





**Cheque or Draft: Arham Yuva Group** 

Parasdham Vallabh Baug Lane, Tilak Road, Ghatkopar (E), Mumbai - 77 Subscription for 10 years India: Rs. 1000/-Abroad: Rs. 5000/- Aakash and Ansh were cousins. One day Aakash visited Ansh's place. Ansh took him for a stroll in the forest. They both were so engrossed in talking to each other that they didn't realise where they were heading. They had reached some new place. While walking Aakash tripped and fell in a dry ll.

Ansh was shocked and tensed. Ansh yelled for help but failed. Suddenly he saw a rope, he took it and threw it in the well and asked Aakash to hold it. Ansh closed his eyes and remembered Pujya Gurudev's teachings.

In times of trouble we always think of Pujya Gurudev and also one's inner strength will lead to success.

Then he started pulling Aakash and in no time Aakash was out of the well. Ansh's confidences and faith led him to success. Ansh thanked pujya Gurudev for becoming his Guiding Light.

Dev, Guru and Dharma is like the rope of hope in times of trouble.

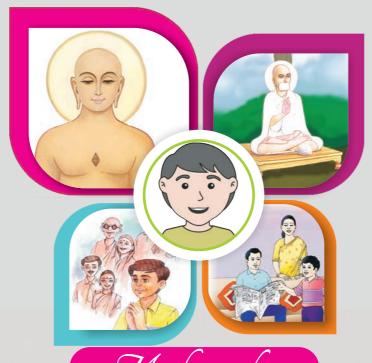


Develop an attitude of gratitude and be thankful for everything that happens to you, knowing that every step forward is a step towards achieving something bigger and better than your current situation.



well.





## My benevolent

- I am grateful to Parmatma, who has given me Right knowledge.
  Thank you Parmatma for this Manushya bhav.
- I am grateful to Pujya Gurudev, who has taken great efforts to mould me. Thank you Gurudev for making me realise the value of Dev, Guru and Dharma in my life.
- My parents are my benevolent, who have taken great efforts to bring me up.
- My family is my benevolent, who gave me love, support and have looked after me.

Gratitude can make you hero.... from Zero, Whereas Attitude can throw you back to zero!

10th June 2017 04 LÔÔK n LEARN

## Why am I Lucky?

Thank you Parmatma for giving me all 5 senses so that I can express my feelings.

I can't imagine my life without 5 senses!

Let's think about all those who are mentally challenged or disabled.

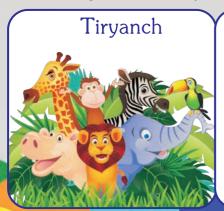
What if I was disabled?

Let's think about birds and animals. They can't express their feelings. The feelings of hurt, pain, hunger, sadness... as they can't speak.

What if I was born as tiryanch Jiv.

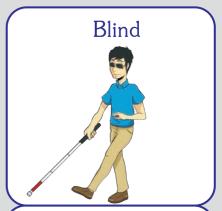
# So be thankful to Parmatma for what you have received.

We have all the senses, It's up to us how we use it. It can be used in positive way or a negative way.









Dumb-Deaf



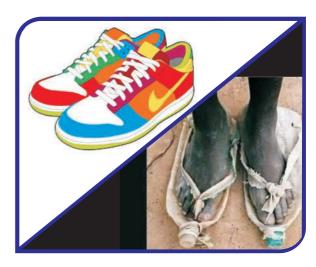


## Do I still feel low or ungrateful sometimes? If Yes, Think about it!



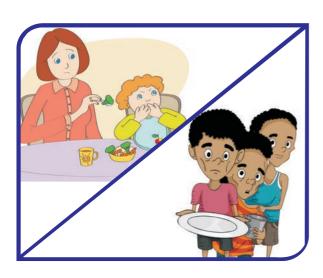
Don't have new toys?

They Don't have any choice!



Crazy for brands?

They Don't have any brand!



Hate Veggies?

They starve in hunger!



Do your parent care for you?

They are orphans!

We are fortunate, we have more than what we need!



## Let's try not to feed this endless cycle of consumerism and immorality.



Complain about your transport?

What about them!



Bored of the same games?

They earn for themselves!



Have more choices for food

They Don't even have one meal!



Does School annoy you?

Not them, they are illiterate!

Observe around you and be thankful for all that you have in this life!



#### Let's be Grateful!

#### Unjumble the letters to

#### form the

Right word.

E

A

R

E

T

H

S

C

D

A

S

U

H

F

D

R

N

1

E

S

U

U

R

G

Α

R

T

N

P

S

E

-Nysha Doshi

O

O

F

D





P

E

E

L

R

S

H

Α

T

N

E

U

R

N

A

T

U

R

E

M

L

N

A

S

A

A

A

P

M

T

M

A

R



Things you need : Game board Pawns

Dice

Players: 4-6 Players can play at a time

#### How to Play:

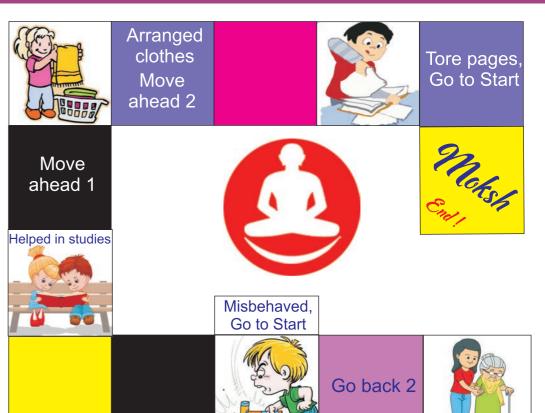
- Stick the two pages on a card board
- Each player takes a chance to play the dice
- The player with the highest count plays first
- & Again the player gets a chance to play
- 8 Move on the board according to the no. on the dice
- Follow the instructions on the board where ever you land
- The player who reaches Moksh first wins the game.



-Ishita and Aryan Sanjeev Doshi















Bonus!

Next punishment will be

Excempted



Play 1 more time

Go back

Helped your Father



Loose 1 Turn





Move ahead 2







## When you get a compliment, give one back!

Your Teacher says...

You are helpful

Grandmother says...

You are clever

Your Parents says...

You behave well

[Write a compliment that you could give back to each of these people]



Thank you Teacher for helping me.

You replied

You replied

You replied



You are helpful

Your Sibling says...

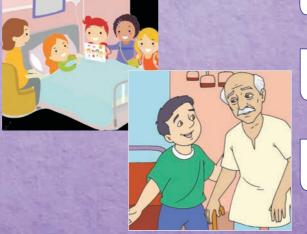
You are friendly

Your Friend says...

You are kind

Your Community Helpers say...

You are humble



You replied

You replied

You replied

You replied

LÔOK N LEARN

10<sup>th</sup> June 2017 12

## SONG

"Bolo Thank you"



बोलो thank you, बोलो thank you very much उपकार किये हम पर कितने, उन्हे thank you very much (२)

भगवान ने हमको धर्म बताया, जीवन का सच्चा अर्थ बताया भगवान को... बोलो thank you very much (२)

गुरुदेवने ज्ञानधाम बनाया, जीवन का सच्चा मार्ग बताया गुरुदेव को... बोलो thank you very much (२)

माता पिता ने प्रेरणा देकर ज्ञानमार्ग पर चलना सिखाया माता पिता को... बोलो thank you very much (२)

दीदीने हमें शिक्षा देकर जीवन हम सबका है सँवारा दीदी को...बोलो thank you very much (२)

भगवान को बोलो thank you, बोलो thank you very much(२) गुरुदेव को बोलो thank you, बोलो thank you very much(२)















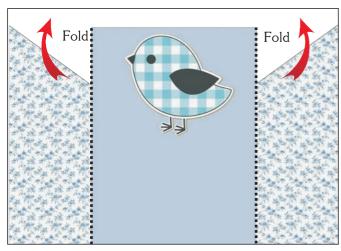




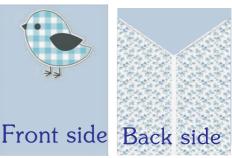


Venue: Jyoti studios compound, Near Kennedy Bridge, Nana chowk, Mumbai -7. Contact: 9821932552, Email: Inl.tardeo@gmail.com

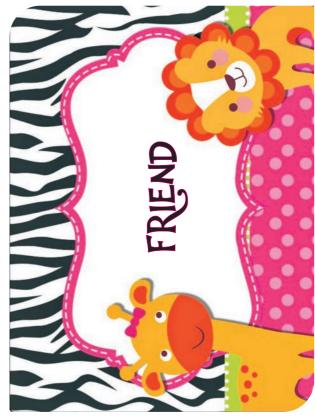
Instructions for making Gratitude card, on page 17 & 18 cut them.















There are 4 Gratitude cards on this page cut them and gift them to the person you feel most elligible

LÕÕK N LEARN

15 10th June 2017

Gives a Hund

Spen Opens a Mind

Touches a Heart

Thanks of the Future

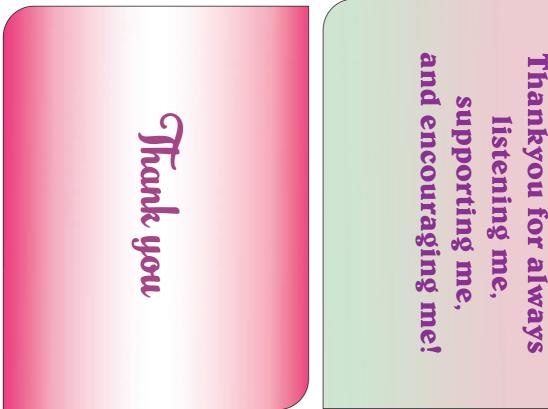
Shapes the Future

Special gift,

Generously given,

happily accepted and

Deepy appreciated



Find few more Gratitude cards on next 2 pages, cut them and gift them to the person you feel most elligible



Thank You for being the reason ismile

Thank You for being the reason ismile



Thank You for being the reason ismile



Thank You for being the reason ismile



Thank You for being the reason is smile



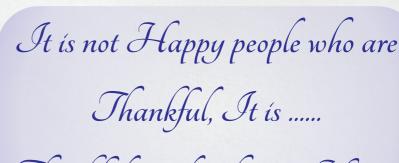
Thank You for being the reason ismile



Thank You for being the reason ...
i smile

Thank You for being the reason is smile





Thankful people who are Happy

Come, let's be Grateful today!

- Thanks to those who disliked me... You made me stronger.
- Thanks to those who made me feel lonely...

You made me creative.

- Thanks to those who loved me...
  You made my heart go fonder.
- Thank to those who disappointed me.
  You encouraged me to do new things.
- Thanks to those who entered into my life...

You made me who I am today.

Thanks to those who left..

You showed me that nothing lasts forever.

I am Grateful to Everyone!

-Mehta Parivar





Registered with Registrar of Newspapers under RNI No. MAH MUL/2011/40056 Vol.: 9, Issue: 09, Date: 10.06.2017, Postal Registration No. MNE/171/2015-17.

Date of Posting / Date of Publication 10th & 25th of every month.

License to post without prepayment, WPP license No. MR/Tech/WPP-273/NE/2017.

Look N Learn - Posted at Mumbai patrika channel sorting office Mumbai -1



શ્રી વર્ધમાન સ્થા. જૈન સંઘ -પાવનધામના આંગણે **રાષ્ટ્રસંત પૂજ્ય ગુરૃદેવ** 

શ્રી તમ્રમુતિ મહારાજ સાહેબ આદિ સંતો - 4 એવમ્ પૂજ્યશ્રી પ્રબોધિકાબાઇ મહાસતીજી આદિ ઠાણા - 11નો

# યાતુમસિ મૈંગલ પ્રવેશ

### MON DAY

## 26<sup>th</sup> JUNE 2017

સવારે 09:00 કલાકે

\* સ્વાગત યાત્રા \* સવારે 8:15 કલાકે

#### શ્રી હર્ષીતભાઇ તેજાણી પરિવાર

A - 1403, ક્રિષરાજ ટાવર, ચીકુવાડી, ફોનીક્ષ હોસ્પીટલની સામે, બોરિવલી(વેસ્ટ), મુંબઈ

% स्ट्रामंत्रह **%** 

પાવનધામ - બી.સી.સી.આઇ ગ્રાઉન્ડની સામે, મહાવીર નગર, કાંદિવલી (વેસ્ટ), મુંબઇ - 400067

Publisher, Printer and Owner Ashok R. Sheth, Printed at : Accurate Graphics Pvt. Ltd., 15-A, Samrat Mill Compound, L.B.S Marg, Vikhroli (W), Mumbai - 400 079.

Publish at Mumbai: 20, Vanik Nivas, Kama Lane, Ghatkopar (W), Mumbai-86. Editor: Ashok R. Sheth