logical, then he would surely change his mind.

3. Once Dr. Kalam invited fifty of his relatives to come to Delhi, and they all stayed in Rashtrapathi Bhavan. He organized a bus for them to go around the city, which was paid for by him. No official car was used. Then stay and food were all calculated as per the instructions of Dr. Kalam. The bill came to Rs 2 lakhs, which he paid from his pocket. In the history of this country, no one has ever done it.

Dr. Kalam's elder brother stayed with him in his room for the entire one week as Dr. Kalam wanted his brother to stay with him. When he left, Dr. Kalam wanted to pay rent for that room also. Imagine the President of a country paying rent for the room in which he is staying. Anyway, this was not agreed to by the staff, who thought the honesty was getting too much to handle.

— Barq Sehbai

Homage to Baba Gurbachan Singh Ji

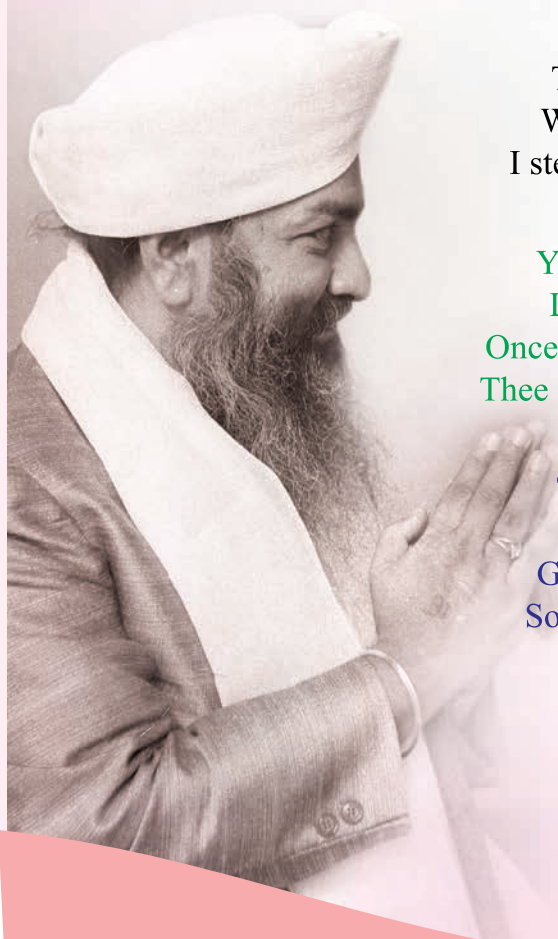
God I Love You!

The Master is a gift of God,
And God, in fact, You are.
I call you Satguru, Swami, Baba or
Dervesh
You are my Brahma, Vishnu and Mahesh

The past is dead and gone,
The present is vital and alive.
With a new insight awareness,
I steer ahead, O Lord, my pole-star.

You are ever with me, My Lord,
Like a guide, a glowing dawn.
Once I have grasped the melody of life,
There is no conflict, confusion and strife,

The Master never goes away
Never ever stays away
Gathering wings I uplift myself
Soaked in faith, feeling protected



THE SHADOWY PLAY

One day, Emperor Akbar got annoyed with Birbal and asked him to leave the kingdom. Birbal being a person of self-respect said to the emperor, "OK, Your Majesty, I am leaving this kingdom right now. I will not return until you ask me to."

Birbal left the kingdom with his family. After some days, Akbar started missing Birbal. He asked his men to search for Birbal in all the neighbouring kingdoms but to no avail. He was nowhere to be found.

Emperor Akbar thought of a plan. He proclaimed a reward of a thousand gold coins for the man who would enter his court in half light and half shadow. Akbar knew that only Birbal would be able to solve the puzzle. Meanwhile, Birbal was staying with a brahmin's family in a distant kingdom. When he came to know about the proclamation, he could not resist himself from solving the puzzle. Birbal asked the brahmin to go to Emperor Akbar's court and solve the puzzle. The brahmin said to Birbal, "I didn't even understand the puzzle and you are asking me to solve it." Birbal advised him to take a cot over his head and enter the court of Emperor Akbar. In this way he would be in half light and half shadow.

The next day, the brahmin entered Akbar's court with a cot over his head. Akbar said to him, "You have solved the puzzle. Now tell me, did you think of this solution yourself or someone else told you about this?" The brahmin told Akbar that a guest of his had told him the solution of the puzzle. Akbar understood that guest was Birbal. He immediately sent his men to fetch Birbal. Akbar was happy having Birbal again by his side.

—Compiled by Bablu



—Vimlesh Ahuja

Embrace the upright Path

Right from our birth our mother begins to look after us. Everything starting from bathing, cleaning, preparing to get ready and looking after our meals etc.



was being taken care of by the mother. She procures everything we need or what she thinks is required. She keeps us happy. She tells and explains positive things to us. As time passes we start growing, develop our likings and start eating, bathing and dressing up according to our tastes. After getting dressed we look into the mirror to check if we are looking nice. If something is amiss

we correct it and then leave for our destination.

This all starts as soon as we are at an age to use our discretion. Looking into the mirror is a regular feature of all whether young or grown ups. We have been looking into the mirror since our childhood. The innocent looks of childhood transform into a youthful face. One takes fancy into this look and as he further grows he wears a mature look. He takes pride into this look. Finally this beautiful face grows old and the strong body becomes weak.

Friends! We need to be mindful of the fact that we cross many stages during our life time. The face continuously changes and one loses strength and grows weak. Wrinkles replace beauty, but there is one thing which does not change

whether during childhood, youth, maturity or old age and that is a good-being which shall always remain the same. In fact, this is what we need to look into the mirror.

If we never wronged anybody and lived a characterful life it is gratifying, is a good face. Piousness and good character have nothing to do with youth, beauty, maturity or old age. Only a man with these characters is worthy of being called a human being. Righteousness is the only road to humanity. It is our prime duty to infuse these values in young children. Children of today are more capable when it comes to utilisation of resources. They catch more from our conduct than our words, speeches, captivating stories or discourses. The idea behind starting 'Hansti Dunia' was to infuse character in children so that people are attracted towards them and embrace them. Children and young should read it, adopt the righteous path and guide others too.

We owe our gratitude to that great soul and Era Promotor who was instrumental in starting the publication of 'Hansti Dunia' that circulates even today. This great saint is known as 'Satguru Baba Gurbachan Singh Ji Maharaj' We bow to him from the core of our hearts.

—Roshan

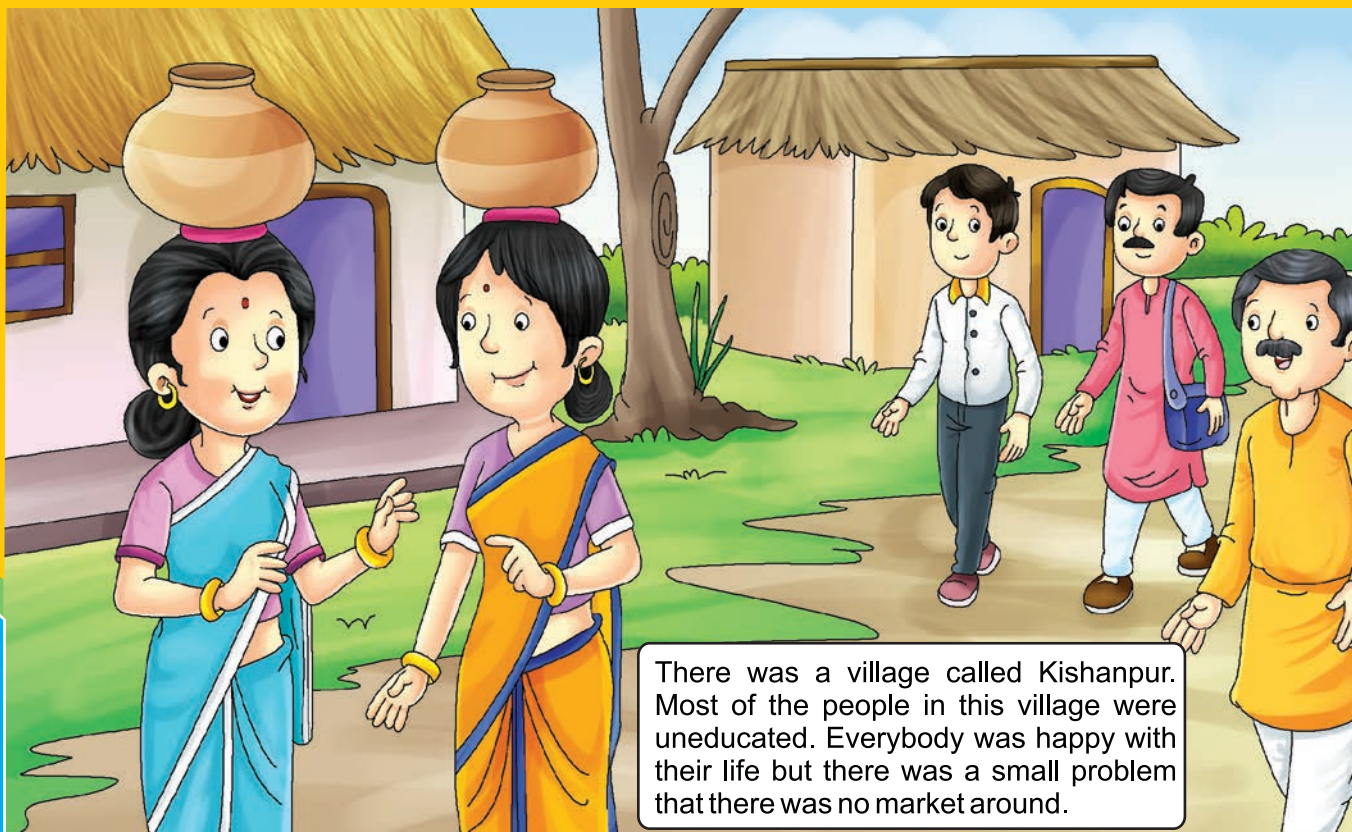
Good Habits

- ☆ It is good to wake up every morning on time.
- ☆ Brush your teeth in the morning and at night.
- ☆ Flush the toilet after using it.
- ☆ Take a bath every day. It keeps you clean.
- ☆ Turn off the tap after using it.
- ☆ Wash your hands before eating.

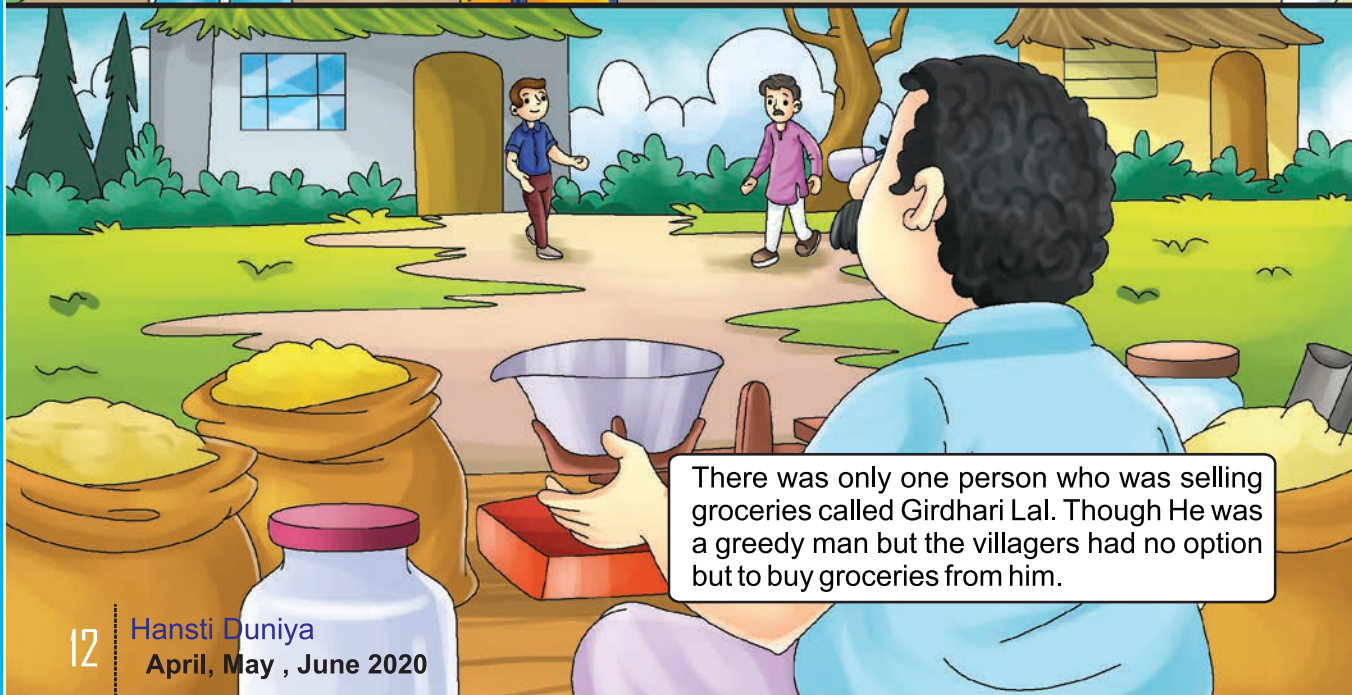


Grandpa

Story & Illustration
—Ajay Kalara



There was a village called Kishanpur. Most of the people in this village were uneducated. Everybody was happy with their life but there was a small problem that there was no market around.



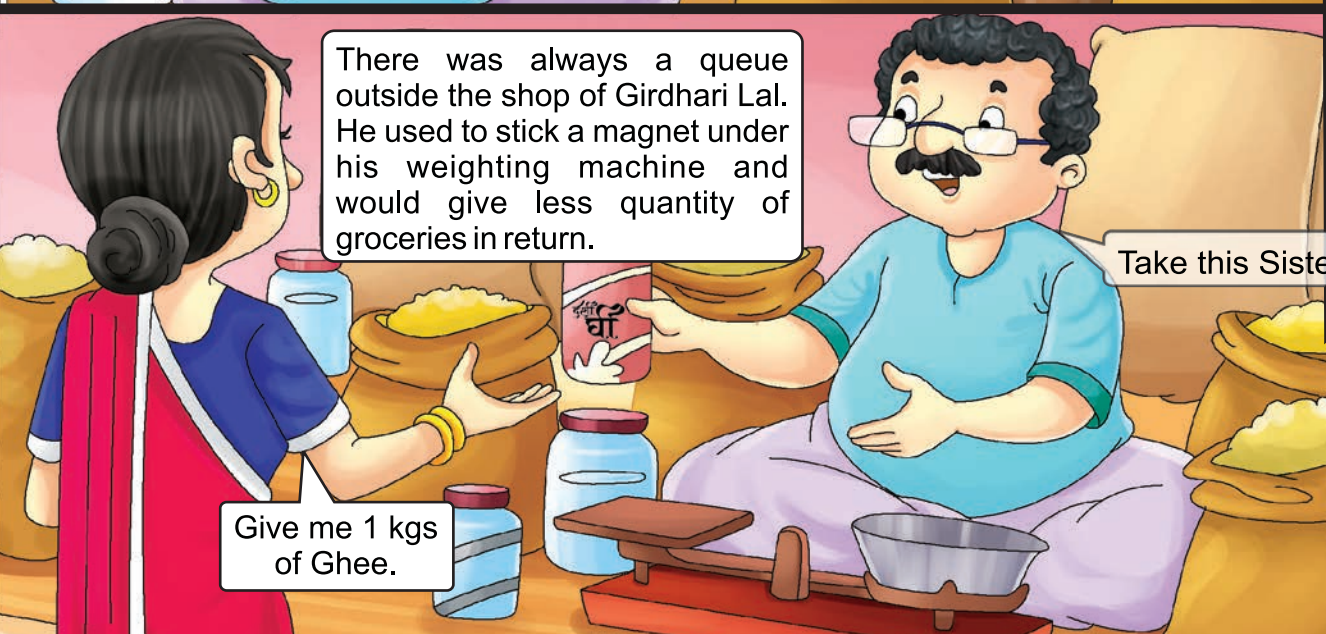
There was only one person who was selling groceries called Girdhari Lal. Though He was a greedy man but the villagers had no option but to buy groceries from him.



Uncle I need one Chocolate.

There would always a rush on his shop. He would do manipulations and would sell things at higher price.

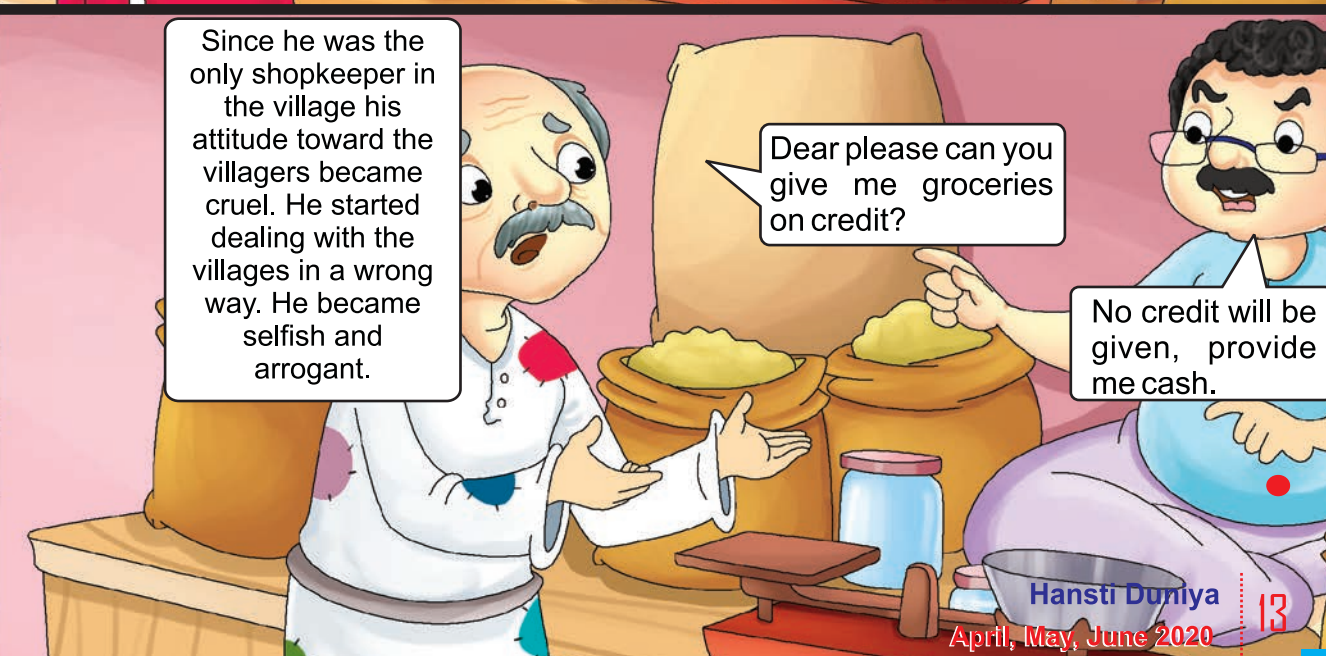
Uncle I need one kilo sugar.



There was always a queue outside the shop of Girdhari Lal. He used to stick a magnet under his weighting machine and would give less quantity of groceries in return.

Take this Sister.

Give me 1 kgs of Ghee.



Since he was the only shopkeeper in the village his attitude toward the villagers became cruel. He started dealing with the villages in a wrong way. He became selfish and arrogant.

Dear please can you give me groceries on credit?

No credit will be given, provide me cash.

One day Raju went to to buy toffees from the shop up of Girdhari Lal and he got only four toffees in return of 5 rupees.

Of the 5 rupees that you gave, you will only get four toffees. If you want take these or leave them.

Are you going or not.

I've given you five rupees then why only four toffees.

I need my five toffees for 5 rupees.

Uncle is being dishonest. This is not righteous behavior. I

Next day

Oh God! What's this. There is a magnet under the weighing machine of uncle Girdhari. I must bring this fact in front of the villagers.



Mukhiya ji Girdhari uncle is being dishonest. He has stuck a magnet under his weighing machine. Due to this the groceries are given out in lesser quantities for same price.

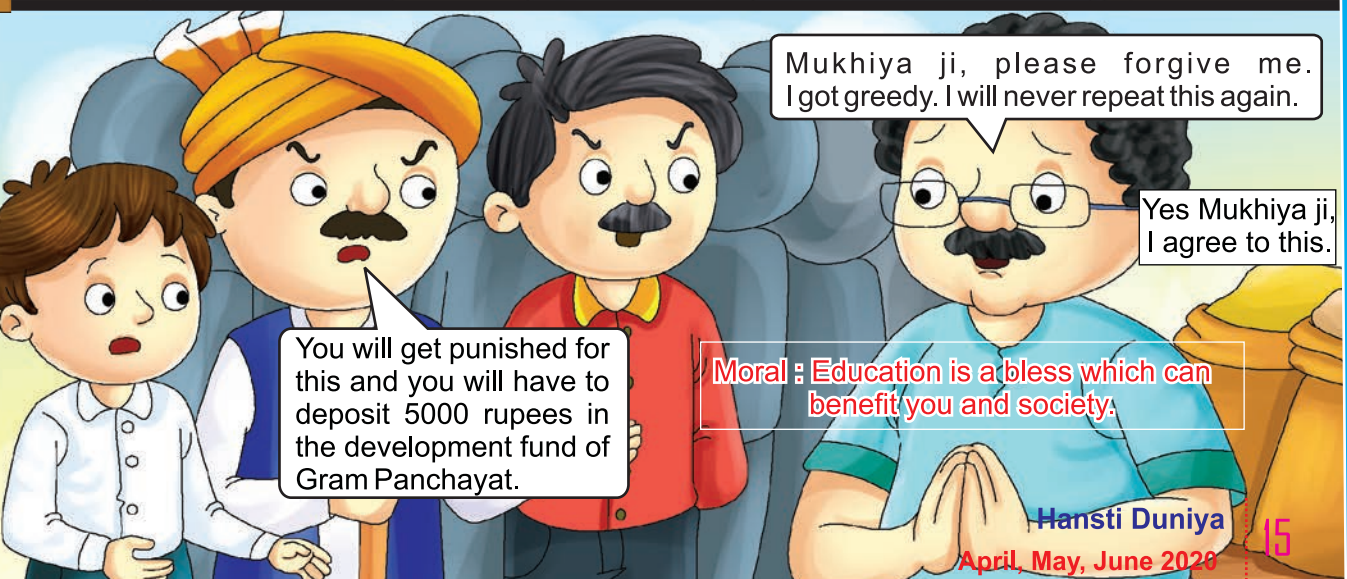
What are you saying Raju. Come we must catch him red handed.



Mukhiya called all the villagers and they all went to Girdhari Lal's shop.

What is this !!!

See Mukhiya ji, Girdhari uncle has stuck this magnet under his weighing machine.



Mukhiya ji, please forgive me. I got greedy. I will never repeat this again.

Yes Mukhiya ji, I agree to this.

You will get punished for this and you will have to deposit 5000 rupees in the development fund of Gram Panchayat.

Moral : Education is a bless which can benefit you and society.

Hansti Duniya

April, May, June 2020

Benefits of Sugarcane Juice

If you search for sugarcane juice benefits, you'll find that it has been attributed as a natural remedy to a score of problems. It's rich in antioxidants so it helps fight infections and boost the immunity. It's rich in iron, magnesium, calcium and other electrolytes so it's great for dehydration. It helps cure the common cold and other infections and also fight fever as it boosts the body's protein levels. Besides these, there are a few more great health benefits of sugarcane juice that you must learn about:

1. One of the most important health benefits of sugarcane juice is that it is a diuretic which means that it helps treat urinary tract infections, kidney stones and ensure proper functioning of the kidneys.
2. According to Ayurveda, sugarcane juice helps strengthen your liver and is thus suggested as a remedy for jaundice. Jaundice is a condition where you find yellow pigmentation of the skin and membrane due to elevated levels of a substance known as bilirubin in the

bodily fluids and is triggered by poor functioning liver. What sugarcane juice does is replenish your body with proteins lost and nutrients that it needs to recover quickly. (Also Read: How to Make Sugarcane Juice at Home?)

Fresh Sugarcane

Benefits of Sugarcane juice: sugarcane juice helps strengthen your liver³. Another important health benefit of sugarcane juice is due to it being rich in the good kind of carbohydrates, protein, iron, potassium and other essential nutrients that make it the ideal energy drinks. Especially in the summer months, a glass of cold sugarcane juice and really life both your health and your depleting levels of energy. It builds up plasma and body fluids and helps counter dryness and fatigue.

4. Ayurveda also suggests that 'sugarcane juice exhibits laxative properties thereby improving bowel movement and relieving constipation' (Source: ayurhelp.com). Sugarcane juice also has alkaline properties which means it's good for treating acidity and stomach burns.



5. It has a low glycemic index (GI) so it comes highly recommended for diabetics. A study showed that drinking sugarcane juice did not alter the blood glucose levels of diabetics drastically but you should check with your doctor before you start to drink some of this yourself.

Father's day

Father's day is celebrated every third Sunday of June. This year Father's Day will be celebrated on 21st June. As the name clearly says, the day is celebrated to appreciate the role played by fathers and father figures. The day was first celebrated in the United States of America in the year 1909 to compliment Mother's Day. The day was celebrated for the first time on June 19, 1910.

6. Sugarcane juice is extremely rich in minerals which helps prevent tooth decay and bad breath.

COMMENTS So now you know why sugar cane juice is so popular during the hot summer months in India. Every time you feel like you need to replenish your body and rehydrate during the summers, grab that glass of chilled sugar cane juice and enjoy its benefits!

Blistering Barnacles

Saloni had just bought a comic book of the famous Tintin' for her six-year-old son Sakal. The boy was an avid reader. Later in the evening, Saloni and her son were walking along the harbour, wherein a number of ships were anchored. Sakal said, "Mama, Captain Haddock always says, 'Blistering Barnacles' whenever he is angry. What does it mean? What are barnacles?"

Saloni laughed and said, "That's a good question son. Barnacles are small shellfish that attach themselves to the underside of a ship. If there are too many of them, the ship becomes too heavy. So, the barnacles have to be removed either manually or best of all by standing the ship in a freshwater harbour. After sometime the barnacles fall off by themselves and the ship can be moved away into salty seawater. The barnacles while they cling onto the bottom of the ship probably hurt like blisters, so Captain Haddock calls them

Blistering Barnacles in annoyance."

The next day, Saloni found her son sitting in the bathtub. He was taking unduly long in there. So she called out, "Come on Sakal, let's go out to play in the park." But Sakal did not answer. Ten minutes later, after much persuasion, he agreed to come out of tub. He said, "I was just getting the barnacles off, Mama! Why can't you just leave me alone?" "The... what off?" she queried in surprise. "The barnacles, Ma," he said seriously. "You see, last week when we were playing in the park and Akhil broke my new bat. You told me to forgive him after he had said sorry, but I did not. That barnacle has been weighing me down since then. It was becoming heavier and heavier to carry each day, so I thought if I soak in the fresh water for some more time, it may come off, and then I'll be free!"

How often, we carry with us the load of things said or done by us or by others. If we take a periodical dip in



fresh water i.e. attend Satsangs or do meditation, our barnacles too would come off. They harm none except us, for they weaken only us. Shed your burdens and become free. Forgiveness is not for others; it is for oneself.

To Err is Human; to Forgive is Divine. When we forgive some one who has hurt us, we ignite a spark of Divinity in us. For getting the feel of

Divinity, forgiveness is surely a very small price to pay, isn't it?

Bhagwan Baba has said:

Kshama is Sathyam (Truth), Kshama is Dharmam (Righteousness), Kshama is Ashimsa (Non-injury), Kshama is Yagna (Sacrifice), Kshama is Santosha (Pleasure), Kshama is Daya (Compassion), Kshama is everything in the world.

By : Kunal Kalia, Delhi

Brushing My Teeth

Up and down and round and round
I brush my teeth to keep them sound
To keep them sound and clean and white
I brush them morning, noon and night



H.D. Answers

— Monu (Delhi)

Q. What to do for purification and peace of mind?

A. Attend Satsang regularly.

— Ram Kumar (Ghaziabad)

Q. Why do people oppose the truth?

A. Because it hurts their ego.

— Ramesh (Bhagalpur)

Q. When does one get offended with one's own self?

A. When he finds himself helpless to bear with the failures of life.

— Sham Raheja (Faridabad)

Q. Who is a true disciple?

A. One who lives upto the Master's teachings.

— Rahul (Canada)

Q. What is greater than love?

A. Sacrifice.

— Pooja Sharma (Chandigarh)

Q. How to shed hatred?

A. By forgiving and forgetting.

— Neha (U.S.A.)

Q. What is the difference between bliss and happiness?

A. Happiness is momentary, while bliss is ever lasting.

—Ramesh

Riddles

1. What flies without wings and it is invisible too?
2. What kind of bulbs need water?
3. What gets whiter when dirtier it gets?
4. What kind of fish chases a mouse?
5. Name three keys that unlock no doors.
6. A rope which cannot be tied.
7. A bow which cannot be tied.
8. Which fruit has many eyes?
9. Which is the most talkative sister?
10. Which is the smallest room of the world?
11. What is the most dangerous city?
12. Why is a river so rich?
13. What is it called when a cherry falls in a pond?
14. Which bus crossed the ocean?
15. What is as big as an elephant but does not weigh anything?
16. Two pigeons are behind and two in front of one. How many pigeons are there?



1. Time 2. Onion bulbs 3. Blackboard 4. A Cat fish 5. Monkey, Donkey, Turkey
6. Europe 7. Rainbow 8. Pine apple 9. Transistor 10. Mushroom
11. Electricity 12. Because it has two banks 13. Pondicherry 14. Columbus
15 Elephant's shadow. 16. Three

Answers

—Anil

The Two Crows

Once two crows, Bholu and Golu, were good friends. One day, they had a fight to prove their superiority. They decided to pass a challenge so as to decide who was better. The challenge was to fly with a bag filled with something in their beaks. One who could fly up higher would be considered as superior.

Golu was a mean crow. He put cotton balls in his own bag and salt in Bholu's bag. Then the two crows took a flight. Soon Golu was flying higher than Bholu, as he was carrying lighter weight. But Bholu was unable to gain more height than Golu due to heavy weight.

As the crows were flying, it started raining. The cotton balls soaked water and became heavier. On the other hand, the salt got dissolved making Bholu's bag lighter. Now, Bholu was flying higher than Golu. Thus, Bholu won the challenge.



A Good Leader

—Ashish



One day, election was held in the forest. All the animals had gathered together. After the voting, the counting was done.

The jackal was declared as the new king. His competitor, the fox, had lost the election.

Now, the fox wanted to take revenge. So, he thought of a plan. The fox set a trap and kept some meat there.

Then, he went to the jackal and said, "Your Highness ! Some meat is lying unattended under a tree. You can go and eat it."

The jackal rushed to the spot. As soon as he picked up the meat, he got caught in the trap.

The fox called all the animals there and showed them the jackal's foolishness. Then, the fox said, "A good leader should control his desires and should not believe others without thinking. The jackal can never be a good leader."

— Sanjay Badhan (R.K. Puram, N. Delhi)

8 ways to keep your Kidneys Healthy

1. **Drink lots of water every day:** Water keeps you hydrated and helps the kidneys to remove toxins from your body. So, drink at least 8-10 glasses of water every day.
2. **Reduce the intake of salt:** Salt increases the amount of sodium in diet. It not only increases blood pressure but also triggers the formation of kidney stones. So, reduce intake of salt.
3. **Drink healthy beverages.** Fresh juices in your daily diet is another way of drinking more fluids and keeping your kidneys healthy.
4. **Don't resist the urge to urinate:** Filtration of blood is a key function that your kidneys perform. When the process of filtration is done, extra amount of wastes and water is stored in the urinary bladder that needs to be excreted. So, if you start ignoring the urge to go to the washroom, the urinary bladder stretches more than its capacity. This affects the filtration process of the kidney.
5. **Avoid self medication:** Increased dosage of medicines that you are not aware of can increase the toxin load on your kidneys. So, always follow dosage recommendations given by doctor and do not take over-the-counter pills.
6. **Exercise daily:** Exercising and eating healthy can surely help you to lose extra weight and enhance kidney health.
7. **Say NO to alcohol and smoking:** The intake of alcohol disturbs the electrolyte balance of the body and hormonal control that influences the kidney function. Smoking slows



the flow of blood to the kidneys. When less blood reaches the kidneys, it impairs their ability to function properly. So, say NO to both alcohol and smoking.

8. Manage diabetes, high blood pressure and heart disease: In

most of the cases, kidney disease is a secondary illness that results from a primary condition such as diabetes, heart disease or high blood pressure. Therefore, controlling sugar levels, cholesterol and blood pressure is essential to keep kidney disease at bay.



High-Flying Balloons

— Richa Rai

A man was selling balloons on the streets of New York City. He knew how to attract a crowd before he offered his wares for sale. He took a white balloon, filled it up, and let it float upward. Next he filled a red balloon, and released it. Then he added a yellow one. As the red, yellow, and white balloons were floating above his head, the little children gathered around to buy his balloons. A hesitant boy looked up at the balloons and finally asked, 'If you fill a black balloon, would it go up too?' The man looked down and said, 'Yes, sure! It's not the colour of the balloon, it's what's inside it that makes it go up!'

What's inside of you determines whether you achieve peak success experience in your life. Climbing to the peak depends upon your mind and your attitudes.

William Shakespeare

William Shakespeare was an English poet, playwright, and actor, widely regarded as the greatest writer in the English language and the world's greatest dramatist. He is often called England's national poet and the "Bard of Avon" (or simply "the Bard"). His extant works, including collaborations, consist of some 39 plays, 154 sonnets, two long narrative poems, and a few other verses, some of uncertain authorship. His plays have been translated into every major living language and are performed more often than those of any other playwright.

Shakespeare was born and raised in Stratford-upon-Avon, Warwickshire. At the age of 18, he married Anne Hathaway, with whom he had three children: Susanna and twins Hamnet and Judith. Sometime between 1585 and 1592, he began a successful career in London as an actor, writer, and part-owner of a playing company called the Lord Chamberlain's Men, later known as the King's Men. At age 49 (around 1613), he appears to have retired to Stratford, where he died three years later. Few records of Shakespeare's private life survive; this has stimulated considerable speculation about such matters as his physical appearance, his religious beliefs, and whether the works attributed to him were written by others.

Shakespeare produced most of his known works between 1589 and 1613. His early plays were primarily comedies and histories and are regarded as some of the

best work produced in these genres. Until about 1608, he wrote mainly tragedies, among them *Hamlet*, *Othello*, *King Lear*,

and *Macbeth*, all considered to be among the finest works in the English language. In the last phase of his life, he wrote tragicomedies (also known as romances) and collaborated with other playwrights. Many of Shakespeare's plays were published in editions of varying quality and accuracy in his lifetime. However, in 1623, two fellow actors and friends of Shakespeare's, John Heminges and Henry Condell, published a more definitive text known as the First Folio, a posthumous collected edition of Shakespeare's dramatic works that included all but two of his plays. The volume was prefaced with a poem by Ben Jonson, in which Jonson presciently hails Shakespeare in a now-famous quote as "not of an age, but for all time".

Throughout the 20th and 21st centuries, Shakespeare's works have been continually adapted and rediscovered by new movements in scholarship and performance. His plays remain popular and are studied, performed, and reinterpreted through various cultural and political contexts around the world.





—Raju Mehta

The Ant and the Dove - An Aesop's Fable

An ant, searching for food in a forest, felt thirsty. He bent down to drink water from a river. Suddenly, a gust of wind blew him into the water. The helpless ant struggled to climb up to the bank. Every time he tried, he fell right back into the water.

A dove flying above the river noticed the difficulties of the ant. He plucked a large leaf from a nearby tree and gently dropped it on the water, near the ant. The ant climbed on to the leaf. He looked at the dove gratefully as the flow of the river pushed the leaf towards the bank and got off safely.

A dove flying above the river noticed the difficulties of the ant. He plucked a large leaf from a nearby tree and gently dropped it on the water, near the ant. The ant climbed on to the leaf. He looked at the dove gratefully as the flow of the river pushed the leaf towards the bank and he got off safely.

One day, when the ant was trying to climb a tree, he saw a hunter. He was poised with his bow and arrow pointing it at something in the sky. When the ant looked up, he saw to his horror, that it was the dove!

The ant acted quickly. He climbed up the hunter's feet and bit him hard. The hunter immediately missed his aim and the arrow flew far away from the dove. But the sight of the arrow had alerted the dove. He immediately flew away to safety.

Basic Protective Measures Against The New Coronavirus

Stay aware of the latest information on the COVID-19 outbreak, available on the WHO website and through your national and local public health authority. COVID-19 is still affecting mostly people in China with some outbreaks in other countries. Most people who become infected experience mild illness and recover, but it can be more severe for others. Take care of your health and protect others by doing the following:

Wash your hands frequently

Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.

Why? Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands.

Maintain social distancing

Maintain at least 1 meter (3 feet) distance between yourself and anyone who is coughing or sneezing.

When someone coughs or sneezes they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person coughing has the disease.

Avoid touching eyes, nose and mouth
Hands touch many surfaces and can pick

up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick.

Practice respiratory hygiene

Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately.

Droplets spread virus. By following good respiratory hygiene you protect the people around you from viruses such as cold, flu and COVID-19.

If you have fever, cough and difficulty breathing, seek medical care early

Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance. Follow the directions of your local health authority. National and local authorities will have the most up to date information on the situation in your area. Calling in advance will allow your health care provider to quickly direct you to the right health facility. This will also protect you and help prevent spread of viruses and other infections.

Stay informed and follow advice given by your healthcare provider

Stay informed on the latest developments about COVID-19. Follow advice given by your healthcare provider, your national and local public health authority or your employer on how to protect yourself and others from COVID-19.

National and local authorities will have the most up to date information on whether COVID-19 is spreading in your area. They are best placed to advise on what people in your area should be doing to protect themselves.

Protection measures for persons who are in or have recently visited (past 14 days) areas where COVID-19 is spreading
Follow the guidance outlined above.

Stay at home if you begin to feel unwell, even with mild symptoms such as headache and slight runny nose, until you recover. Why? Avoiding contact with others and visits to medical facilities will allow these facilities to operate more effectively and help protect you and others from possible COVID-19 and other viruses.

If you develop fever, cough and difficulty breathing, seek medical advice promptly as this may be due to a respiratory infection or other serious condition. Call in advance and tell your provider of any recent travel or contact with travelers. Why? Calling in advance will allow your health care provider to quickly direct you to the right health facility. This will also help to prevent possible spread of COVID-19 and other viruses.

—H.S. Nirman, Chandigarh

I do not choose the best

I do not choose the best;
Rather the best chooses me.
Had it been all up to me;
I would have surely missed thee.

I was a hawk,
Thou made me a dove
I love or not, Thou always love
I am sin, Thou art mercy
This is what surprises me.
I do not ...

I had mind but had no thought;
I had ears which listened not;
I had eyes but could not see,
Until thou enlightened me.
I do not ...

Thou art God, I am Thy man.
Upon Thy grace, rely I can,
“I love you and you love me”
From fear of death, now I am free.
I do not

—Sanjay Tandon, Chandigarh

WHY DO WE PRAY?

A youngster rang the doorbell to his Uncle's house. He was asked to wait in the lobby because his Uncle was in the Prayer room. The young boy could get a glimpse of his Uncle's back through the open door of the Prayer room. It was rather a long wait. As he sat waiting, the boy thought, "Uncle has got all a man could hope for, why could he be praying for so long? What could he possibly be asking for, from God? He's been in the prayer room for more than half an hour. He has a luxurious bungalow, a wonderful wife and two extraordinarily intelligent children, what more does he

need? His business is doing well, he is earning fabulously well.....he is in good health too..... now

what could he want?"

His thoughts continued to draw circles in his head. All of a sudden he noticed that Uncle was coming out of the prayer hall. As soon as the elderly man caught sight his nephew, he swiftly wiped his eyes. But the youngster was quick to notice the tears that had already been shed.

He greeted his Uncle and asked, "Uncle, are you well?"

"Yes, I'm fine, how about you, son?"

"I'm well Uncle. How is the family?"

"By God's grace, all are fine."

"How about work?"

"Going on well son, but tell me, what brings you here? Anything I can do for you."

"... Uncle, I don't mean to intrude into your privacy, but what took you so long in the Prayer-room? Is there any problem?"

"No son. I was just thanking God, for all the benevolence He has showered upon me and my family."

"And the tears?" asked the boy, in disbelief.

"Oh! I was just overwhelmed!"

We all shed tears for some reason or the other, but if our eyes get moistened for the love of God, that is only because we have been able to establish a connection, even if it is for a split second. When His love flows in abundance it sends a shudder through us and leaves us radiating with emotion. It is like a mountain spring that flows without reason. Unless you can establish a communion with God, of what use is Prayer?

How many of us think that it is

important to thank the Lord for His blessings? Most of us remember Him only in troubled times. If only we were to remember Him in happy times, there would be no troubled times.

Here is what Baba Ji has to say on this, "When you repeat the Name without feeling, it seldom reaches the mark. The Name of the Lord must be recited with awe and wonder, humility and reverence. The bow has to be drawn full before the arrow is released; then it will pierce the target. Feeling is the force that draws the strings taut and makes the Name reach the Named, the bearer of the Name."

Moral : "Tears may flow out of joy or enthusiasm or ecstasy, but not from a feeling of sorrow."

Thought

Looking good and feeling good go hand in hand. If you have a healthy lifestyle, your diet and nutrition are set, and you're working out, you're going to feel good.

—Priya Tandon, Chandigarh

Heaven Or Hell

A man requested God to allow him to have a glimpse oh Heaven and that of Hell too. God said, "Alright, my Angel shall show you both through the windows, for no one is allowed to enter either, till he dies."

The man with the special permission stood outside a window accompanied by an angel. He saw many people inside. They had no elbows. Their arm bones were single and straight, right from the shoulder to the wrist. They could not bend their arms at the elbow. On the side were tables laden with the best of food. The man said, "This must be heaven, they have such wonderful food to eat." But the angel said, "Look closely." They picked up the food with their hands, but were unable to convey it to their mouths for want of being able to bend their elbows.

So they were hungry and helpless. All of them were crying. The angel explained, "Despite so much being available to them, they cannot enjoy it. This is hell." As they walked further. They looked through another window. The people inside too, had no elbow joints. There were similar tables laden with sumptuous food. But here, everyone looked

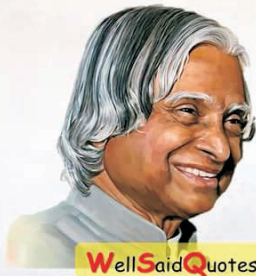
happy. Why? Because they were picking up the food and putting it into each others mouths! Sure, they could not feed themselves, but they could feed others! Others could feed them! "That my friend is heaven," said the Angel. Isn't it true that hell or heaven is our own creation. How We handle Our selves, in our own circumstances, is what causes the creation of heaven or hell around us. Those who live only for themselves are unhappy. Sharing and caring are of utmost importance. If you distribute love and care, it always comes back to you. i you are a dealer in hate, can you expect to get anything but hate?

This reminds me of the age old truth: Do unto others as you would have them to do unto you.

Moral : If you desire that others should honour them too. If others must serve you, you serve them first.

Inspirational Stories

Failure Is only temporary Change In Direction to set you only straight for Your success



"I was rejected in the interview of Pilot"

- **Abdul Kalam**



"I used to work in petrol Bunks"

- **Dhirubhai Ambani**



"I failed in 8th standard"

- **Sachin Tendulkar**



"I was rejected for the job in All India Radio bcoz of my heavy voice"

- **Amitabh Bacchan**

Compield by : Radha, Delhi



Kitty

Story & Illustration
—Ajay Kalra

Friends come let's
celebrate and
have a party today.



Party! Which party! Kitty!

Yes. Party, come-
Mouli, Chintu and
Montu



No Kitty we are
short of
money.





Next Day





—Shaivi Rane (UK)

A Little Faith



A little faith is all you need
Just have some and you will succeed
In all you think and do
God will always be with you

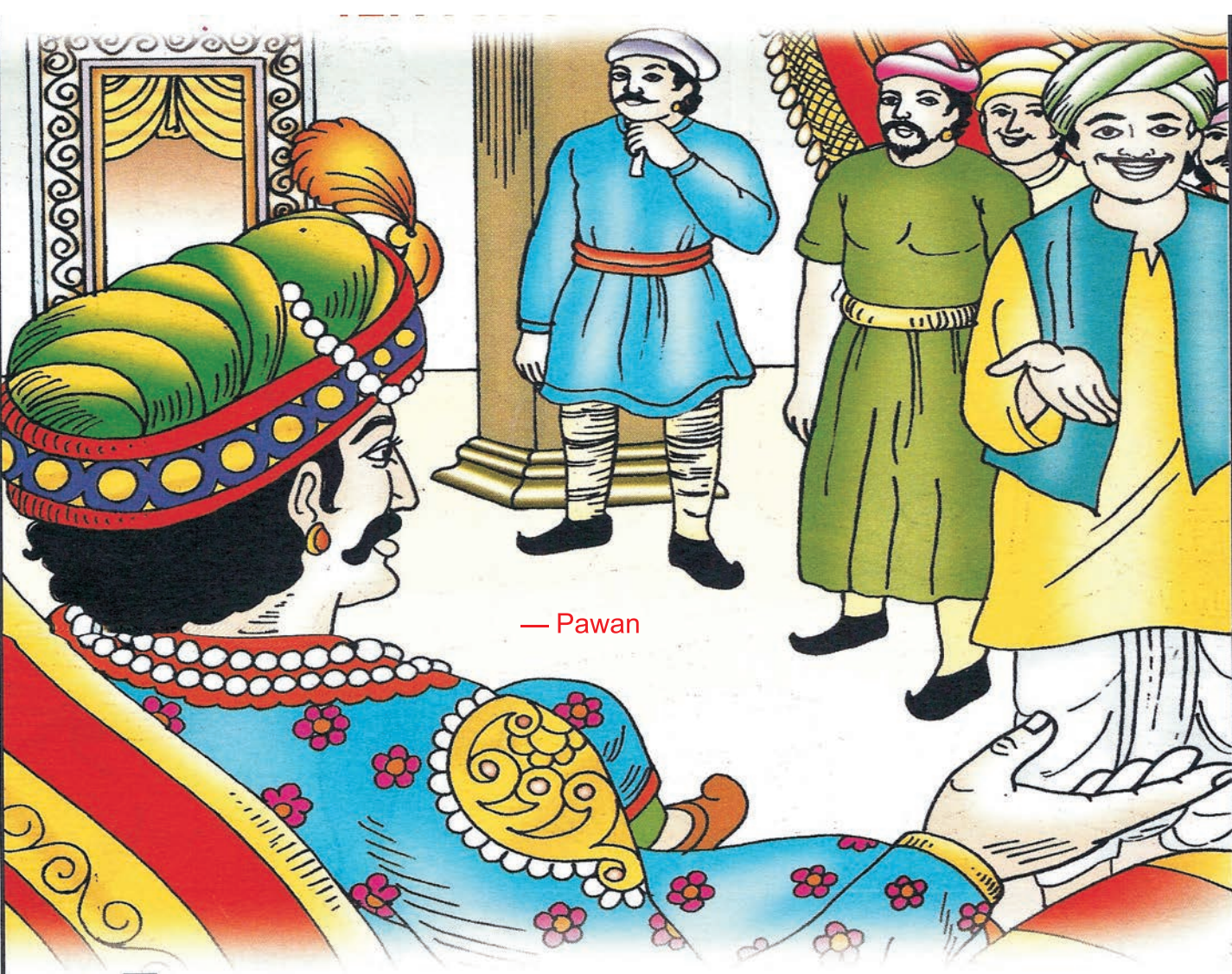
At the edge of a swimming pool
Don't know how to jump in
Just have a little faith in you

You'll find that you'll win
On a climbing frame
Think you're going to fall
We all have a little faith
No matter if you're short or tall

Climbing a mountain
you just want to stop
you don't think you can do it
have faith and you'll reach the top

Learning to use a skipping rope
putting it over your head
don't let frustration prevail you
it's better to have faith instead

A little faith is all you need
Just have some and you'll succeed
In all you think and do
God will always be with you



— Pawan

A wise Counting

Emperor Akbar was in the habit of putting riddles and puzzles to his courtiers. He often asked questions which were strange and witty. It took much wisdom to answer these questions.

Once he asked a very strange question. The courtiers were dumb folded by his question.

Akbar glanced at his courtiers. As he looked, one by one the heads began to hang low in search of an answer. It was at this moment that Birbal entered the courtyard.

Birbal was the wittiest of all courtiers. He looked at his fellow courtiers who were deeply engrossed in their thoughts. Then he bowed humbly in front of Akbar and asked, "My lord! can I know what has made my fellow courtiers so thoughtful?" Akbar replied, "I just asked them a question. They are blinking for an answer".

Compiled by : Sakshi Gulati, Chandigarh



Laughing

Time



Teacher: There are two sentences A and B which are as follows:

(A) A chair was occupied by Ramu.

(B) Ramu ate ice cream.

Jimmy, which one is the active voice and why?

Jimmy: (B) because Ramu is active in eating ice cream.

Customer: Are you sure that milk is pure?

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

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

Student: One, the dead one.

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

Barber: I am not charging you for cutting your hair.

I am charging you for having to search for it.

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

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

Manish :Papa, today we got our Mathematics test scores

Papa : How many marks did you get?Uncle

Manish : I got 10 less than Mahipal.

Papa :How much marks did Mahipal get?

Manish : He got 10 on 10.



Dada : Nonu., how did you find weather at Manali ?

Nonu : I went out side and there it was.

Father : Aarav, why aren't you doing well in History ?

Aarav : Because the teacher keeps asking me about things that happened before I was born.

One beggar to another : What will you do if you win two lakh rupees in a lottery?

Second beggar: I will buy a car and go begging in it.

Teacher: Somunyu, shall I ask you on difficult question or three simple questions ?

Somunyu: One difficult question, Ma'am

Teacher: Okay. Tell me, where was Mahatma Gandhi born?



Soumanyu : In my village.

Teacher : What is the name of your village ?

Somnyu : Sorry, Ma'am. You have already asked me one question.

Tapu : Our hair will stand straight when we see a lion but my Dada's will not.

Monu : Why ?

Tapu : Because he is bald.

Wife : I gave you two umbrellas in the morning and yet why have you come home drenched in the rain ?

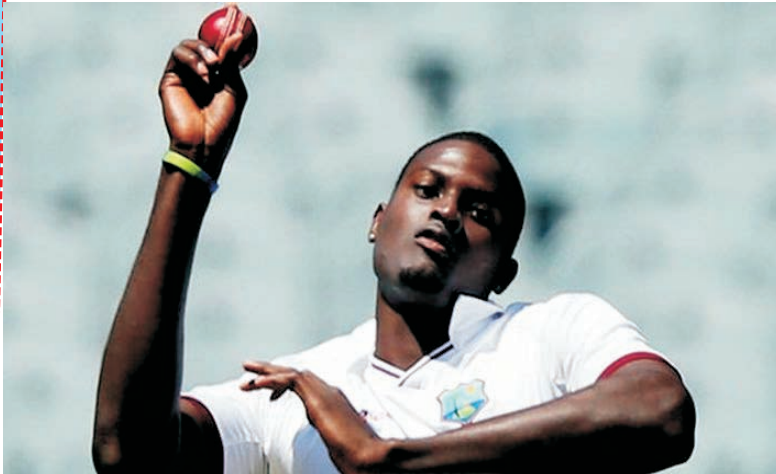
Husband : I left one umbrella at the bus stop.

Wife : Where is the second one ?

Husband : Oh! It is right here! I forget to open it.

— Courtesy : Deccan Herald

Peek into bio-secure Environment for Cricket



How is England and Wales Cricket Board (ECB) planning to achieve this?

For a bio-secure environment to function seemingly in a smooth way, movements of all parties involved needs to be severely restricted. In short, they'll be living in a gated community with no access outside world whatsoever. In ECB's case, they've slotted the first Test at Southampton's Ageas Bowl and the next two at Old

Trafford in Manchester as both venues have on-site hotels, which means no team bus travels and no stepping out. The West Indies players will be quarantined for three weeks before the first Test while other stakeholders like match officials, operational staff, essential venue staff, broadcasters and media will have to adhere to the strict measures.

NBA, meanwhile, is mulling to stage the remaining matches of its suspended league in the confines of Disney's ESPN Wide World Sports Complex in Orlando, Florida.

Will it be fool-proof?

While it has not been tried in sports so far, one cannot answer it unless it's been experimented. There are practical problems though. A Test match is normally a five-day affair and with so many people involved in broadcast, it's extremely difficult to get everyone to follow military-like protocols. Also what about employees at the hotel, will they too be locked-up for the duration of the Test. What if someone tests positive? These are some unanswered questions. ●

With an onsite hotel for accommodation, Old Trafford stadium in Manchester is one of the bio-secure venues for England's Test series against the West Indies, beginning in July.

Ever since the England and Wales Cricket Board said they will be hosting the West Indies for a three-Test series in a 'bio-secure environment' next month, it has caught the imagination of many. So what is a bio-secure environment? Is it the panacea for resumption of sports most of which is still comatose. Is it practically possible to implement everywhere and by everyone? Here is an attempt to clear some of those doubts.

What is a bio-secure environment?

Bio-security is a set of measures aimed at preventing the introduction and/or spread of harmful organism (in this case coronavirus). It also aims at minimising the risk of transmission of infectious diseases to people or animals caused by viruses, bacteria and microorganisms.

Result for the month of February 2020 Issue

First :

Arpita Saini

Age 10

200 Lake Trail Drive,
Johns Creek GA-30022 USA



Second :

Manushre Rathi

Age 9

New Swastik Nagar
Near Water Tank, Amarvati(Mah.)



Third:

Reshma

Age 11

Rama Mandir, Fafadih
Raipur (C.G.)



Fourth:

Gurpal Nirankari

Age 11

H.No. 1509, Railway Colony, Barada
Near Railway Station Distt. Ambala (Hry.)



Consolation Enteries

Vijay Laxmi (Mumbai)

Francesca & Deruz (Lucknow)

Sumanyu Chawla (Dhirpur, Delhi)

Raunka (Mumbai)

Ramavdh Yadav (Azamgarh)

Shiv Kumar (Arjun Nagar, Delhi)

Ranu Mandal (Mumbai)

Radha Sisodiya (Delhi)

Himanshu (Panipat)

Sanju Singh (Ludhiana)

Jyotish Rai (Dehradun)

Harsh Malhotra (Mukharjee Nagar)

Khushi & Priksha Rai (Patna)

Rewti Kumari (Kanpur)

Disha (Prayagraj)

Rohsan Kumar (Bhimandi)

Rahul (Wazirpur, Delhi)

Kiran (Delhi), **Tappu** (Delhi)

Richa (Dehradun)

Neha Kumari (Delhi)

Radha (Delhi)

Aditi (Uttam Nagar, Delhi)

Lazy Sons

In Madipur lived a very hardworking farmer named Ganga Ram. He has three sons Ram, Laxman and Hanuman. All three were strong and healthy. But they were all lazy.

Ganga Ram was sad, thinking about his sons and the future of his farmland.

Oneday, Ganga Ram got a flash of an idea. He called all his sons and said, "Ram! Laxman! and Hanuman! I have hidden a treasure in our farmland. You search and share the treasure among you".

The three sons were overjoyed. They went to the fields and started searching Ram started from one end, Laxman from the other end and Hanuman from the centre. They dug; each and every nook of the field. But they could not find anything.

Ganga Ram said to his sons, "Dear boys! Now that you have tooled and conditioned the field, why not we sow a crop!" Qff went the sons to sow the crops.

Days passed. Soon, the crops grew lushly green. The sons were delighted. The father said, "Sons, this is the real treasure I wanted you to share."





A Diamond's Rough Ride

now only 105.6 carat and weighs 21.6 grams

In 1526 the diamond came in possession of Babur when he invaded India and established the Mughal Empire. He also renamed it the 'Diamond of Babur'

1739: It was snatched away from the Mughals in 1739 by Persian ruler Nadir Shah, who supposedly gave its current name 'Kohinoor' -the mountain of light

The diamond went to Iran but soon after Nadir Shah was killed and there was a lot of infighting in the family. It was then one of Nadir Shah's grandsons, Shuja Shah, escaped to Punjab with the diamond and asked King Ranjit Singh to help him

In 1800, Ranjit Singh was given the diamond for helping Shuja Shah and it remained with him for nearly three decades

In 1849, post the second Anglo-Sikh war, the diamond was finally confiscated by the British under Lord Dalhousie. From there, it reached Britain in 1850

Current location

The diamond is a part of the Crown of Queen Elizabeth II. Sadly, till now Britain has refused demands to return the diamond to its country of origin. It can be viewed as part of the crown jewels collection in the Tower of London (Courtesy TOI.)

A group of Indian businessmen and actors plan to reclaim the Kohinoor diamond from the British Queen by carrying out legal proceedings against the royals. The attempt has been made at a time when PM Narendra Modi was on a three-day visit of the United Kingdom, starting November 12

It was originally owned by the Kakatiya dynasty, which had installed it in a temple of a Hindu goddess as her eye. In 1310, it was acquired by the Khilji dynasty when they raided Warangal. The diamond remained there for some time and was later passed on to dynasties of the Delhi sultanate

1 - The Kohinoor

The diamond was mined in medieval times in the Kollur Mine in Andhra Pradesh's Guntur district. At one time it was considered the largest diamond in the world — 739 carat when uncut. However, it is

ATHEIST

Mangilal was an honest and hardworking person. Every morning after reaching the shop he would enter his place of worship.

He would fold his hands and say, "Oh Lord I am thankful to you. Because of your grace and blessings my business is growing. "

And it was true, all day his shop would be filled with customers. All that he had in the shop would be sold.

With the blessing of Goddess Lakshmi, Mangilal became rich. He built for himself a luxurious house. He married a girl from a renowned family. After some time he was blessed with, a boy and a girl.

After some years whilst getting busy with his luxurious life and busy occupational life he did not get time to enter the temple. Instead of thanking God, he started saying to himself "what's the need to thank God every day?"

"Actually I worked hard, that is the reason I got rich, and Lord did not bless me with anything special. Actually..... In the end, Who is Lord after all?" He asked his servant to remove all related material from the room and, Mangilal became an atheist.

Rich Mangilal had already got famous owing to his riches and because of this he was invited by some of social workers. Speakers gave their views and recommendations on different Issues. Mangilal Ji, "You are a rich



man, whom do you credit your success to? Is this all a result of God's grace on you?" Asked the chairperson.

Mangilal stood up and spoke " God's grace ?My success Is a result of my own hard work, God does not exist In reality, If he does exist, I challenge him to destroy whatever I have created within 5 minutes."

Silence befell in the congregation. They became speechless and stared at one another. Minutes passed but Mangilal was unharmed.

And then Mangilal spoke again," Ha ha ha . Yes, I was right, God doesn't exist. Otherwise by now I would have been no more" Hearing



all this an old man from the congregation stood up and spoke, "Respected member, do you have children?"

In reply Mangilal spoke, "Yes, I have one son."

Old man said, "Ok mister, if he gives a gun in your hand and says, please shoot at me, will you do the same?"

"Never!" I love him a lot. Why would I myself shoot at piece of my heart?" Mangilal answered the old man.

The old man replied "Now you must have understood as to why God didn't hurt you when you asked him to do it, after all you are also child of God."

"Oh! How could I act like such a big fool?" After this Incident Mangilal got ashamed In front of everyone and repented.

Change of Heart



Even if all the people had the same complexion, diet, dress, language, life-style as also all the material comforts, they would still miss peace and harmony. They would still quarrel, hate and malign one another, as the aforesaid change would be merely cosmetic and superficial, not real—change of heart. Hearts can be changed only through spiritual awakening i.e. God-realisation.

—Nirankari Baba

The Remembering Fairy

Nitika's mother was terribly forgetful. Every day she would forget something important. Sometimes, she even forget to wake Nitika up.!

One particular day, Nitika was feeling very miserable. Mother had forgotten that today was fancy-dress day, and had not made Nitika a costume.

The other children came to nursery dressed as clowns and ballerinas, or as wild animals and monsters.

Nitika was just wearing normal clothes!

"I wish there was a way I could make mother remember things", she said sadly.

Suddenly, there was a puff of smoke and sparkle. "I am Remembering Fairy," said a little voice, "and I'm here to help."

"But how can you help?" asked Nitika feeling very confused.

"I help people like your mother remember things," said the fairy. "So next time your mother is about to forget something, I'll be there!". "Thank You," said Nitika.

The fairy smiled, and disappeared in another puff of smoke and sparkle.

"Well," thought Nitika, "what a helpful fairy." She was surprised to see mother waiting for her with her bag already packed.

The next few days were the same. Every time mother had something important to remember, the Remembering Fairy popped up and whispered in her ear.

After two weeks with the Remembering Fairy, Nitika's mother found she was starting to remember things more and more.

"You know," said mother, "I really think my memory is getting much better."

Nitika heard a familiar puff of smoke and sparkle near her ear.

"Well, Nitika," whispered the fairy, "I think my job here is done."

Nitika smiled. "Mummy does seem really good at remembering things now. Thank you so much Fairy."

"I am pleased to help," said the fairy and in a flash she was gone.

Nitika hasn't seen the fairy again since, but she always keeps an eye out for that special puff of smoke and sparkle—she certainly won't forget the Remembering Fairy!

Compiled by Neha, Bilaspur.

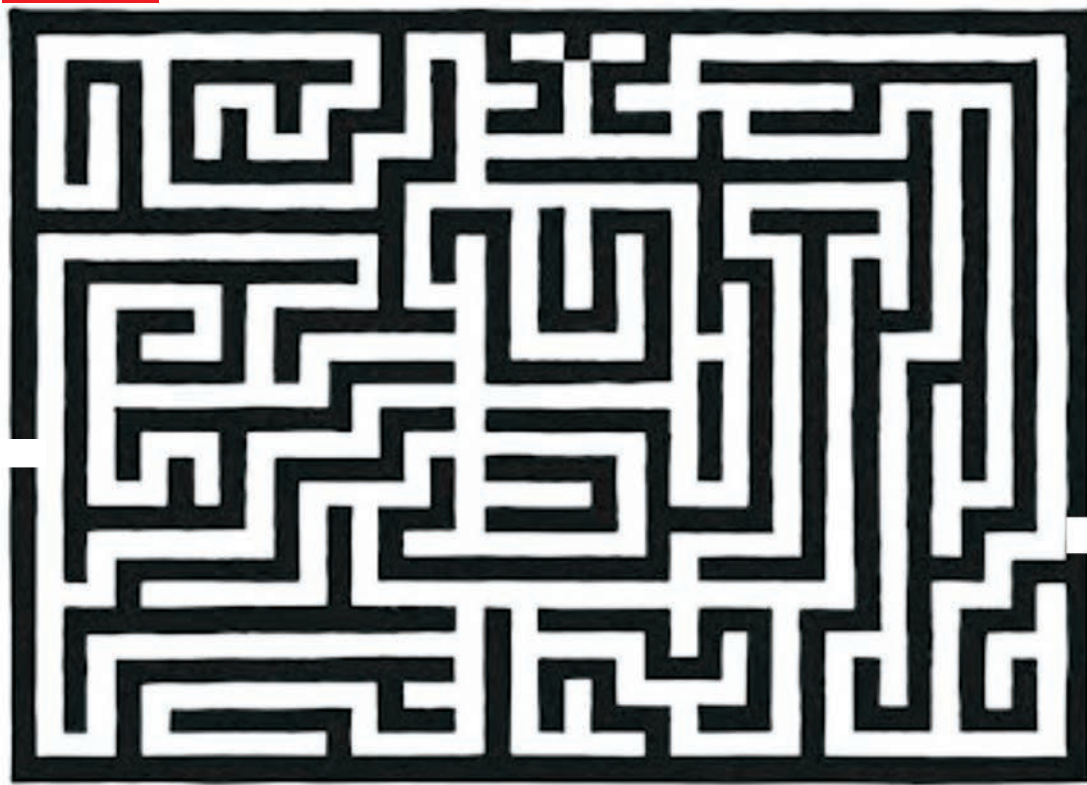
— Poem: Srishti Punjani

Life

A tiny infant seed
The purest form of human breed
Grows, grows and grows
Flows, flows and flows.
He grows up to be a naughty child
He is restless, he is wild
With vibrant activity he bustles
Like a thunderstorm he rustles.
Now he becomes a confident teen
His personality pleasant, his eyes so keen
His green hair, his refreshing face
Living life at his own pace.
He now turns into a responsible man
Bearing the burden of his own clan
His stern and compassionate look
Innumerable souls he shook.
With aggravating wrinkles he becomes old
His hair now grey and his breath now cold-
His cheeks droop, his eyes sink
And he is over in a blink.
With phases vaning-vaning
With storms fast prevailing
For every happiness did he strife
In a beautiful journey called life.

Maze

Reach the apple



IMPORTANT NEWS

The Publication and Distribution of Nirankari Magazines has not been possible since April 2020 due to lockdown conditions prevailing in the country. Due to this, all the magazines (Hansti Duniya, Ek Nazar and Sant Nirankari) are being published as *E-magazine on nirankari.org*. The usual publication and distribution of these magazines shall be started as and when the situation becomes normal. Under the circumstances, the readers are therefore requested not to please raise any enquiry or complain about non-receipt of the magazines by them. The readers are further informed that their membership of the magazines (Subscription) shall be extended further by the period (months) for which they do not receive the magazines.

—MANAGING EDITOR, MAGAZINE DEPARTMENT

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