



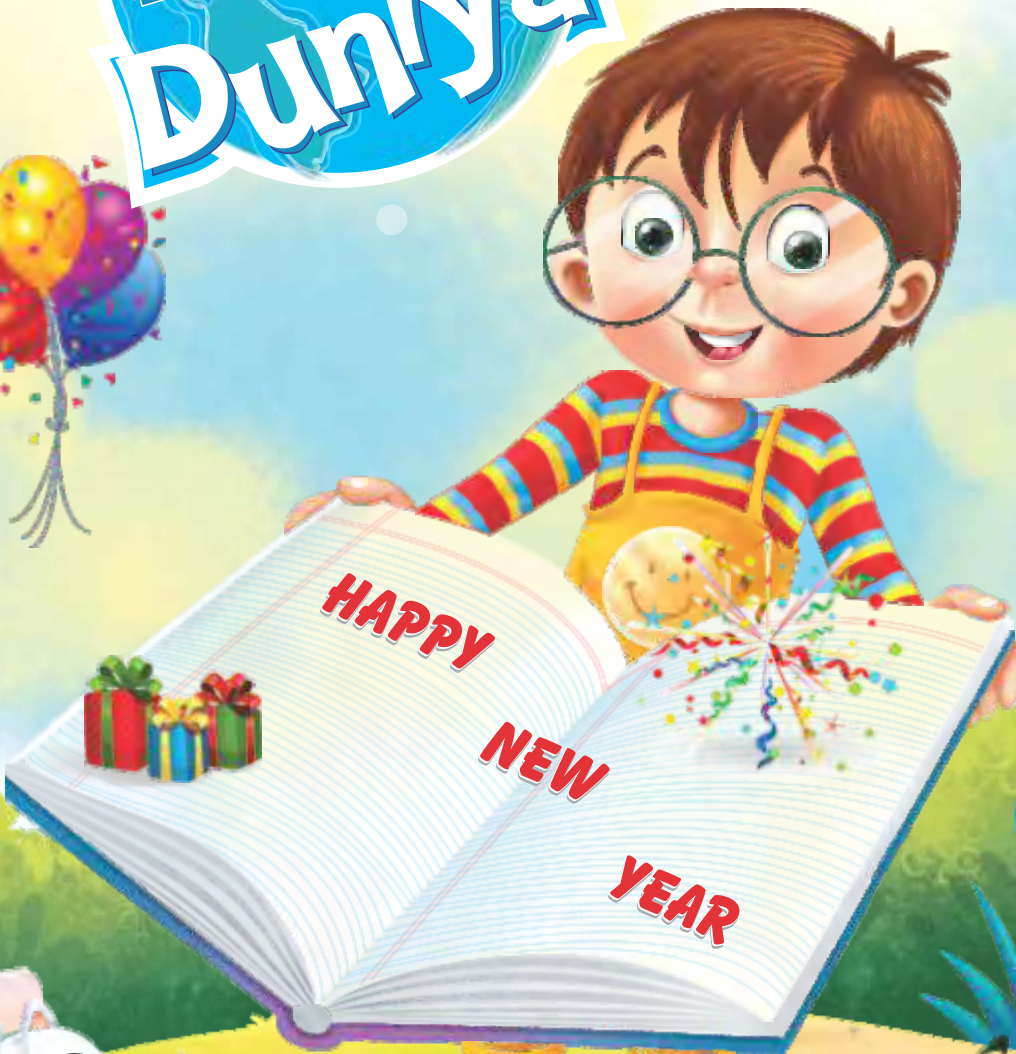
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Hansti Duniya





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Enlighten the Humanity

Times are never the same, circumstances and situations continuously change. Things don't always happen as per our willingness, but we wish things to happen our way. When circumstances are not favorable, we start feeling helpless. Certain things like rain, storms, intolerable heat, cold winds and cyclones etc are beyond our control.

The earth revolves around the sun at very high speed and we don't even notice it and consider it to be stationary. We on the other hand earn our living by constructing, commercial places, beautiful houses, business houses, markets, hospitals, business farms and malls etc. carrying out agricultural and other activities on this fast moving earth.

Living and the art of living are different entirely. We get into relationships and make friends to make life worth while. For meeting this end and of course due to some selfish motives also we make compromises with situations and circumstances. We also do certain wrongdoings because of our selfishness. But a wrongdoing is never justified. Our consciousness always pricks us for this although we do enjoy the comfort.

We are well aware of the challenges we faced in the year 2020. We all faced them by taking precautions and getting to know the pangs of separation from our loved ones. We made cleanliness part and parcel of our lives and learned to face a pandemic.

Dear friends! Year 2021 is knocking at our door. Let's welcome it by lighting up lamps of hard work and effort to face strongly, any and every problem. A lamp can give light but it cannot lit up the entire space. It is imperative to lit the lamps of hope and do away with the hopelessness. We all need to share the responsibility. Contribute towards raising self confidence, strong conviction, hard work and steadfastness under all circumstances and raise the level of patience.

It is undesirable to let situations rule us by we losing control. We need to control situations and align them according to us.

Today let us resolve to stay enlightened so that others can become enlightened for the upliftment of mankind.

Loving Good wishes to all of you from Hansti Duniya Family on the occasion of New Year.

— Vimlesh Ahuja

SAMPURAN AVTAR BANI



IK TU HI NIRANKAR-166

GURMUKH AGYA SAT KAR MANNE TE MANMUKH INKAR KARE;
GURMUKH GUR DI TEHAL KAMAVE TE MANMUKH TAQRAR KARE.
GURMUKH DILON MUHABAT KARDA MANMUKH UPRON PIAR KARE;
GURMUKH ANDRON BAHRON IKO MANMUKH VICHON KHAR KARE.
GURMUKHAN DA NAQADI SAUDA MANMUKH JHOOTH VIHAR KARE;
GURMUKHAN DA PAK BHAROSA MANMUKH NA ITBAR KARE.
GURMUKH HAR THANH RAB NOON VEKHE MANMUKH NA DEEDAR KARE;
GURMUKH NEDE MAAN NAHIN AUNDA TE MANMUKH HANKAR KARE.
ROOP DOHAN DE IKO BHAVEN PAR VICHON NE VAKHO VAKH;
KAHE AVTAR UPKARI GURMUKH MANMUKH AIVEN MARAN JHAKH.

Thou Formless One 166

The devotee obeys every command of the True Master but the self-willed declines;
The devotee serves the True Master, but the self-willed argues unnecessarily.
The devotee of the True Master loves from the core of his heart, but the self-willed only pretends to do so;
The devotee of the True Master is the same from within and without, but the self-willed is jealous from within. The reward of the devotees' bargain is real but the dealings of the self-willed are false;
The devotees have firm faith in God, but the self-willed does not believe.
The devotee perceives God everywhere, but the self-willed cannot see him;
Pride does not touch the devotee, but the self-willed is full of ego.
Though outwardly both of them look similar, inwardly they are different;
Avtar says, the devotees are generous and selfless, but the self-willed are only wasting their time.

Poem :
—Sakshi Batra, Nirankari Colony



Light and Life

And a dream to strive
Confusions and riddles
Stuck in the middle

Looking for a guiding hand
My feet stuck in quicksand
Unknown to the realization
The master is always with its creation

Protecting and caring
Guiding and preparing
And the realization illuminates
And I can see

That every breathe that I take
Is through your grace
What else can I ask for!

Every smile you bestow
Is through your kindness that glow
What else can I ask for!

Every seed of humanity you sow
Is for love to grow
What else can I ask for!

Every vision that is progressing
Is a part of your blessing
What else can I ask for!

And the wisdom to be
Is through your teachings to see
What else can I ask for!

Your love and smile
Makes living worthwhile
What else can I ask for!

May I become what you wish me to be
Shine through my actions
Under your guidance
What else can I pray for.

The Divine Words of Mata Savinder Hardev Ji Maharaj



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

Precious Words of — Nirankari Rajmata Ji



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

— S.R Prajatpati

— Rajesh Mathur, Kullu

Musicians of Bremen

Once, a washerman had an donkey who had served him for years. But when he became old and weak he became useless for the washerman. So one day, he told his wife, "I cannot keep this useless donkey anymore. I will leave him in the forest."

The washerman's wife also agreed with him. When the donkey heard their conversation he felt sad. He decided to leave the house himself. He thought, "It would be better to leave the house of such selfish people. They do not know my value. I will go to Bremen to learn music and become a great musician. Then they will come to know my value."

He started walking towards Bremen. He met a dog who was tired of running. The donkey went to him and said, "Hello, dear brother why are you breathing so heavily?" The dog replied. "I have become old and weak so my master wanted to kill me. I ran for my life. And what about you?"

The donkey replied, "I am going to Bremen to learn music and earn name and fame."

The dog said, "I will also go with you and try my luck in the field of music."

Both the donkey and the dog proceeded ahead. On the way, they saw a cat sitting near a road. She was looking sad. They asked her the reason of her sadness. The cat replied, "I am old and weak. I cannot catch mice so my master turned me out of the house. Where should I go in my old age?"

The donkey replied, "Why are you sad? We are going to Bremen to learn music and start a new life. You may also come with us to learn music."

The cat also accompanied them to Bremen. They reached an old farmhouse where they saw a cock who was crowing at the top of his voice.

The donkey asked, "What happened to you dear cock? The cock said, "I am in great trouble.





The cat said, "What is the trouble with you?" The cock replied with pain, "I am old and so my master wants to kill me and eat me."

The dog suggested, "Come with us." The donkey also encouraged him saying, "We are going to Bremen to learn music. You may also try your luck."

The cock liked the proposal and accompanied them. The donkey said, "Now we are four. Together we will form a group of musicians and would give a tough competition to other musicians."

"Yes! Yes! You are right," said the other three. They proceeded to Bremen. They kept going all day but Bremen was still too far away. Night was also approaching and they were tired of walking. So they decided to spend the night in a nearby forest. On reaching the forest the donkey and the dog slept under

a tree. The cat sat on a branch and the cock went up on top of the tree.

The cock saw a light far away from the tree. He cried, "Hello friends! There appears to be a light there. I guess it is a house. We should go there."

The donkey suggested, "Yes! let us go there. Perhaps we may get some food there."

The other friends also agreed to the proposal. They started immediately to reach there. On reaching there they found that it was a house from where the light was coming.

The house belonged to some thieves. All the four decided to peep into the house through the window. First of all, the donkey stood on its back feet, the dog stood on the donkey. The cat and the cock too went near the window.

They saw four thieves sitting around the table and enjoying their food. Seeing the food all the four began to feel hungry. The cock said, "The table is full of delicious food. We should do something to make the thieves run away from here. Then we can enjoy the food."

The donkey said, "I have a plan to grab the food." He whispered something to them and they were ready to attack the house. They all cried together and banged on the windows. The thieves looked at the window and seeing strange faces they got frightened and ran away from there.

Then all the four friends entered the house. They ate as much as they could. They then went to sleep in the house. The donkey slept in the courtyard, the dog at the entrance of the room, the cat in the kitchen and the cock on the roof. Since

they were tired, they fell asleep within no time.

Meanwhile, the thieves decided to go to their house again. One of them entered the house through the window of the kitchen. He thought of lighting a candle so he went to the kitchen where the eyes of the cat looked like embers. So the thief touched the eyes of the cat. The cat attacked him with her paws on his face. The thief ran outside and in a hurry crushed the tail of the dog who got furious and bit him. Frightened, he ran to the courtyard where the donkey kicked him and the cock crowed at the top of his voice, "Stop where are you running to?" The thief thought that their house was occupied by some ghosts.

The thief ran as fast as he could and told his fellow thieves never to go there. Now all the four old friends made the house their permanent residence. ●

26 January Republic Day

— Rahul Sharma

Republic Day is a national holiday in India. It honours the date on which the Constitution of India came into effect on 26 January 1950 replacing the Government of India Act (1935) as the governing document of India and thus, turning the nation into a newly formed republic.

The Constitution was adopted by the Indian Constituent Assembly on 26 November 1949 and came into effect on 26 January 1950 with a democratic government system, completing the country's transition towards becoming an independent republic. *26 January was chosen as the date for Republic day* because it was on this day in 1929 when the Declaration of Indian Independence (Purna Swaraj) was proclaimed by the Indian National Congress as opposed to the Dominion status offered by the British Regime. We celebrate this day with Republic Day Parade.

Google World

— Gurdev Singh



Guru Mantra

Ramanuja was the favourite disciple of his Guru. When he was to finish his training, the Guru said to him, "Ramanuja, you are my best student. Listen to me; I shall reveal to you a mantra. If you recite it religiously everyday; you shall go to heaven. But if you reveal it to any one else, you shall go to hell. I repeat, do not reveal it to others or you shall surely go to hell."

As soon as Ramanuja left the Guru's ashram, he called out in a loud voice, "Who wants to go to heaven? Come and I shall tell you the way. Come one and all." As he shouted out aloud, people started flocking towards him and he started reciting the Guru-Mantra to them. Hearing the commotion outside, the Guru rushed out and rebuked Ramanuja, "What are you doing you insolent boy? I told you not to reveal the mantra to others. You shall surely go to hell." Ramanuja answered calmly, "Guruji, going to hell would be a small price to pay for helping so many people to go to heaven. I am ready to suffer the consequences of it."

The teacher realized that here was no ordinary disciple; he was surely a great and realized soul. Believe in the sun, even when it isn't shining. Believe in God, even when you can't see Him. Believe in doing good, and in helping others even if the benefits are not visibly evident. Baba says, "Manav seva is Madhav seva i.e. Service to man is service to God."

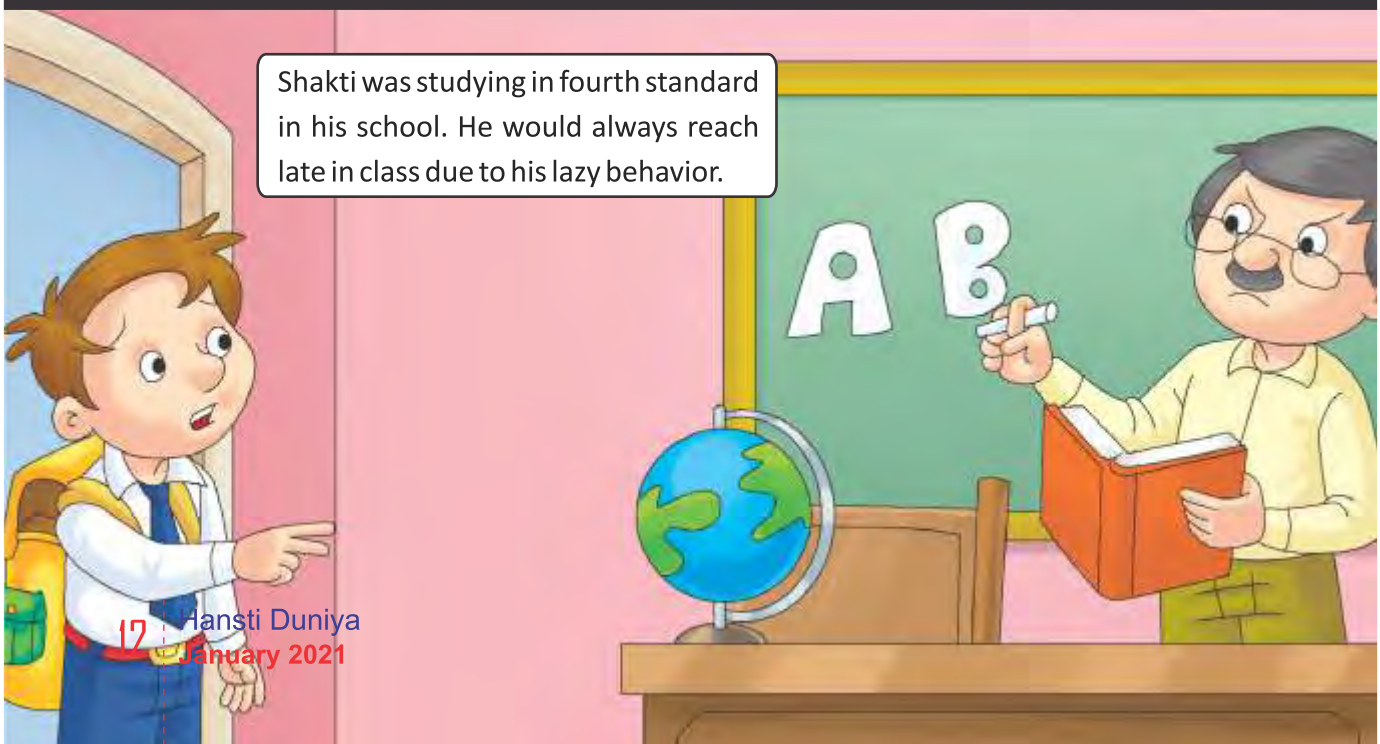
Moral : There is no prayer more fruitful than Seva. Duty without love is deplorable; duty with love is desirable; love without duty is divine.

Grandpa

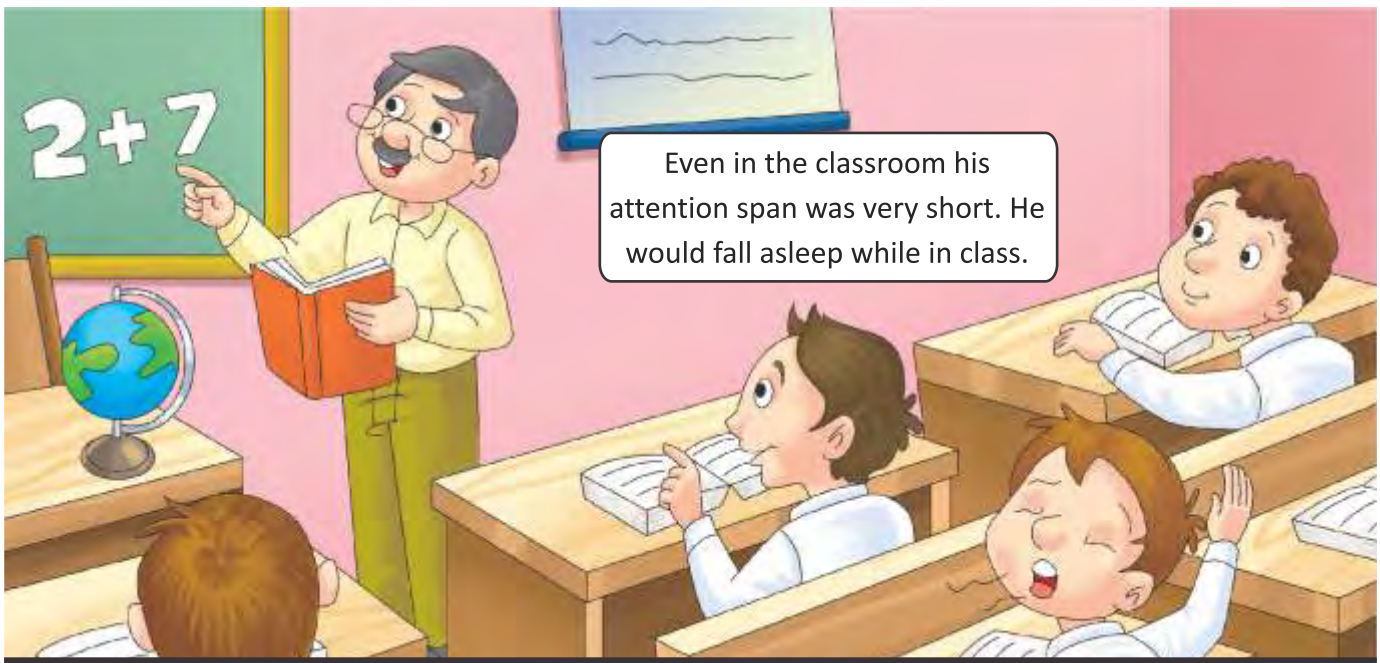
Story & Illustration
—Ajay Kalara



There was a man named Rajkumar in Medhpur village who was staying there with his family.



Shakti was studying in fourth standard in his school. He would always reach late in class due to his lazy behavior.



Even in the classroom his attention span was very short. He would fall asleep while in class.

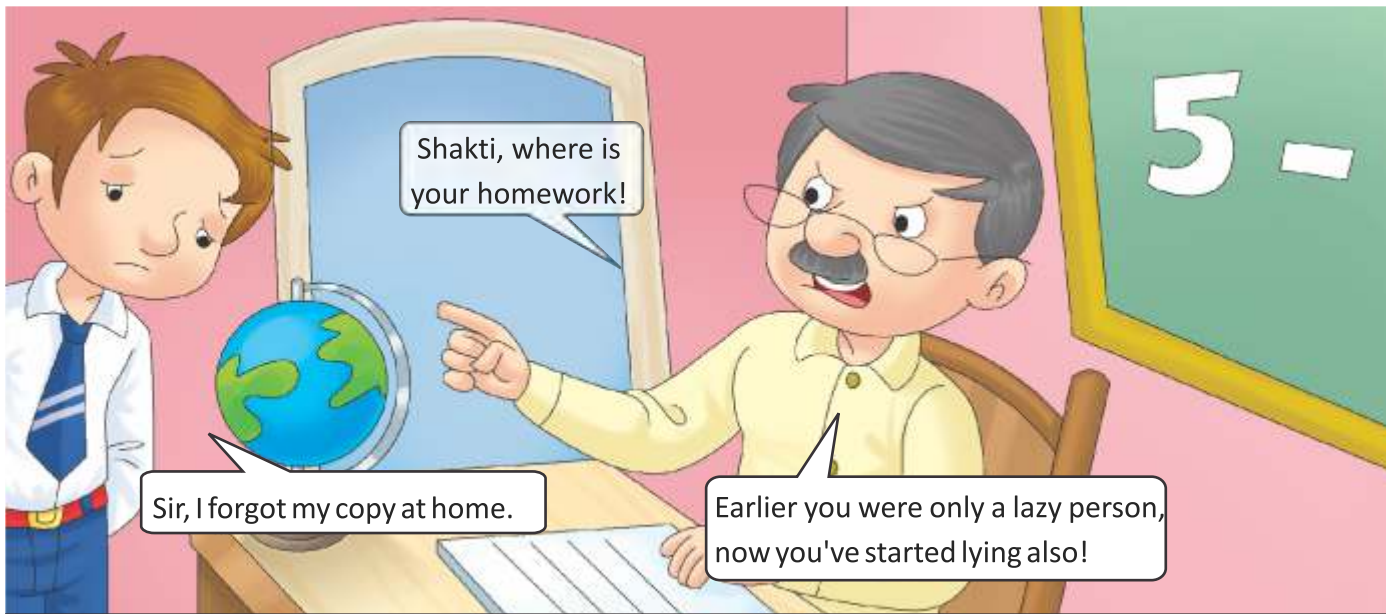


In his house also, he would never complete things in time. He would keep playing games on TV. Even doing daily tasks would seem like burdensome to him.

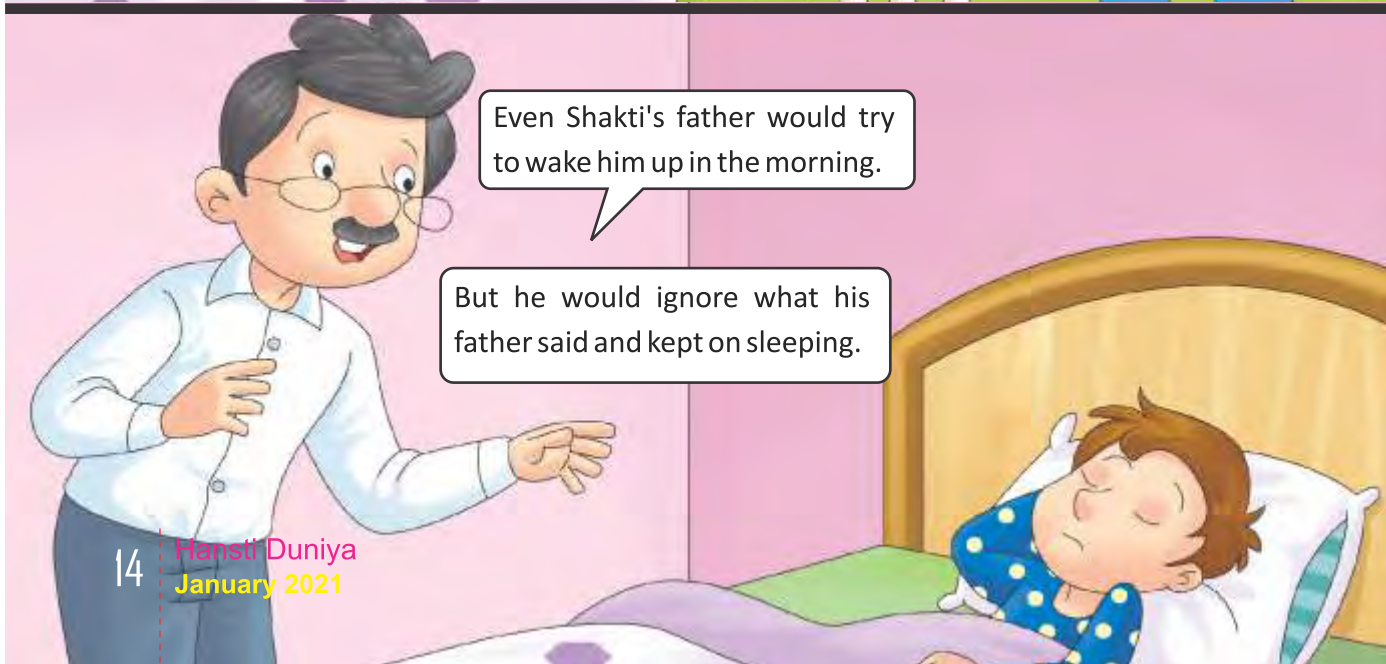


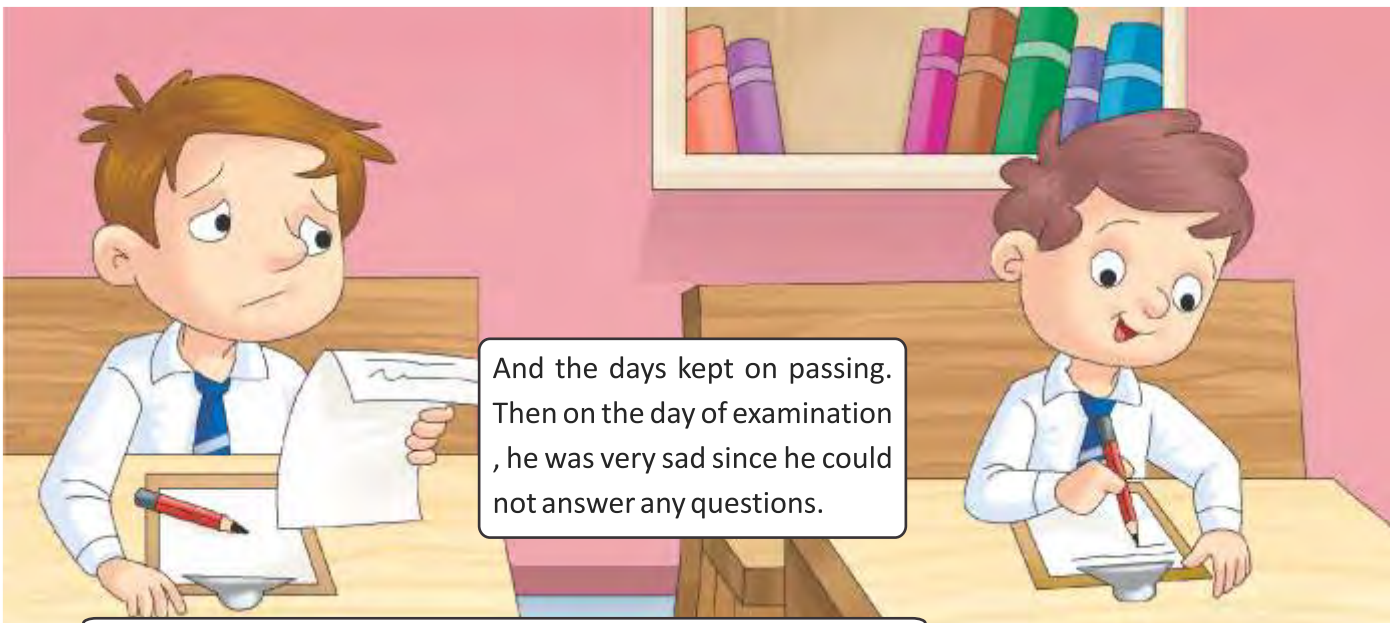
Good boy dear Chirag, you did your work on time.

I did not even complete my homework. Now what will I show my teacher!!



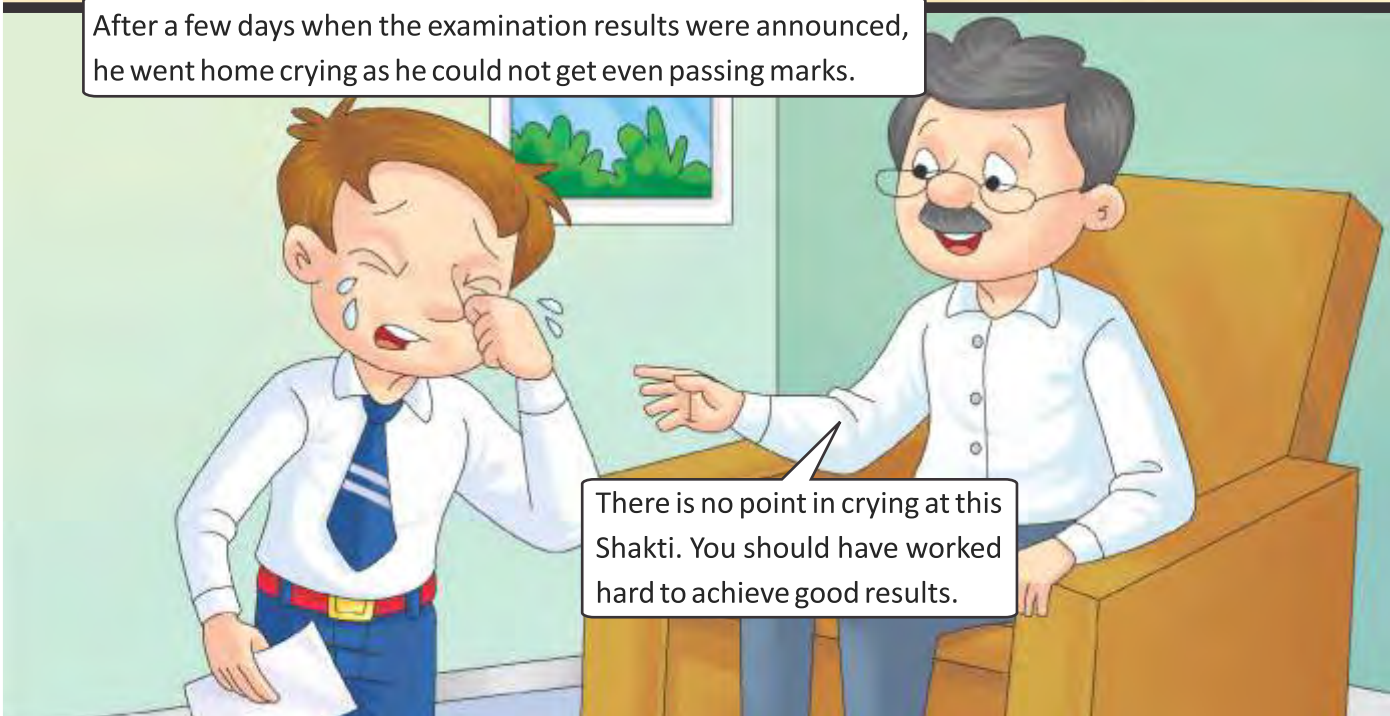
But there was no effect of the teachers scolding and Shakti's behavior remained the same, he woke late in the morning and in the evening he would engage in playful activities.





And the days kept on passing.
Then on the day of examination
, he was very sad since he could
not answer any questions.

After a few days when the examination results were announced,
he went home crying as he could not get even passing marks.



There is no point in crying at this
Shakti. You should have worked
hard to achieve good results.



Now Shakti understood the importance
of hard work. He started studying and
working hard so he could get good
marks in the examination this time.

Moral : Lazyness is a man's biggest enemy.



DR. MARTIN LUTHER KING JR

DR. MARTIN LUTHER KING JR. was the unquestioned leader of the peaceful Civil Rights Movement in the 1960s. From his involvement in the Montgomery bus boycott in 1955 until his untimely death in 1968, King's message of change through peaceful means added to the movement's numbers and gave it its moral strength. The legacy of Martin Luther King Jr. is embodied in these two simple words: equality and nonviolence.

King was raised in an activist family. As a student, King excelled. He easily moved through grade levels and entered Morehouse College, his father's alma mater, at the age of fifteen. Next, he attended Crozer Theological Seminary, where he received a Bachelor of Divinity degree. While he was pursuing his doctorate at Boston University, he met and married CORETTA SCOTT. After receiving his Ph.D. in 1955, King accepted an appointment to the Dexter Street Baptist Church in Montgomery, Alabama.

At Bull Connor Birmingham, Alabama, police commissioner Bull Connor ordered that fire hoses and dogs be used to subdue protesters. The violence that ensued was broadcast across the nation and it galvanized the Civil Rights Movement.

After his organization of the bus boycott, King formed the Southern Christian Leadership Conference, which dedicated itself to the advancement of rights for African Americans. In April 1963, King organized a protest in Birmingham, Alabama, a city King called "the most thoroughly segregated city in the United States." Since the end of World War II, there had been 60 unsolved bombings of African American churches and homes.

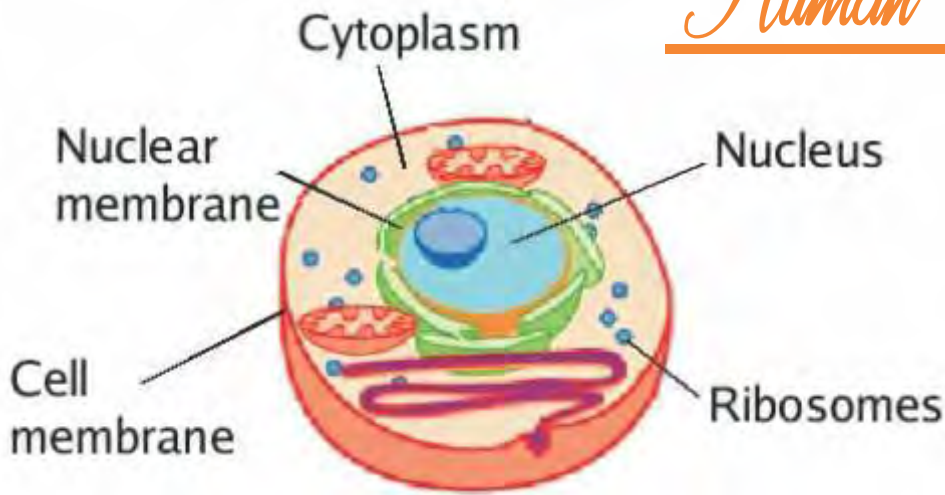
Boycotts, sit-ins and marches were conducted. When Bull Connor, head of the Birmingham police department, used fire hoses and dogs on the demonstrators, millions saw the images on television. King was arrested. But support came from around the nation and the world for King and his family. Later in 1963, he delivered his famous "I Have a Dream" speech to thousands in Washington, D.C.

After the passage of the Civil Rights Act of 1964, King turned his efforts to registering African American voters in the South and it led to the passage of the Voting Rights Act of 1965. In 1977, he was posthumously awarded the Presidential Medal of Freedom, the highest award a civilian American can earn. In the 1980s, his birthday became a national holiday, creating an annual opportunity for Americans to reflect on the two values he dedicated his life to advancing: equality and nonviolence.

Google world

Improve Your Knowledge

Human Cell



Question : What is the human body made of?

Answer : About two-thirds of the human body is water. The remaining third is an extremely complicated mixture of chemicals. The water-and-chemical mix is arranged into structures called cells. These are tiny, but you can see them using a microscope. Each part of the body is made of a completely different kind of cell. Heart cells, skin cells, bone cells and blood cells all are different. Brain cells are among the very smallest.

Question : What is a cell?

Answer : Cells are the small building blocks of the body. They have a very thin outer layer, called the cell membrane, which lets in food and oxygen and lets out waste. Much of the cell is a jelly-like substance called cytoplasm. Activity inside the cell is controlled by the nucleus. There are over 50 thousand billion cells in the human body. There are tubular, round, flat and square cells.

Poem by Sandra Virdee (UK)

Acceptance

I want this, I want that
That is all I ever ask
Give me this buy me that
More and more, Is all I ask
Once in a while can't I see
That all these things won't help me
In times of need let me remember
Ask for something to help member

Let me ask for love and happiness
Not for myself but for others
That they may be free from pain
Peace and unity they may gain
Bless me, Lord for always and ever
Your love may I forget never
Keep me with your side each day
And give me guidance in every way.





—Sanjay Tandon, Chandigarh

The Boxes

Raj had just received two boxes from Papa as a Christmas gift. One was pure white, engraved with gold and studded with precious stones. The other one was black.

Full of excitement, he opened the white box first and was surprised to see that it was empty. Raj looked up at his father questioningly. Father said, "That is for you to collect your joys and count your blessings, my child."

Confused, he proceeded to open the black box. He was further surprised to see that this one was empty too. He was even more surprised to see that it had a hole in its bottom. He asked, "Papa, why did you give me a box with a hole?" Papa replied, "My son, this

box is meant to collect your sorrows" "And the hole?" asked the little boy. "That is for them to fall out!" replied father.

Raj took his father rather seriously. Whenever he had a problem he would write it on a piece of paper; open the black box and put the problem into it. Soon the problem would disappear from his life. He also remembered to put all his blessings on paper and put the slips into the white box. All through his life, Raj treasured those boxes.

Such was his faith in God and in the word of his father, that the boxes became an integral part of his life. He would talk to them as if they were alive. They were confidantes of his inner

most secrets. Understandably, the white box became heavier and heavier and the black one remained light as ever.

If we think about it, each one of us has been given two boxes by the Lord. As we go through the vagaries of life, we should allow the white box to become heavier and heavier. At the same time we should make an effort to let the black one be just as light as it always was. This is possible by surrendering all your problems to God and letting Him take away the slips from the black box...

Count your blessings and treasure them as your most valuable possession. Remember never to plug the hole in the black box, it is meant to be there. Just surrender everything to Him. Let God be in command, for He alone knows how to turn sorrows into joy. He alone knows what to give and what to take, what to make and what to break.

Here is a simple mantra.

If you Surrender Unto Creator and Commander for Everything

Secure or Shambled; **SUCCESS** shall surely be yours.



—Richa Rohilla, Delhi

The Frog Race

A group of frogs decided to have a race, up to the top of a steep and high mountain. They all set off enthusiastically, each trying to outdo the rest. The face of the mountain was steep and slippery. Soon the frogs became tired. Their pace became slower and slower. The ones ahead of the others were especially fatigued for they had forged ahead in leaps and bounds.

One of them decided, that this race was quite impossible to complete, so it would not be improper to go back. So he just turned around and started descending down them mountain. Seeing him, some others followed suit. Some frogs were resting on the sides, having been totally fagged out. On their way down, this group of frogs that was returning back told the others on their way up, what a difficult path there was ahead. They advised their friends to quit the useless exercise and save their



energies. Some of the frogs paid heed to their advice and turned back. Slowly the number still on their way up started dwindling. Some were too tired to even go back so they just plunked themselves on the side of the pathway. As the day passed they realized that only one frog of them all had made it to the top. He waved merrily to them from the mountaintop. Slowly and steadily he made his way down the mountain proudly, being the only one to complete race. When they all got together to congratulate him on his success, they realized that he was deaf!

That was actually the reason for his success! All the words of discouragement and dissuasion had literally fallen onto deaf ears. So he had just continued to go up. Discouraging speech can really put a person down. If you can provide words of encouragement to anyone, do so by all means. If you cannot, it's better stay silent.

In this case too as in the case of the hare and the tortoise, slow and steady wins the race!

**Moral :- Greed yields only sorrow,
contentment is the best policy.**



A,B,C of Happy Life

'A'lways

'B'e

'C'areful

'D'on't have

'E'go with

'F'riends and family

'G'ive up

'H'urting

Individuals.

'J'ust

'K'keep

'L'oving

'M'ankind

'N'ever

'0'mit

'P'ayers

'Q'uietly

'R'emember God

'S'peak

'T'ruth

'U'se

'v'valid

'W'ords

'X'press

'Y'our

'Z'eat

Moral: Always be careful,
Do not have ego with
friends and family, Give up
hurting individuals, Just
keep loving mankind,
Never omit prayers,
Quietly remember God,
Speak Truth, Use valid
words, Xpress your zeal.

Natural Phenomena

— Prateek Arora

Write one word for each of the following. Take help from the Help Box:

1. A flash of light seen in the sky during rain. _____



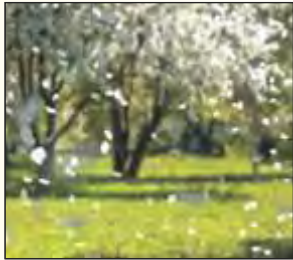
2. An arc of coloured bands of light seen after or during rain. _____



3. A white cloud forms near the earth's surface on a cold day. _____



4. Droplets of water found on leaves, flowers and plants in the morning. _____



5. Small pieces of frozen water which fall on high mountains. _____



6. Small pieces of ice which fall on the earth with the rain. _____



Answer
on other
page

Help Box Fog , Hail, Lightning, Rainbow, Snow, Dew

— Chandrabhan Yadav

The Unlucky

There was a courtier in the court of Akbar named Radhumal. He was a very superstitious man. One day, he started telling the emperor that a certain person by the name of Manohar was very unlucky. Whoever saw his face in the morning had a bad day.

"Lord, the whole kingdom is aware of this fact.

I can present many persons in front of you who suffered badly just because they had seen Manohar's face in the morning," Radhumal informed Akbar.

"What nonsense!" said the emperor, "Such a thing is not possible. Tomorrow I would call him in the morning and prove you wrong." The emperor ordered his servant to go and inform Manohar that he should come early morning the next day. The emperor and Manohar met in the royal garden the next day. As they were talking Akbar got the news that one of his granaries had caught fire. Akbar immediately sent some men to assess the damage. After some time as the emperor was going back to the palace, he slipped and fell down the stairs and



got hurt. 'What is happening today?' he wondered. After having lunch when he came back, he again met Radhumal.

"Your Majesty, did not I tell you that Manohar was very unlucky! You should send him away immediately," said Radhumal.

The emperor had also become afraid. He decided to imprison Manohar. He called his guards and asked them to put Manohar behind bars.

The guards immediately went to Manohar's place and arrested the poor



man. All of his pleas that he was innocent fell on deaf ears. As Manohar was being taken away, he met Birbal. "What happened, Manohar?" Birbal asked in surprise. Manohar tearfully narrated the entire incident.

"Is that all? Do as I say and you would be released," said Birbal and whispered something in his ear. After some time the guards brought Manohar back to the emperor for the trial.

When the trial began in the court, Manohar defended himself, "Your

Majesty, you are imprisoning me because you think that I am unlucky. But after seeing your face I am being imprisoned. Tell me who is more unlucky?" he asked the emperor. Akbar could not help smiling at this.

"I would let you go but tell me, was it Birbal who gave you this idea?"

Manohar nodded in affirmation. The king realised that all which happened to him was just his fate and Manohar was not responsible. He ordered Manohar to be released.

Big ENERGY FROM A SMALL SOURCE

All matter is made up of tiny particles called 'molecules'. In turn, all molecules are made up of even tinier particles called 'atoms'.

The central part of an atom is called a 'nucleus'. When the nucleus splits in two, it produces enormous energy. This breaking apart is called 'nuclear fission'. If two nuclei join and form a bigger nucleus - in a process

called 'nuclear fusion' - ever more energy is produced.

The nuclear energy released from fission and fusion is called 'radiation'. Radiation - the process of giving off rays - is a powerful spreading of heat, light, sound, or even invisible beams.

One of the first uses of nuclear energy was to build deadly weapons. Atomic bombs built during World War



Benefits of Walking

Experts agree that walking is one of the easiest and cheapest ways to be physically active. You can do it almost anywhere and at any time to get several benefits as detailed below :

1. Regular walking is a great cardio exercise that wards off heart diseases, brings up the heart rate and strengthens the heart. It lowers levels of LDL (bad) cholesterol and increases levels of HDL (good) cholesterol. It also helps to prevent and control high blood pressure.
2. A brisk 30-minute walk every day burns around 200 calories. Thus, walking leads to weight loss.
3. Walking boosts blood circulation and increases oxygen supply to every cell in the body, helping to eliminate waste products and improve your energy level.
4. Walking improves sleep, boosts your memory and also curb diabetes.

It and dropped on Hiroshima and Nagasaki in Japan largely destroyed those cities and killed many thousands of people. People worldwide now try to make sure that this will never happen again.

Today, however, nuclear energy has many helpful uses. Nuclear power plants produce low-cost electricity. Nuclear energy also fuels submarines. And it has also allowed doctors to see more details inside the body than ever before.

But nuclear energy has its drawbacks. Nuclear energy produces nuclear waste. Living beings exposed to the waste can suffer from radiation poisoning. They may experience damaged blood and organs, effects that can be deadly. And the radiation can remain active for thousands of years wherever nuclear waste is thrown away.

Unfortunately, no country has yet discovered the perfect way to store nuclear waste. But the benefits make it worthwhile to keep trying.

—Radha Sisodia, Delhi

Odysseus AND The Cyclops

Long ago, the Greek king Odysseus was sailing home from war with his men. Along the way, they stopped at an island where one-eyed man-eating giants called Cyclops lived.

Odysseus and his men wandered into a cave belonging to the Cyclops Polyphemus. At twilight Polyphemus returned with his flocks of sheep. When Polyphemus and all the sheep were

inside, he picked up a huge stone and closed the mouth of the cave. Odysseus and his men were trapped!

Polyphemus ate up two of Odysseus' men and fell fast asleep. In the morning he ate two more men and, after blocking the mouth of the cave, went off with his sheep. The stone was too heavy for the men to move. Odysseus, however, thought of a plan. He



sharpened the branch of an olive tree.

When Polyphemus came home that night, Odysseus offered him wine. The Cyclops drank it and asked Odysseus' name.

Odysseus answered, 'People call me Nobody.'

'Your gift, Nobody, is that I shall eat you last,' said Polyphemus. And, drunk with wine, he fell fast asleep.

Odysseus then took the great sharp branch and drove it into the sleeping giant's eye, blinding him. When Polyphemus cried out for help, the other Cyclops shouted, 'Who is hurting you?'

'Nobody,' screamed Polyphemus.

'Well, then you don't need any help from us,' said the other giants. Meanwhile, Odysseus and each of his men lashed together three sheep. Under the middle sheep, each man clung to the fleece. Finally everybody was hidden.

Polyphemus did not think of feeling under the bellies of the sheep. And so the men escaped to their ship and continued their long journey home.

— Lakshita Bhasin, Delhi



3

a b c

*"As Close as you are to God,
so close is God to you."*

Kanika turned four today and was proudly going to school, carrying a huge bag of goodies to distribute amongst her friends at school. The teacher led the class, as all the children together sang, "Happy Birthday to you, Kanika." Well, it was a long and fun filled day for Kanika and her family.

As they were about to retire for the night, Mother asked Kanika, "So darling, are you happy?" "Of course Mama, thank you for the lovely game and thank you Papa for the new dress. I've had a great birthday."

Mother gathered her little daughter in her arms and said solemnly, "Do you think, you owe a 'thank-you' to someone else too?"

Kanika looked thoughtful and replied, "I don't think so. Did I forget someone?"

Then mama said, "You forgot to thank God!" Kanika looked at her sheepishly and said "Yes Mama, I'll do it now.... Should I make a 'thank you card'?" "Do you know how to make it?"

"Yes, the teacher taught us at school," she said. The little girl sped to her little study desk and folded a sheet of white card paper into half; she drew a little girl on the outer side. The girl was a replica of herself. She wore a pretty white frock. Her hair was in pig-tails. There was a wide smile on her face.

She opened the card to write something inside. For a moment she was about to hand over the card to her mother asking her to write a nice message in it. But she had another idea.

She wrote 'a b c d e f g h i j k l m n o
p q r s t u v w x y z'

Below that she wrote "I love you" and signed it. She took the card to show to mother. Mother looked at her questioningly when she saw the alphabet script inside. Kanika said, "You see mama, only know how to write the alphabet. I don't know how to write words as yet."

"Yes honey, but what will God think?" "He knows all the words; He'll make up whatever he wants to with the alphabets!"

That's the voice of the heart. Pure and simple. The message had been conveyed. The words were of no consequence.

Our beloved Bhagwan Baba tells us that, "There is only one language. The language of the heart!"

Happy New Year!

Welcome back to School today.
I'm so glad that you are here!
We will start the New Year off,
With a little cheer.

I love school I'll try so hard!
This New Year will be great!
We'll learn so much
and work so hard
I can hardly wait!

Colour It



Name :Age

Address :

.....

— Jagtarchaman, Anoopgarh

Riddles



- 1 It has been round for millions of years, but it's no more than a month old. What is it?
- 2 What belongs to you but is used more by others?
- 3 What is the easiest way to double your money?
- 4 As I went across the bridge, I met a man with a load of wood which was neither straight nor crooked, what kind of wood was it?
- 5 What is put on a table, cut, but never eaten?
- 6 Who are the two brothers who live on opposite sides of the road yet never see each other?
- 7 Lives without a body, hears without ears, speaks without a mouth, to which the air alone gives birth?
- 8 He who has done it, does not tell it. He who takes it doesn't know it. He who knows it doesn't want it. What is it?
- 9 It stands on one leg with its heart in its head.

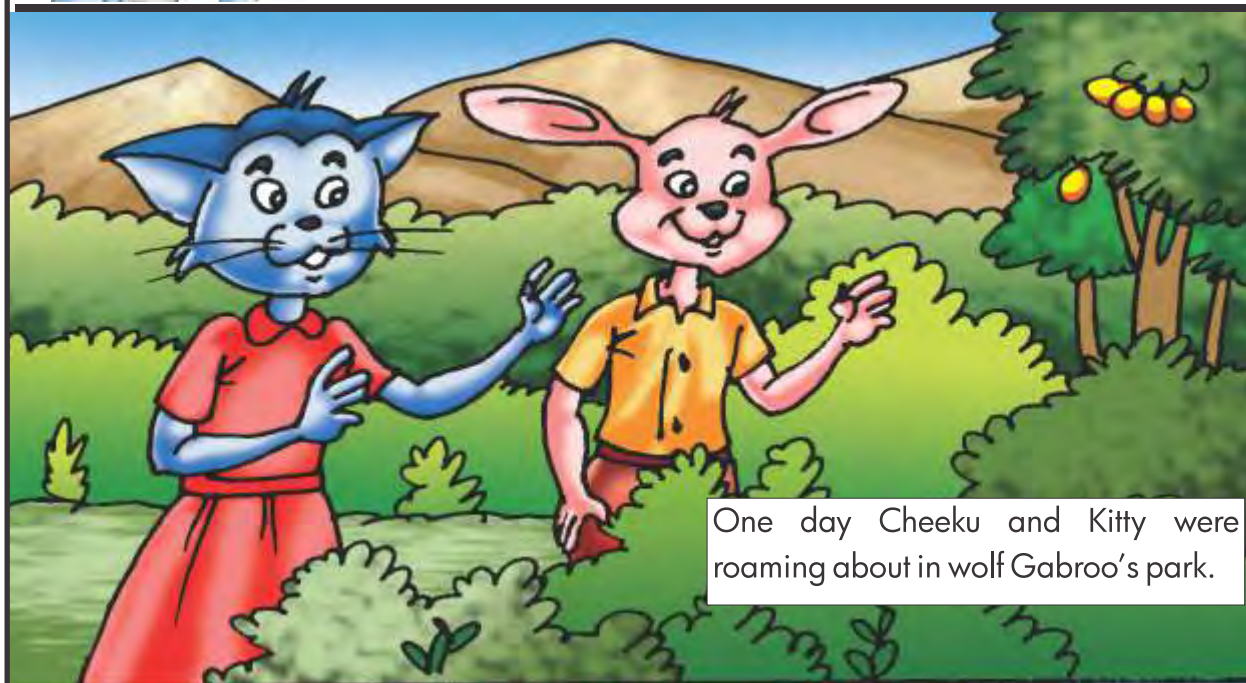
Riddles Answers

1. The moon
2. Your name
3. Put it in front of the mirror
4. Sawdust
5. A pack of cards
6. Eyes
7. An echo
8. Counterfeit money
9. A cabbage



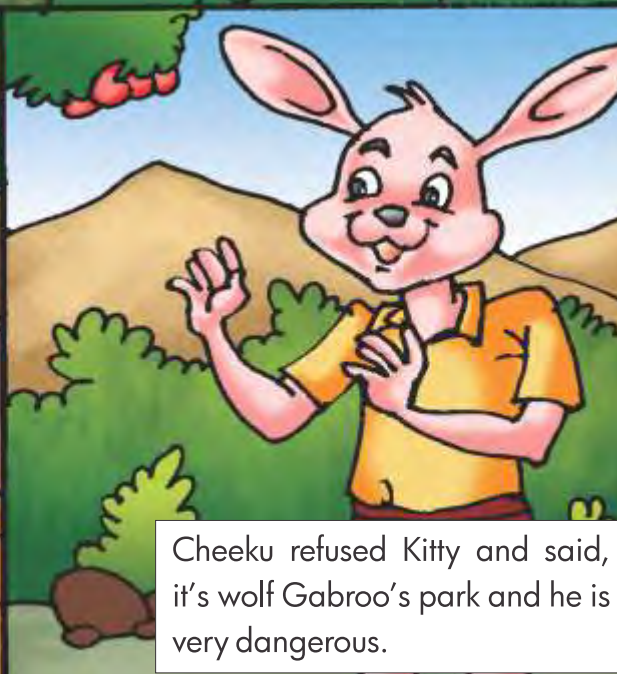
Kitty

Story & Illustration :
—Ajay Kalra



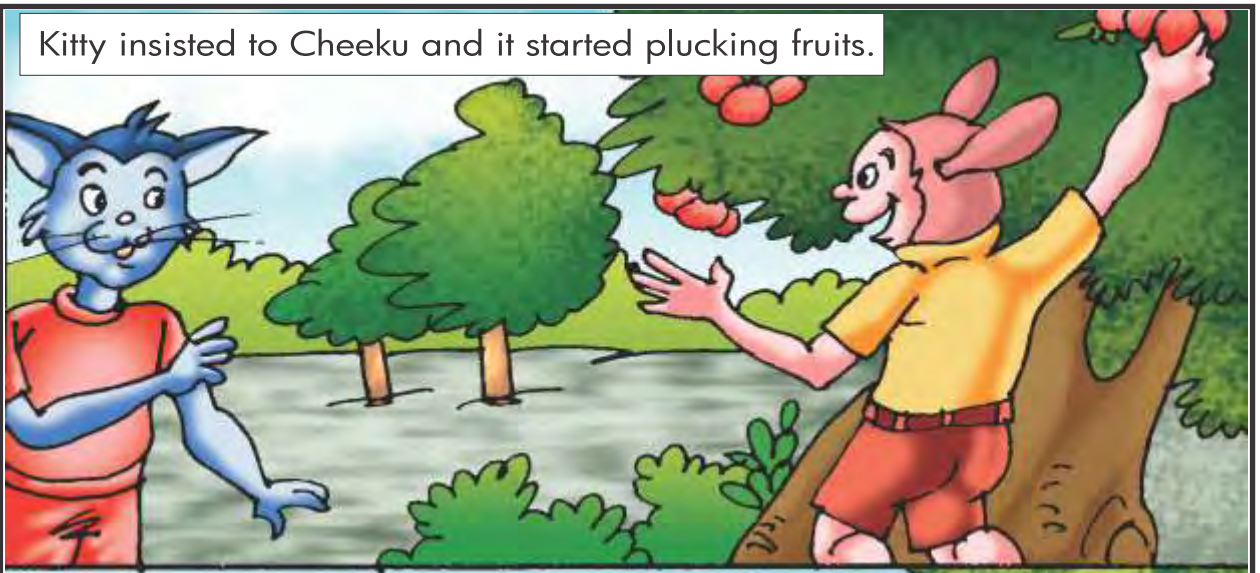
One day Cheeku and Kitty were roaming about in wolf Gabroo's park.

Looking towards the fruits in the park, Kitty asked Cheeku to pluck the fruits.

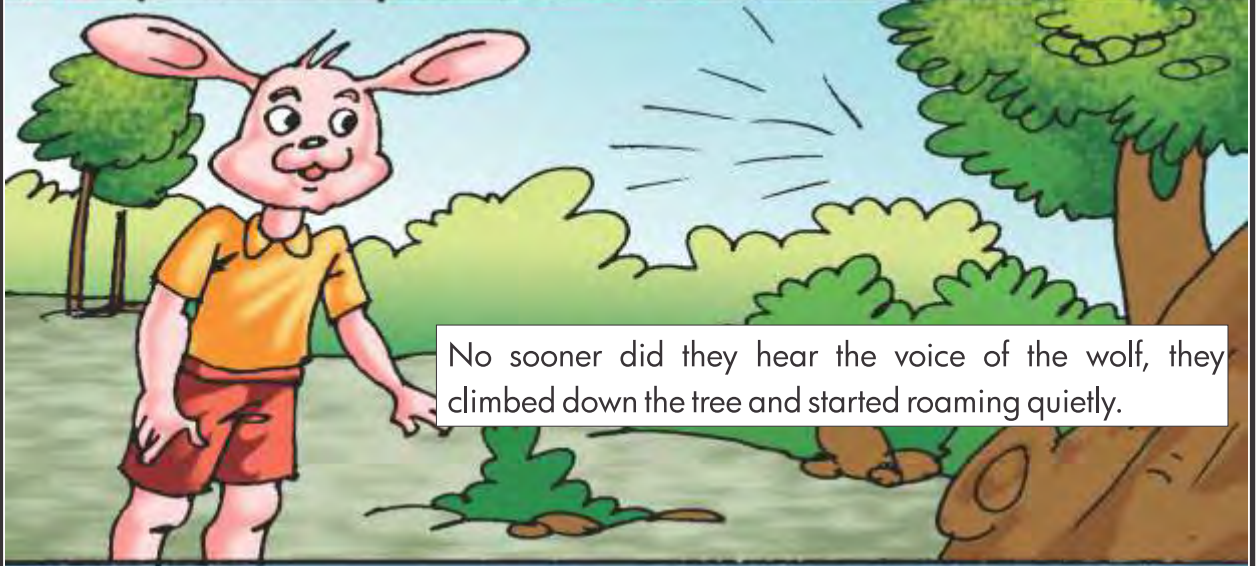


Cheeku refused Kitty and said, it's wolf Gabroo's park and he is very dangerous.

Kitty insisted to Cheeku and it started plucking fruits.

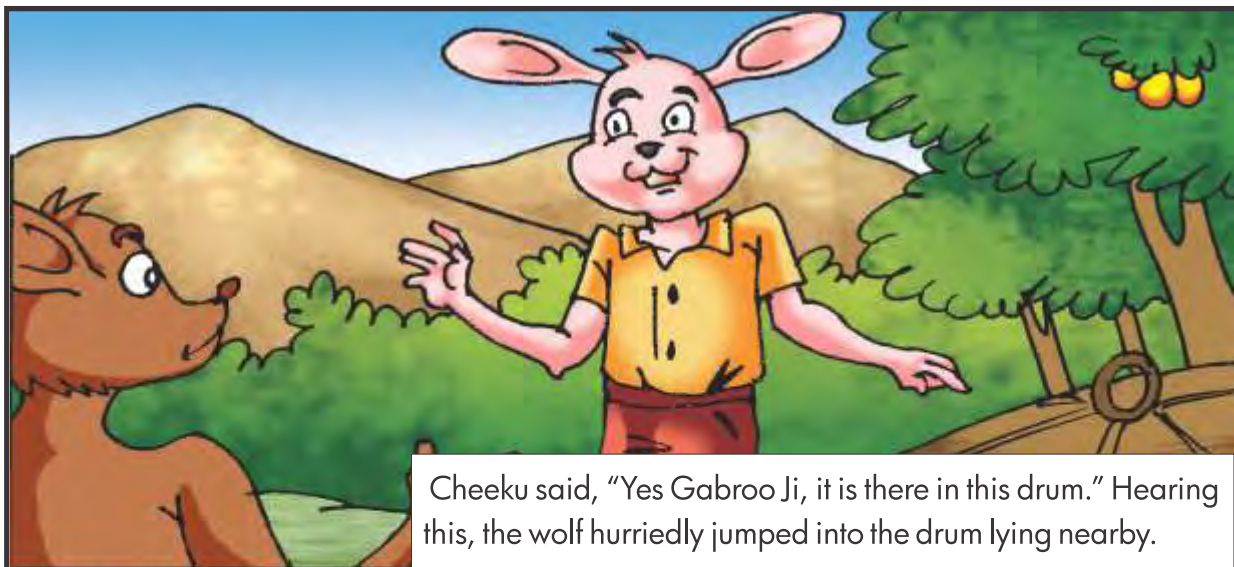


No sooner did they hear the voice of the wolf, they climbed down the tree and started roaming quietly.

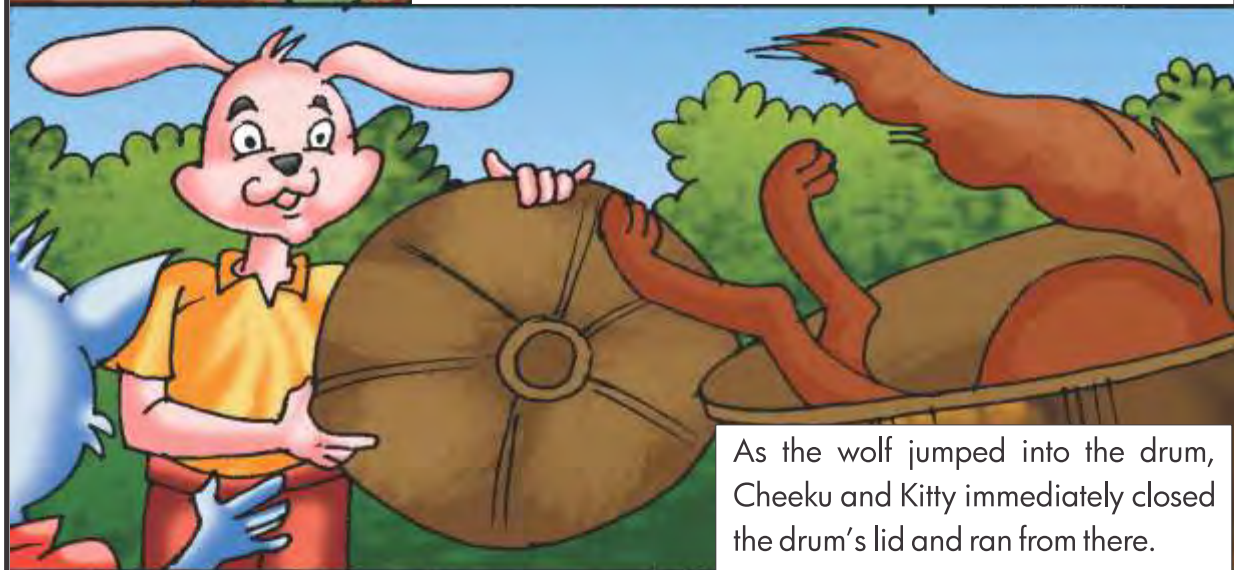


The wolf came near Cheeku and asked if it had seen some cat passing here. I just saw it plucking the fruit.





Cheeku said, "Yes Gabroo Ji, it is there in this drum." Hearing this, the wolf hurriedly jumped into the drum lying nearby.



As the wolf jumped into the drum, Cheeku and Kitty immediately closed the drum's lid and ran from there.



Both of them reached home running and gasping. Cheeku said, "Kitty, today onwards, I will not do any such thing for which we have to suffer like this."



Today, I was also frightened Cheeku! But due to your presence of mind, we are saved.



Let us move to our house. OK, Bye!

Kitty, open the door, someone is there.



Ding Dong!

Who is there?

OK Mom!

I am Gabroo wolf, Ha Ha Ha! Kitty I am Cheeku your friend. Don't be afraid.

Moral : Don't be afraid in troubled times.

A photograph of several ants with red thoraxes and black abdomens and heads, working together to carry a large, light-colored, textured twig. They are positioned on a green, textured surface, possibly a leaf or ground cover, against a clear blue sky. The ants are shown from various angles, some facing forward, some in profile, and some from behind, all focused on their task.

—Dr. Ashok K. Chitkara, Chandigarh

Keep the Strife out of your Life

“It is an honor for a man to cease from strife and keep aloof from it, but every fool will quarrel.”

When we talk about ‘strife’, we’re talking about all of the bickering, arguing, heated disagreement, and angry undercurrents. We can experience strife with friends, family, and the day-to-day tasks of life. We have nothing to do with trifling, controversies over ignorant questioning, because they foster strife and breed quarrels.

To keep quarrels, conflicts and friction out of our lives, we must be willing to avoid conversations which will lead to distress and turmoil. It may even be something we are not well informed enough to be discussing anyway.

Our human desire to be right often leads us to a great deal of strife. In order to keep dissension and disputes out of your life, entertain the idea that even though you really think you are right, there is a

possibility you are wrong. Being right is highly overrated anyway. We cause all kinds of problems just by trying to prove we are right, and what good does it really do in the end? It satisfies the flesh, but God has called us to be at peace.

Let’s go back to that definition of strife: arguing, bickering, heated conversations, and an angry undercurrent. All this makes me feel life is really complicated, but peace is simple and sweet. Strife blocks our blessings and opens the door for all kinds of trouble. Strife weakens us, but agreement increases our power. As the old saying goes, “United we stand, divided we fall.”

The next time you have an argument with someone, stop and ask yourself if what you’re discussing is actually worth losing your peace over.

Take the high road. No matter how much strife, and consternation, frustration and anger you might be confronted with...

Don’t go to that level !!

*Find seven differences
between the two pictures*



ANSWER:





Laughing Time

Luke comes home from his first day of school, and his mother asks, "What did you learn today?"
"Not enough," Luke replies. "They said I have to go back tomorrow."

Nate : Why was school easier for cave people?

Kate : Why?

Nate : Because there was no history to study!

A book never written: "The Best Subject in School" by Jim Class.

David : Why did the broom get a poor grade in school?

Dan : I don't know. Why?

David: Because it was always sweeping during class!

Luke: Why did the M&M go to school?

Stan: I'm stumped.

Luke: Because he really wanted to be a Smart!

Chad : Why do magicians do so well in school?

Josh : I don't know. Why?

Chad : They're good at trick questions.

Jacob : Why was the teacher wearing sunglasses to school?

Leonard : Why?

Jacob : She had bright students!

A book never written: "High School Math" by Cal Q. Luss.

A book never written: "When Does School Start?" by Wendy Belrings.



Joe : What's the king of all school supplies?

Moe : I don't know. What?

Joe : The ruler.

Stevie: Hey, Mom, I got a hundred in school today!

Mom: That's great. What in?

Stevie: A 40 in Reading and a 60 in Spelling.

Hunter : What has given Mr. Bubbles nightmares since elementary school?

Josh : Beats me.

Hunter : Pop quizzes!

What kind of school do you go to if you're...

...an ice cream man? Sundae school.

...a giant? High school.

...a surfer? Boarding school.

...King Arthur? Knight school.

Mom : What did you do at school today?

Mark : We did a guessing game.

Mom : But I thought you were having a math exam.

Mark : That's right!

Teacher : Donald, what is the chemical formula for water?

Donald : H-I-J-K-L-M-N-O.

Teacher : What are you talking about?

Donald : Yesterday you said it was H to O.

Teacher: Daniel, I've had to send you to the principal every day this week. What do you have to say for yourself?

Daniel: I'm glad it's Friday!

Teacher : Where are the Great Plains located?

Tommy : At the great airports!



— Vidya Pradhan

The Milkman's Cow

The milkman's cow was in a bad mood. It sat in the middle of road and refused to move.

The milkman begged the cow to get up. "The children are waiting for their milk to help them grow strong. Please get up," he pleaded. He pulled and tugged and prayed. But the cow wasn't going anywhere that day.

Along came policeman, his buttons and buckles gleaming bright. 'Humph,' he said, twirling his long moustache, "I'll show you how to do it right."

The policeman and the milkman pulled and tugged and prayed. But the cow sat with the greatest of ease."

The grocer, the policeman and the milkman pulled and tugged and prayed. But the cow wasn't going anywhere that day.

Along came a wrestler, his muscles gleaming in the sun. He said, "I have the strength of ten horses, so this should be fun."

The wrestler, the grocer, the policeman and the milkman pulled and tugged and prayed.

But the cow wasn't going anywhere that day.

Along came the ice-cream man, jingling his cart. "cool down, cool down, it can't be too hard."

The ice-cream man, the wrestler, the grocer, the policeman and the milkman pulled and tugged.

But the cow wasn't going anywhere that day. Along came a little boy. He began to grin. He said, "These grown-ups! Look at the mess they are in. It is not such a difficult problem. I learnt in the second class, that human beings eat rice and wheat, and cows eat grass."

He held out a sheaf of tasty green. The cow began to chew. He slowly led her to the side for he knew what to do.

The grocer clapped, the policeman twirled his stick in joy'

The wrestler grinned. The ice-cream man whooped at the cleverness of the boy.

The milkman happily clattered his pail.

MORAL : Being kind and loving is best, where force and strength can fail.

— Raju Kumar Kaushik

Sunlight & Serotonin

We're used to hearing about how too much of the sun's warm rays can be harmful to your skin. But did you know the right balance can have lots of mood-lifting benefits?

Sunlight and darkness trigger the release of hormones in your brain. Exposure to sunlight is thought to increase the brain's release of a hormone called serotonin. Serotonin is associated with boosting mood and helping a person feel calm and focused. At night, darker lighting triggers the brain to make another hormone called melatonin. This hormone is responsible for helping you sleep.

Without enough sun exposure, your serotonin levels can dip. Low levels of serotonin are associated with a higher risk of major depression with seasonal pattern (formerly known as seasonal affective disorder or SAD). This is a form of depression triggered by the changing seasons.

A mood boost isn't the only reason to get increased amounts of sunlight. There are several health benefits associated with catching moderate amounts of rays. ●

— Rekha Kumari



Lala Lajpat Rai

Lala Lajpat Rai was known as 'The Lion of the Punjab'! He was fearless and brave as a lion. Lajpat Rai was born on 28 January 1865 in a Jain family, as a son of Urdu and Persian Government School teacher Munshi Radha Krishan and his wife Gulab Devi, in Dhudike.

In the late 1870s, his father was transferred to Rewari, where he had his initial education in Government Higher Secondary School,

Rewari, Punjab province, where his father was posted as an Urdu teacher. During his early life, Rai's liberal views and belief in Hinduism were shaped by his father and deeply religious mother respectively, which he successfully applied to create a career of reforming the religion and Indian policy through politics and journalistic writing. In 1880, Lajpat Rai joined Government College at Lahore to study Law, where he came in contact with patriots and future freedom fighters, such as Lala Hans Raj and Pandit Guru Dutt. While studying at Lahore he was influenced by the Hindu reformist movement of Swami Dayanand Saraswati, became a member of existing Arya Samaj Lahore (founded 1877) and founder editor of Lahore-based Arya Gazette. While studying law, he became a firm believer in the idea that Hinduism, above nationality, was the pivotal point upon which an Indian lifestyle must be based. He believed, Hinduism, was for peace of humanity, and the idea that when nationalist ideas were added to this peaceful belief system, a secular nation could be formed.

In 1884, his father was transferred to Rohtak, and Rai came along after the completion of his studies at Lahore. In 1886, he moved to Hisar and started to practice law. In 1888 and again in 1889, he had the honor of being one of the four delegates from Hisar to attend the annual session of the Congress at Allahabad, along with Babu Churamani, Lala Chhabil Das and Seth Gauri Shankar. In 1892, he moved to Lahore to practice before the Lahore High Court. To shape the political policy of India to gain independence, he also practiced journalism and was a regular contributor to several newspapers including The Tribune. In 1886, he helped Mahatma Hansraj establish the nationalistic Dayananda Anglo-Vedic School, Lahore. In 1914, he quit law practice to dedicate himself to the freedom of India and went to Britain in 1914 and then to the United States in 1917. In October 1917, he founded the Indian Home Rule League of America in New York. He stayed in the United States from 1917 to 1920. (Google World)



—Ratnesh Kumar

Little Red Riding Hood

Once, there lived a beautiful girl with her mother. Her name was Little Red Riding Hood. She was very intelligent and naughty as well. One day, her mother said to her, "Your grandmother is ill. She cannot cook her food. I have packed some food in the basket. Go and give it to your grandmother."

"Okay, I will go there. I have not seen grandmother for a long time," said Little Red Riding Hood.

Giving her the basket her mother said, "Take care, there is juice in the basket. Be careful lest it should spill. Do not talk to any strangers on the way. Go straight."

"Okay. Don't worry about me. I will be back soon," said Little Hood and left.

Little Red Riding Hood started her journey. She was very eager to meet her grandmother. She was very happy and wanted to reach there soon. She was passing through the forest humming all the way. Her eyes fell on beautiful flowers. She stopped and began to pluck them. A hungry wolf happened to pass by. When he saw Little Red Riding Hood his mouth began to water. He went to the girl and said, "Hello dear baby! What are you doing in the forest?"

Seeing the wolf Red Riding Hood felt frightened. She told him in trembling voice, "I am going to my grandmother's house. She is ill."

The wolf said, "Do not be afraid of me. I will not harm you. Tell me, with whom does she live?"

"All alone," She replied.

The wolf wanted to know the address so he asked, "Do you know the route properly?"

She said, "Do not worry about me. I know the way very well. Going straight from here we come across four banyan trees. Then we take a left turn from there and walk a little to reach a big banyan tree. Near that tree is her home."

The wolf was very pleased to know the way to her grandmother's home. He thought of eating the grandmother first and then Little Red Riding Hood. So he said, "But, you didn't tell me your name." She said, "Little Red Riding hood."

"Take a flower bunch to your ill grandmother." advised the wolf to make her get late in reaching there.

"Thanks for your good advice. I will get a bunch of flowers," said Little Hood and began to pluck flowers.

The wolf rushed towards the house of the grandmother. He went the way told by Red Riding Hood. Soon he reached the hut.

He knocked on the door. The grandmother was lying on the bed. She asked, "Who is there?" The wolf tried to imitate the voice of Little Riding Hood. "Grandma, it's me, your Little Red Riding Hood. I have brought lunch for you."

"Come in my dear! The door is open," She replied. The wolf entered the

house. The grandmother got frightened to see a wolf. The wolf swallowed her in one gulp. Then he slept on the bed.

Then, Little Red Riding Hood, unaware of all this, reached the hut with a bunch of flowers. She knocked on the door. "Come in," said the wolf in low voice.

She entered the house and reaching bed she said,

"Why is your voice so heavy grandma?" "So that I can welcome you," said the wolf.

"Oh grandma, your eyes are too big!" said she. "So that I can see you well"

"And why are your hands so big?"

To give you a warm hug."

"Your mouth is also very big!"

"So that I can eat you well," saying so the wolf jumped from the bed and swallowed her.

His belly became so heavy that he could not move even a step. He slept on the grandmother's bed.

Meanwhile, a hunter happened to pass by. He heard the snoring which seemed not of a human being. The hunter peeped into the house. He saw the wolf sleeping on the bed. His belly was swollen. The hunter realised that the wolf had eaten the owner of the house. He silently entered the house through the

window and fired a bullet into the head of the wolf. The wolf died then and there.

He cut open the belly of the wolf with a knife. Both the grandmother and Little Red Riding Hood came out alive. Both, Little Red Riding Hood and the grandmother were saved. They thanked the hunter saying, "You have saved our lives. Had you not come, we would not have been saved."

"Yes uncle. I got frightened as it was too dark inside the belly," said Red Riding Hood and thanked the hunter.

The hunter and the grandmother laughed. The hunter blessed Red Riding Hood and said, "Now there is no danger. You can go home."

The grandmother, then asked the hunter to tea. All the three had tea together. After some time, Red Riding Hood's mother also came there. Red Riding Hood was late, so her mother was worried. Grandmother told her everything.

Red Riding Hood went back home with her mother. On their way home Little Red Riding Hood promised her mother, "I will never stop anywhere to talk to any stranger." Hearing this, her mother smiled and said, "So, you have learnt a lesson, my dear!" ●



—Mukesh Chand, Delhi

Onion

All the vegetables contested to find out which one of them was the greatest. They prayed to the Lord to judge the contest. Brahma, Vishnu and Mahesh unanimously proclaimed the onion to be winner. Why? Because, it had the quality of maintaining the same smell and taste throughout its life. A quality of consistency that we need to learn from it!

Lord Brahma blessed the onion with a beard just like his own!

Lord Vishnu said, "If you are cut horizontally, my spinning wheel shall be seen! If you are cut vertically, my conch shall be seen!" Lord Mahesh added, "Whenever anyone hurts you, (i.e. Cuts an onion) he shall shed tears!"



The Advance Payment

Once a horse trader came to the court of Emperor Akbar. He wanted to show the emperor some Arabian horses. Akbar was a great lover of good horses. After inspecting the horses, he liked them so much that he bought all of them and even paid advance money to the trader to get him more of such horses. The trader took the money and left the court. Months rolled by but he did not come back. He simply disappeared from the kingdom. Birbal felt very upset by this thoughtlessness on the emperor's part. Akbar completely forgot about the horse trader.

Some days later, the emperor asked Birbal to compile a list of all the fools in the kingdom. Birbal thus got an opportunity against the emperor's unmindful attitude. When Birbal presented the list, Akbar read it carefully. Suddenly his face clouded with anger. He asked Birbal to be called immediately.

"Birbal," roared the emperor as soon as he saw him w him entering the chamber, "what is my name doing in this list?" The emperor sounded very angry.



"Well, Your Majesty, is it not true that you have been cheated by the horse trader?" asked Birbal.

"If the horse trader cheated me, does it mean that I am a fool?" asked Akbar.

"Was it not foolish to trust a stranger? You should have made inquiries about him," answered Birbal.

"When the trader returns...", the emperor began to say. "I will remove your name from this list," Birbal said completing the sentence. Akbar kept quiet as he had realised his mistake.

Satguru is Great

Throughout all the lands
There is only one who commands
In the depths of the ocean
There is one who keeps motion

He is limitless
And formless
No one can take Him down
Or make Him drown

Where is this Almighty force
What is this divine source
The only one who can educate
Is the satguru, who is great.

Peace, humanity, and unity
We should bring into our community
Let us bring love into our life
And have no one left in strife

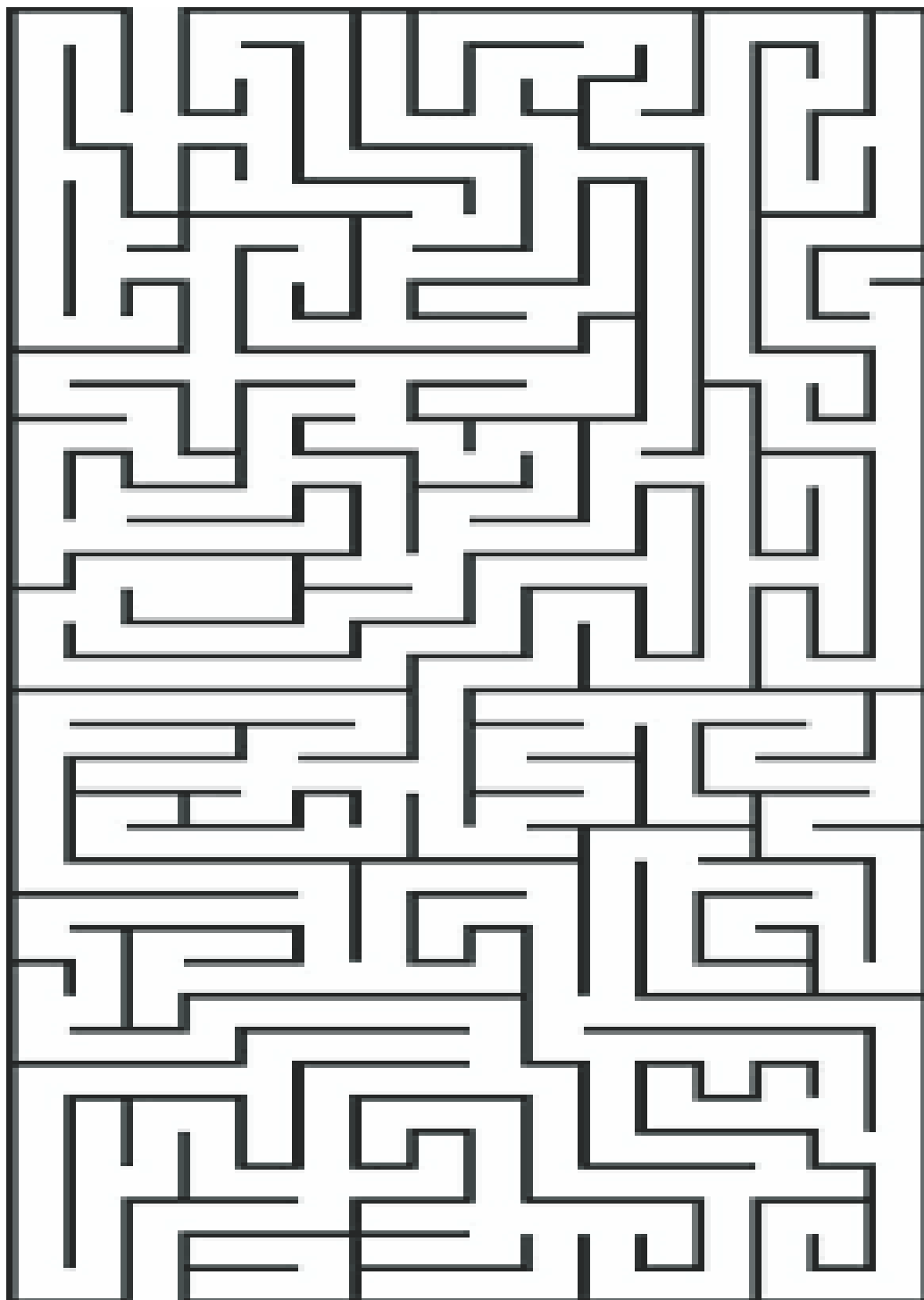
Please bless us all, O' Mighty Lord
Your love is the only real reward
May we live up to your expectation
After all we are your creation

—Dev Singh, (Age:14) New Jersey (USA)

Start



Maze

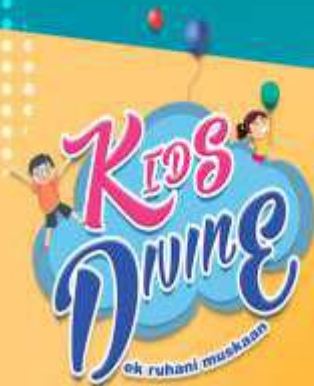


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sulekh.sathi@nirankari.org
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★ Published in eleven languages, 'Sant Nirankari' is exclusively a spiritual monthly magazine, containing articles by learned writers. A creative coordination with the society in spirituality and literature is also ventured through this journal.

★ Another fortnightly journal, viz, 'EK Nazar', is brought out in three languages. Its main subject matter includes ideology, children's world, scientific and literary articles, inspiring stories and texts about places and personalities, etc. Efforts are made continuously to make these columns more attractive, informative and interesting.

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—Sulekh 'Sathi'
Managing Editor, Magazine Department

Seek blessings of Satguru Mata Ji by participating in the propagation campaign of Sant Nirankari Magazines.

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