

CHILDREN'S JAIN MAGAZINE

(English, Gujarati & Hindi)

EVERY FORTNIGHT

25<sup>TH</sup> MARCH 2015

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A vibrant collage of various fruits including apples, oranges, bananas, blueberries, raspberries, blackberries, and strawberries, arranged around a central circular frame.

*The Art of Eating*

# I AM WHAT I EAT

## जैसा आहार वैसे हम

Do you know that,  
you are what you eat ?

क्या आप जानते है,  
आप क्या खा रहे है ?



Do you know that food  
directly affects your mood  
and your personality ?

क्या आप जानते है कि आहार की असर  
हमारे मन और व्यक्तित्व (स्वास्थ्य) के  
उपर पडती है। जरा सोचो ?



- By Aditi Didi (Sion)

Cheque or Draft :  
Arham Yuva Group

Parasdhm  
Vallabh Baugh Lane, Tilak Road,  
Ghatkopar (E), Mumbai - 77.

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**Think about it!!!**

**जरा सोचो!!!**



**If you fill vegetable oil in your car instead of petrol or diesel will it run properly ?**

अगर आप कार में पेट्रोल और डिझल की जगह वेजीटेबल तेल डालोगे तो क्या होगा ?

**If your mobile battery is empty, will you be able to call anyone ?**

अगर मोबाइल फोन में बैटरी नहीं है तो आप किसी से बात कर पाओगे ?



**Then just think!!!**



**Can your body function properly on junk food ?**

क्या गलत आहार खाने से आपका शरीर अच्छे से कार्य कर पाएगा ?

**नहीं!  
NO!**

Do you  
know Junkie  
Monkey?

Hi I am

Junkie  
Monkey



I love junk food  
It is tasty and easily available.

### My Favourites



Pizza



Subway Bun



Noodles



Pastries



Cold Drinks



Nachos



Pasta



Cakes



Chips



Burgers



French Fries

Yummy  
Food



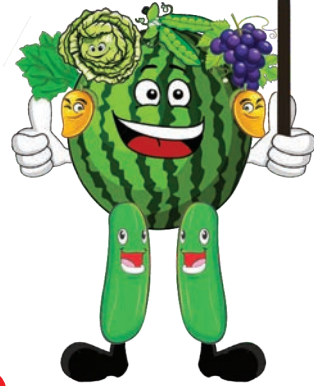
### Check N Change

They are not easy to digest and harmful for your body.  
You will face many health problems later in life. These  
are high in calories without any nutrition.

Guess who  
am I ???

Hi I am

Healthy  
Hunky



I love Healthy food  
It is good for our health  
and easy to digest.

### My Favourites



Lemon Juice



Pulses Bhel



Makai Roti



Vegetable Franky



Raisins



Anjeer



Fruit Salad



Khakhras



Homemade  
milkshakes



Wheat pasta with  
vegetables



Fresh Fruits



Nuts like Roasted Almonds, Walnuts, Cashewnuts & Pistas



All these foods are healthy and very tasty. They will provide nutrition to your body, you can stay fresh & very energetic. So from now onwards "Decide, what you want to do".



Then what should I have  
when I am hungry???  
I want tasty food !!!

There are so many **Healthy & Tasty** options !!

SO.....

INSTEAD OF JUNKIE MONKEY → GO FOR HEALTHY HUNKY

- Instead of potato chips → Have naachani chips
- Instead of cream biscuits → Have digestive multi - grain biscuits
- Instead of chocolates → Have dates and nuts
- Instead of french fries → Have roasted chana and groundnuts
- Instead of pastries and cakes → Have food items of oats
- Instead of Maggie → Have rava idli
- Instead of bread → Have paneer paratha
- Instead of soft drinks → Have lemon juice, butter milk
- Instead of fresh juices → Have fresh fruits
- Instead of papad → Have khakhras
- Instead of fried items → Have vegetable soups
- Instead of Noodles → Have pulses bhel



"EAT YOUR FOOD AS YOUR  
MEDICINES. OTHERWISE  
YOU HAVE TO EAT  
MEDICINES  
AS YOUR FOOD"



- Suggested by Mrs. Sweta Hiren Karia  
(Dietician, Nutritionalist & Health Coach)  
Msc. Food Science & Nutrition

# Improve your eating habits



भोजन की थाली के सामने मूँह नहीं बनाना चाहिए, भोजन का तिरस्कार भी मत करो।

शोक, भय, टेन्शन जैसी अवस्था में भोजन ना करे।



खाने के लिए भाई-बहन के साथ झगडा ना करे और जिद्द भी ना करे।



हररोज सूर्यास्त के पहले भोजन करना चाहिए।



सच्चा जैन वही है जो, कहीं भी, कोई भी जगह खाता नहीं...

# Improve your eating habits



खाने के पहले और खाने के बाद  
तीन बार नमस्कार महामंत्र का  
स्मरण करना चाहिए।

भोजन प्रमाणसर करना चाहिए।  
अतिभोजन स्वास्थ्य के लिए  
हानीकारक होता है।



तिथी के दिन हरी सब्जी का  
त्याग करना चाहिए।



भोजन के बाद थाली को  
धोकर पीनी चाहिए।



साधु-संत को सुपात्रदान  
करने से कर्म क्षय होते हैं।



# Improve your eating habits

भोजन झूठा नहीं छोड़ना चाहिए।



भोजन खाते खाते बोलना  
नहीं चाहिए।  
हमे मौन रखना चाहिए।



साधर्मिक को अन्नदान देकर भोजन करना  
चाहिए। इससे भविष्य में कभी भूखे  
रहने का समय नहीं आता।



भोजन को अच्छी तरह से  
चबाकर खाना चाहिए।



परमात्मा की आज्ञा का पालन  
होगा तो मन निर्मल और शांत होगा।

બાળકો એટલું યાદ રાખો આપણે  
જીવવા માટે ખાવાનું છે...  
ખાવા માટે જીવવાનું નથી...



આ ચિત્રમાં સૈનિક સ્કંધકમુની ના શરીર પરથી ચામડી કેમ ઉતારી રહ્યા છે?  
આટલી પીડા, આટલી બધી વેદના, આટલું દુઃખ દર્દ, કેમ સહન કરવું પડે છે?  
એવું તે શું ક્યું હશે સ્કંધકમુની એ કે તેમને આ દર્દ નો અનુભવ કરવો પડ્યો?  
તો ચાલો ભુતકાળમાં...

“એક હજાર વર્ષ પહેલા સ્કંધકમુની ના જીવે apple જેવા એક ફળની છાલ બહુજ સરસ રીતે આખી અને અખંડ ઉતારી હતી અને ખૂબજ આનંદથી કહ્યું કે, “મેં કેવી સરસ છાલ ઉતારી... બધી છાલ ગોઠવીને રાખું તો કોઈને ખબર પણ ન પડે કે અંદર ફળ છે કે નહીં” ...

બસ, એ ફળનો જીવ એટલે તું રાજન! એક હજાર વર્ષ પૂર્વે કરેલ પાપકર્મની સજા સ્કંધકમુની ને ભોગવવી પડી... પાપકર્મ કરીને અત્યંત ખુશ થવાથી નિકાચિત કર્મ બંધાયું હતું..

**(નિકાચિત કર્મ એટલે જે કર્મ ભોગવવું જ પડે).**

તો બાળકો આ વાર્તા ઉપરથી તમારે શું ધ્યાન રાખવાનું છે?  
શું શીખવાનું છે?

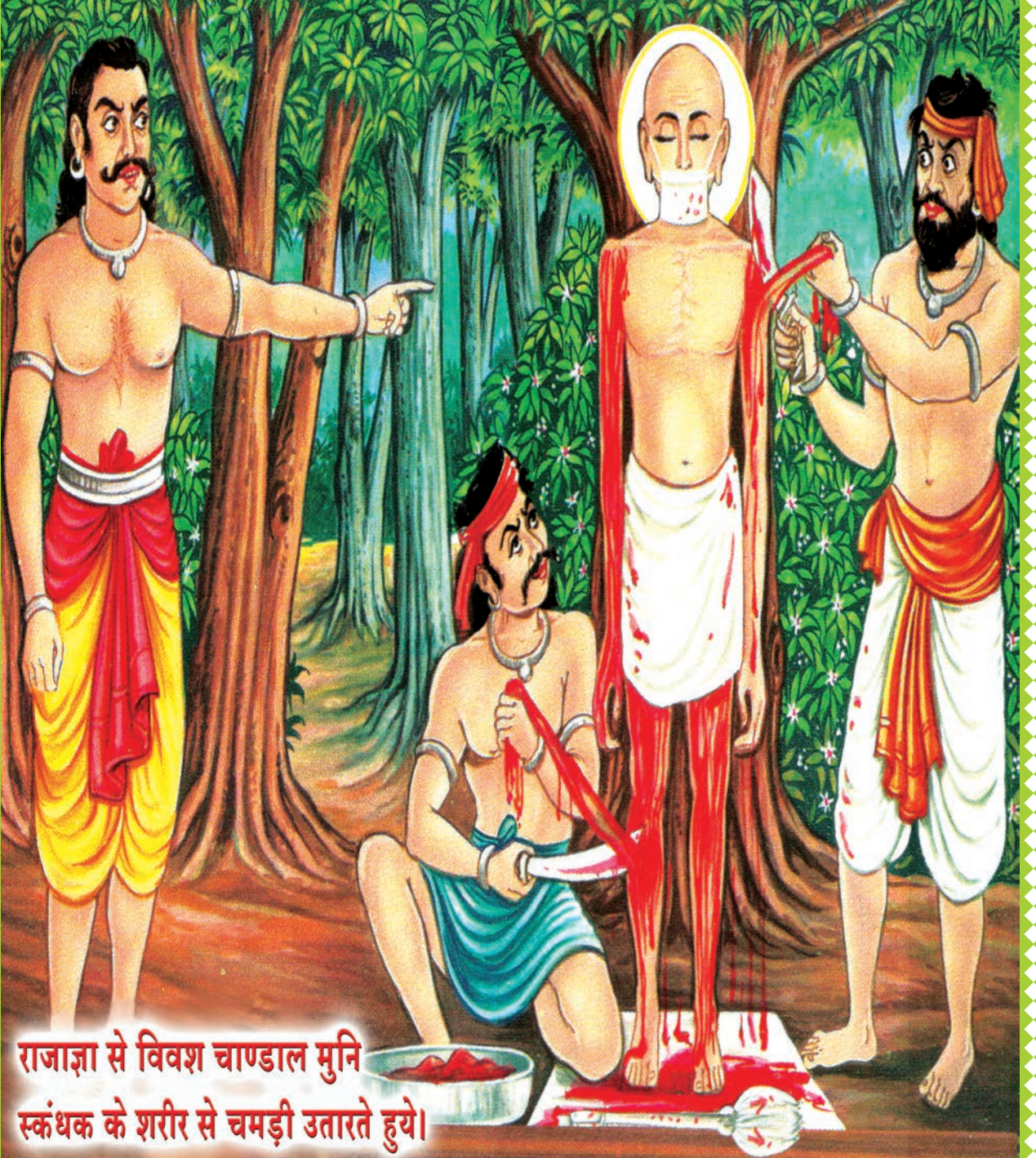
**ખાવાની વસ્તુના વખાણ ક્યારેય કરવા નહીં,**

તેને સુધારીને, કાપીને અહમ્ કરવો નહીં કે આવું તો મને જ આવડે,  
મને તો આવું જ સુધારેલું જોઈએ, સલાહને ડેકોરેશન કરતાં પણ તમે જરૂરથી સ્કંધકમુની ને યાદ કરજો... વિચારજો..

**શું હું જીવોને hurt કરી ને તેને સજાવવામાં મજા લઈ શકું ?**

ના... ના... ના...

# स्कंधकमुनी



राजाज्ञा से विवश चाण्डाल मुनि  
स्कंधक के शरीर से चमड़ी उतारते हुये।

Hey kids what's up? Hi !!



Let us learn more about the various 'TYPES OF FOOD'

*आओ जाने आहार के विभिन्न प्रकार*

Our ancestors were very wise people who divided food by qualities. They knew how and which food affected our personality. They designed a system where in the body was nourished by 'THE RIGHT FOOD AT THE RIGHT TIME' The 3 types of food they came up with were - Tamasic Food, Rajasic Food & Sattvic Food.

*हमारे पूर्वजोने आहार को गुणवत्ता के अनुसार विभाजीत किया है। वह जानते थे कि कैसा और कौनसा आहार हमारे स्वास्थ्य पर कैसी असर करता है। उन्होने हमें समजाया है कि सही समय पर सही आहार करने से व्यक्ति तंदुरस्त कैसे रह सकता है। आओ देखें आहार के तीन प्रकार - तामसिक आहार, राजसिक आहार और सात्विक आहार।*

# Tamasic Food

# Tamas means Darkness

## Food Items



Canned Food



Bread



Pastries/Cake



Frozen Food



Vinegar



Potato



Onion



Garlic

## Nutritional Value

Tamasic food does not have any nutritional value. It makes the mind and body slow and disrupts the functioning of the immune system.

तामसिक आहार में कोई पौष्टिक गुणवत्ता नहीं है। तामसिक आहार हमारी रोग प्रतिकारक शक्ति को नष्ट कर देता है।



## Personality Traits

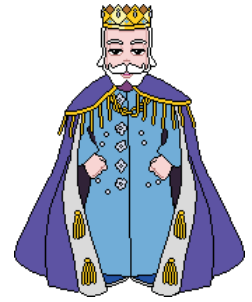
Tamasic food leads individuals to depression and irritation. It even makes them tired easily.

इस आहार को खानेवाला व्यक्ति तनावग्रस्त और चीड़चीड़ा रहता है। थोड़ासा मानसिक कार्य भी उसे थकान महसूस कराता है।



# Rajasic Food

# Raja means king



## Food Items



Red lentils



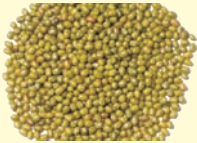
Tur lentils



Spinach



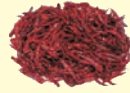
White urad lentils



Green gram



Black pepper



Chillies



Cold Drinks



Spicy Food

## Nutritional Value

**Taste : Spicy - hot - sour - bitter**

**स्वाद : तिखा - गरम - खट्टा - कडवा**

The food in this category activate various functions of the body. It energizes almost all the systems especially the nervous system.

इस प्रकार के आहार से हमारे शरीर के सभी अवयव कार्यरत होते हैं। हमारी नर्वस सिस्टम को उर्जा देते हैं।



## Personality Traits

Although associated with quality and freshness, too much of Rajasic food will lead to problems such as indigestion, constipation, etc.

इस प्रकार के अतिरिक्त आहार से कब्ज, अपाचन जैसी तकलीफ होती है।



# Sattvic Food

# Sattva means Purity



## Food Items



Fresh Fruits



Grains



Fresh Vegetables



Nuts



Milk Products



Ghee



Yoghurt



Milk

## Nutritional Value

Sattvic diet is also referred as a yoga diet or sentient diet. It is the diet that leads to clarity of the mind while it also benefits the body.

सात्विक आहार को योगिक आहार भी कहा जाता है। इस आहार से हमारा मन शांत और शरीर स्वस्थ रहता है।



## Personality Traits

People who mostly have sattvic diet are loving, compassionate and pure minded. They have a positive behaviour.

सात्विक आहार खानेवाली व्यक्ति प्रेमाल, दयालु, और शुद्ध मनकी होती है। उनका व्यवहार हमेशा पोजिटिव होता है।





# आयंबिल ओली यानी क्या ? रसंद्रियाँ को जीत लो, अनहारक पदको प्राप्त कर लो!!!

A - आसो सुद और चैत्र सुद सातम से पूनम की तिथि

A - आराधना

Y - Yearly 2 times

A - Aayambil oli

M - मन को जीतने का प्रयास

B - बील में जैसे साँप का प्रवेश, वैसे मुखमें भोजन का प्रवेश

I - Indriya gets controlled

L - Leave the taste for 9 days

O - One becomes healthy and free from diseases

L - लोकोत्तर पर्व (Religious Festival)

I - Infinite Karmas gets destroyed

T - तपसम्राट गुरुदेव की 999 आयंबिल तप आराधना

A - अंतराय कर्म का क्षय

A - अशुभ नाम कर्म का क्षय

P - परम पद प्राप्त करने का प्रयास





AAYAMBIL  
OLI

is a festival of  
nine days

26<sup>th</sup> March to 3<sup>rd</sup> April

A Jain is supposed to eat blend food only once in a day!

NO



Vegetables



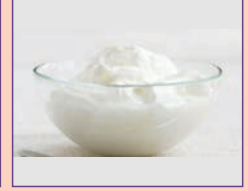
Spices



Oil



Milk



Curd

आयंबिल का आहार...  
आरोग्य के लिए सुखाकार...



नौ दिन करुं, शुभ भाव हर दिन!!!

**A Jain performs Aayambil to salute these 9 supreme posts of universe.**

Dev  
Tatva

Arihant  
Siddh

Guru  
Tatva

Aachaarya  
Upaadhyaay  
Saadhu / Saadhvi

Dharma  
Tatva

Samyak Gyan (True Knowledge)  
Samyak Darshan (Right Vision)  
Samyak Charitra (Right Conduct)  
Samyak Taap (Penance)

### Prayer for 9 days

- Day 1 :** हे अरिहंत परमात्मा – आहार के प्रति मेरी आशक्ति कम हो एसी कृपा बरसाओ...
- Day 2 :** हे सिद्ध परमात्मा – मेरा जिवन निष्पाप और निस्वार्थ बने एसी कृपा बरसाओ...
- Day 3 :** हे पुज्य गुरुदेव – **Self पर Control** कर सकूं एसी कृपा बरसाओ...
- Day 4 :** हे पुज्य गुरुभगवंत – मेरे अंदर का ज्ञान प्रगट हो एसी कृपा बरसाओ...
- Day 5 :** हे साधु भगवंत – मैं मोक्ष मार्ग के लिए पुरुषार्थ करूं एसी कृपा बरसाओ...
- Day 6 :** हे परमात्मा – आप के जैसा सम्यक ज्ञान प्रगट हो एसी कृपा बरसाओ...
- Day 7 :** हे परमात्मा – आप के जैसा सम्यक दर्शन प्राप्त हो एसी कृपा बरसाओ...
- Day 8 :** हे परमात्मा – आप के जैसा सद्गुण प्रगट हो एसी कृपा बरसाओ...
- Day 9 :** हे परमात्मा – आप के जैसा तपस्वी बनूं एसी कृपा बरसाओ...



- By LNL Didi  
(Chennai)

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### The Secret Recipe

- \* Take 12 months clean them properly till bitterness, envy and jealousy leave them. But do not cook them together!
- \* Divide them into 365 to 366 days.
- \* Cook each day at a time.
- \* Add to each day one big mug of hard work, two tablespoons of confidence and one teaspoon of patience.
- \* Add a pinch of faith in the almighty and season with affection, obedience, exercise, respect, good manners and lot's of energy.
- \* Cook it over the fire of rediance in the vessel of love and serve it on a plate of trust and garnish it with a huge smile.

*See how everybody loves it.*

◀ આયંબિલ આરાધના, અનુભવી તો જુઓ!!! ▶

અનુભવી તો જુઓ, તમે અનુભવી તો જુઓ,  
મારા તપસ્વીઓ કરે તે અનુભવી તો જુઓ...

પિઝા, પાસ્તામાં તમે એવા રૈ ફસાયા,  
આયંબિલના ઢોકળા તમે સ્વાઈને તો જુઓ...

ઠંડા પીણા અને આઈસ્ક્રીમના રાજમાં,  
મગનું પાણી તમે પીને તો જુઓ...

બટર નાન અને બટર રોટીના ચસ્કા એવા રૈ લાગ્યા,  
આયંબિલની રોટલી-રોટલા ચાચીને તો જુઓ...

અનુભવી તો જુઓ!!!

- ચેતના દીદી

Alert Bell



Aatham  
27<sup>th</sup> March



Paakhi  
03<sup>rd</sup> April

જમે છે બધા પણ જેને જમતા આવડે તે જૈન...



Nilkanth Market, M. G. Road, Ghatkopar East., Mumbai- 400 077

Tel. 21022063/9322593980, Customer Care No. - 9322593980 (Email Id - savlaharsh@gmail.com)



Maida, a food ingredient which has become a major part of our indian meal. Kids relish foods such as pastries, bread, khari, naan, kulchas, tarts etc., all made from maida. Maida is most refined form of wheat. During the process of refining, a lot of nutrients and fibres are lost which are very healthy and essential for our body. As maida contains high glycemic, it raises high blood sugar, gains weight, leads to high cholesterol and heart disease also.

Fried items and another mouth watering items are loved by all of us. Fried chips, vadas, bhajias are loved by all, **but kids they are harmful for our health...** It contains lots of fats. One should be alert and notice the oil used by outside vendors. Their oil at times have a black residue at bottom which is called acrylamide. Continuous reuse of fried oil causes cancer. Instead kids, **opt for baked food, baked chips, shallow fried tikkies.** They taste good too!!!

Suggested by Mrs. Sweta Hiren Karia, Dietician, Nutritionist and Health Coach  
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