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SANT NIRANKARI

April to July 2020

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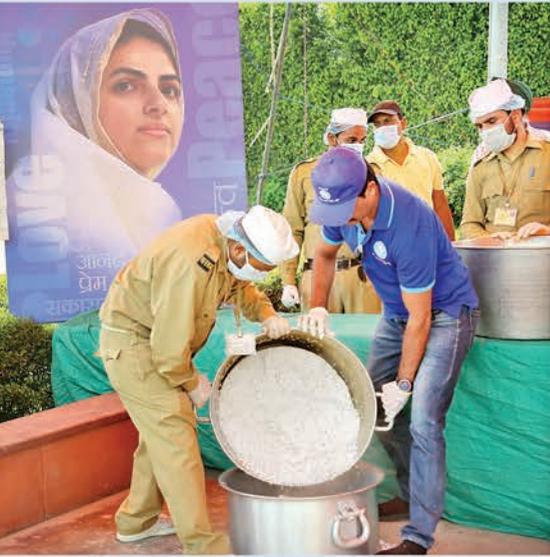


Samdrishti Se Sada Vicharte
Gyanijan Sansaar Mei

Kahe 'Hardev' Ki Pyar Badaate
Lag Jaate Upkaar Mei



प्यार



Volunteers of Sant Nirankari Mandal and Sant Nirankari Charitable Foundation helping the victims of Corona Virus Pandemic Pan India



SANT NIRANKARI

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Managing Editor: SULEKH SATHI

Editor: Vinod Behl (Honorary)

Associate Editors: Ramesh Chander Thukral (Hony.)
and Joginder Singh (Hony.)

Office : Patrika Vibhag, Sant Nirankari Mandal (Regd.)
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Email: patrika@nirankari.org OR editorial@nirankari.org
Phone : 011-47660200, Fax: 47660300 / 27608215
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Editorial

Fight the Virus Within

Vinod Behl

vbehl2008@gmail.com

The Corona virus has today completely unsettled the world. It has created an upheaval, claiming hundreds of thousands of lives and infecting millions across the globe, not to talk of its debilitating effect on mental health.

Corona has suddenly shaken us out of our slumber, waking us to the reality of vulnerability of our existence. Boastful of his physical, mental and material strength, today man finds himself completely helpless, with little or no control over the situation. The fear of deadly Corona has made the man sit and think of that spiritual power (Nirankar) that is running the universe and its importance in our life. Avtar Bani dwelling on this importance, mentions that those who deny the existence of the Formless are pagans. In Baba Gurbachan Singh's holy words, "It is the power of God that continues to protect us for ever and this power is with us throughout our life. His name works like a medicine for all diseases and relieves us from sorrows"

To cope with this massive health crisis, We have learnt to be hygiene and safety conscious. To ward off this deadly virus, we wash our hands with soap and sanitise them frequently, wear masks and maintain social distancing. However, we have been ignoring to cleanse our mind that is polluted by the virus of toxic thoughts. We have not been bothering to sanitise our soul plagued by the virus of vices. Not realizing that our mind is a shrine and not a burial ground for vices. Now that religious shrines are closed due to pandemic, there is greater realization among devotees to worship God that dwells inside us and the need to keep our inner self (soul) pure.

Corona has presented us a doorway to introspect over the chaos created by us in our lives with our insane and destructive actions. We are disconnected from the Self which is the cause of our destructive mind. As Mata Sudiksha Ji says, "Our state of mind is dependent on our inner self and not on the external environment. We can remain eternally happy if we do not let our inner self get afflicted with maladies".

The deadly virus has taught us many lessons also. It has shown that deaths caused by it do not discriminate on the basis of caste, creed, culture, colour, gender, religion and nationality, driving home the fundamental reality of oneness of mankind. Today, geographical, political, social, cultural, linguistic boundaries have lost meaning in the wake of the Corona crisis. The only enduring reality is that we all have a collective survival and future in oneness.

The global pandemic has awakened us that the life which we were leading earlier was abnormal. Post-Covid, we should not return to that destructive lifestyle. We should shed all that which has messed up our life. Like we have learnt to boost our immunity against Coronavirus, we should also learn to develop immunity against viruses of vices that have plagued our life. We should strengthen our moral armament to fight out these viruses within.

Now that Corona has put a pause to our mad materialistic life, giving us an opportunity to reboot and redeem our life, we must embrace all that which is good and meaningful for us. Let us seek the blessings of Satguru Mata Ji to reset our life in line with Her teachings, to make this world a better and blissful place to live in.



✿ Satguru's Discourse ✿

Addressing a gathering of saints on February 6, 2020 at Bandra Kurla Complex (Mumbai), Satguru Mata Sudiksha Ji said:

Saints! *Prema ne bola (Say with love),*
Dhan Nirankar Ji.

Saints, you have been enjoying the 'Satsang' in this ground of Mumbai

Kurla Complex for the last several hours. The entire 'Satsang' revolved around the underlying message given by saints in all the eras, viz, self-identity and the purpose

of life - i.e., who we are, and what is our objective on this earth and what will happen when we breathe our last, viz, what would be our abode? For example, there is a diamond in a box of glass. We are very careful with the box. If the box falls down and breaks, nothing happens to the diamond. The glass is analogous to the body and the diamond to the soul. Therefore, we can imagine the worth of each. It is for sure that the worth of soul is much more than the body because journey of soul is long while this body is mortal. The association of body with soul will end soon. The soul is a component of the Super-soul. In real sense, it is the soul which is driving the body.

The point to ponder over is as to why the soul got associated with the body. After God-knowledge, the soul realizes its true identity. In all the scriptures, saints and sages have emphasized that salvation of soul is possible only after God knowledge. We can see it for ourselves that we keep getting imbued in the worldly colours. Beginning from childhood, the journey of life takes us towards various stages (like education at schools/colleges, job/status, family obligations, etc). When we get old,

we are deeply involved with age-related issues. In this process, we totally forget about the most important task. It is at the end of our life, we start asking whether or not did we realize about soul redemption (assigned to us) or got completely lost in the transitory illusions.

In our life journey, we got afflicted with maladies and develop hatred. We're shortsighted; we were sad because the environment around us was not congenial. But a little soul searching would have reflected that we feel sad even when we are sitting lonely in an isolated room. We would not have felt sad if the environment was to decide our state of mind. The crux of matter is something else. The state of mind is dependent on our inner self, and not on the external environment. How can we always remain happy, rather in eternal bliss, a pure joy? What needs to be done for eternal joy? After receiving God knowledge or realization, we remain in the awareness as to what is to be done every moment in life.

When some unwanted situations arise, our reactions need a reality check or introspection. Are we treading the right



If we, as human beings, are away from human qualities, then we are not eligible to be called humans. Being human does not mean only possessing a physical human form. It is only upon possessing humanity and other human traits. Having love for other humans make us eligible to be a human; compassion and benevolence for other fellow beings grant us a status of human being, If we enjoy giving comforts to others, we are put in a category of human.

path as guided by saints or not? Are we doing full justice to this human body? For example, a dried up pond cannot be called a pond in the real sense, a dried up flower sans fragrance is not truly a flower. A school building without the students and teachers is not fit to be called a school. The worth of a place or a thing is with the resources associated with it. We are not fit to be called human beings without human values. Being human is just not possessing a human body, and rather inculcating humanism and related feelings in the heart. If we have love for all, compassion and kindness for each

other, and a feeling of giving comfort to a person next to us, only then we are humans. If we are doing things selflessly as a service rather than a help to the world, society or country, it is a boon for the world because we are doing justice to our job.

We need to tread the path of virtuous men. Our life should be based on the guidelines of saints. Our devout life must be full of love. If piety is not based on love, rather based on give and take i.e. if we think of connecting with God only for the purpose of getting benefitted in some way or for seeking fulfillment of desire(s) and





We need to be in tune with God's will, loving selflessly and surrendering fully. The circumstances must be accepted as they are and we must always feel blissful; only then devotion is complete. If piety is based on the fulfilment of desires, then the only one who is a loser is me. God always gives us enough and we should be happy for that. Acceptance must not be an obligation or a state of helplessness. It must not be with a feeling of despair, but with the spirit that this was the best possible which God could create for me at this point of time.

not otherwise, then the following lines get justified-

'Sajde bhi karoon shikve bhi karoon,
ye bhakti ka dastoor nahin
Bhakti hai naam samarpan ka,
iss mein shartein manjoor nahin'

We need to be in tune with God's will, loving selflessly and surrendering fully. The circumstances must be accepted as they are and we must always feel blissful, only then devotion is complete. If piety is based on the fulfilment of desires, then the only one who is a loser is me. God always gives us enough and we should be happy for that. Acceptance must not be an obligation or a state of helplessness. It must not be with a feeling of despair, but with the spirit that this was the best possible which God could create for me at this point of time. Our communication, life style, conduct and thoughts must remain virtuous and only such thoughts be nurtured as will lead to our self improvement and positively impact the persons associated with us. They should also wish to live their lives accordingly. Following God realisation, when we are connected with 'Nirankar' through 'Sewa', 'Simran' and 'Satsang' and live completely in its awareness, with a stable

and peaceful mind, nurturing good thoughts and getting rid of vices, we are on the right path of piety.

In the end I acknowledge your wholehearted participation in the 'Samagam' held at Nasik without thinking at all about the discomfort and traveling hassle because earlier Maharashtra 'Samagam' used to be held in Mumbai for years together. Despite the discomfort of traveling, when we think about the bliss associated with it, enthusiasm comes spontaneously and then nothing else including our discomfort is of any importance.

May God bless all so that this enthusiasm towards 'Satsang', 'Sewa', 'Simran' and the spirit of living all the time in the awareness of 'Nirankar' is sustained. May all have happiness, but if there is not so much desirable situation, even then one must remain thankful for whatever we are already blessed with. May 'Nirankar' strengthen piety among all and every one continues to lead a fragrant life.

Saints say with love

Dhan Nirankar Ji.

English Translation : Asha Kapoor

Manav Ekta Diwas
(Human Solidarity Day)

LIFE SHOULD BE IN ACCORDANCE
WITH GOD-KNOWLEDGE

❁ Baba Gurbachan Singh Ji



Era-Changer, Baba Gurbachan Singh Ji spent his life in strengthening unity among human beings. His messages on this subject have been extremely effective. On 24 April 1980, unfortunately, he became a victim of wavered mentality. Since then, Sant Nirankari Mission has been globally organizing 'Manav Ekta Diwas' (Human Solidarity Day) in his memory every year on 24 April. Given below is an extract of his spiritual thoughts, highlighting his benevolences for the mankind.

Having attained God-Knowledge, if our behaviour and life style are still not in sync with it, there can be no purification of mind and heart. Hence, there will be no improvement in life quality. Only those who love rendering services, attending congregations and remembering Him find a blissful transformation in life. This pious Knowledge (Lord Nirankar) guards us every moment. This Knowledge of Lord Nirankar has always saved saints.



All the seers, sages as well as the scriptures have declared that the doer is only God, our Lord Father. Without His order, man can do nothing. Had the man been the doer, he might not have allowed anyone else to exist. The Master of the Basic Powers is Lord Nirankar alone. Therefore, we must have complete faith in Him.

Whenever there is a clash between the truth and falsehood, the truth is always the winner. Although the falsehood looks more powerful in the beginning, yet it is the truth which always triumphs. The world watches



God-Knowledge must be the basis of our life. Our actions and behaviour should be as per His will; we must immerse ourselves in His colour. He is our real supporter. The truth is always the winner. Although the false looks powerful in the beginning, yet it is the truth which always triumphs. The world watches the real power and eminence of the truth.

the real power and eminence of the truth. Saints are always humble and amiable, and God always takes care of them. He saves them during their harder times.

His name works like medicine for all diseases. It relieves from every sorrow. Other than this medicine, there is no power which can kill sorrows. We often look at the material powers which may protect us for a while and, after a short while, turning into bigger sorrow, leaving behind a lot more problems. Such are these so called powers. It is the power of God that continues to protect us for ever. It never leave us and always exists around us. No one can discard it. This power is with us throughout our life. It exists even after our life is over and the body ceases to exist.

His name, in itself, is Lord Nirankar. One who knows it is called Nirankari. It is a straight and clear matter, and easy to understand. After attaining His Knowledge, our life should be spent with complete faith, remembrance, and reverence for Him. God remembrance should be done with full concentration as it keeps fears away, turns a shaky mind into a stable one. The reliever of all pains and sorrows, this Simran(God remembrance) should always go on, viz, 'Ek Tu Hi Nirankar; Mein Teri Sharan Han; Mainu Bakhsh Lo'.

God-remembrance has tremendous vitality that can turn any odd task in our favour; problems into solutions, fears of hopelessness into positive results. The peasants or gardeners often experience that at the time of ploughing, the roots get weak and look faded. However, after giving them water and fertilizer for two-three days, these plants become far greener than before.

If we contain our faith in Him, each of our odds becomes easy. However, if we replace our faith with temporary supports, the self-confidence gets shaken. Any matter in this planet is not permanent. If we take support of these objects which are bound to change, we are bound to be weak and fearful.

The person who bestows this Name (Knowledge) and provides faith, is known as Satguru. Dressed in colourful outfits or sporting long hairs and beards may not be the true identity of a Satguru. These are merely outer attractions and cannot be signs of a Satguru. A true Satguru would bring our faith in Him who is called as our protector as well as provider and is always around to extend Her helping hand. Satguru would not let us wander in vain; and a devotee never accepts any other power than Satguru as the true protector.

Essence of **LIFE**

— Reeta Malhotra

Time and Tide wait for none
So much to do, and life just one
Don't want to die, leaving so much to be done.
Come on dear, put on your shoes,
Complete the incomplete
Accomplish the unaccomplished
And achieve the Unachieved.
Focus on your goals,
Set your targets right,
Your action only holds,
Your future bright.
Work but do not stress
Your effort does impress
Give a pat on your back
Your life is on track.

Spreading happiness is your mission
That too with no condition
Make people smile, wipe their tears,
Give them strength to fight their fears.
Teach the world how to live
Be at peace, and forgive,
Just spread the word of love
On this very earth, not above.
When you are gone, to heaven or hell,
Still you shall forever dwell,
On this planet and in this world,
In people's hearts, do I need to tell
Time and tide wait for none
So much to do, and life just one
Don't want to die, leaving so much to be done.
Don't want to die leaving so much to be done.



Samarpan Diwas Special (13 May)

Memories of Baba Hardev Singh Ji

**YOU ARE IN EVERY HEART
AND ON EVERY LIPS**

Baba Hardev Singh Ji was an ocean of love. His glimpse alone would generate and augment love. He had a great level of thinking and his viewpoint was so vast that the welfare of the entire world was enshrined in it. There was no narrow mindedness; only immensity and immensity alone. He would constantly think about the welfare of all. This feeling, as inscribed in a couplet, 'saints strive for welfare of all', was alive in him. No body should be harmed through thoughts, words and actions; rather there should be welfare for others as much as possible. With these feelings Baba Ji, during the course of 36 long years as the spiritual head of the Nirankari Mission,



kept on spreading the message of truth and love. He had an endearing persona. He had an extraordinary quality of being favourite of children and elders alike. He would eat after feeding others, derive pleasure upon making others happy. Such were his traits. This is why lakhs of saints were enamoured by his charismatic persona. The chain of his life long salvation journeys continued till his last breath. He used to say: 'Most of my time is spent in congregations'.

Salvation Journeys

Baba Ji's salvation tours would mostly last for months together, often moving from one place to another daily, like a constantly flowing stream of pure water, quenching spiritual thirsts of all.

People kept on getting satiated and becoming his admirer. It

was his normal routine to effortlessly meet lakhs of people, providing coolness to their sweltering lives, filling them with pleasure. Many would be pleased to see him, others would be happy upon talking to him while others got pleasure in feeling his blessing hand on their heads and inquiring their well being. These were the fulfilling reasons for every devotee to remember him. Even religious, social and political people who met Baba Ji even for a short time, would remember him.

Emperor of Every Heart

He was truly an emperor, ruling people's hearts. Looking once at him, one would give away his heart. His look was so divinely and attractive that it would leave a deep imprint on the minds of onlookers. His views and thoughts were too vast. He always considered all the people as his own, irrespective of their linguistic and nationalistic identity. Only a messiah like him could think on these lines. His selfless affection was for all. Small children were as fond of him as the elderly persons who would take great joy in having a holy glimpse of him.

Golden Memories

People still hold in their hearts unaccounted memories of Baba Hardev Singh Ji. There is this one instance about the Asia Interfaith Harmony Conclave organized in Delhi. Baba Ji was to arrive in this grand function. It was organized near the President's House. All were anxiously waiting for him. A number of eminent personalities from SAARC countries were invited to the conclave. In addition to the then Prime Minister of India, Shri Manmohan Singh Ji, there were representatives from Bangladesh, Sri Lanka, Nepal, Pakistan, Afghanistan,



etc. as part of the function. Upon the arrival of Baba Ji, all got extremely emotional on seeing him. His divinely look with natural smile attracted one and all. It was an incredibly magnificent scene and perhaps the first meeting of all these eminent personalities with Baba Ji.

Monarchy has its own rules, laws and influence. However, the spiritual personalities have their own aura. The charming persona of Baba Ji was doing magic on all. Baba Ji always tried to tell people of the world that the mother

earth has been created for human beings. All of them should live on this earth like brothers and sisters, with love and harmony. This will make the earth a beautiful place to live in. He always did his best to make people understand that the boundary lines between two countries should not be seen as dividing them. Rather these should be looked at as lines joining them. This will create love and harmony among all. With this, the sense of belongingness will arise among people across borders. It is quite natural that the word 'meeting one another' conveys a feeling of love, whereas the division creates jealousy and enmity. Baba Ji stressed

on the need not only for co-existence, but also for peaceful co-existence.

That day,



Baba Ji left an exemplary impression on the hearts of all the participants.

The Divine Voice

Baba Ji's divine voice simply touched the hearts of people. The world would listen to him in a hypnotized state. During annual Sant samagams attended by lakhs of saints, a pin-drop silence would descend over miles when he addressed them. Baba Ji spoke and lakhs of saints listened to him attentively and absorbed his words. His words would give direction, show the path of truth and take devotees to their life destination. Therefore, every one would listen to him carefully, as they sincerely desired to have a true well-wisher who could tell them the secret of leading life in a natural way so that they could not only be free from the obstacles of life but their life become a celebration. One who is in a state of joy only can make others joyful. Baba Ji converted every sorrow or conflict

into a joy. His way of explaining was completely different. In other words, when a teacher

is ready to teach, then it is the duty of the learner to learn with full dedication, not wasting time in unnecessary questioning and arguments.

Emulating & Conducting

Once Baba Ji said that we should emulate and conduct ourselves like a thread in a needle. The needle leads and the thread follows which results in cloth getting stitched. Remaining away from needle, thread can't follow it to do stitching. He knew that the man was entangled in unnecessary frivolous things and many a times he does not want to even listen to the advice to get over them. Baba Ji used to clearly explain the hollowness of these hypocrisies and people could clearly understand such matters which otherwise looked difficult. He was never critical; instead of criticizing darkness of ignorance, he would choose to light a candle of knowledge and that darkness of ignorance would automatically vanish.

The Base of God-Knowledge

Baba Ji successfully carried out the experiment of imparting God-Knowledge to unite people of the world in one thread of love, oneness and harmony. His followers were his natural admirers already, yet those having contrarian views were also found appreciating him. He always respectfully addressed the heads of other sects and inspired all to do likewise. He kept on removing ignorance to bring transformation. Upon removal of ignorance, one would immediately look at his own shortcomings. Earlier, he looked only at faults of others. By bringing this transformation, Baba Ji made the whole task easier. Now, one need not be told to imbibe love, humility, harmony, tolerance, etc, as he would now himself move forward in this





direction. Now, there is no need to teach to give up criticism, hatred, jealousy, etc. Rather the impact of God-Knowledge enables one to maintain a distance from such vices. Baba Ji ignited light of Knowledge in people's hearts around the globe. He reached to them again and again to add fuel of affection and harmony, supporting them to withstand worldly storms. That is why he is still remembered as also his benevolence. It looks as if he in person is still leading our way; and the devotees just sing: 'Badla Nahin Chuka Sakte Hardev Tere Ehsanon Ka (Cannot return dues dues for your great favours).

Bond of Love

Baba Hardev Singh Ji's bond of love was so strong that everyone loved to remain tied with it. No one wished to loosen this knot to get away. This unbreakable bond never broke nor it got disbanded. As a source of

communication, there are hundreds of languages spoken and understood in this world. Baba Ji adopted and respected every language. Wherever he went, he invariably ensured to use a few sentences from the local languages - the most effective way of touching people's hearts. If he went to Maharashtra, he would start his address with words 'Prema Ne Bola Dhan Nirankar (say with love - Dhan Nirankar). The entire Nirankari World assembled in lakhs in Maharashtra Sant Samagam would joyously repeat after him.

Similarly, other regional languages like Tamil, Telugu, Kannada, Udiya, Bangla, Nepalese, Sindhi, English, etc., were included in his addresses. In addition, he never had any reservations to the traditional outfits - although he remained in sikh style. He was mostly seen throughout his salvation trips in white kurta, pyjama and turban. However, if insisted, he would be happy to wear local traditional dresses. Due to love for his devotees, he would happily wear Rajasthani turban or the Nepalese cap. In hilly areas, he would be clad in their traditional dresses; and in Tamil Nadu or Kerala, he would adopt the local dresses of that region.

He had a mild and natural nature. The emperor of devotees would always respect devotees' feelings and adopt himself accordingly. As one among them, he would, with a sense of belongingness, teach them to tread the path of truth. He would keep on instilling human values of love, humility, enormity in devotees, saving them from

harmful feelings of criticism, hatred, anger, enmity. Remembering Baba Ji's popular persona, even today tears roll down the eyes of devotees. Let the world be blessed with a beautiful form, let there be no hatred was his sole aim for which he spent each moment of his life. Respected Mata Savinder Ji and Nirankari Rajmata Ji were an integral part of his salvation journeys. When the holy trinity would sit on the stage, there was joy all round - nothing else but joy.

Unforgettable Contribution

Baba Ji made unimaginable contribution in the field of education, social welfare, child and women development, health, blood donation, environment protection, calamity relief, tree plantation, cleanliness drive in hospitals, railways, rivers, monuments, roads, streets. Several tasks like global expansion of Mission's branches, practical improvement in management, expansion of Sewadal and Sant Nirankari Charitable Foundation were effortlessly accomplished by Baba Ji. However, his biggest contribution is the unique ideas of unity of mankind, harmony in oneness and world without walls which can be adopted by humanity as a whole to lead a happier life.

Golden 36 Years

For 36 long years, Baba Ji travelled across the world to give the message of truth and love. He told religious and other people in the society that religion should be used to unite people. He gave a very effective principle - 'Religion unites, never divides'. In 36 years, he made contributions equivalent to 36 centuries, yet he was so humble and said that he did not serve humanity as much as Baba Gurbachan Singh Ji, or Baba Avtar Singh Ji did. If at all I could have a broad vision, it was because they lent me the high stature of their

shoulders. Baba Ji's greatness was covered under his unmatched humility, carrying the pain of the entire world in his heart, he served and helped all, dealt with everyone with love and humility. We are unable to lovingly deal with few people, but Baba Ji dealt with all in a natural and pleasing manner.

This pleasant and tranquil period suddenly came to an abrupt end when on the fateful day of 13 May 2016 Baba Ji renounced his mortal body in Montreal, Canada, and got immersed in Nirankar. This unexpected news shocked lakhs, crores of people and brought them in tears. It was indeed a very difficult moment.

'Bade Gaur Se Sun Raha Tha Zamana, Hamhi So Gaye Dastan Kahte-Kahte (The world was listening carefully, but it was me who went to sleep while narrating the story)'. A tearful farewell was given to the divine personage with heads bowed down. Shri Pranab Mukherjee (the then President), Shri Narendra Modi (the Prime Minister), Shri Rajnath Singh (the Defence Minister), President of the Congress Party, Smt. Sonia Gandhi and eminent personalities from every corner of the country and abroad paid their tributes by expressing their heartfelt grief.

At last, the wisdom words of Baba Ji came as a solace to devotees, viz, 'Guru is Knowledge and not a body. He never goes anywhere. He, the permanent and indestructible, always exists around us'.

The pious words of Baba Ji in the form of a holy book 'Sampuran Hardev Bani' is a heritage to the mankind which will forever continue to show the path of truth to the mankind. His obligations to the mankind can never be forgotten. The benevolences of the Messiah of Humanity will be remembered for eras together.

- Harjit Nishad

Saving Marital Disasters

LIFE IS ADJUSTMENT

❁ C.L. Gulati, Secretary, SNM, Delhi-9

Every culture of the world recognises some form of the institution of marriage. Marriage is considered sacred and its origin can be traced back in history. The nuptial blessings speak of the state of marriage as paradise regained. As a blessing from God, marriage should not only perpetuate humankind but also enhance and complete the partner's personal growth.

From the beginning male and female have been pairing. Saints, sages and prophets all lived a family life proclaiming supremacy of normal life. Every scripture hails the gracious alliance with same and equal rights and getting along together for larger benefits of the humanity at large. "I feel that if we succeed in building the character of the individual, society will take care of itself." — M.K. Gandhi

Sanctity demands what God hath joined together, let no man put asunder. In this weary world, enlightened couple symbolises harbour in the tempest, while ego-laced couples with psychological attitudes becoming a way of living, create tempest in the harbour.

Divorce is a traumatic experience where plight of children can better imagined than described in words. Divorce may solve one problem but creates many others. Indeed one can hazard an opinion that divorcees who remarry are likely to find that the mirage of happiness has eluded them once again because of their basic misconception about marriage, that it should guarantee unlimited happiness and unbroken bliss.

With all this promising background of marriage, instances of marital disasters are aplenty. Cases of matrimonial conflicts are piling up in courts and the parties concerned are spending sleepless nights. In such a situation, candid advice and saintly counselling plays a positive role in rescuing marital disasters. Here is an exemplary instance to quote which helped rescuing many marital disasters with due adjustment in life!

It was in late seventies that a newly-wed couple visibly angry and cursing each other approached Baba Gurbachan Singh Ji Maharaj at Chandigarh and alleged an irretrievable breakdown in their relationship. Baba Ji referred them to Rev. Rajmata Ji who was sitting

nearby. Rajmata Ji gave them a patient hearing for a pretty long time and discovered that it was only a case of ill-adjustment, born out of ego-clash. When the couple pressed for her intervention for dissolving the relationship, Rajmata Ji asked them, "What will you do afterwards?" Both quipped back quickly, "We shall re-settle elsewhere." Rajmata Ji thoughtfully explained to them, "Your recently solemnized marriage cannot be dissolved in a huff. Besides, what is the guarantee that elsewhere you will find a good partner. If the new spouse turns out to be still worse, then what?" The couple was dumb-founded and pensive. After a pause, Rajmata Ji persuaded them to attend the Sangat (Congregation). Thereafter, the matter could be sorted out calmly and positively. Baba Ji witnessed all this.

Willy-nilly, the couple made for the Sangat. They looked like rivulets frozen at the top but agitated thoughts (like water) running fast beneath them. In his holy discourse Baba Gurbachan Singh Ji Maharaj generalized the individual case of the day and among other things especially blessed the congregation with the guiding secret of a successful family life.

With the realization of Father-hood of God, one discovers himself to be a member of a global human family. The enlightened devotees are always expected to behave like angels to each other, full of compassion and concern for every one. Their life is comparable to water which at once adjusts and takes the shape of changing containers of different sizes and shapes. In exactly the same way, the devotees may not be able to change the circumstances but they can certainly change their attitude towards them and adjust accordingly. This kind of optimum adjustment is called for to lead an ideal life worth the name.

Viewing life from worldly angle, Baba Ji expressed regret that like the headlights of a vehicle, faults of others look glaring. This attitude turns man against man and, in the process of doing wrong to others, he himself also gets wronged. Slowly but steadily, he gets into an abyss of gloom and darkness and loses twenty four hours of happiness for every day he is in anger.

Touching upon the inherent gregarious instinct in man, Baba Gurbachan Singh Ji stressed that to



vouchsafe harmonious environment in and outside our homes, we must acknowledge the fact that we have all to produce a heave in unison to build such a society. This makes us interwoven, interconnected and interrelated with the people around us. The way we listen to other persons is crucial for building or breaking relationship. At a collective and an individual level, we should have natural ability to appreciate the other person's position. We must respect different cultures, ways of life and beliefs and explore viable alternatives to avoid making our home unpleasant.

Stressing the miraculous effect of restraint, Baba Ji added that appreciation, respect and understanding coupled with patience, compassion, tolerance and humility go a long way in promoting the positive feelings and serve our purpose in every walk of life. When practised, all virtues lead to humility and, in turn, means normalcy which is so essential for successful adjustment in life of the individual and the human family at large. Baba Ji rightly distinguished between the so-called great men with baser instincts and saintly persons full of virtues: the former believing in standard of living, while the later in achieving standard of life.

Referring to economic adjustment, Baba Gurbachan Singh Ji explained that it is not so important as to what a man earns, the importance lies in the fact as to how

one adjusts with whatever one earns. There is enough in the world for every body's need but not enough for one man's greed. Also there is no demarcation where the poverty ends or the richness begins. At times we spend money we have not yet earned, to buy things we do not need simply to impress people whom we do not like. This show-syndrome can create hydra-headed virus completely disturbing our adjustments. Bringing out adjustment as the natural law of our being, Baba Ji compared life with a blanket, too short: when we pull it up, our toes shiver and when we yank it down, our shoulders shiver. But when we adjust ourselves by drawing our knees close to the chest, we pass a comfortable night.

Expounding the philosophy of the Sant Nirankari Mission, Babaji concluded that the same divine spirit permeates all whether man or woman. Why should there be wrangles of any kinds? Shedding vanity, they should live an ideal life which is nothing but projection of saintly traits.

The estranged couple walked hand-in-hand up to Baba Ji and heartily thanked him for saving them from their marital disaster. Their hidden message to the prospective young couples is, "Keep your eyes wide open before marriage and half-shut afterwards."

The Highest SURRENDER

❁ SPS Dalal, Gurugram

Surrender is the core of Devotion (Bhakti). Saints often sing in holy congregations that bhakti hai naam samarpan ka, which means that devotion is synonymous with surrender. Spiritual master considers surrender as the highest and the easiest method for God realization and liberation of the Soul or enlightenment. The path shown by Nirankari Mission is a path of devotion, where beginning is made by a person taking five pledges. The very first pledge demands that one's body, mind and worldly possessions belong to God or Nirankar. This is in a way complete surrender by a person, who is then directed to treat all these possessions as God's property and put them to proper use as His trustee only.

Avtar Bani verse 302 says, Ik rab de bas ho ke rehna, hor kise di lod nahin, kahe Avtar aise gursikh nu kise cheez di thod nahin. This means that a devotee should worship only the God Nirankar and no one else and such

a devotee will never find anything wanting in his life. In one of his literary works, the famous writer, Leo Tolstoy says, "Live only for God and you will grieve no more and life will seem easy to you."

Avtar Bani verse 255 says, "Gursikh da bas aina kartav aapa arpan kar deve, kahe Avtar guru da kam eh khali jholi bhar deve", which means that a devotee only has to surrender himself and the guru will provide all that is needed for him. Similarly, in verse 22, chapter 9 of the Bhagwat Gita, Lord Krishna says to Arjun, "Those who worship Me and meditate only upon Me, I grant them what they need and ensure protection of what they have"

While the importance of surrender in bhakti is well established, a question often arises in the minds of devotees as to what all to surrender- body, mind and worldly possessions or ego or karta bhav (the sense of doership) etc. And even more important question is that how to practically surrender all these to Nirankar while living a normal life in the world. From experience and reading about this subject, I can say that a clear and practical answer has eluded many devotees including the distinguished ones. Amongst various answers by saints and spiritual masters, I found simplicity and an admirable clarity in the answer given by Satguru Baba Gurbachan Singh Ji Maharaj who explained to a small group of some distinguished saints accompanying him during one of his visits to Mussoorie.

• Baba Ji, as per Jeevant Shikshak, explained, “It is like this that some people are lazy by nature. They think that if we are puppets in the hands of Nirankar, then whatever happens let it happen. Such people keep waiting for whatever is ordained by Nirankar in their life. And in this way they think that they have surrendered to Nirankar. Whereas, true Surrender is done by the one who puts all his capability; body, mind, possessions, wisdom and qualities of the heart bestowed upon him by Nirankar to good and full use and works hard to perform his duties in life. And having done his best, whatever is the fruit of his actions he accepts it happily and gracefully as the will of Nirankar. Such saints live in Turiya state unaffected by sorrow or joy, praise or criticism, togetherness or separation and all dualities of worldly life. They are content and have nothing to complain about and having done their best remain free from the sense of doership. This is then the Highest Surrender.”

From Baba Gurbachan Singh Ji’s reply emerges complete clarity. It is important to note that surrender does not mean passivity in life. The Highest Surrender in fact is a very dynamic concept. It truly lies in recognizing one’s duties in life, working hard and doing one’s very best to perform them in line with gurmat and gladly accepting the outcome of one’s efforts as the will of Nirankar, thus remaining in a blissful state free from one’s sense of doership.



BLESSING

❁ Satguru Mata Sudiksha Ji Maharaj

Because of the spread of Corona Virus for the last many days, the government has issued a number of health related advisories for all. You saints, as citizens of the global village, are already alert and aware about your responsibilities. Sewa, Simran and Satsang have been the symbols of saints. However, in view of the present situation, we had to cancel congregations, salvation tour programmes and samagams. This has naturally created restlessness among us all. May Lord maintain our spirit for congregations. In such a situation, while discharging duties as a responsible citizen, we can keep ourselves connected with Nirankar through Simran (God remembrance) and singing His glory. As soon as the situation eases, we will enjoy partaking in grand congregations.

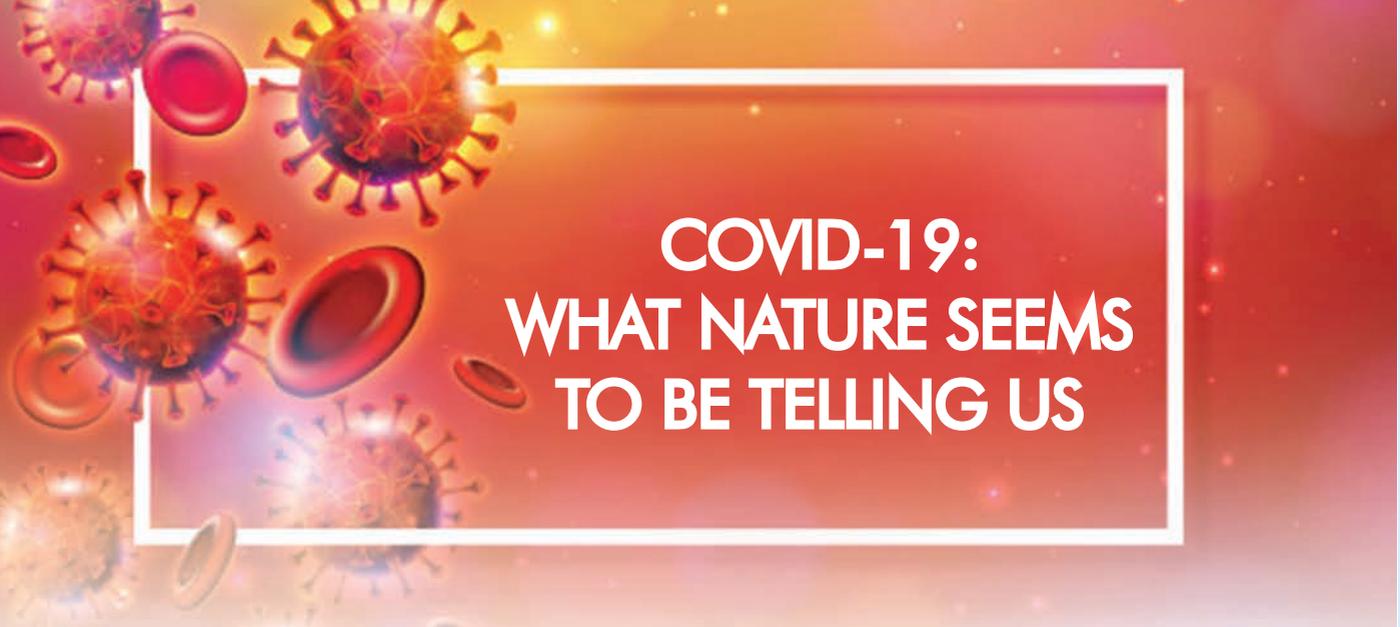
This void should also be taken as a blessing since ample time has been made available to us at home. This opportunity should best be utilized by going through a wide range of Nirankari books, e.g., Sampuran Avtar Bani, Sampuran Hardev Bani as also other journals of the Mission. In addition, staying at home, we can get benefit of visiting the Mission’s websites like Kids Divine, News Divine, Voice Divine, etc to keep connected with Nirankar. May Nirankar bless all to remain healthy and, together with family members, we strengthen our relationship with Nirankar. Our focus should be to remove our weaknesses and extend our love to others. Keep the spirits high. May Lord bless that this situation gets improved quickly and we all start leading a normal life, shouldering our responsibilities with the support of sewa, simran and satsang.

IMBIBE HUMAN VALUES

God created man in His own form, yet he is devoid of love, benevolence, tolerance and immensity. Man's thinking has gone narrow with selfishness. Therefore, saints and sages have conveyed a message to the humanity to imbibe human values. This message is not meant for any particular caste, community or culture, but a universal message for the entire world. They simply said that looking at the world we find it like a hell. It depends on man only whether to make this world a heaven or hell. If we wish to see beautiful environment in the world, it will be made possible only by the efforts of humans. We cannot expect it from animals to make this world a heaven or hell. The messages of saints are therefore, not meant for animals; rather these are for people having animal tendencies so that they get rid of their devilish nature and imbibe humanity. The venomousness of mind should be replaced by love and humility. Taking away greed, ego, cleverness, etc., from our behaviour we should lead a life of immensity and compassion. The face of this earth can be transformed into a beautiful heaven with these efforts of the humans.

- Era Visionary Baba Hardev Singh Ji Maharaj





COVID-19: WHAT NATURE SEEMS TO BE TELLING US

❁ Ram Nath Kovind, President

The outbreak of COVID-19 has created an unprecedented situation around the world. Humankind is no stranger to calamitous outbreaks of diseases. However, this is the first viral outbreak of this nature and scale in our lifetime.

Today, my thoughts are with all those battling the virus, with the families of all the victims around the world, and also with the doctors, paramedics and health officials and all others who have put their lives at risk for the rest of us.

I commend people for their mature response in the face of the crisis. Their support is helping all institutions work in a coordinated manner to fight the outbreak. Our healthcare system has shown great alacrity and competence in meeting the extraordinary and evolving challenge. Our leadership and administration have proved their mettle in these testing times. I believe that together we will weather the storm. I also commend the Prime Minister, Narendra Modi, for taking pre-emptive measures in right earnest to contain the pandemic at the very beginning and reaching out to our neighbours in SAARC to launch joint efforts to check its spread in the neighbourhood. Even the World Health Organization (WHO) has acknowledged India's efforts as worthy of emulation for the rest of the world.

Quarantining oneself

The outbreak has forced us to keep a respectful distance from others. This isolation, self-imposed

or medically mandated, can be taken as an ideal opportunity to ponder about our journey so far and the future path. As we are passing through a tough phase, let us turn this challenge into an opportunity and try to decipher what nature has been telling us through this crisis. The messages are many, but for the purpose of brevity I will dwell upon a few here.

We all know that hygiene is the first and obvious lesson. Precaution is the only cure for this new strain of coronavirus. As precaution, what doctors advise is basic hygiene, apart from social distancing. Sanitation and cleanliness are among the humblest of the civic virtues, and it is easy to underestimate their significance. It needed a Mahatma to attach the utmost priority to them. In South Africa and in India, his historic campaigns always began with or ran parallel to the question of sanitation and hygiene. In 1896, Gandhiji was visiting India, and plague broke out in Bombay. He offered his services to the State, and the offer was accepted. As he was in Rajkot, he volunteered there. Do you know what he did as a volunteer? He inspected latrines and exhorted people to pay attention to cleanliness. We need to imbibe all his lessons in our daily life, and in this year of his 151th birth anniversary we may begin by rededicating ourselves to the cause of personal and social hygiene. The nationwide 'Swachh Bharat Abhiyan' (Mission Clean India) is a precursor to this great social awakening.

Courtesy : The Hindu

ON-LINE DISCUSSIONS ON ‘GYAN’ (GOD-KNOWLEDGE)

The circle of time spins very fast. What appears today becomes past next day. After some gap, same old thing reappears. Presently, the subject of “On-line Discussion of Knowledge” is the topic throughout the Mission.

It is not possible at present to go or walk out of the house during Lock-down. People are forced to confine themselves in their homes. This has disrupted regular attendance at congregations and has, naturally, created restlessness among saints. It seems like trying to quench thirst without water or to kill hunger without food. Until the congregation becomes available, the minds of saints are likely to remain upset.

Satguru Mata Ji heard about this pain of saints and thought of making a temporary on-line arrangement in order to hold instead spiritual discussions on a regular basis.

Under the guidance of the Publicity Department, an on-line arrangement to hold spiritual discussions is in place these days through ZOOM App, in which a group of saints is individually connected on line with others to discuss ‘God-Knowledge’. This way saints are relieved as they can enjoy spiritual atmosphere in the form of songs, thoughts, etc.

It reminds, however, the era of Shahanshah Baba Avtar Singh Ji, when the number of saints was quite small. During that time, saints had small accommodations like one-room set. The households were first removed and kept outside, followed by congregation in the room. At the end, all the belongings were rearranged inside. During that period, sangats were held in small rooms. A similar sort of arrangement is reappearing in the form of on-line discussions. Saints are exchanging their thoughts or songs sitting in their respective rooms while others are listening in their own rooms at a distance. Various interesting topics like sewa, simran, satsang, modesty, faith, gurmat, etc., are discussed with the help of this on-line arrangement.

A small girl expressed her feelings and said: ‘Satguru Mata Ji blesses us with love while saints bless one another with love and affection. That is why we are not scared in this difficult situation. Satguru Mata Ji! Please bless so that this Corona runs away and we are again able to attend sangat as before’. Similar feeling is included in almost every prayer of other saints. All are hopeful that with the grace of Satguru, the atmosphere will soon become normal and all will again be able to come out soon and join the grand form of congregation as before.

SHRI SULEKH ‘SATHI’JI NOMINATED MANAGING EDITOR



Delhi: With the blessings of Satguru Mata Sudiksha Ji Maharaj, Shri Sulekh ‘Sathi’ Ji has been nominated as the Managing Editor of the Magazine Department, Sant Nirankari Mandal, Delhi. In addition, he will continue to perform his current duties as the editor of the Mandal’s Punjabi editions of journals like ‘Sant Nirankari’, ‘Hansti Duniya’ and ‘Ek Nazar’.

The General Secretary of the Sant Nirankari Mandal, Shri P.S. Cheema Ji conveyed information to the above effect through his communication to Smt Raj Kumari ‘Raj Mami’ Ji. Shri ‘Sathi’ Ji will, in addition to his editorial and administrative assignments, will also be responsible for timely issuance of Mandal’s journals and coordination with writers in different regional languages.

As per the said communication of the General Secretary, Shri Harjit Nishad Ji will henceforth perform as the Editor of the ‘Sant Nirankari’, Hindi together with his responsibility of coordination of the Mandal’s editions in different regional languages.



Message to Humanity May All Remain Attached to Nirankar

Delhi, April 20: Gracing the humanity currently in the grip of deadly Corona pandemic, Satguru Mata Sudiksha Ji conveyed a special message to all the saints to be patient and remain attached to Nirankar from their respective places. Inspiring sangats to do introspection for self-improvement till the situation returns to normalcy, Satguru Mata Ji said:

“Although it is not possible to take glimpse of you all as I am facing camera, yet my heart is directed towards you all. You are taking appropriate care of your health in your respective places and maintaining patience in this crisis situation. Although the routine

has not yet normalized and all are confined to their respective places, yet your hearts are so large that you are happy in this tense situation.

You are getting opportunity to spend much of your time with family, familiarizing well with each member. May Lord bless that the situation returns to normalcy quickly. In the meantime, however, we must accept it as His will as earlier we had not been able to take out so much time for ourselves.

Despite this, there is a feeling of gratitude towards Nirankar and sense of attaining patience in this difficult time. We have time now, with the grace of Nirankar, to introspect our own selves as to how to bring about improvement in ourselves. How to get over our irritating behaviour and bring in saintly traits, with a conviction that the situation is going to be better soon and we will be able to physically take part in congregations as before.

Till then, may Nirankar grant patience to all. There is an interesting story on ‘patience’. There was a wise man, always thinking that in spite of being so wise, there was something which was still pulling him down. He then realized that he was short of patience as he would get irritated over petty matters. To remedy this shortcoming, he shifted himself to a house located at a far and lonely place.

After about seven years, a stranger passed by and curiously inquired the wise man about the reason for living at such a far off place. The man explained about his weakness of getting irritated and angry whenever he would meet and talk to someone or when things do not happen the way he wanted. He therefore thought it wise to shift at a distant place to do away with irritation. The stranger was surprised at this explanation thinking that instead of getting better of his weakness, the person preferred to distance himself from people and live in a remote place.

Here, it is a matter of patience. That person

lacked patience to listen to others. After so many years, the weakness remained as it was. May Lord be kind and bless all with patience to be able to withstand whatever adverse situations we face in the world, particularly to cope with peculiar situations especially when our homes become our world.

Like this, there is an incident of a photographer who took a decent photograph. His pupils were wondering as to how could he take such a nice photograph. They expected a reply mentioning about new techniques of lighting and other functional features. However, the photographer said that it was possible because of his prolonged and persistent patience. He told that he kept watching dawns and the dusks regularly throughout the year to ascertain a particular day giving the best view. Next year, he inspected the best spot for over a week around that day. And he got the perfect shot. Therefore this perfectly beautiful photo was made possible because of prolonged patience.

Today this patience has become extremely important in our day-to-day life. Without it, we would not be able to contribute our best to life. The word 'patience' might sound small, yet it is capable of connecting us with God and enabling us to pass through tough situations with ease - even during this tough period of corona crisis. Each country is imposing lockdown for different durations. But all these countries are observing different rules well, be it social distancing or other precautions.

We ought to prove ourselves as humble gursikhs, keeping saintly qualities with propriety. Everyone has to ensure that we do not throw caution to the wind with regard to our health. We have to lead a devotional life with humility. You saints are working from home to discharge your professional duties, attaining perfection in new skills which could not be pursued earlier due to shortage of time.

May Lord bless us that each skill of ours may finally turn into devotion. Each moment of life, each

word uttered by us and sense of our mind be based on devotion. Whatever we do in life based on sewa, satsang and simran should be for our own betterment. If we think that certain holy song or thoughts by saints conveyed online are meant for others and not for us, it is wrong. Each word of saints is meant for us and for our improvement, and should be treated as such.

May Lord bless all that this situation is eased soon and the much awaited joy of seeing saints in different places becomes possible again which I too have been waiting for long. The other administrative activities of the Mission may also start soon. Let this virus infected situation improve soon for the entire mankind. Those who are offering services must do with extreme care; and those who are, for some reasons, confined to their homes should not feel depressed as they are taking to devotion in the four walls of their homes.

May all remain connected to Nirankar and utilize their maximum time in simran.

IMPORTANT ANNOUNCEMENT

Because of the lockdown situation throughout the country, the publication and distribution of Nirankari Journals is held up since April 2020. As a result, all the journals (Hansti Duniya, Ek Nazar and Sant Nirankari) are presently being released in the form of e-magazine at the Mandal's website, viz, www.nirankari.org.

These journals will again be formally published and distributed once pandemic situation gets normalized. Therefore, the valued readers are requested not to enquire or complain about non-receipt of publications.

It is also intimated that subscription period of each subscriber will proportionately be extended by which the journals have not been distributed.

Thank you for your understanding.

- Managing Editor, Magazine Department

Spiritual Footprints

❁ D. Vijaya Kumari, Hyderabad

Spirituality is the search for inner identity, connectedness and transcendence. It inspires and motivates you to achieve your optimal being. It brings faith, hope, peace, and empowerment. The results are, forgiveness for oneself and others, awareness and acceptance of hardship and mortality, a heightened sense of physical and emotional well-being and joy.

Your Karmic footprints are your spiritual footprints, your impact on the Earth. Your actions are not without consequences. At this precise moment, your every action, good or bad is scripting 'what will be'. The more your karmic debts are cleared, the lighter the consciousness and greater our spiritual progress.

Your desires, attachment, ego, likes and dislikes complicate karma. If you are mindful of your actions, your consciousness can breathe easy. So think before you act.

A healthy spiritual footprint empowers, enlivens, and evokes positive potential in you. You must introspect and analyze the kind of spiritual footprint you are leaving on this earth.

Is your spirituality limited to your own personal growth and progress?

Do you realize that your every word or action affects someone in this world in a positive or negative way?

What kind of legacy will you leave for the next generation?

Will the world be healthier, more spiritually mature, and more compassionate because of your spiritual footprints?

When you increase your spiritual quotient, you invite into your life, abundance and well being. You become a holistic being. It brings forth your formidable powers of reason and intellect to serve the world at large. You learn to let go, to flow, yet passionately engaged with life.

To leave a positive spiritual footprint, you must be aware of and rise above the three strong traps that impoverish your spiritual footprint and lead to spiritual depletion. The first is spiritual numbing. This happens when you withdraw into yourself, focus on the hurt and injustice and shut out the cruel world.

The second is spiritual narrowing. You decrease the range of your social engagements in an attempt to exclude all the 'noise and chaos' around you.

The third trap involves spiritual suppression. You hesitate to adapt to change. You remain unwilling to raise your consciousness beyond the bounds of your current ego identity.

You can avoid these traps and consciously cultivate your spiritual footprint. Take responsibility for your actions and deeds. Living from the heart, you must practice mindfulness in all your engagements with life. A value-driven life is associated with an increased level of subjective wellbeing. Lead life conscious of the lasting impact of your choices and your spirituality on not just the world around us, but on future generations as well.

Leave a valuable spiritual footprint that inspires and empowers others. The bigger the spiritual footprint you leave, the healthier our earth and its inhabitants will be.



News-Reports

Special Congregation : 23 February 2020

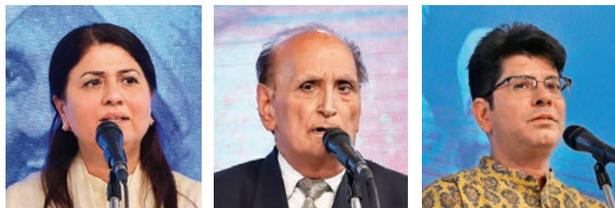
Embellish the Precious Life by **CONNECTING TO GOD**

- Satguru Mata Sudiksha Ji

Delhi, February 23: Satguru Mata Sudiksha Ji Maharaj said that worldly situations are temporary and keep changing, while the teachings in congregations are like food for souls - always connecting to this ever present Nirankar. Our life goal can only be achieved with the help of these teachings. This Mission has always taught us to remain connected with Nirankar and, thus, embellish our life. Baba Hardev Singh Ji, too, gave preference to congregation than any other relationship. Her Holiness was addressing a large gathering of saints

at a special congregation organized in the honour of Baba Hardev Singh Ji on his birth anniversary on 23 February.

In Her address, Satguru Mata Ji further said that all the saints were constantly



involved in sewa (service) for the last two-three days either in the form of sewadal, symposium or sangats. Every volunteer reached different hospitals to render cleanliness services. In addition, they are making active contributions during congregations also. The teachings of Baba Hardev Singh Ji Maharaj are being witnessed today in practical form. May Lord bless that this spirit goes up with time, as also the understanding of the importance of sewa, satsang and simran.

Baba Hardev Singh Ji always taught us to tread the path of truth. From a normal family perspective, a father gives preference to his children. We are fortunate that Baba Hardev Singh Ji always gave more importance to sangat (congregation) than his own children. An incident happened while I was, perhaps, in fifth or sixth standard. Some food caused allergy to me and my breath became unsteady. Small grains got developed on my entire body which started swelling also. A doctor was called who advised for immediate hospitalization. At that moment, Satguru Baba Ji told Mata Savinder Ji to take me to hospital, as it was not possible for him to do so because he was getting late for congregation.

Whatever may happen or whichever situation may take place in the world, Baba

Hardev Singh Ji took good care of his family. Yet he always gave preference to congregation. Mata Savinder Ji took me to hospital and got me admitted there. After sitting with me for an hour or so, she told that since only an hour was left for the congregation to be over, she would also be going to the congregation.

In such a situation, Baba Ji and Mata Ji, as parents, preferred to reach congregation. May Lord bless us all that this teaching is sincerely followed in each home and, joining the company of Mother Congregation becomes the most important among all tasks.

The congregation was attended by a large number of saints hailing from neighbouring states in addition to NCT Delhi, to be blessed with the divine glimpse and holy discourse of their Satguru. Sister Bindiya Chhabra Ji (Executive President, SNCF), Shri Purshottam Ji, Shri Bunty Ji, Shri Vinod Gandharva Ji, Shri C.L. Gulati Ji, Shri Hardip Ale Ji & Party, Shri Shambhu Mastana Ji, Sister Kusum Ji, Shri Bhashi Multani Ji, Sister Sampreeti Ji, Shri Khushwant Sethi Ji etc., expressed their feelings before the sangat through speeches, songs and poetry. Shri Rakesh Mutreja Ji provided important information about Mission's further activities. Shri Roshan Dehalvi Ji conducted the stage.



Nirankari Sewadal Symposium

KEEP SERVING NICELY AND WITH DEDICATION

Delhi, February 21: A grand Nirankari Sewadal Symposium was organized in the benign presence of Satguru Mata Sudiksha Ji Maharaj. She inaugurated the event by hoisting a flag and releasing white balloons in the sky.

The participants, dressed in colourful T-shirts, started with prayer, 'Hey Satguru, Hey Bhagwan.....', followed by theme song of the Nirankari Sewadal Symposium, viz, 'Sukhon Ka Dwar Sewa Hai (the gate for happiness is service)'.

Aerobic, dance, ballet as also bicycle rally, dumbbell, yoga, etc., were presented to highlight the Mission's messages of 'selfless service rendered with smile, in addition to rhythmic march pasts from different states. All were dressed

in respective regional costumes, e.g., Haryana, Rajasthan, Maharashtra, Punjab, etc. They sought blessings of Satguru so as to render service with fine behaviour and dedication. They also sought blessings for being always ready for sewa as instructed





of sewa and association with congregations and God remembrance.

Competitions were held in different sports, viz, badminton,

by Satguru.

Satguru Mata Ji blessed thousands of participants from Delhi and N.C.R. to participate in the Nirankari Sewadal Symposium. There was a large number of registration, yet a few teams were given opportunity.

Her Holiness congratulated all participants for their spirit of sewa and healthy physique. All participants had contributed fully in events that led to Symposium's beautiful form. Having given their best and understanding the hidden motives, it was essential that the sewadal uniform was fully justified by rendering dedicated services.

Her Holiness prayed Nirankar to bless all to march forward with the spirit

cricket, kabaddi, kho-kho, 100- meter race, gunny bag race, etc. Reaching at the langar (country-meal) location, Satguru blessed and encouraged volunteers engaged in preparing langar. Hundreds of brother and sister participants in different age groups took active part in games. For a smooth coordination of sport events, a control room was also readied. Almost 70 sports specialists from Delhi and nearby areas had come to offer their services.

SECOND DAY

Thousands of volunteers of Sewadal, Sant Nirankari Charitable Foundation as well as Museum had arrived at the venue early in the morning. The theme of the symposium was 'We are the servers'. The



audio-video presentations based on the 'History of Nirankari Sewadal' and the 'Sant Nirankari Charitable Foundation', added to the knowledge of the viewers. Discussions on important topics like 'Sewa-Simran-Satsang', 'To Be A Nirankari', 'Obligation, Benevolence and Kindness', 'Tera Ik Asra Hove (May We Have Your Shelter)', 'From Me To Us', etc. were held. Devotional songs as well as drama presentations were made which conveyed Mission's important messages. Question-Answer session was held.

Satguru Mata Ji emphasized on service with humility, justifying the

word 'sewadar'. Whether in uniform or otherwise, we must talk with humility. This is possible when we are truly connected to Nirankar. If it is so, there would be no bitterness in our behaviour.

Satguru congratulated all the sewadal units engaged in administration of various services, and blessed each volunteer with every comfort in life. Let all lead a life full of gratitude to Nirankar, considering every moment as Lord's grace. May Lord bless them also with the spirit for simran and satsang and also capable of shouldering their social and domestic responsibilities.

DISTRIBUTION OF RELIEF AND FOOD ITEMS IN THE RIOT-AFFECTED AREAS OF DELHI

Delhi, March 10: With the blessings of Satguru Mata Sudiksha Ji Maharaj, free distribution of relief items as well as food for the Delhi-riot victims was organized by Sant Nirankari Mission. The relief was provided to the residents of Shiv Vihar, Karawal Nagar, Chand Bagh, Bhagirath Vihar, Brijpuri, etc., between 1st and 9th March.



The resident saints around Yamuna Vihar Bhavan, viz, Brijpuri and Wazirabad Road in the North-East Delhi made full contributions in the langar distribution. Holy Sister Renuka Ji took the lead in this noble cause. Others present at the location were, Shri P.S. Cheema Ji (Brig. Retd.), General Secretary, SNM, Dr Naresh Ji, Shri J.S. Khurana Ji, Shri Shubhakaran Ji, Shri Brahmprakash Ji Choudhry, and Shri Buddh Ram Ji, Sewadal Coordinator.

Teachers Should Also Provide Human Qualities TOGETHER WITH EDUCATION

- Satguru Mata Sudiksha Ji

Sohna (Gurugram), February 15: Satguru Mata Sudiksha Ji Maharaj, in Her address on the occasion of the Annual Day Function of the Nirankari Baba Gurbachan Singh Memorial College, Sohna, said that all materialistic possessions are meant to provide comforts to the body. These should, therefore, be used for useful purposes, and not otherwise. The teachers should, in addition to the normal education, also provide human qualities to students, helping them to become good human beings and possessing an ideal cultural background.

Satguru Mata Sudiksha Ji Maharaj launched a tie between two groups, viz, 'College Tie', and 'Excellence Tie' to be awarded to students. She presented awards to the brilliant students placed in the 'Excellence' list of the College, as also those of the Maharshi Dayanand University Rohtak, and the Gurugram University of Gurugram.

In the beginning, a prayer in the honour of Satguru, viz, 'Guru Hi Simran, Guru Hi Pooja (Guru to be remembered, and worshiped)' was recited during which Satguru Mata Ji illumined the metal pots on the stage. This was followed by another presentation of a verse from 'Sampuran Hardev Bani' by students. The Principal of the University, Dr M.S. Khatri Ji presented the Annual Report of the College and described about College history and its gradual transformation in the current format. Next speaker was Shri R.S. Manhas Ji (Chief, Organizing Committee), who welcomed Satguru Mata Ji as well



as other dignitaries, and expressed his best wishes to students for a bright future. He also made a brief mention about the value of education and human qualities in students' lives.



A folk dance in Haryana style was presented. Also at the end, another folk dance was presented. At the end, the National Anthem was played.

Satguru Mata Sudiksha Ji Maharaj inaugurated a new building which was constructed with the blessings of Baba Hardev Singh Ji Maharaj. Also, the P.G. Block of the College on the Alwar Road was also inaugurated.

It is noteworthy that the N.B.G.S.M. College is a co-education institute which



is affiliated with and considered as one of the best colleges of the Gurugram University. At the present, there are 1300 students and 47 administrative staff. The college has acquired a 45-year old distinctive specialization in the Arts and Commerce

streams. It has recently developed a Science Faculty with a modern and developed a modern laboratory with latest equipments. The students of this College, established in 1975, have proved excellence both in education as well as in sports.

The stage was conducted for the above programme by Smt. Lipika Arya from Sanskrit Department and Smt. Swati Sharma from English Department.

Shri Dushyant Chautala Ji said at the Convocation Function

SERVICE TO THE NATION MUST BE THE HIGHEST GOAL FOR STUDENTS

Sohna (Gurugram), February 14: A Convocation Programme was organized in the premises of the Nirankari Baba Gurbachan Singh Memorial College. The Deputy Chief Minister of Haryana, Shri Dushyant Chautala attended the Programme as the Chief Guest.

The Programme was attended, among other dignitaries, by Shri S.C. Talwar Ji (Member, Executive Committee of the Sant Nirankari Mandal), Shri Ashok Diwakar Ji (Vice Chancellor, C.G. Storex University), and Shri M.C. Nagpal Ji (ex-Chief of the University's Administrative Committee). Addressing the Convocation Function, Shri Dushyant Chautala Ji, the Deputy Chief Minister of Haryana said that service to the nation must be the highest goal for students. Failing this, their education remains incomplete.

Shri Chautala Ji distributed degrees to 140 students belonging to the courses of B.A., B.Com, B.C.A., M.A. and M.Com. In addition, he also presented awards to those students who earned excellence for the College in the fields of sports, studies, cultural activities, etc.

Shri R.S. Manhas, President of the Executive Committee welcomed the Chief Guest, Shri Dushyant Chautala Ji by presenting a bouquet. The General Secretary of the Governing Body, Shri S.S. Sethi read out and presented a detailed report on the developments in the college during the preceding year. Dr M.S. Khatri Ji, Principal of the college, explained about the developments taking place in various activities of the college for the same period.

The Chief of all the Sant Nirankari Public Schools, Smt. Raman Manhas, presented a plant to Shri Dushyant Chautala Ji.



SERVING HUMANITY IS GOD WORSHIP

*Valuable contributions made by
the Mission's volunteers
in the current health crisis*



NEITHER EXHAUST NOR STOP

In today's times when we are struggling with global Corona pandemic, the pious words of Satguru Mata Sudiksha Ji are encouraging us to face the circumstances with the spirit of service and patience. Her blessings are encouraging volunteers to make significant contributions towards serving the mankind with a zeal of 'neither to exhaust nor to stop'.

Through its over 3000 branches and 95 zonal offices, the Mission is distributing dry ration and providing community meals to thousands of people every day, in addition to providing face masks, sanitizers, PPE kits, etc. These services have earned laurels for the Mission both from eminent as well as common people of the society.



Presently, lakhs of people are the grip of Corona pandemic. Scientists and researchers are vigorously trying to come out with an effective solution of this

disease. Doctors, health and sanitary workers are making their best contributions to control this outbreak even at the cost of their own health and lives. The police officials are also extending help in order to break the vicious and dangerous circle of Corona. Just like a ray of light always follows every night, It is prayed that situation also does not last for long, and would soon pass away.

Saints perform their actions with the help of divine light, taking the law of Nature as firm and unchangeable. They always believe that whatever is to happen cannot be escaped as they know that ‘whatever is to happen will happen, and nothing untoward can happen’.

The anchorage of Satguru is the biggest anchorage on every occasion. For example, if a boat is in the mid-waters and gets caught in a big storm, it becomes all the more important to trust the sailor. Similarly, there are high tides in life’s ocean, yet Satguru himself is around us as the saviour of all. Taking His base, we must come forward to help one another.

SERVICE TO HUMANITY

Saints always think about the welfare of all. There is a well known couplet that ‘the saints keep taking care of everyone’s welfare. They see God in everyone and never question about caste or creed.

It is well known to all that the Sant Nirankari Mission, since its inception, has been working towards social and spiritual upliftment of humanity. In 1947, at the time of country’s partition, when Baba Avtar Singh Ji came to Delhi from Peshawar, he not only provided spiritual strength to saints struggling for existence, but also solved their economic and social problems. He was generous to the extent that he also provided soothing touch to his critics. Later, Baba Gurbachan Singh Ji gave further momentum to the tasks of social upliftment. He guided devotees to perform simple marriages and tackle the social problems like intoxication; introduced the principles of simple marriages and ban on intoxication. This helped in evading many social and economic





constraints of saints. During the Silver Jubilee (25th) Nirankari Sant Samagam, the saints expressed their love and devotion to Baba Ji by weighing Him and Nirankari Rajmata Ji with currency notes. He immediately donated the entire money for the social welfare activities. Schools, colleges, dispensaries started running proactively.

This noble cause of social upliftment was further strengthened by Baba Hardev Singh Ji and Mata Savinder Ji in providing relief during natural catastrophes. To help victims of Gujarat earthquake, He directed to immediately deploy the Mission's resources for relief and rescue work, providing the much needed relief to the victims.

Looking at God in all, saints serve the entire humanity. Satguru's precept of 'serving humanity is God's worship' in the Mission has been relieving masses of their pain. Whenever and wherever the society needed help, the Mission was seen to be in the forefront. On the call of Baba Hardev Singh Ji,

as many as 11 lakh units of blood has been donated by the Mission, thus showing its commitment for the welfare of the humanity. This has helped people in inculcating the spirit of selfless service to the humanity.

Under the present context, the Mission has overwhelmingly served the mankind not only in India, but also in far off countries across the globe.

COUNTRYWIDE

The entire world has got together in solving numerous problems arising out of Corona pandemic. The lock-downs have considerably reduced the incomes of families. Under such a situation, Satguru Mata Sudiksha Ji Maharaj blessed to release a sum of Rs. 5 crores for the PM Care Fund, Rs 50 lakh each for the Chief Ministers' Fund in Uttarakhand, Punjab and Haryana. Also, 10,000 PPE kits were donated to the Chief Minister of Delhi.

When lakhs of people have been deprived of their income sources, the Mission provided relief by way of food to at least 40 lakh people in distress. As many as 1.5 lakh people were provided with bags containing wheat, rice, pulses, spices, tea, oil, salt, etc. Further, a large number of people living in precarious conditions were provided with meals, besides giving them patience and strength.

Each person is concerned with one's own health. However, in such a crisis situation, lakhs of volunteers of the Sant Nirankari Sewadal (SNS) as well as the Sant Nirankari Charitable Foundation (SNCF) were continuously busy in rendering services like sanitization, distribution of face masks, ration bags, and providing langar (community meal), etc. Care was taken, of course, to sanitize hands again and again, put on masks while serving and maintain appropriate social distancing. In the time of fear of death among people, the



Nirankari saints, on a mere signal of their Satguru, enthusiastically donated thousands of units of blood to save the lives of Corona patients in India and in overseas countries. The best aspect of these services was the spirit of 'serving humanity', looking everyone as our own, no differentiation of big or small, black or white and, above all, these services were rendered without an iota of show off.

Satguru is a grace and compassion personified. Satguru Mata Sudiksha Ji gave a directive to open the doors of the Sant Nirankari satsang (congregation) halls for suffering patients. As a result, thousands of congregation halls throughout the country were opened and they provided an impressive sight of service to humanity. Volunteers took up their respective duties. Different awareness campaigns like social distancing, use of mask, etc, were conducted. Sanitation campaigns were also carried out in almost every province. Satsang

halls in Amritsar, Ludhiana, Mumbai, etc., were used as quarantine centres and maximum possible assistance was provided for distribution of food, water, beds, medicines, etc. The Corona infected persons were also given lessons in yoga and made to do 'simran' (God remembrance) so that they could have peace of mind. Those who lost their jobs due to lock-downs, faced grave problem in earning their livelihood. In order to share their pain, the Mission served their requirements by way of distribution of cooked and dry ration.

The migrant labourers in every state were provided with community meals with so much devotion and respect as if God himself had appeared in a human form. Various scheduled caste families and leprosy patients were provided with ration at their homes so that they did not suffer from the pain due to lack of food.

At a time when lakhs of migrant labourers settled in Delhi, Mumbai, Ahmedabad, Pune, Nasik, Haryana, Punjab, etc, started returning to their native places in Bihar, UP and other states on foot or through vehicles, such as auto rickshaws, cycles, trucks, etc., the Mission provided them with water bottles, biscuits, meals, etc., at different points on different highways from Lucknow to Purvanchal (eastern region) and Bihar, e.g., Rudauli (Ayodhya), Kasya (Kushinagar), Barabanki, etc. Thousands of volunteers worked day and night to provide food packets and water bottles to these mobile labourers.

During this Corona crisis, there's scarcity of blood for patients in all hospitals. The Mission always strives to ensure that no life should be lost due to the shortage of blood. Saints in Uttar Pradesh Chandigarh, Madhya Pradesh, Maharashtra, Punjab showed their spirit of human service and donated thousands of blood units to save lives. At the Hadapsar and Jay Jawan Nagar branches of Pune, a total of 56 units were donated. In Delhi, Aurangabad, and many other places, the youth volunteers of Sant Nirankari Mission donated a large number of blood units. In Manimajra (Punjab), as many as 101 units of blood were donated. A drive was initiated to donate plasma for the patients falling in the senior citizenship bracket. All these activities of the Mission were highly appreciated by people.

Food packets as well as fresh meals were distributed at different locations in Delhi, viz, Natthupura, Madangir,





Nirankari Colony, Avtar Enclave, Rohini, Mangolpuri, Mehrauli, Gita Colony, Prem Nagar, Nand Nagri, etc.

Various quarantine centres were created in cities like Kolhapur, Sholapur, Mumbai, Nagpur, Aurangabad. There was a widespread appreciation for services provided in Amritsar, Barnala, Sunam, Manimajra, Longowal, Paonta Sahib, Gurdaspur, etc.

Volunteers were constantly engaged in rendering services at different points in states like Punjab, Haryana, Rajasthan, Madhya Pradesh, Maharashtra, Uttar Pradesh, South and North-Eastern states.

ABROAD

The practical form of Satguru Mata Ji's teachings of service to humanity was visible not only within India, but also in different countries of the world. A widespread drive of food distribution was taken up in places like Calgary (Canada), Kitchens (West London), Bedford, Yorkshire (U.K.), Anarbour, Detroit (America) etc., where food packets were supplied to many needy people. The Toronto branch distributed face shields.

The Mission's branches in Abottsford (Canada), West Midland, Oxford, Northampton (U.K.), distributed a large number of food packets to needy people. The Mission's literature was also provided together with food packets during a Food Drive in Scotland. Materials like masks, cleaning and other domestic items were distributed in Hong Kong. The District Councillor expressed his thanks to the Mission's gesture of humanitarian service.

Food drives were relentlessly carried out in different cities like Los Angeles (California), New York, Atlanta (Georgia), Huston (Texas), Seattle, Washington, Denver (Colorado), North Coraline, Chicago, Boston, Tracy (California), etc. Also, masks and gloves were distributed. A blood donation camp was also arranged In Kitchens (U.K.). Further, food packets were also distributed in St. Martin (West Indies). In Tikapur and Kathmandu (Nepal), a large number of ration packets and other relief materials were distributed. A blood donation camp was also arranged in Tikapur.

Relief activities were taken up on a large scale in countries like U.K., Canada, Spain, France, Italy, Germany, Malaysia,

Singapore, Hong Kong, Philippines, Australia, New Zealand, Nepal, etc. It was prayed also that may God soon relieve the world from the ongoing situation of fear and pain.

SANT NIRANKARI CHARITABLE FOUNDATION (SNCF)

The SNCF has been continuously contributing towards serving society and country on the doctrine of 'humanity is our religion'. It is dedicated to the service of humanity with a resolve to serve with humility.

The SNCF distributed 13,000 PPE kits to the doctors and medical staff personnel serving in government hospitals in Delhi, Haryana, Punjab, Maharashtra, etc. In addition, 1000 N-95 masks were provided to the Civil Hospital in Gurugram, Indian Medical Association in Haryana and Palghar (Maharashtra). Also, the GMC Hospital in Nagpur was provided with a large quantity of sanitizers, masks and gloves.

Over 80,000 face masks, 2000 eye wears, 17,000 gloves, 1200 litre of sanitizer packed in small bottles, were provided to the Central Reserve Police Force (CRPF), Reserve Police Force (RPF), Central Industrial Security Force (CISF), Border Security Force (BSF). Further, 10,000 masks were offered to Times of India and to the public. The volunteers of the Foundation arranged sanitization of people at public places like police stations, police beat boxes, check posts and other residential buildings. The distinguished people of Rudauli town as well as the Dy. Magistrate of Ayodhya District applauded the selfless service motto of the Foundation. Also, the inhabitants of the adopted villages were provided with free masks and soaps. Efforts were made to make people aware about safety measures through posters. Additional space to accommodate Corona patients for treatment was provided in schools run by the Foundation in Delhi, Haryana, Punjab and West Bengal. Meals were prepared for needy people in the complexes of Sant Nirankari Public School in Gobindpuri and Sant Nirankari Bal School. The entire complex of Baba Gurbachan Singh College in Sohna (Haryana) was converted into a quarantine centre. Over 5,000 volunteers were entrusted with the duty of distributing food to over 1.5 lakhs of people. In collaboration with the local administration in various states, the migrant labourers were provided with packed food, water bottles, biscuits, milk, etc. This facility was also provided to those travelling in trains. The police and security personnel serving the Corona victims were also provided with breakfast, water, tea, etc. People were cautioned against Corona pandemic through an awareness campaign run on social media like Facebook, Twitter, Instagram, etc.

An on-line medical service was also initiated through which over 10,000 queries of the public were answered. Necessary help was provided to leprosy patients and senior citizens in Old age Homes.

In the states of Delhi, Haryana, Uttarakhand, Maharashtra, Madhya Pradesh, Rajasthan, Gujarat, Chandigarh, Bihar, Punjab, Jammu & Kashmir, Himachal Pradesh, Uttar Pradesh, Karnataka, Telangana, Andhra Pradesh, Kerala, West Bengal, etc. the activities aimed at extending help are continuing for the last 9 weeks.

The senior officials of the Police Department have highly appreciated the Mission, saying that while the police personnel were busy in serving the people, the Mission's volunteers were providing services to the police officials by sanitizing police stations and offices. The Police department expressed deep appreciation to the Mission. In addition, appreciations were received from offices of the DM, SDM, provincial heads and municipal authorities.

The Prime Minister of India, Shri Narendra Modi and various Chief Ministers, Legislators and responsible administrative officials tweeted to express deep appreciation for the Mission's humanitarian service.



TRIBUTE

Shri Des Raj Sikka Ji, Member In-charge, Accounts Department, Sant Nirankari Mandal, Delhi, left for his heavenly abode on the evening of April 24 at his residence in Nirankari Colony. He was conversing with his grand son, Ashritji and daughter-in-law Navitaji when he wished to take some rest. While resting, he went to his eternal sleep. His son, Anupam Sikka Ji, who at that time was performing service of preparing langar in Ground No. 8 for the lockdown affected people, reached home immediately.

Satguru Mata Sudiksha Ji Maharaj reached Shri Sikka's residence to express concern and provide solace to the family. Satguru Mata Ji said that Sikka Ji was a great sewadar (volunteer) and a humble saint. He served the Accounts Department for a very long time and completed his life journey while serving the Mission. The family too looked after him sincerely. She prayed for strength and courage to the family. Earlier, on 18 January 2020, before leaving for Nasik Samagam, Satguru Mata Ji and Rev. Ramit Chandna Ji visited Sikka Ji's house and gave pious blessings to him and his family.

In the morning of 25 April at 10.00 A.M., the mortal body of Sikka Ji was cremated with full honour at the Dhirpur cremation ground, near Sant Nirankari Colony.

Baba Gurbachan Singh Ji brought Sikka Ji from Gurugram and introduced him to the Accounts Department of the Mission. It is just a coincidence that on 24 April itself, Baba Gurbachan Singh Ji renounced his body, and Sikka Sahib Ji also got immersed in Nirankar on the same day.



A GREAT VOLUNTEER AND A HUMBLE SAINT Shri Des Raj Sikka Ji

Shri Des Raj Sikka Ji was born in a village in Pakistan in the family of Shri Harbhagwan Dass Ji and mother Smt Viran Rani. After partition in 1947, they settled in a village in Rohtak, Haryana. Sikka Ji completed B.Sc in 1960 and joined State Bank of Patiala. He attained God-Knowledge in 1969 from the Head of Gurugram Branch, Shri Bhagwan Das Diwana Ji. He also served the Sewadal as its Coordinator in Gurugram. In 1972, Baba Gurbachan Singh Ji took him to Delhi and included him in the Mandal's Executive Body. Keeping in mind his dedicated services, Baba Gurbachan Singh Ji offered Sikka Ji varied blessings and positions. In the year 2002, Baba Hardev Singh Ji included him in the Executive Body of the Mandal and blessed him to continue

in the Accounts Department. Since 2009, he had been performing as the Member In-charge of the Finance Department.

Shri Sikka Ji had the privilege of serving the Mission during the eras of Baba Gurbachan Singh Ji, Baba Hardev Singh Ji, Mata Savinder Hardev Ji and finally with Satguru Mata Sudiksha Ji. He always placed the service of Satguru ahead of all his activities and did his best to effectively manage the Accounts Department. In order to maintain an efficient coordination with all the branches, he managed to lay down common policies and rules for every branch and circulated them to all the branch heads. During annual samagams, he used to be continuously present together with his entire team. He arranged meetings of eminent personalities with Satguru. He was actively engaged with Bhagat Kotumal Ji, and always kept his duties within the purview of 'gurnat'. He was too humble to touch every saint's feet to express his respect and always encouraged them to imbibe humility in life from Satguru.

For all correspondence regarding Magazines & Sending Material for Printing,
Please use : email- sulekh.sathi@nirankari.org, Mob.: 8750950000 -Managing Editor



Devotees of Sant Nirankari Mission serving Corona Virus affected persons overseas



Serving humanity is God worship



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