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Hansti Duniya





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New Perspective



Everybody in this world has the faculty of thinking and understanding. But thinking of all may not be in tune with each other all the time. In spite of same thought process, complete communion of opinions may not always be possible. Mostly it depends on the background, circumstances, environment, comprehension and learnedness of an individual. This way, thinking and understanding follow a fixed pattern. Gradually, they become an inseparable part of our perception.

Seeing is not just looking at things. We can see up to a particular distance with physical eyes. But what we see depends on our perspective and that in turn on our thought process. If our thought process is different from somebody else's we assess them through our parameters and vice versa. This way people, communities, societies and nations separate from each other and create boundaries. This is because perspectives differ.

Every person or being has different perspectives at one level or the other. We create a world of our own in the minds depending on our situation, intellect and upbringing. A child's world may be

confined to toys only, but the parents have an altogether different world. Their hopes are pinned on child's nutrition, education and progress. They also expect the child to obey them in all respects when he grows up. But with time, age, technology, circumstances and changing social and hands-on environment, the thought process does change. A new world and perspective gets formed. This way perspective may continue to change with time but our outlook, vision, approach and thinking can remain unchanged. Let us not have any expectations from anybody and forsake the temptation of rating other people's perspective as wrong.

With changing times we need to change. Its not right to assess others through the lens of our inclinations and parameters.

We must treat others in an objective manner with good, sober and soft words as we wish them to treat us. This is the only way to change other person's perspective. 'Nirankari Sant Samagam' (congregation of saints) held to guide us in the right direction shall be held this year also in November 2021. We can be benefited by this.

—Vimlesh Ahuja

SAMPURAN AVTAR BANI



IK TU HI NIRANKAR 174

LATKE PUTHA LAYE SMADHI TIRATH JA ISHNAN KARE;
APNA AP LUTA DAE BHAVEN SONA CHANDI DAN KARE.
PUJA PATH KARE DIN RATIN PADH PADH UMAR GANVANDA EY;
VARAT NEM KARE SUCH SANJAM HAUNMAIN MAIL VADHANDA EY.
RIDHI SIDHI KAR LAE QABOO HO JAEY PAUN AHARI VI;
GALLAN DE VICH HO JAEY CHATAR LAVE SOCH UDARI VI.
GHAR BAHAR NOON CHHADKE BHAVEN JANGLAN DE VICH VAS KARE;
KARAMAN DHARMAN DE VICH RAH KE APNE TAN DA NAS KARE.
ANG SANG VASDE RAM RAMAIYE DI HONI PEHCHAN NAHIN;
KAHE AVTAR BINA GUR BHETE JEEVAN DA KALIAN NAHIN.

THOU FORMLESS ONE 174

One may hang upside down, sit in trance and bathe at places of pilgrimage;

One may squander one's all and give gold and silver as donation.

One may perform all kinds of worship, recite holy scriptures day and night and waste one's entire life in reading (religions books);

One may keep fasts, observe abstinence and austerity and thus augment one's ego.

One may attain occult powers and one may live on air (without food);

One may become an eloquent speaker as also a great thinker.

One may leave his hearth and home and start living in forests;

One may remain engrossed in rites and rituals and thus ruin one's body.

Despite all these acts, one cannot know the omnipresent God;

Avtar says, one cannot be redeemed without meeting the True Master.

Message

The festival of Deepawali was nearing. Mandeep was excited and eagerly waiting for the day. He wanted to burst too many crackers to stun his friends. He started imagining the types of firecrackers like flower pot (Anar) sparklers ,ground spinner, snakes and rockets etc.



Mandeep had burst crackers the year before too. Being the only son he would get all his wishes forcefully fulfilled.

Mandeep had a dear friend Ramneek. Ramneek's residence was far from Mandeep's home. Being friends they would sit together in the class. Ramneek did not attend school for many days. Mandeep knew about the illness of

Ramneek's father but did not know about the disease he was suffering from.

One day Mandeep visited Ramneek's house and saw his father coughing and using an inhaler. He became sad seeing his father's conditions. When he came back home, he told his grandfather about Ramneek's father's illness. Grandfather had great affection for Mandeep. He would narrate stories to him at night and Mandeep would sleep in between. Today night again Mandeep talked to grandfather about Ramneek's father's condition. Grandfather told him that it was all because of pollution. He became thoughtful and asked Mandeep, "You don't want to listen to a story today?"

Mandeep said, "Yes !! I want to -----."

In the story that grandfather narrated, a forest was on fire. A sparrow would go to a river, fill water in its beak and pour it on the fire. She would go to the river time and again and repeat the same.

Mandeep's curiosity grew. He asked grandfather as to how could a small sparrow put out the fire of the entire forest.

Grandfather asked him to wait for the answer. Grandfather continued, "A saint saw the sparrow doing this. He asked the little sparrow if a few drops of water could extinguish the fire of the entire forest." The sparrow said, "It is not possible but when the history of the forest will be written I want my name to be in the list of those

who extinguished fire, not the ones who had set it on fire."

The saint was very much impressed. He immediately went to the river, filled water in his vessel and poured it on fire. He did it many times. In the meanwhile many passers by also started pouring

water with their means from the river on the fire. In the end a huge number of people because of their collective effort succeeded in extinguishing the fire.

Mandeep did not sleep but got into a deep thinking mode.

Grandfather asked, "Son! What are you thinking? Did you not like the story?"

Mandeep said, "Grandfather! Can I also get involved in any activity like that of sparrow?"

Grandfather understood everything but he pretended to be ignorant and said, "Do you want to become a sparrow and extinguish fire of a forest?"

Mandeep said quickly, "Yes grandfather! I shall also try to extinguish fire but not that of forest but of pollution. Papa has given me 5000 rupees for buying crackers. I am remembering my



friend's father time and again. I shall not buy and burst crackers but shall narrate this story to my friends and tell them that we can save the lives of many people struggling with respiratory diseases."

"Oh my dear child! You have very well understood the message behind the story. If children like you commit to the cause of eliminating pollution, life of people can be healthy and long. With ending pollution nature will also smile." The grandfather said happily.

Mandeep held grandfather's hands and said, "Grandfather this is my promise to you."

Grandfather embraced him and said, "Very well Mandeep! My story telling has borne fruit."

In a short while Mandeep slept off.

The Wolf in Sheepskin

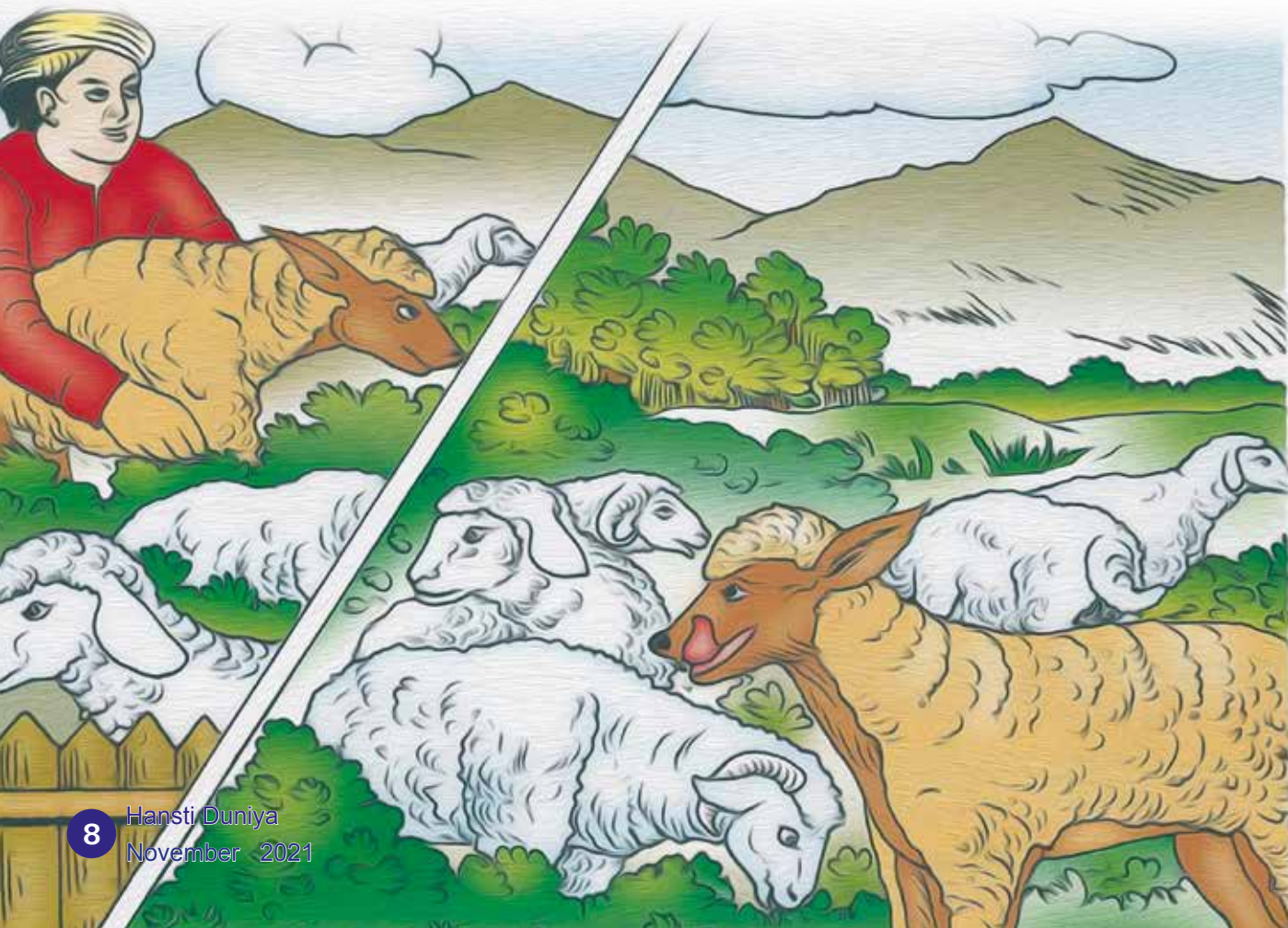
A wolf was walking in the countryside. He found a sheepskin spread on the ground. He thought, "If I wear this skin and get mixed up in the flock, the shepherd will not suspect me. At night, I will kill a stout sheep and then take him away with me".

The wolf covered himself with the sheepskin and got mixed up with a flock of sheep. As he had expected, the shepherd

took him as a sheep and shut him also in the pen. The wolf was waiting for the night.

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

Moral : Evil thoughts have Evil ends.



The Shepherd With Presence of Mind

Long long ago there lived a king called Rajvarma. He was very much interested in arts. He was a good painter himself.

Once, he went over a cliff and started painting the beauty of nature. He became too engrossed in his painting, and soon he completed it. He stood back to have a look at it. The picture was beautiful indeed.

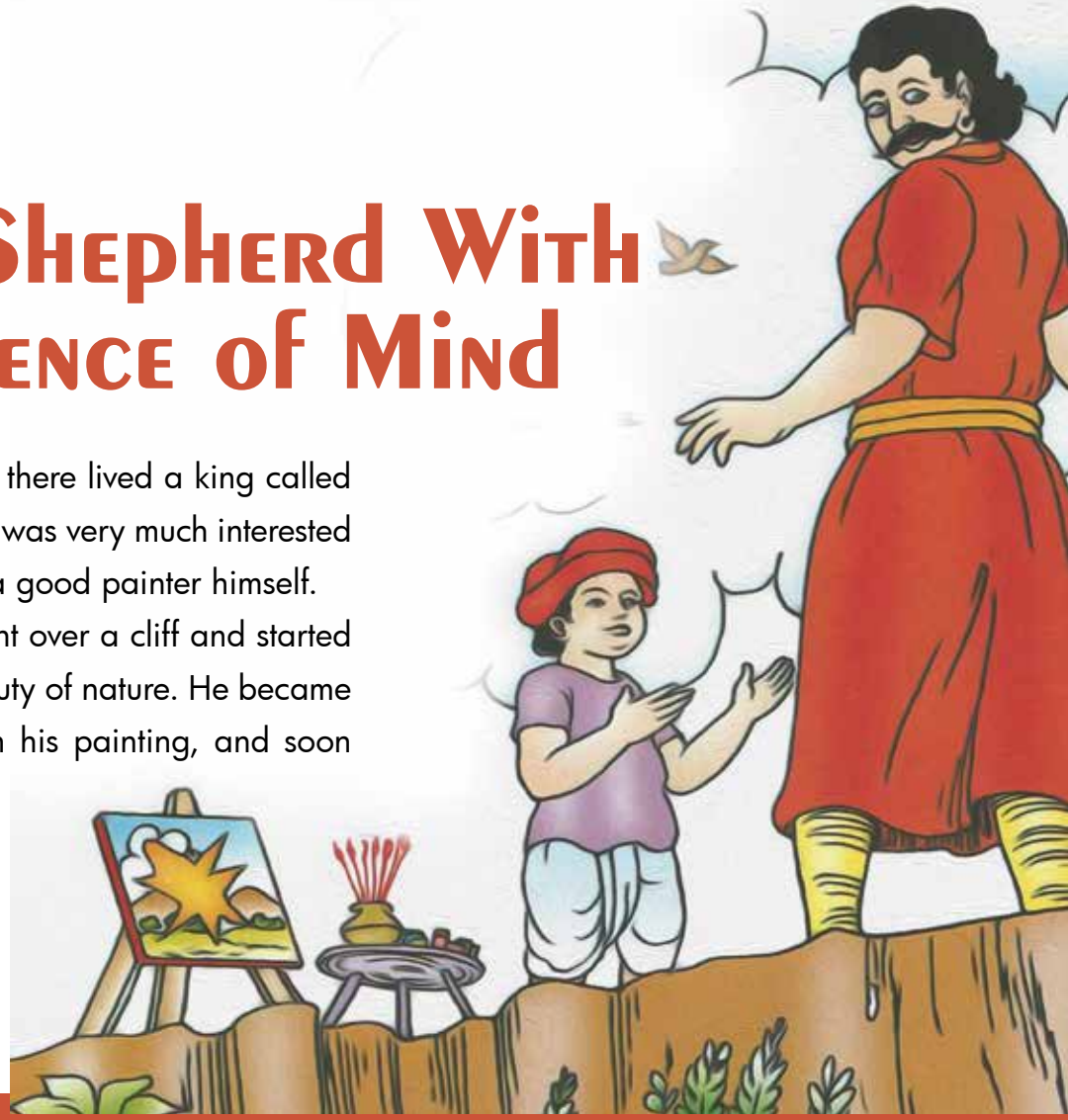
Rajvarma moved backward to have a long view of the picture. He kept on moving backwards and forgot to notice that he had come to the very edge of the cliff. If he had moved further he would surely have fallen deep down from the cliff.

At that moment, Gokul, the shepherd boy noticed the movement of Rajvarma. He had no time to shout at the king, so, Gokul took a stone and threw at the picture. The picture got torn up.

Rajvarma, who was enjoying the beauty of his picture got annoyed. He turned with anger, towards Gokul, and said, "You silly foolish shepherd. How dare you throw a stone and tear my painting".

Gokul replied humbly, "Your majesty! Will you kindly turn and look at your back".

Rajvarma turned and saw that he was on the brink of the cliff. He came to Gokul and thanked him for his timely help.





Thoughts

- ❖ God is the only Supreme Power and it may be called by different names. — Elizabeth Browning
- ❖ To be trusted is a greater compliment than to be loved.
—George Macdonald
- ❖ Violence is the last refuge of the incompetent. — Isaac Asimae.
- ❖ Forsake not God until you find a better master. — Scottish Proverb
- ❖ Only reverence can restrain violence, reverence for human life and the environment.
—William Coffin.
- ❖ That man never grows old who keeps a child in his heart.
— Steele
- ❖ No one knows what he can do till he tries. — Publilius Syrus
- ❖ The greatest wealth is to live content with little you have. — Plato
- ❖ To be in the weakest camp is to be in the strongest school.— G.K. Chestron
- ❖ Patience is a remedy for every suffering. — Publilius Syrus
- ❖ Humble thyself in all things.
— Thomas Kempts
- ❖ Every human being has only one right and that is to perform his duty.
— Martin Luther
- ❖ To acquire and imbibe saintly traits, the company of saints is indispensable.
- ❖ Light can be spread in two ways, either be a lamp or the mirror that reflects it.
- ❖ Spontaneity and simplicity is the essence of grace.
- ❖ Religion essentially means God-realisation and love for every human being
—Nirankari Baba
- ❖ Our actions are changed by our hearts, our hearts are changed by our minds and our minds are changed by the words of God.
—Rick Warren

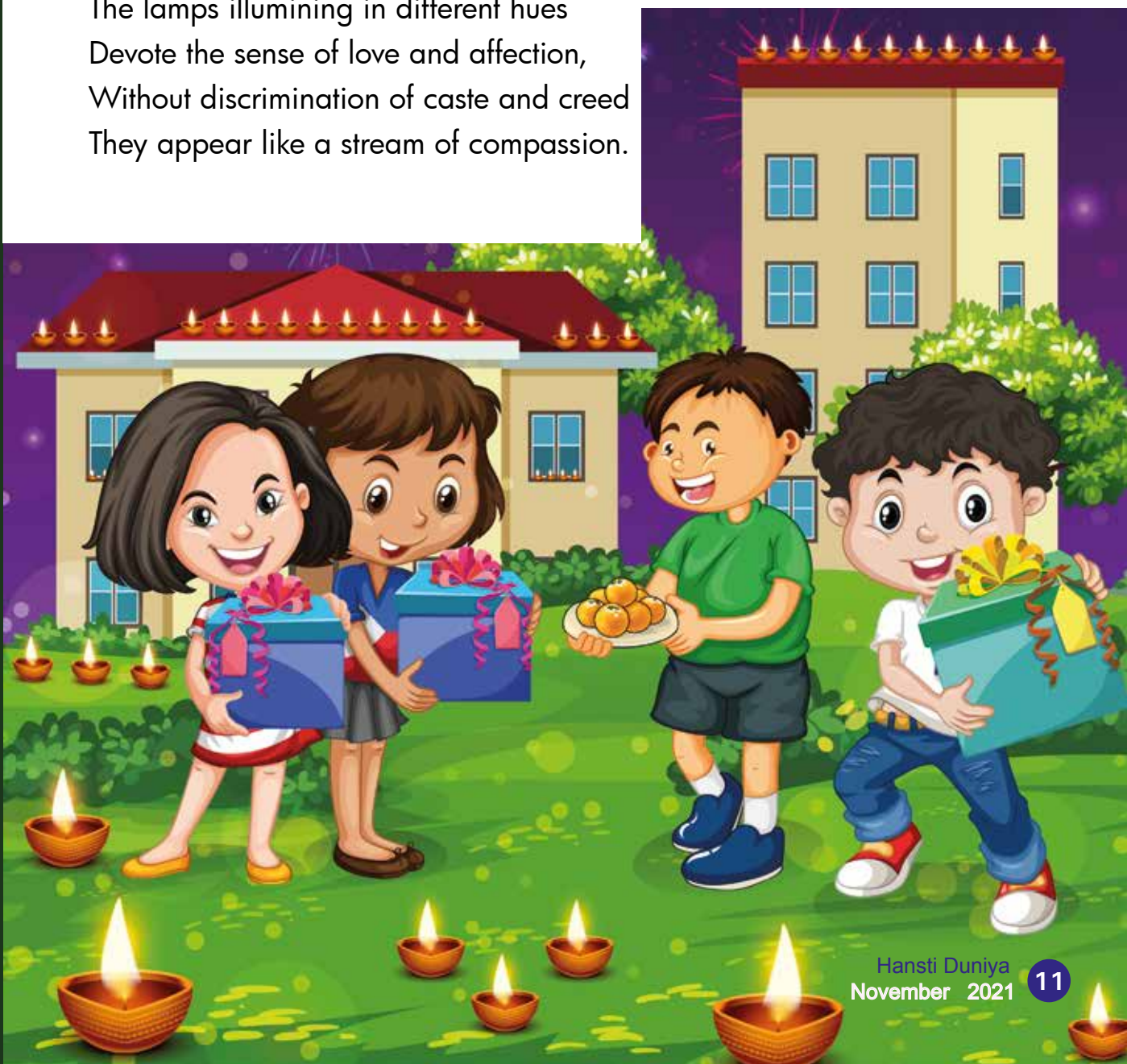
Poem: Raj Kumar Jain

Diwali Festival

With the gifts of joys
Diwali is at the door,
Let's resolve on this occasion
This Earth a peaceful, abode.

The lamps illumining in different hues
Devote the sense of love and affection,
Without discrimination of caste and creed
They appear like a stream of compassion.

Bless us, the transform
This earth into a virtuous place,
to spread joys all around
And the world be fascinating,
With gleaming face.

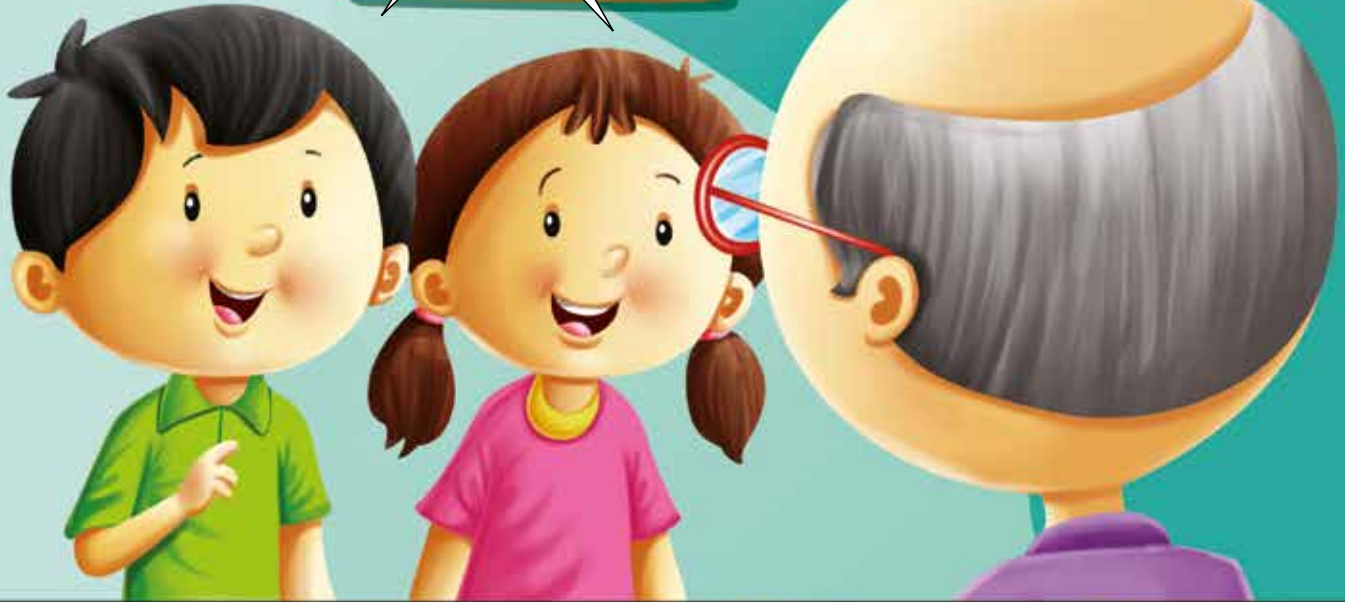


GRANDPA

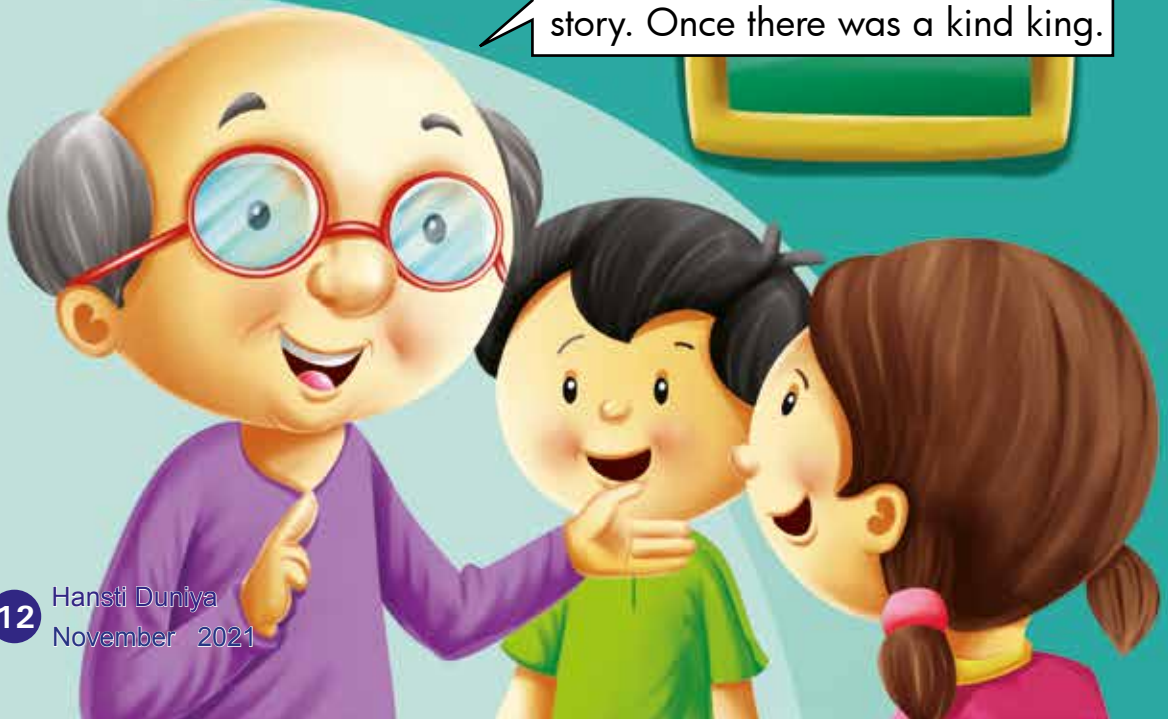
Story & Illustration
— Ajay Kalara



Dada ji tell us a story,
then we will sleep.



Right children, I will tell you a
story. Once there was a kind king.




He took good care of his subjects (Prajā).
One day he was on Inspection tour.

When he returned in the evening, he called his ministers
and scolded them for the dirty condition of the kingdom.

Yes, children the king was sad to
see filth as it is the cause of all
diseases. He ordered the ministers
to keep the kingdom clean.

Really, Dada Ji, the king
loved cleanliness.




All the ministers were nervous to get the whole kingdom cleaned.

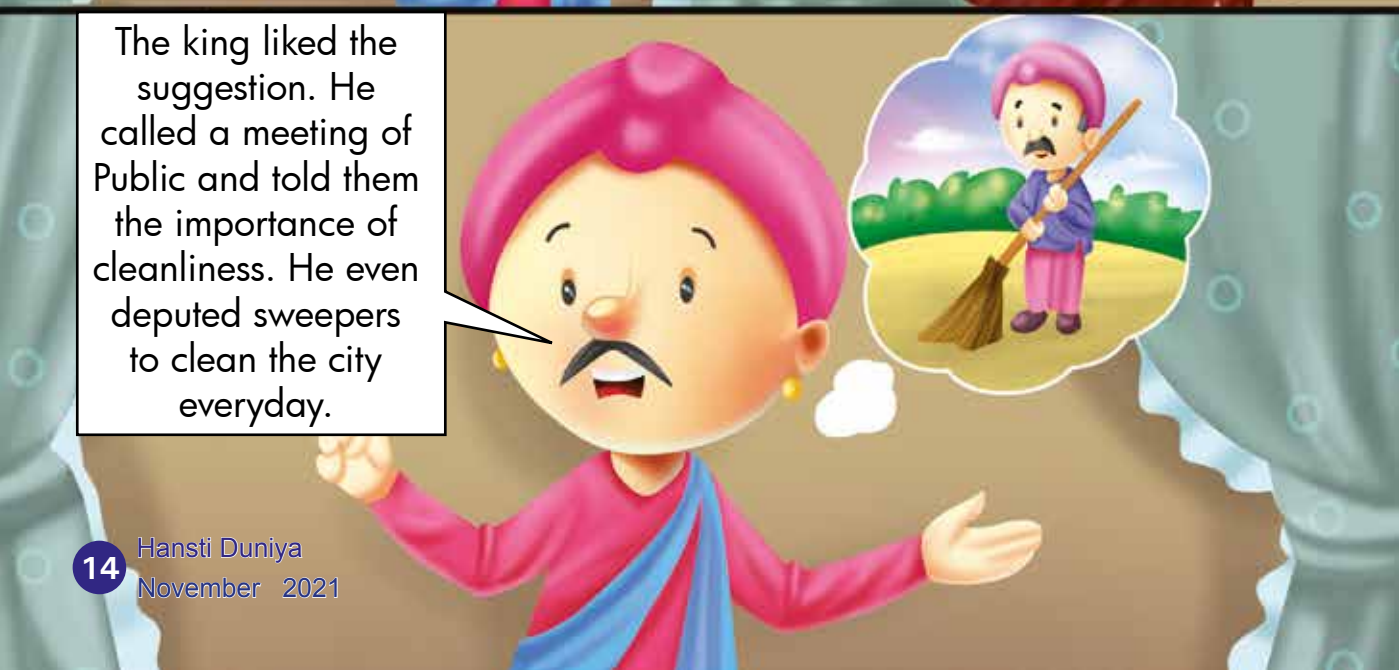
What happened then? Did the ministers clean the kingdom.?

A wise minister gave a good suggestion to the king.


What was the suggestion ?, Dada ji



Maharaj, We should ask everyone to be part of it. Suppose we clean the place ,they will dirty it again.



The king liked the suggestion. He called a meeting of Public and told them the importance of cleanliness. He even deputed sweepers to clean the city everyday.



The subjects (Prajā) appreciated the idea and promised to keep the kingdom neat and clean.

This story teaches a lesson that we should keep not only our streets clean but also the whole city. Cleanliness is next to Godliness



That is Right Dada ji.

Children now, will you go to sleep?



Good Night, Children.



Yes ,Dada Ji

The Fairy Neelam and Monu

There was a boy named Monu. He would create a lot of fuss before going to school. His parents were very much upset because of this. They wanted Monu to get rid of this habit.

One night Monu was sleeping in his room. He heard, "Monu! Are you sleeping?" Hearing this Monu got up and sat on his bed. He looked towards the window. There was a fairy outside the window. She had woken him up.

Monu went up to the window and said politely, "Who are you?"

The fairy blinked her eyes and said, "I am Neelam, a fairy I have come from fairyland to meet you"

Monu said, "Please don't stand outside. Come in"

The fairy said, "No I am fine outside. Tell me why do you create fuss when you have to go to school. Your parents are very much disturbed about this."

"How did you come to know about this?" Monu asked.

"I am a fairy and know the sufferings of all the parents in this world," fairy Neelam replied.

"Ok ! I shall not upset my parents in future but I have a condition." Monu spoke respectfully.

"What is the condition?", asked the fairy.



"You come to meet me everyday and bring toys and sweets. "Monu apprised her of his condition.

The fairy smiled and said, "This is not something very big. I shall send toys and sweets everyday but shall come to meet you just once in a month because I need to go and meet many other children. Monu agreed. She waved her hand to say goodbye and left. Monu opened the door quickly, searched for her but couldn't find anything. He quietly slept off. The alarm rang in the morning. Monu quickly finished his morning chores and started getting ready for the school. His parents also got ready with their activities. They were happy seeing their son's habits improve.

Every morning he would get sweets and toys outside his room.



He became sure that fairy was sending sweet and toys for him.

The fairy Neelam came to meet him after a month. This continued for quite some time. In the meanwhile Monu had improved. He had topped his class and made his parents proud.

One day while Monu was getting ready for the school he told his mother about the fairy Neelam. She had a hearty laugh and said, "My dear son! I was meeting you in the guise of fairy Neelam. I had no other way of improving you. "How about the toys and sweets?" he asked.

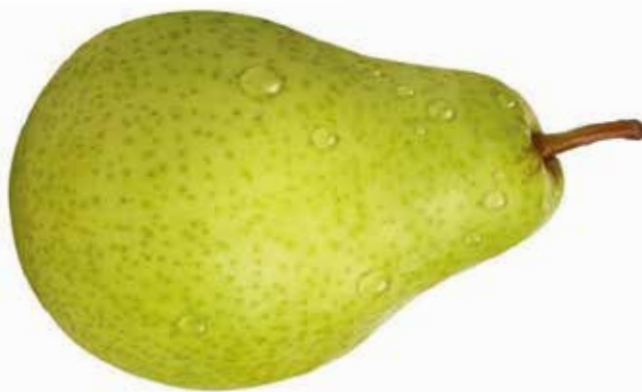
By: Arpita Anand, Ludhiana

The Value of Punctuality

The Value of punctuality means the realization of the value of time. Time goes on for ever. It does not wait for anybody. We should do every work in time. The Sun, Moon and stars rise and set at the fixed time. We work, sleep eat irregularly. So it is necessary that we should cultivate the habit of punctuality. We need to save time not waste it.



Pear Fruit



Walnuts and pears you plant for your heirs (The proverb encourages us to think long term and look after future generations) because they give fruit after many years of planting.

Yes! We shall talk about the bottle shaped fruit that is called 'Nashpati' in Hindi and 'Patharnakh' in Punjab. There are over 3000 varieties of pears world wide. Approximately 24 varieties are grown in India. Some are much juicier while others are a little less. There are both very soft Indian pear (Babugosha) and hard varieties. It is one of the healthiest fruit with a lot of fiber, vitamins and minerals.

Many varieties of pears are cultivated in Jammu and Kashmir, Himachal Pradesh, Uttar Pradesh and Madhya Pradesh in India. The tree has a medium height, about 10-16 meters tall. Although the tree has a preference for soil that is rich in clay, it can adopt to a variety of soil types and a huge range of temperatures. But it cannot tolerate dry soil. Some of the known benefits of this humble fruit are:

- ❖ Being a good source of vitamin A and C and copper, it is rich in antioxidants that neutralize the cancer causing free radicals.
- ❖ Because of high fiber content, it can help in constipation, reducing inflammation and be effective in reducing the risk of colitis.
- ❖ It can help to lower the level of cholesterol and thus resists diseases related to heart, blood vessels and respiratory system and thus helps in controlling blood pressure.
- ❖ Can be helpful in relieving fever.
- ❖ Being rich in vitamin C and copper it can boost immune system.
- ❖ Being rich in Calcium it can help in combating osteoporosis (weakening of bones) As with everything, too much consumption of pears can:
- ❖ Interfere with absorption of nutrients by disturbing the action of digestive system (too much fiber).

Excess of vitamin intake is associated with complications like :

- ❖ Vitamin C: diahorrea, nausea, bloating and headache.
- ❖ Vitamin A: bone swelling, poor appetite and dizziness To conclude, moderate consumption of pears is very good for health.

Poem : Dinesh Darpan

The Lamp

A lamp emits such a light
That makes the paths bright
Dispelling the darkness around
Lamp illumines every sight
Those, who go off the path the
lamp shows the right path
To fulfil its aim, the lamp
Serves the world
with all its might.



Tiny Lamp

Lit are the tiny lamps
Lighting up all the camps
White -washed beautifully
Houses look too nice truly
Crackers of many kind
At shops do we find
Variety of food prepared
With the guests is too shared
At Diwali, shunning anger
All do hug one another.





Childrens' Day

Pandit Jawaharlal Nehru Ji



—Karan Chopra

Pandit Jawaharlal Nehru Ji was born in Allahabad on November 14, 1889. This day is celebrated all across India every year as 'Childrens' Day'. Due to his love for children he was called 'Chacha Nehru'. He wanted children to be lovingly nurtured as they are the future of the nation and the citizens of tomorrow. His parents were Sh. Motilal Nehru a lawyer and Smt. Swarup Rani.

He completed his early education until the age of 14 at home. In 1905 at the age of 15 he went to England to join Harrow School in London. After this he joined Trinity College, Cambridge where he completed his Honours degree in natural science. There after he finished his study of law at the Inner Temple London.

In March 1916 he married Ms. Kamla Kaul. Smt. Indira Gandhi was their only child.

After he returned to India he tried to settle as a lawyer but didn't make it. He was a nationalist since his teens. He took keen interest in national politics. Nehru Ji met Gandhi Ji, his mentor for the first time in the year 1916 at the annual meeting of the Indian National Congress (Congress Party). This was the time when India was struggling for freedom from the British Rule. In 1929 he was elected as president of the Congress Party. He became very prominent among leaders in India who were struggling for India's freedom during 1930 to 1940. He contributed a lot during India's struggle for independence. In connection with this he was sent to prison many a time. At

different times he spent more than 9 years in jail.

In the jail he wrote books like 'Letters from a Father to His Daughter' (1929), 'An Autobiography' (1936) and the 'Discovery of India' (1946). These books became very popular and have been widely read.

On August 15, 1947 India and Pakistan emerged as two separate Nations. Pt. Nehru Ji became independent India's first Prime Minister. He remained as the Prime Minister for 17 years. During his tenure as Prime Minister he promoted parliamentary democracy and Science and Technology in the 1950s. He laid the foundation of modern India. He took measures for removal of poverty by promoting industry and agriculture. He also worked for the cause of women's education. His vision, statesmanship, thoughtfulness and secular approach made him a very popular leader amongst masses.

Chacha Nehru left this world on 27th May 1964 at the age of 74 in Teen Murti Bhavan in New Delhi. He will always be remembered for his modern scientific outlook that contributed a lot in building a strong and modern India. ●

Contribute by : C.L. Gulati

Dedicated to all batchmates



One day a Colonel Sa'ab from the Army, fell into a well. The soldiers would throw a rope into the well and pull the Colonel Sa'ab out. The moment the Colonel would come up, the soldiers would leave the rope snap to attention and salute. The Colonel Sa'ab would fall back into the well. This happened many times. Someone suggested that a Brigadier be requested for help-because HE wouldn't have to salute the Colonel. So one Brigadier Sa'ab arrived. He threw the rope into the well and the Colonel Sa'ab grabbed it. The Brigadier Sa'ab began pulling the rope. As soon as the Colonel Sa'ab reached the top of the well, he spotted the Brigadier Sa'ab. He immediately left the rope and saluted. And he fell back once more, into the well.

There was total silence. Then every one heard the desperate Colonel Sa'ab's voice from down below "You idiots - get hold of a batch mate !!"

**MORAL: Batchmates ARE important !
They can/may save your life!**



WHEN TO BE SILENT

1. Be silent - in the heat of anger.
2. Be silent - when you don't have all the facts.
3. Be silent - when you haven't verified the story.
4. Be silent - if your words will offend a weaker person.
5. Be silent - when it is time to listen.
6. Be silent - when you are tempted to joke about sin.
7. Be silent - if you would be ashamed of your words later.
8. Be silent - if your words would convey the wrong impression.
9. Be silent - if the issue is none of your business.
10. Be silent - when you are tempted to tell an outright lie.
11. Be silent - if your words will damage someone else's reputation.
12. Be silent - if your words will damage a friendship.
13. Be silent - when you are feeling critical.
14. Be silent - if you can't say it without screaming.
15. Be silent - if your words will be a poor reflection of your friends and family.
16. Be silent - if you may have to eat your words later.
17. Be silent - if you have already said it more than one time.
18. Be silent - when you are tempted to flatter a wicked person.
19. Be silent - when you are supposed to be working instead.

— Jagtar Chaman



Story :Sabir Hussain

Diwali

Raju was very happy that day. He had rupees 200 in his pocket. He was sure of buying a frock, sweets and a box of sparklers. Few days before mother was taken ill and a lot of money got spent for her treatment.

One day when he came back from school, he heard his father telling the mother, " There is no money how will the children celebrate Diwali?"

"Borrowing is not the right option for celebrating Diwali, I shall make Raju and Geeta understand" mother said.

He decided on that day that he would not trouble papa for buying anything. But he was sure his sister would cry for the frock and sparklers.

One day he went to the market and saw somebody selling colourful paper lanterns. He decided to make lanterns and sell them. One of his neighbours Rehman uncle also used to make and sell paper lanterns. He learnt to make them from Rehman uncle. He told Rehman uncle that

he would make lanterns while sitting at his place only. Rehman uncle agreed. He took out money from his saving box and bought papers and material required for making lanterns. He kept them at Mahesh uncle's shop for sale.

He would buy more paper and material for making lanterns with the money he got by sale of lanterns. This way he saved rupees 200. Nobody except Rahman uncle and Mahesh uncle knew of this making and selling of lanterns by Raju.

One day Raju heard a sudden loud sound of a brake and somebody's scream. When he looked at the road, a man hit by a truck was lying wounded. The truck rushed away. Many people gathered there but no one was ready to take him to the doctor. Raju felt that too much bleeding could be fatal.

He said, "Take him to a doctor. He is bleeding profusely."

A man from the crowd said, "Why don't you take him, if you are feeling so much concerned."

Raju felt bad but did not speak anything. He stopped a taxi and made him lie down at the back seat with the help of the driver. They took him to the hospital and got him admitted there. The doctor gave him injection and asked him to go and purchase some medicines. All the money he had saved was used up. When doctor told him that the person was out of danger he left for his place.

He even didn't not have money to take a bus for his place. Raju was upset thinking that he and his sister wouldn't be able to celebrate Diwali despite working so hard. But he was feeling blessed because he could save somebody's life.

Raju was reading a magazine in the room. Boys from his neighborhood had gone to make purchases for Diwali celebration. His friend Suresh wanted him to accompany him to the market for buying crackers. But he declined. He had decided not to go out of the house.

Geeta suddenly came to him and said, "Brother! Papa is calling you in the living room."

When he went there he saw his father speaking to someone. That person had a bandage on his head. His father said, "Raju! See who wants to meet you?"

When the man turned Raju could recognise him. He was the same person whom Raju had got admitted in the hospital.

He said, "Son! You have truly celebrated Diwali and lighted up my life. I have come to wish you a happy Diwali." He gave Raju sweets and crackers.

Father proudly said, "When brother Rahman told me that you make lanterns I was happy that you had grown up, but today I am feeling proud to be your father."

Geeta joined them in the living room. Raju gave her the box of sparklers and went inside to get tea for uncle .



—Rakesh Sharma

The Imposter

Deepu and Sonu were fast friends. Once a saint camped in their village. He was in fact an imposter in the garb of a holy man. He used to exploit the innocent villagers and extract money from them.

One day, Deepu and Sonu decided to visit the saint at the temple where he had camped. The holy man was sitting with his eyes closed, as if in meditation. There was a large crowd of people waiting for him to start his discourse. Then suddenly, he picked up a stone and threw it at a distance. Thereafter he turned towards his devotees and smiled.

The headman of the village asked the Saint: Sir, why did you throw that stone just now?

The Saint said: With the miraculous

power of my eyes, I saw that a stray dog was entering the temple. I just scared him off with that stone.

On hearing this, all the simple village folks came running and fell at saint's feet.

The saint had lot many semi-precious stones. Deepu wanted to have only a very small one out of them. He said: Will you please give me that small stone sir?

But the saint got enraged and asked Deepu to get away from there.

"We will teach that imposter a lesson. Sonu, think of a way out," Deepu said.

After thinking for a while, Sonu said, "I have an excellent idea. Tomorrow is Sunday. So in the morning we'll go to the temple again. There we will expose the saint of his cunningness.

Next day, Deepu and Sonu set out

towards the temple with a plateful of flowers. They went to the impostor and said, Sir! Could you please tell us which bird's picture has been kept under these flowers?"

"Yes, Yes. You must tell them. Of course, you can," Deepu said. "When with your magic power you can see a dog even before it appears, you can surely tell what's there under these flowers."

"Th...Th...There's a parrot's picture under the flowers," the impostor replied with a great difficulty. No, wrong! The picture is that of a Peacock. The villagers were taken aback to see this all. Now the impostor was exposed of his cunningness. "He was fooling us all this while. Beat him up and turn him out of the village," they said. So, the impostor was turned out.

All the villagers praised Deepu and Sonu for having saved them from the wickedness of the impostor. They decided to reward them at the village festival that year.

Story by : Neetu Pruthi

I'll Give My Share

Once, there was a poor farmer. He owned some field with which he used to earn his livelihood. He worked hard in the field.

He had two sons, Biju and Bhairav. Biju was the elder one. Both the brothers were very lazy. They always shirked work. They did not study either and would, keep on, loitering the whole day.

Their mother, Dhanno, was fed up with her sons' carelessness. The farmer too was worried about them.

One day Dhanno said to the farmer, "Biju and Bhairav neither study nor do they pay any attention to the fields, If they are let to keep on loitering like this, they shall never change, I say, why don't you take them to the fields with you?"

"They do not obey me, you try to make them understand," the farmer said helplessly.

"Alright. I would have to do something," said Dhanno.

One day, when Biju and Bhairav came home for lunch, Dhanno first called the elder son, Biju in the kitchen. She asked him to have his food. After Biju got himself seated, Dhanno placed a large plate full of food in front of him and said, "Biju, eat your food."

On seeing the large plate full of food, Biju said, "Mother, I can't take the entire food."

"Why, son?" she asked.

Biju was speechless. He could not understand as to why his mother had offered so much food.

"Mother, even we both brothers cannot eat. such a large quantity of food," remarked Biju.

"But you shall have to eat," insisted Dhanno. "Mother, I am helpless. I really

cannot eat that much food alone."

"All right, if you can't eat the whole of it, I am calling Bhairav." Saying this, Dhanno called her younger son too.

When Bhairav seated himself, Dhanno put the same large plate of food before him, "Bhairav dear, eat your food," she said.

Just like Biju, Bhairav also expressed his helplessness.

"Mother, I won't be able to eat this much "Bhairav said. "Why?"

"How can I eat the food of two people?" asked Bhairav.

Then Dhanno brought two small plates and divided the food.

"Now surely, you can eat?" She asked. "Yes, mother," both nodded their heads in agreement,

After both Biju and Bhairav had finished their lunch, Dhanno asked, "Do you know, why I did this?"



"No mother," replied the brothers. "Just as a person cannot eat the food of two, how can a person do the work of two people?" asked Dhanno.

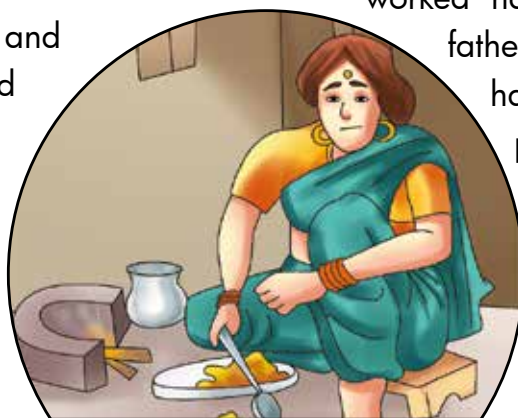
"Yes, mother. You are absolutely correct," said Biju and Bhairav.

"Then why should your father do the work of all single-handed? The fields on which he does so much of hard work, he requires two more people," said Dhanno.

We have now understood, mother, said the two brothers. We shall no more shirk work. We shall now help our father in the fields.

"Yes, I also want you to do hard work. Try to be independent and help your father," said the mother.

Ever since then, both Biju and Bhairav worked hard on the fields with their father. They now reaped a rich harvest and led a happy and prosperous life.



DOES A THIEF NOT FEEL HUNGRY

It was an extremely cold winter. Gandhiji had gone to a neighbouring village in connection with a religious function. Only 8 -10 members were present at the 'Sabarmati Ashram.' Because of extreme cold, all the members were fast asleep in their quilts. Suddenly a thief thought, "Bapu is not present in the Ashram. It is a good opportunity to steal some money and goods" He quietly opened the door and entered Bapuji's room. A lamp was lit in the room. He

took the lamp in his hand and started looking around. Suddenly, he saw a box but it was locked. He tried to break open the lock with the help of a stone. The sound of stone alerted the members sleeping in the adjoining room. They saw from a hole that a thief was trying to break open the lock of Bapu Ji's box.

The members talked among themselves quietly and caught the thief unaware. They slapped him and after tying with a rope they locked him in a room.



Next day when Gandhiji returned, the members narrated the incident and presented the thief in front of him.

Gandhiji looked at him attentively. He was scared and standing with his head down, thinking lest he should be handed over to the police.

Gandhiji asked him, "Young man! Did you eat your breakfast?"

When the thief did not answer, Gandhiji looked at the administrator questioningly.

The administrator said, "Bapu! He is a thief and you are asking him about his breakfast."

On hearing this from the administrator, Gandhiji became serious. He said sadly, "Is he not a human being? Does



he not feel hungry? First go and give him breakfast."

Hearing the words of Gandhiji the thief started crying out of remorse. He fell at Gandhiji's feet and said, "Bapu! Please forgive me. Now onwards I shall work hard to earn my living."

Gandhiji freed him smilingly.

Later in life that young man rendered his services to Gandhiji and contributed immensely in the struggle for freedom.

Children's Day

We celebrate children's Day on 14th, November. It happens to be the birthday of Pandit Jawaharlal Nehru, the first Prime Minister of India. He loved children dearly and was lovingly called 'chacha Nehru'. We all know chacha (paternal uncle) is very fond of his nieces and nephews, so was he. Children are the future of a country and they should have all the virtues of a good human being. Panditji wore a jacket which is called 'Nehru Jacket' after him. It still rules the fashion world and goes well with Indian as well as western outfits. A rose was always tucked in the button hole of the jacket. It stands for delicacy and fragrance. The children are delicate and fragrant like flowers. They should be nurtured and handled with love.

—Rita



PASTE
YOUR
PHOTO

Name :

Father's Name :

Address :

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Mobile No.

Look at the Picture and Complete the Story

Complete the short story and send it with your passport size photograph to

Editor Hansti Duniya English

Add.: Patrika Vibhag, Sant Nirankari Mandal, Sant Nirankari Colony, Delhi-09

E-mail : editorial@nirankari.org

(The best story would be published in Hansti Duniya, January 2022)

Ankur and Anish

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This story by **Navdisha Chugh D/O Sh.Susheel Chugh,**
A-3/21-22 Ground Floor Sector -11 Rohini, Delhi- 110085
has been adjudged the best. Congrats to her.



One day Bholu elephant was roaming about in the jungle along with his friend Golu. Both of them though naughty were great friends. They wished to go to a fair in the jungle that day. Bholu's father said, Son! You are very young. There shall be a lot of crowd. You should go to the fair with us and come back along with us. We have heard there are hunters hiding around the fair. We need to be careful."

But Bholu and Golu did not listen and went all alone to visit the fair. The hunters had dug a pit close to the Jungle's river and covered it with grass and thatch. As soon as they entered the place Bholu fell down in the pit and started screaming loudly. Golu ran fast and called his parents. When the hunters saw an angry herd of elephants coming they ran away. All the elephants filled the pit with stones and grass and Bholu could come out of the pit.

Moral : He swore at that time that he will always listen to his parents and never disrespect the elders.



SIR C.V. RAMAN

One day in 1903, Professor Eliot of Presidency College, Madras, saw a little boy in his class. Thinking that he might have strayed into the room, the Professor asked, "Are you a student of this class?"

"Yes Sir," the boy answered.

"What's your age?"

"14 years"

"Your name?"

"C.V. Raman."

This little incident made that boy well known in the college because normally 14-years-old students are in 9th or 10th standard. The youngster later became a world famous scientist who won the

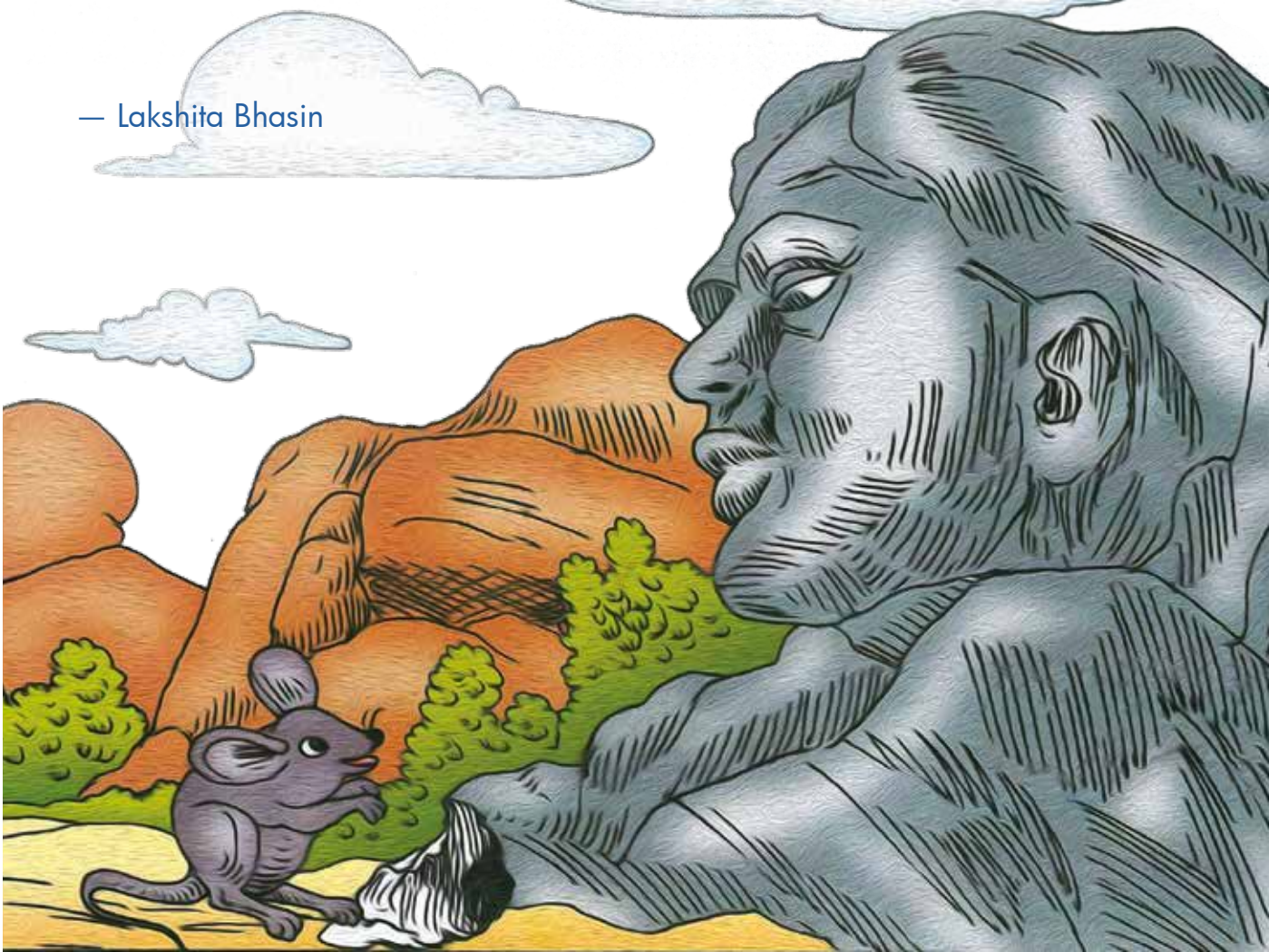
1930 Nobel Prize for Physics with simple equipment barely worth Rs.300. His full name was Chandrasekhara Venkata Raman.

He was the first Asian scientist to win the Nobel Prize in Science. His spirit of devotion to science laid the foundation for the scientific research in India. He was also the first person to investigate the harmonic nature of the sound of the Indian drums, such as Tabla and Mridangam. He was honoured with the 'Bharat Ratna', India's highest civilian award in 1954.

His father was a lecturer in Mathematics and Physics. He entered Presidency College, Madras in 1902. In 1904, he topped the graduation exams and won a gold medal in Physics. In 1907, he earned his Post graduate degree with high distinction. He published his work on the 'Molecular Diffraction of Light'. It ultimately led to his discovery of the 'Raman Effect' which won him the Nobel Prize.

In 1933, Raman became the first Indian Director of the Indian Institute of Science, in Bangalore. Later on, he became independent India's first National Professor. In 1948, he founded the Raman Research Institute in Bangalore where he worked until the end of his life. He died, aged 82, of heart disease on November 21, 1970 in Bangalore.

— Radha



THE BIG AND THE SMALL

There lived a mouse at the foot of a big mountain. Everyday, the mountain saw with pity the small creature running here and there.

Oneday, as the mouse emerged from his hole, the mountain said, "You poor creature! How small you are!" The mouse replied, "What is the problem with my size?" The mountain said "See how big I am, I can withstand big winds and clouds, kneel before me". He added "Big things have big advantages".

The little mouse said humbly, "Yes, I agree you are big. But, can you stop me from drilling holes right at your foot".

The mountain was ashamed at his pride.

MORAL : TINY THINGS HAVE THEIR OWN VALUE



Kitty

Story & Illustration

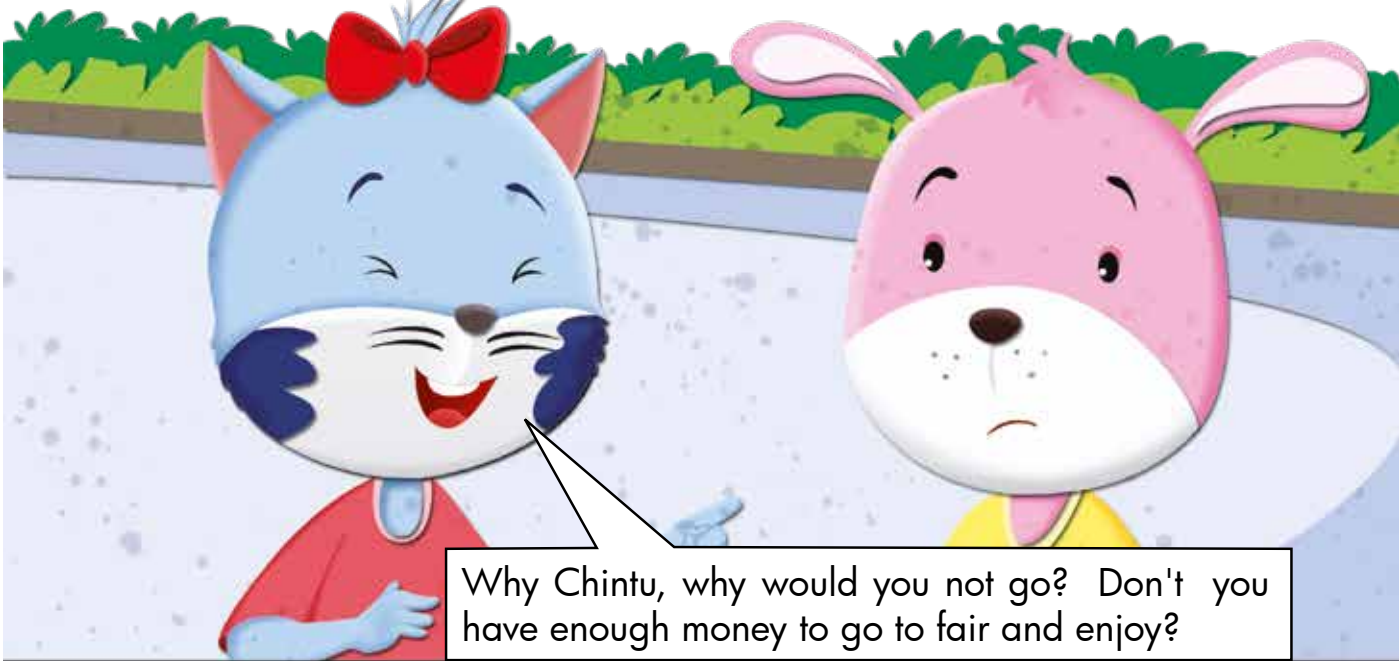
—Ajay Kalara


Tomorrow, it is Diwali, we shall all go to see Diwali-fair.




Oh yes! Tomorrow its Diwali , but I won't be able to go to see Diwali-fair. There is some problem.







See, my new purse.
It has lot of money.
We shall enjoy a
lot in the fair.



Kitty! You keep your purse carefully,
There is huge crowd in the fair.

Don't worry, I know how to keep my
purse safe. We shall first eat ice cream.



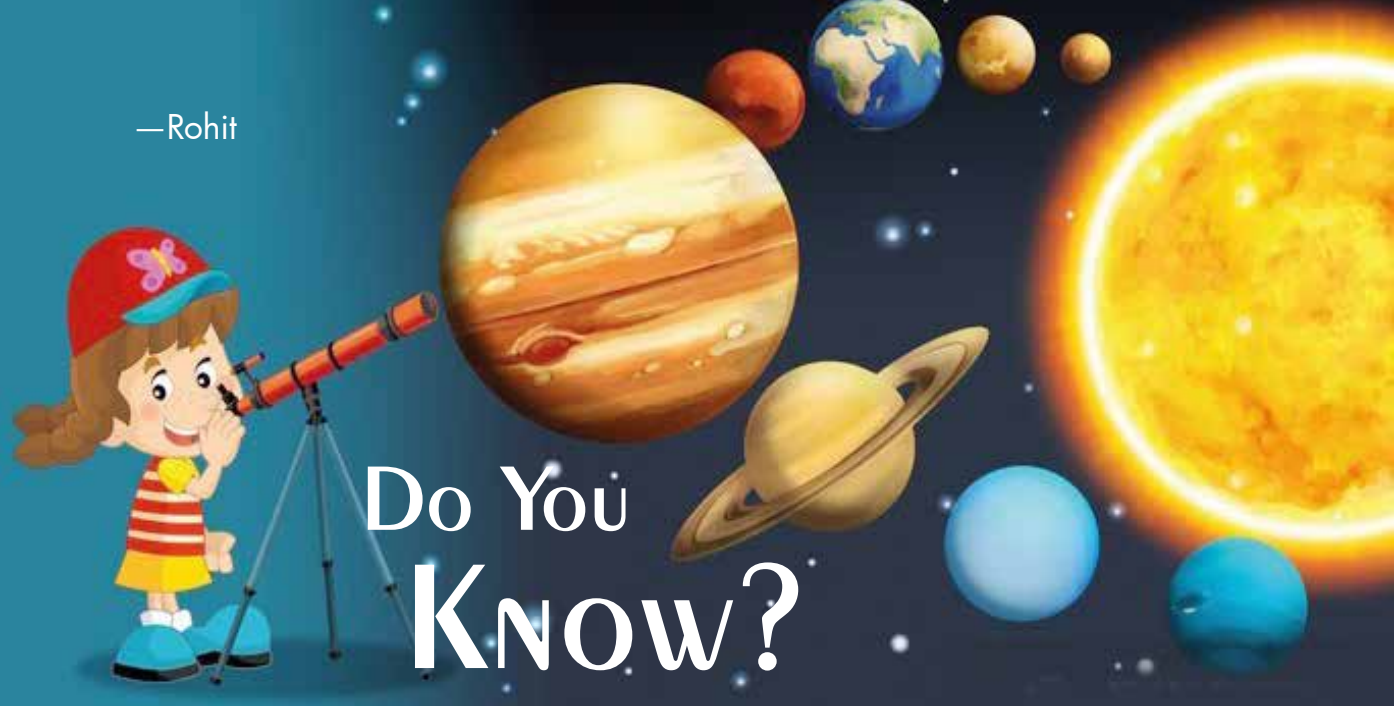
Brother! You give one ice-cream each to all. Oh! Where is my money? Somebody has taken all the money from my purse. What will happen now?



Yes, Yes! Montu, you are right, I don't know how to keep my purse safe.

I have learnt a lesson- "not to make fun of anyone's poverty."





Q. How old is the Earth?

A. The universe began to form over 15 billion years ago. The Earth is much younger. It is about 4.6 billion years old. Scientists have worked this out by studying rocks in meteorites which have landed on Earth from outer space. Meteorites are lumps of rock which were formed at the same time as the Earth. Scientists have also calculated the Earth's age from the rate at which elements of the radioactive metal uranium decay (break down) into lead.

Q. Why is the Earth round?

A. The world is round for the same reason that a raindrop and a bubble are round. If possible, a liquid naturally shapes itself into a ball. When the Earth formed, it was hot and liquid. Because it was floating in space, it became round. When the liquid rock cooled and hardened into solid rock, the Earth stayed round.

Actually, the Earth is not perfectly round, but is slightly flattened at the poles. This flattening is caused by the speed of its spin.

Q. Is the Earth solid?

A. The crust is solid, but the rocks of the mantle are so hot that they are partly molten, rather like hot toffee. The outer core is hotter still (between 2,200 degrees Celsius and 5,000 degrees Celsius) and is completely molten and liquid. At the very centre, is a ball of hot rock, squashed so tightly that it is solid. The core is far too hot and solid to drill through.

Q. What are rocks made of?

A. The Earth's crust is made up of rock. Rocks are solid clusters of minerals (chemical substances composed of crystals). The minerals quartz, feldspar and mica are found in granite rocks.

PANDAMONIUM

The giant panda may have been taken off the endangered species list but the black and white bear still faces plethora of risks including climate change.

Chinese breeding centres say, Global warming risk Bamboo reserves were first established in China only in 1992, and there are now 67, protecting nearly 70% of the 1.4 million hectares of wild bamboo forest, according to the Forestry Administration.

Wild panda numbers are rebounding after years of decline. In September, the International Union for Conservation of Nature announced that pandas have been upgraded from 'endangered' to 'vulnerable'.

On the whole giant pandas look like herbivores. They spend nearly all their waking hours eating bamboo. But on the inside, they are built like carnivores. About half of the calories they eat come from proteins. That puts the giant panda diet on par with wolves. Scientists think the iconic black and white bears switched to eating bamboo



in part because it is extremely abundant and they do not have to fight with other animals to get by.

They are excellent mountain climbers. Known to climb up to 3900m.

They are also skilled swimmers and good tree climbers.

Appeal of the Panda:

Why conservationist choose the panda logo-

- Beauty and universal appeal.
- Endangered status.
- Good impact in black and white, thus saving printing costs.



Laughing Time

Chintu was hanging upside down from a tree.

Pintu : "What happened?"

Chintu : Nothing special. I have taken a tablet for headache, I am afraid it may not go to the stomach.

Woman : My little son all the time keeps his thumb in his mouth. Can you suggest a solution?

Friend : Give him loose shorts to wear. He will remain busy holding it to keep it at its place and will get rid of his habit.

Hawker : Please buy roasted tasty grams. If you taste them once, you will ask for them thousand times.

Boy : If you give them for free I shall ask again and again.

Gita : Rita!, "By mistake part of your blue shirt got burnt while ironing.

Rita : Don't worry I have another shirt of the same color.

Gita : Yes! I knew it so I cut a piece from there and stitched it at the burnt patch.

Monu : One day a scooter passed over me and nothing happened.

Sonu : Nothing great. One day an aeroplane passed over me and nothing happened.

Teacher : Do you know that birds have an exceptionally good eye-sight?

Student : Yes, Sir.

Teacher : How can you say so?

Student : I haven't seen a single bird with spectacles.





Editor : Your autobiography is superb!
Author : Thank you!
Editor : If we print it, it would be the best
joke book!

Kiran : You dance beautifully.
Anshu : I wish I could say the same for
you.
Kiran : You could, if you were as big a
lair as I am.

Father : Son, you have scored very low
marks in History. What is the
reason?
Son : Absent, Daddy.
Father : What absent! I dropped you on
my scooter that day.
Son : Not me, Daddy. The student sitting
next to me was absent!

Doctor : You should play, walk and do
some exercises, your health will
improve soon.
Patient : Yes Doctor, I play football,
cricket, tennis and many other
games!
Doctor : Good, where do you play all
these games?
Patient : On my mobile phone or
computer!

Teacher : What would happen if there was
no Sun?
Student : Our electricity bill would go up.

Praveen : Past is a wastepaper, present is
a newspaper and future is..
Bharat : Yours or mine?
Praveen : Both of ours ...
Bharat : Mine is a question paper and
yours is a tissue paper.

Mother : Bharat, which is your favourite
subject in school?
Bharat : Mathematics, mummy.
Mother : Really, very good. But tell me why
do you like Mathematics?
Bharat : Because most of the time our
Mathematic teacher remains on
leave!

Jali : Among my 4 sons 3 are Engineers.
Mali : 4th?
Jali : Useless, Don't Study, became a barber
Mali : Why, Don't you throw him out.
Jali : Because he is the only one who
earns..!

Guest : This wall is so thin that you can
almost see through it.
Host : That's the window you are
looking at.



— Radhika



The Punishment

One day, Akbar was taking a stroll in his royal palace. He soon reached an old part of the palace. There he saw that the plaster had peeled off from one section of the wall. He immediately called his servant.

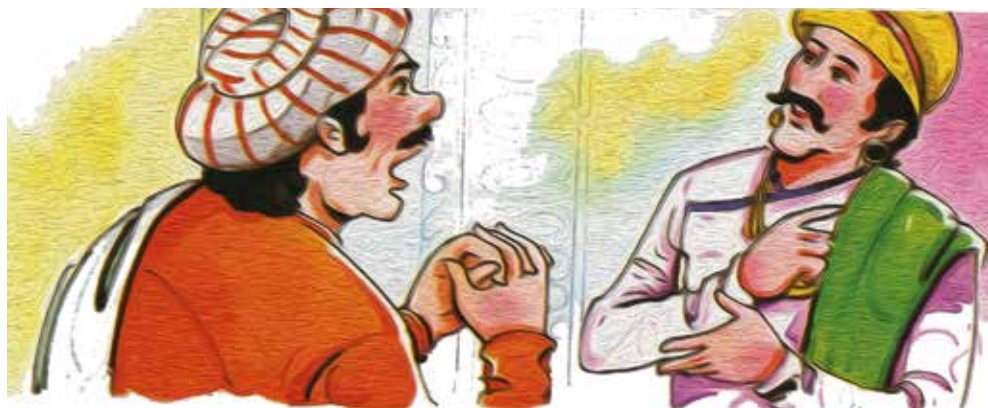
"That wall looks like a blot on the beauty of my palace. Get it repaired immediately," Akbar ordered. The servant whose name was Dholak said, "Yes," and went away. Next day, the emperor again went that way to have a look. He wanted to see how the wall looked after being repaired. He was very offended when he saw the wall in the same state. He immediately

called Dholak. "What is this?" he thundered. "Why have you not repaired the wall as yet?"

"I... I did not get enough time, Your Majesty," Dholak stammered.

"Didn't get enough time!" the emperor said angrily. "I will teach you a lesson for disobeying me. Go and get two bowls of lime." On the way, Dholak met Birbal. Birbal immediately felt that something was wrong. "Dholak, why are you so worried?" asked Birbal. Dholak sobbed and told him the entire story.

"Oh, don't worry. The emperor would





ask you to eat lime as a punishment. I will give you something. Keep it in the other bowl. When the emperor asks you to eat, eat from the other bowl," advised Birbal.

When the emperor asked Dholak to eat the lime, Dholak started eating from the bowl in which the stuff that Birbal had prescribed was kept. Soon the emperor took pity on him and said, "That's enough."

'Poor Dholak,' thought the emperor. He would be sick for some days because of eating so much lime. But the next day, Akbar saw Dholak working as usual.



He was very much surprised. 'It seems that my punishment did not have any effect/ the emperor thought and again called Dholak.

He again asked him to bring two bowls of lime. As Dholak was going, he again met Birbal, and told him everything. Birbal understood that this time the emperor would want him to eat both the bowls of lime. So he instructed Dholak to take the stuff he had prescribed him earlier in both the bowls. Dholak did as instructed. Sure enough, the emperor this time asked Dholak to eat the lime of both the bowls. He started watching carefully to see if Dholak shows any sign of illness. But Dholak merrily went on eating lime. The emperor became suspicious. "Show me the bowls," he asked Dholak. He inspected the bowls carefully. When he tasted the lime, he found that actually it was white butter. "Who gave you this idea?" Akbar asked Dholak. "If you tell me the truth, I will let you go." Dholak said with fright, "Your Majesty, it was the idea of Birbal."

The emperor laughed and let him go.

AGING STARTS FROM THE FEET UPWARDS !

KEEP YOUR LEGS STRONG !

When we are old, our feet must always remain strong.

- ❖ When we are ageing, we should not be afraid of our hair turning grey (or) skin sagging (or) wrinkles.

- ❖ Among the signs of longevity, as summarized by the US Magazine "Prevention", strong leg muscles are listed on the top, as the most important and essential one.

- ❖ If you do not move your legs for two weeks, your leg strength will decrease by 10 years.

- ❖ A study from the University of Copenhagen in Denmark found that in both old and young, during the two weeks of inactivity, the legs muscle strength can weaken by a third which is equivalent to 20-30 years of ageing.

- ❖ As our leg muscles weaken, it will take a long time to recover, even if we do rehabilitation and exercises, later.

- ❖ Therefore, regular exercise like walking, is very important.

- ❖ The whole body weight/load remains and rest on the legs.

- ❖ The foot is a kind of pillar, bearing the weight of the human body.

- ❖ Interestingly, 50% of a person's bones and 50% of the muscles, are in the two legs.

- ❖ The largest and strongest joints and bones of the human body are also in the legs.

- ❖ "Strong bones, strong muscles, and flexible joints form the "Iron Triangle" that carries the most important load on the human body."

- ❖ 70% of human activity and burning of energy in one's life is done by the two feet.

- ❖ Do you know this? When a person is young, his thighs have enough strengths, to lift a small car!

- ❖ The foot is the center of body's locomotion.

- ❖ Both the legs together have 50% of the nerves of the human body, 50% of the blood vessels and 50% of the blood flowing through them.

- ❖ It is the largest circulatory network that connects the body.

- ❖ Only when the feet are healthy then the convection current of blood flows, smoothly, so people who have strong leg muscles will definitely have a strong heart.

- ❖ Aging starts from the feet upwards.

❖ As a person gets older, the accuracy and speed of transmission of instructions between the brain and the legs decreases, unlike when a person is young.

❖ In addition, the so-called Bone Fertilizer Calcium will sooner or later be lost with the passage of time, making the elderly more prone to bone fractures.

❖ Bone fractures in the elderly can easily trigger a series of complications, especially fatal diseases such as brain thrombosis.

❖ Do you know that 15% of elderly patients will die within a year of a thigh-bone fracture.

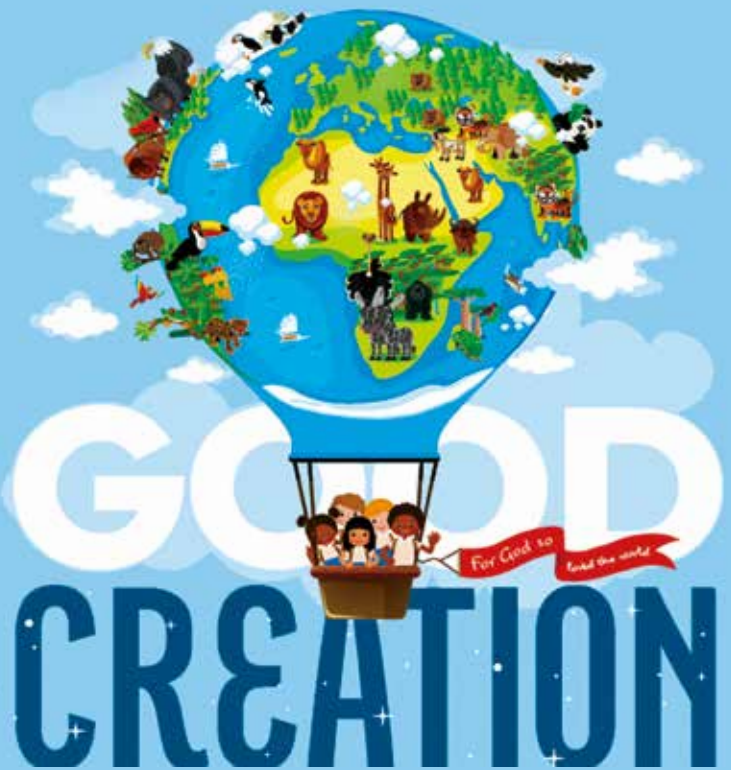
❖ Exercising the legs, is never too late, even after the age of 60 years.

❖ Although our feet/legs will gradually age with time, exercising our feet/legs is a life-long task.

❖ Please walk for at least 30-40 minutes daily to ensure that your legs receive sufficient exercise and to ensure that your leg muscles remain healthy.

—Ashwani Kumar Jatan

God



God created heaven and earth,
In god's hand death and birth,

God did everything right,
He think about our future's bright,

God makes the European and Asian,
And he also makes Arican and Russian,

All the human being is their son,
And whole the work he has done,

Search the god he's with in reach,
But you can not find him a river or beach,

God is one they not are two,
You meet Satguru and then view.

RIDDLES

1

Q. Around the world
i wander no
where to place my
feet awake at night
day i sleep.

4

My hands and feet
are tied with chain,
still I run without
pain, I give you a
ride from village to
town.



2

Q. Neither
i come nor i go
on me you
depend, then you
repent.

5

I am white and
unique
white body and
black seeds
your love for me
will sharpen you
indeed.

3

Q. Pretty bird
of three colors
In the sky i flutter
Apple of everyone's
eye All of
you rever.

6

Q. What has
two hands and a
face, but no arms
and legs.



Answers :
1. Moon
2. Tomorrow
3. Tricolor
4. Bicycle
5. Banana
6. Clock

—Compiled by : Richa

RESULT FOR THE MONTH OF September 2021 ISSUE

Swastika & Bhamne Age-10

C.G. Bangale N- 43 JD/1/6
Pawan Nagar Stop, CICO
NASIK (MAH.)



Isha Vinayak Age-9

B-001, Brhma Complex
G.F. , Chandansar Road
VIRAR (East)



Aarav Mohan Age-9

25/60, Punjabi Bagh West
Delhi - 110009



CONSOLATION ENTERIES



Priyasha (Chandigarh)

Raunak (Mumbai)

Komal (Delhi)

Raunak (Mumbai)

Priyanka (Noida)

Radha (Mumbai)

Rekha (Jaunpur, UP)

Amarjeet (Rohini, Delhi)

Renu (Delhi)

Ankur (Delhi)

Chhaya (Azamgarh, UP)

Anmol (Parmanand colony)

Manvi Maurya (Bangalore)

Jheel Lamba (Delhi)

Radha (Sangroor)

Neetu (Delhi)

Prteek (Bangalore)

Rekha (Mumbai)

Usha (Delhi)

Colour it for November Issue

On page 48, a beautiful picture is given; colour it and send it to us latest by **December 20, 2021**. Office address: **HANSTI DUNIYA**, Nirankari Complex, Near Nirankari Sarover, Nirankari Colony. Delhi - 110009

The result will appear in **January 2022** issue. Full name and address should be mentioned clearly at the prescribed place. Children up to the age of 15 years only are eligible to participate.

Colour it



Name :Age

Address :

.....Pin Code

Poem — R. N. Kabra

LET ME Play

I'm a child I want to play,
Morning, evening, night and day
But my mummy and my teacher
Tell me often, " Don't play ",
Read and read, and read and read
Go to tuition, do your home-work,
Waste no time in fun and play".
My dear God, I want to pray
With heart and soul I beg to say
Let me live like a child
Let me have my time to play

Poem :. Rajat Kapoor, Delhi

Learn to Play

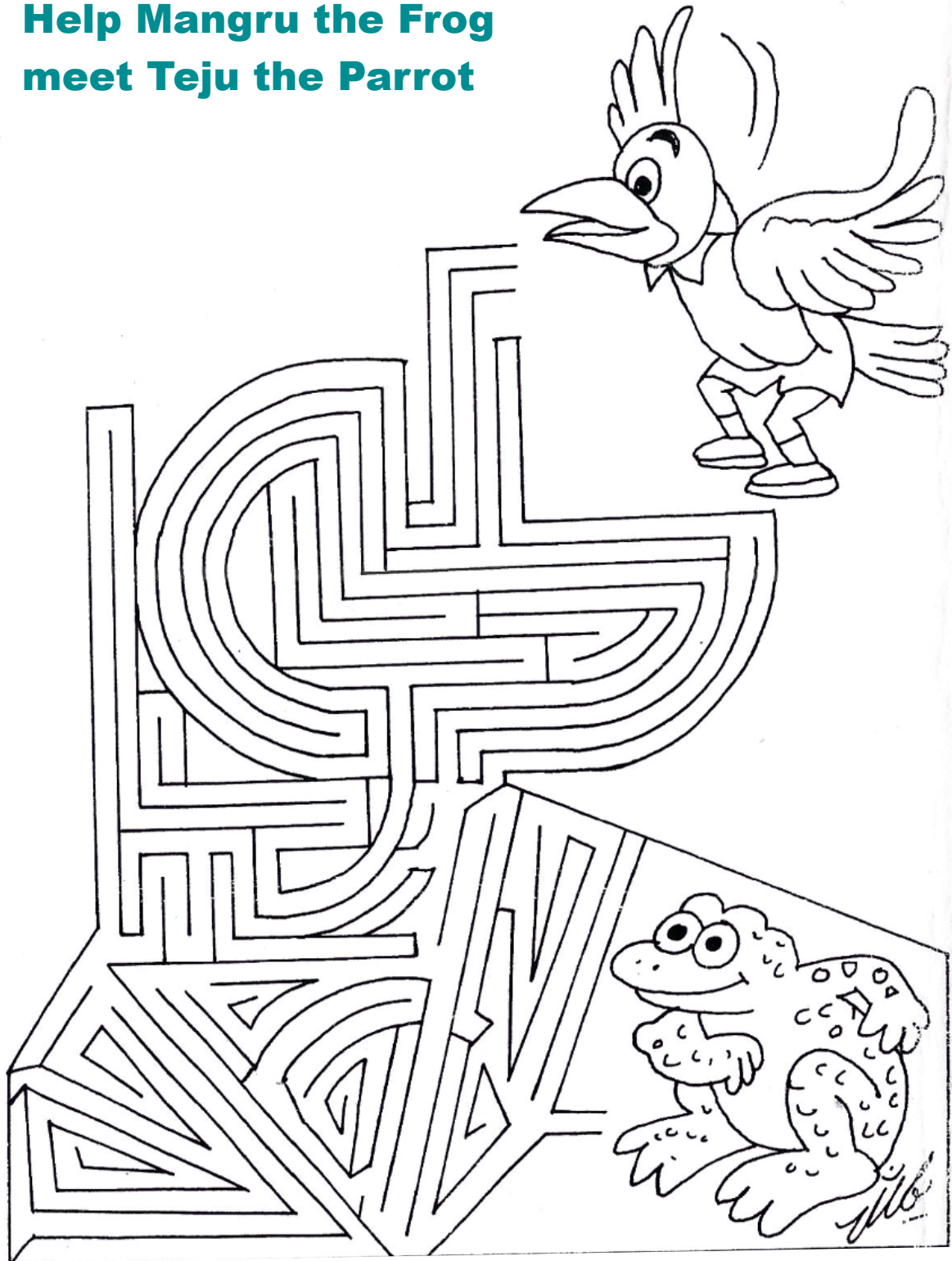
A game starts,
For all to play
Winning is good,
But that is not
What you should say,

Always say that
You want to play,
Winning or not
In God's hands lay.



Maze

**Help Mangru the Frog
meet Teju the Parrot**



Chand Moh. Ghosi



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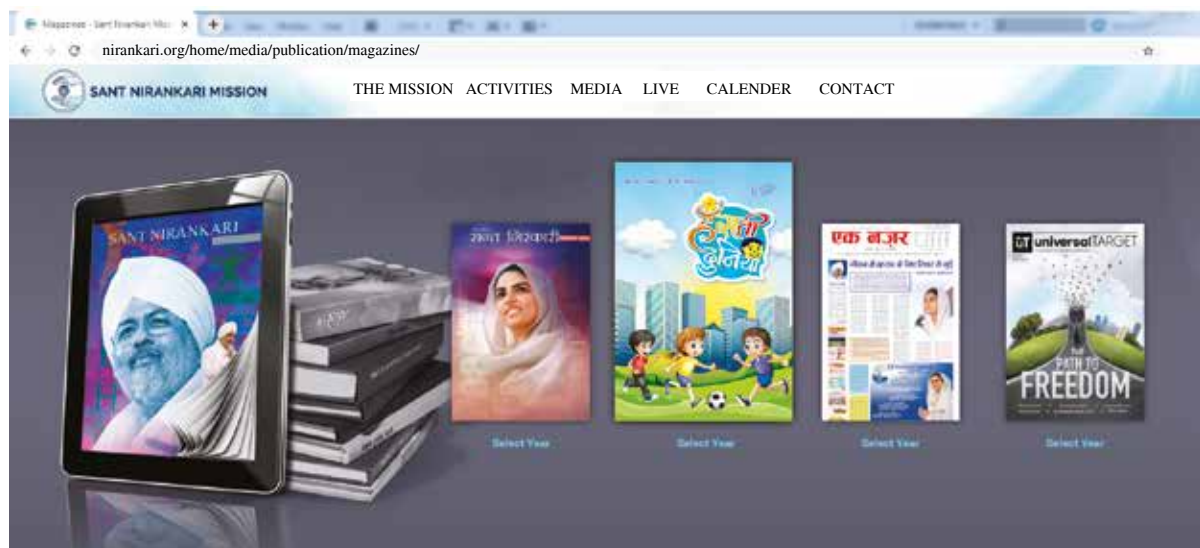
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