



ANGER MANAGEMENT



Glimpses of Gurupurnima



Welcome Song by Gurubhakt's
of Ahemdabad



Recitation of 5th Shraman Sootra by
7 year old LNL child Vansh (Abudhabhi)



Musical drama on 6 Aavashyak
by LNL & AYSG (Mumbai)



Live bhakti by LNL child
Dhruvi (Parasdham)



Drama on Rai Paseniya Sootra by Gurubhakt of Kolkata

Cheque or Draft:
Arham Yuva Group

Parasdham
Vallabh Baug Lane, Tilak Road,
Ghatkopar (E), Mumbai - 77

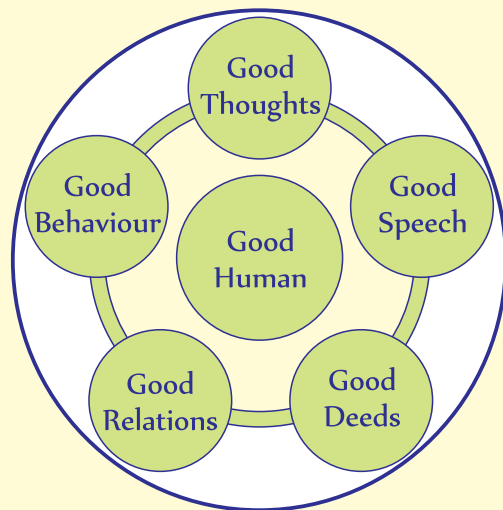
Subscription:
10 Years Rs. 500
Lifetime Rs. 1000

DO YOU WANT TO LEAD A HEALTHY, AND LONG LIFE?



DO YOU WANT TO BECOME SUCCESSFUL IN LIFE?

DO YOU WANT TO BE KNOWN AS A GOOD HUMAN BEING?



DO YOU WANT TO MAINTAIN RELATIONS WITH FAMILY AND FRIENDS?

IF YES, THEN YOU SHOULD LEARN TO EXPRESS YOUR EMOTIONS:

- ∞ AT THE RIGHT TIME
- ∞ AT THE RIGHT PLACE AND
- ∞ IN THE RIGHT MANNER

By Parmatma's Grace



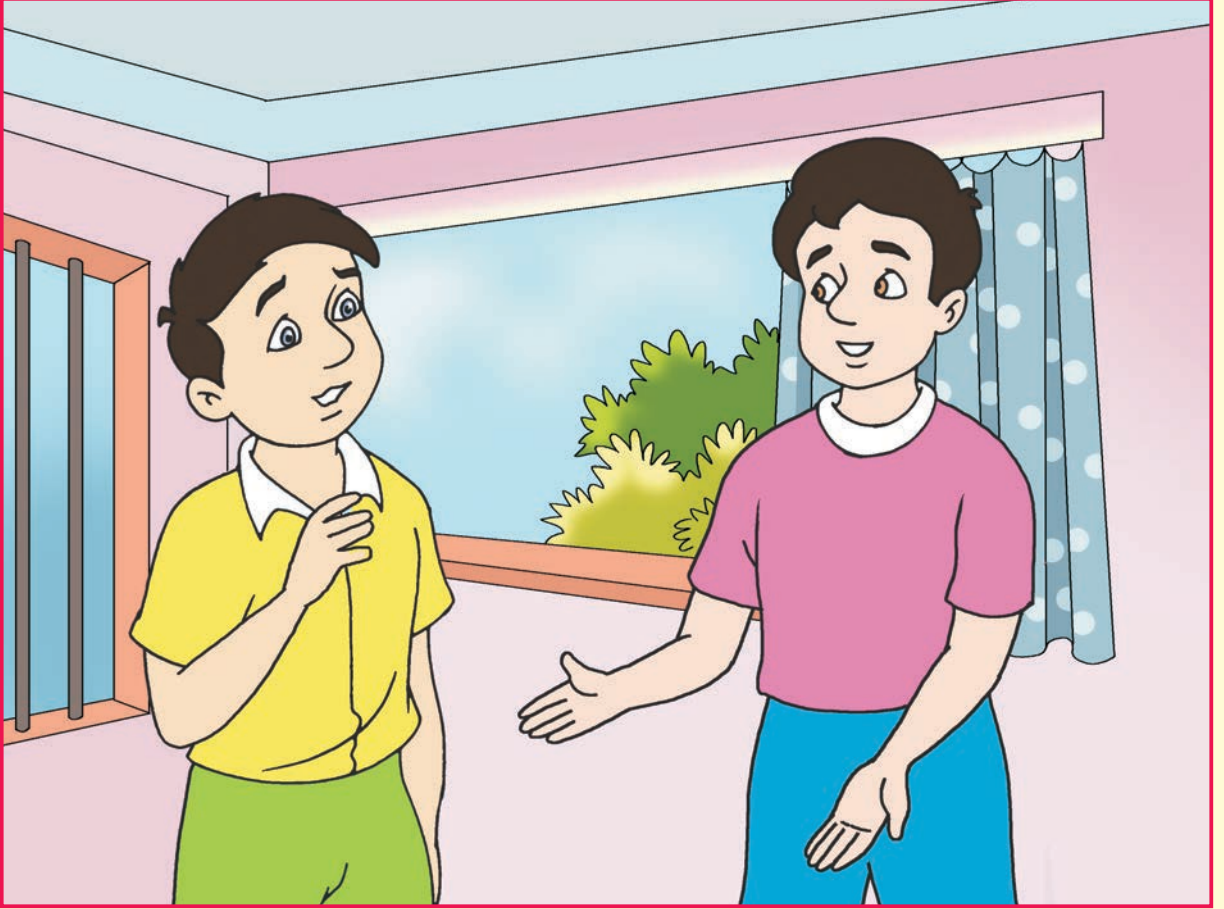
- * I am happy
- * I forgive myself
- * I forgive others
- * I am a good kid
- * I am calm and peaceful
- * Everyone around me is happy
- * I am incharge of my own feelings
- * I must learn how to convert anger into positive energies...



Have you
ever seen
Parmatma
Angry or
Upset?

Parmatma's face
always reflects
Peace and
Happiness!!!

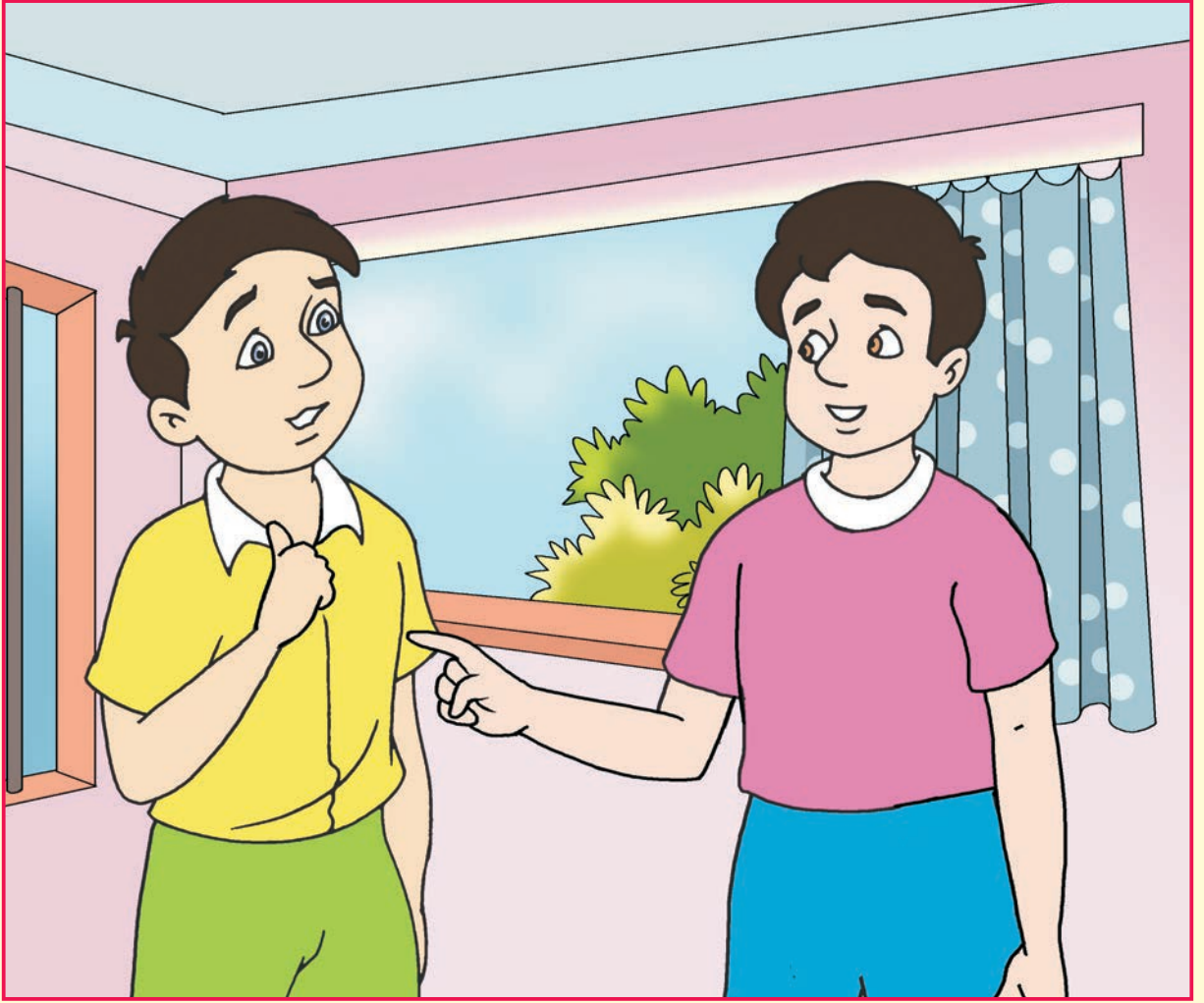
STORY TIME



एक व्यक्ति ने कहा-मुझे क्रोध बहुत आता है,
मुझे क्रोध से कैसे छुटकारा मिल सकता है?

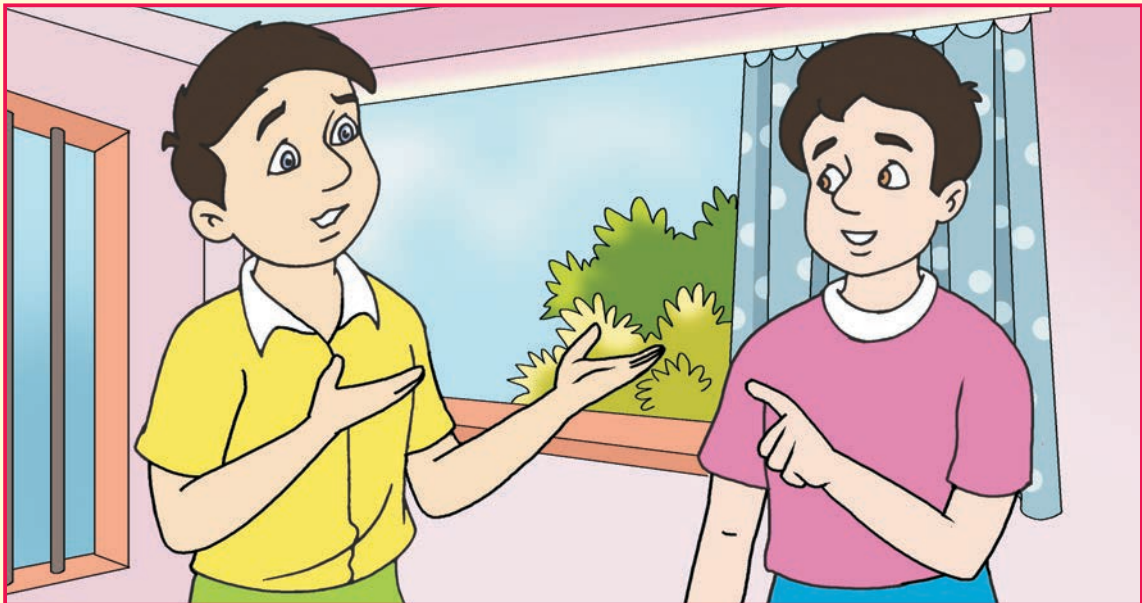
मैंने पूछा-तुम्हें क्रोध कब आता है?

उसने कहा-जब सामनेवाला गलती करता है तब।



मैंने कहा-सजा तो उसे मिलनी चाहिये
जिसने गलती की है
किन्तु तुम किसे सजा देते हो?
गलती सामने वाले ने की
और क्रोध तुम्हें आया, अब बताओ...



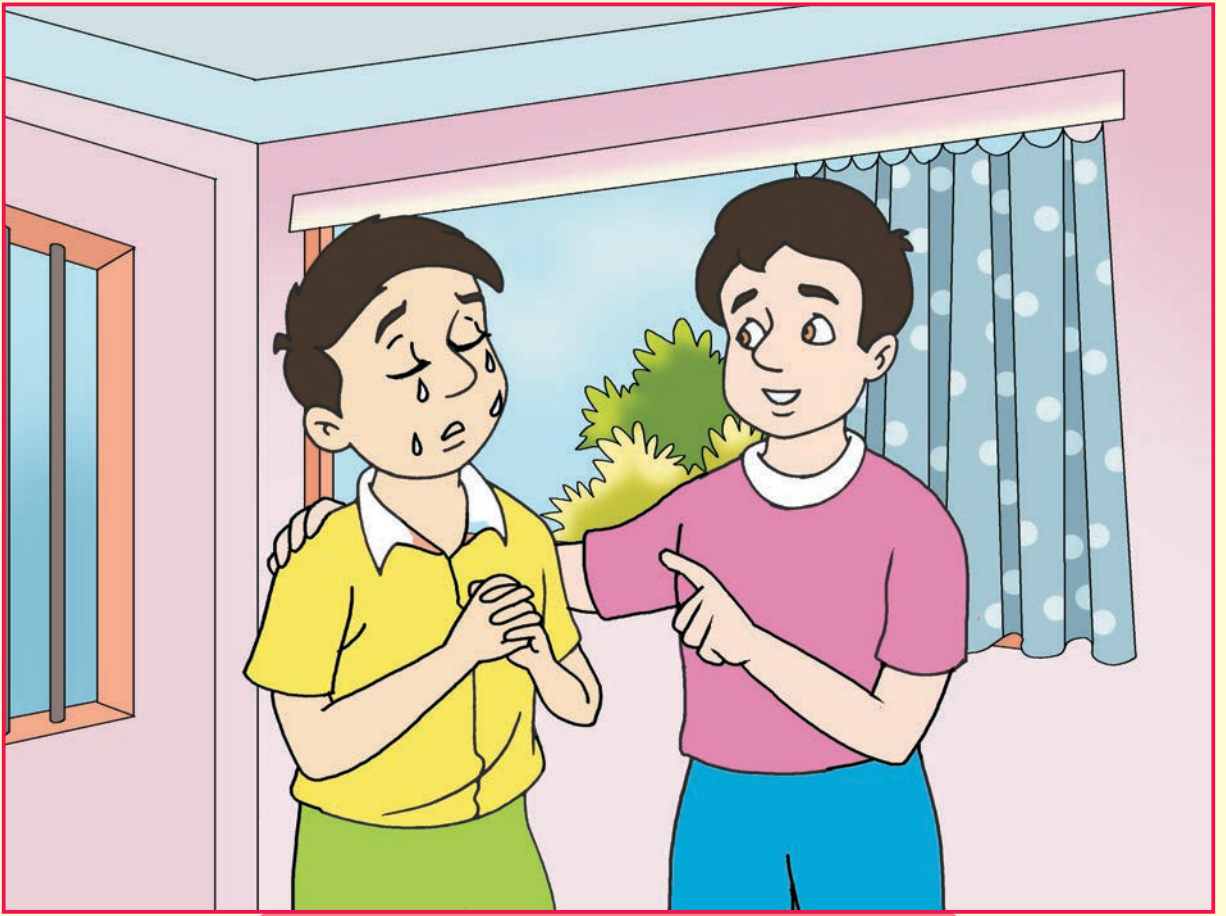


सिर किसका गरम हुआ? मेरा।
दिल किसका जला? मेरा।
भाव किसके बिगड़े? मेरे।
चहेरा किसका बिगड़ा? मेरा।

भाषा किसकी बिगड़ी? मेरी।
व्यवहार किसका बिगड़ा? मेरा।
देखने-सुनने वालों की दृष्टि में प्रतिष्ठा
किसकी बिगड़ी? मेरी।



सामनेवाले का क्या बिगड़ा? कुछ नहीं।
सामने वाले की गलती की सजा किसको मिली?
मुझे स्वयं को।



सामने वाले की गलती की सजा
स्वयं को देना इसे कहते हैं-क्रोध

क्रोध=क+रोध

याने कल्याण मार्ग का अवरोधक तत्व है क्रोध
क्रोध को प्रेम में बदल दो, कृष्ण बन जाओगे।
क्रोध को ध्यान में बदल दो, बुद्ध बन जाओगे।
क्रोध को करुणा में बदल दो, महावीर बन जाओगे।
क्रोध को भक्ति में बदल दो, भगवान बन जाओगे।

Results OF ANGER



Socially



Damages Relationships



Hampers Success

Mentally



Leads to stress
and depression



One becomes
aggressive and sad

Anger Causes HARM!!!



Emotionally

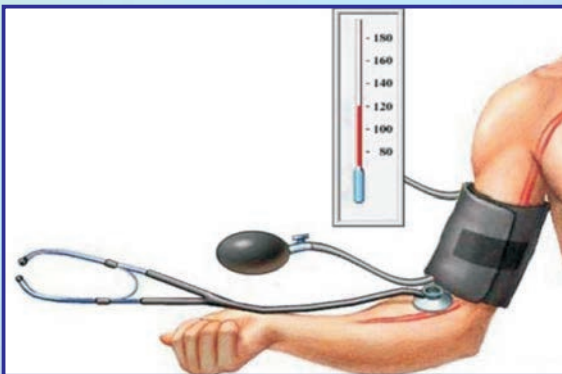


One becomes
irritated and frustrated



Can't think of
solutions for problems

Physically



Blood Pressure rises



Aura turns black

ANGER-O-METER



Leave me alone

I am aggressive

I am angry

I am unhappy

*I am feeling
anxious*

I am calm



When your child is angry,
don't yell at him,
teach him a better way!!!

**There is
NO SUCH
THING
as a
NICE
Scream!**

**Tell don't yell!
Keep your cool!**



M
A

Take deep
breaths
and relax

One

Exercise,
walk or
bounce
a ball

Five

N

A

Count
upto 10 and
calm down

Two

Keep other's
point of view
in mind

Six

G

E

Get away
from the
situation or
the person

Three

Tell yourself
you are
all right

Seven

Y

R

O

U

A

N

Keep
yourself
mum

Four

Talk to
someone
and be
positive

Eight

G

E

R





Once a junior school teacher asked her students to bring some tomatoes in a plastic bag to school. Each tomato was given a name of the person whom that child disliked. Like this, the number of tomatoes was equal to the number of persons they disliked. On the decided day, the children brought their tomatoes well addressed. Some had two, some had three and some even had five tomatoes!

The teacher said they have to carry these tomatoes with them everywhere they go for a week. As the days passed, the children started to complain about the spoiled smell that started coming from these tomatoes. Also, some students who had many tomatoes complained that it was very heavy to carry them all around. After a week the children got rid of this assignment. When it got over, the teacher asked, "How did you feel in this one week?" The children discussed their problems about the smell and weight. Then the teacher said, "This situation is very similar to what you carry in your heart when you don't like some people. This hatred makes your heart unhealthy and you carry that hatred in your heart everywhere you go. If you cannot bear the smell of spoiled tomatoes for a week, imagine the impact of this hatred on your heart when you carry it throughout your life!"

❧ Moral of the Story ❧

Our heart is a beautiful garden that needs a regular cleaning of unwanted weeds. Forgive those who have not behaved with you as expected and forget the bad things.





POSITIVE ALPHABETS



Make as many sentences as you can
from the following positive alphabets...

A - Always

B - Be

C - Cool

D - Don't have

E - Ego with

F - Family, Friends

G - Give up

H - Hurting

I - Individuals

J - Just

K - Keep

L - Loving

M - Mankind



- N - Never
- O - Omit
- P - Prayers
- Q - Quietly
- R - Remember
- S - Speak
- T - Truth
- U - Use
- V - Valid
- W - Words
- X - Xpress your
- Z - Zeal



**SPEAK
TRUTH**

Write your sentences in the blanks given below...

Xpress your Zeal



WORDS

- 1 Selfish letter "I", Avoid it.
- 2 Satisfying letter "We", Use it.
- 3 Poisonous letter "Ego", Kill it.
- 4 Most used letter "Love", Value it.
- 5 Pleasing letter "Smile", Spread it.
- 6 Fastest spreading letter "Rumour", Ignore it.
- 7 Hardest working letter "Success", Achieve it.
- 8 Envidable letter "Jealousy", Distance it.
- 9 Powerful letter "Knowledge", Acquire it.
- 10 Essential letter "Friendship", Maintain it.

चातुर्मास यानी क्या ? ? ?

चा - चार गति का नाश करे

तु - तत्व की पहचान करे

मा - मोह का नाश करे

स - संयम की अभिलाषा जगाए



Alert Bell



Pakhi

14th August



Aatham


22nd August



The past is where you
learned the lesson...

The future is where you
apply the lesson...

Don't GIVE UP in the middle!!!



Keep your heart
free from hate,
Your mind out of worry,
Expect little and give more,
Fill your life with love,
Accept the reality of life,
Forget self and think of others!!!

- By Mehta Parivar

4 Nice Little Stories

Once, all villagers decided to pray for rain. On the day of prayer all the people gathered but only one girl came with an Umbrella... That's FAITH!!!



When one throws a baby in the air, she laughs because she knows someone is there to catch her... That's TRUST!!!

Every night we go to bed, without any assurance of being alive the next morning but still we set an alarm to wakeup... That's HOPE!!!



We plan big things for tommorrow inspite of zero knowledge of the future or having any certainty of uncertainties... That's CONFIDENCE!!!