



LOOK N LEARN  
CHILDREN'S MAIN  
MAGAZINE

10<sup>th</sup> January 2021 | Every Fortnight English, Hindi & Gujarati



*365 days of Paropkaar (Charity)  
And 365 days of Happiness!*

## New year planning?

क्या आपने, आपका नया साल प्रसन्नता से बीतेँ इसकी योजना या तैयारी की हैं?

वस्तु या संपत्ति के संग्रह का परिग्रह न करे, इस साल परोपकार करें या परोपकार की योजना बनाए!

Planning for happiness throughout this New year?

Don't accumulate your assets or money, but this year plan to be a Philanthropist!

## Welcome 2021 with Philanthropy.



Who can be Philanthropist?

परोपकार कौन कर सकता है?

जो अपनी परिग्रह वृत्ति पर नियंत्रण कर सकता है, वही परोपकार कर सकता है।

One who can give up the habit of accumulation, can be a Philanthropist.

My home



My room

Come out of I, ME AND MYSELF!

My family



My car



My toys



My friends



My clothes



My mobile



My books



My money



My belongings

जो पूरे विश्व का स्वजन बन सकता है वहीं परोपकार कर सकता है।

“सर्वजन को स्वजन बनाए”

One who is friendly with all living beings can be a Philanthropist.

"Let's be friends with all"

“जिसके प्रभु अहिंसा प्रेमी है,  
तो शिष्य कभी हिंसा प्रेमी नहीं हो सकता”

"If Parmatma is a follower of  
nonviolence, a disciple cannot  
be a follower of violence"

When we idolize Parmatma or Guru and start following the path shown to us by them, we imbibe their qualities like compassion, peace, sympathy, empathy, nonviolence and tolerance. These qualities start reflecting in us too.

जब हम परमात्मा या गुरु को आदर्श मानकर उनकी बताई हुई बातों का पालन करते हैं तब उनके गुण जैसे करुणा, अहिंसा, सहनशीलता, दया ई. सहजतासे हम में प्रगट होने लगते हैं।



मैं जिसका अनुसरण करता हूँ, उसके जैसा बनता जाता हूँ  
I will become like the one I admire

# Spread happiness

Kids, try to spread happiness with every living being around you. Check people around you who are sad, ill, upset, mood less, unhappy, needy etc, try and be helpful in every possible way.

Accompanying  
the lonely and  
giving love  
to unaffectionate



Serving the  
needy and giving  
support to  
the helpless



Serving people  
in need



Taking care  
of sick people

प्रसन्नता की खेती करें,

यदि आपने परोपकार के बीज बोए हैं तो निश्चित ही जीवन में प्रसन्नता की खेती होगी

**Harvest fields of Happiness,**

Sowing seeds of gratitude will always reap happiness in your lives

# परोपकार किसे कहते हैं? What is Philanthropy?

जो स्वयं खाना खाने से सुखी नहीं होता, अन्य को अन्न दान देने से सुखी होता है वह है परोपकार



Philanthropist is the one who does not become happy by eating food oneself but by donating food to someone else

जिसे स्वयं के लिए खरीदने में सुख नहीं मिलता, अन्य की जरूरत को पूरी करने में सुख मिलता है, वह परोपकारी है

Philanthropist is the one who does not become happy by shopping for oneself but by fulfilling the needs of others



परोपकार दान नहीं है, परोपकार एक संवेदना है

Philanthropy is not an act of donation but it is a feeling of empathy and kindness



My feelings of love and empathy will flow selflessly for living being.

If you have the power to make someone happy, **DO IT**.  
The world needs more of that.



When the whole world becomes your family,  
your love and compassion extends selflessly towards every being.

जब संपूर्ण विश्व आपका परिवार बन जाता है तब, आपके हृदय में  
प्रेम और करुणा की भावना निस्वार्थ रूप से प्रत्येक जीव के लिए बहने लगती हैं।

# परोपकार कैसे करना चाहिए? How to do be a Philanthropist?

परोपकार सिर्फ संपत्ति से नहीं होता...

Philanthropy is not just donating assets...



प्रेम की संपत्ति अर्पण करने से परोपकार होता है  
Philanthropy is donating assets of love



करुणा की संपत्ति अर्पण करने से परोपकार होता है  
Philanthropy is donating assets of kindness



दया की संपत्ति अर्पण करने से परोपकार होता है  
Philanthropy is donating assets of sympathy



सेवा की संपत्ति अर्पण करने से परोपकार होता है  
Philanthropy is donating assets of service



पैसे की संपत्ति कम या ज्यादा होगी तो कोई तकलीफ नहीं है  
लेकिन आत्म गुणों की संपत्ति ज्यादा से ज्यादा होनी चाहिए।

It does not matter if you have less money,  
but what matters is abundance of Moral Values.



ज्ञान की संपत्ति अर्पण  
करने से परोपकार होता है

**Philanthropy is  
donating assets of knowledge**



मित्रता की संपत्ति अर्पण  
करने से परोपकार होता है

**Philanthropy is donating  
your assets to your friends**

सुख पाने का हर एक उपाय अंत में दुःख ही देता है, परोपकार करने का हर एक उपाय अंत में सुख ही देता है। परोपकार करने से जो सुख, संतोष और आनंद की अनुभूती होती है वह सुख विश्व की किसी भी व्यवस्था, वस्तु या व्यक्ति से नहीं मिलती। परोपकारी व्यक्ति की प्रगति की कोई सीमा नहीं। चलिए हम २०२१ को परोपकार वर्ष बनाए।

Reaching out for every means of happiness will bring sadness at the end, but every act of charity always gives a feeling of happiness at the end. Be a person who seeks to promote the welfare of others and feel the peace and happiness. You will never get the kind of happiness from materialistic things in life. There is no limit to success of a Philanthropist. Come let's make 2021 a year, where we have more of giving than taking.

# परोपकार करे Do Philanthropy



गाय को रोटी दे  
Lend chapati to cows



पक्षीयों को दाना दे  
Give seeds to birds



कुत्तो को बिस्कीट दे  
Give biscuits to dog



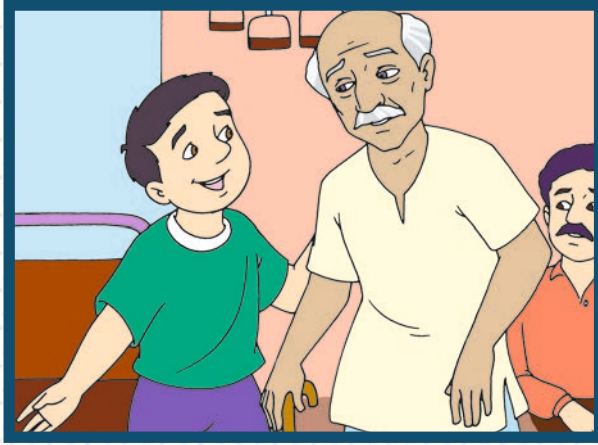
बिल्ली को दूध दे  
Give milk to cat



जरूरीयात मंद को कपडे दे  
Give clothes to the needy



भूखे को भोजन दे  
Give food to hungry



बुजुर्गों की सहायता करें

Lend a seat to elders



कोई साधर्मिक परिवार या हमारे सहायक जैसे  
वाँचमन आदि को जरूरत होने पर खाने-पीने,  
दवाई और पढ़ाई की व्यवस्था करने में मदद करे

If any other family or our domestic  
helpers like watchman etc are in need  
then help them by providing food,  
medicine and educational material etc



सत्कार्य करें जिससे हर कोई शांतिपूर्वक जीवन  
व्यतित कर सके। अपनी क्षमता और बुद्धि का  
समाज में परोपकार के लिए उपयोग करना  
चाहिए

Do as many good deeds as possible so  
that everyone can live their lives  
peacefully. Use your talents and abilities  
for the upliftment of the society



घर के बाहर अस्वस्थ सदस्य की उचित देखभाल  
करनी चाहिए

Ill patients should be treated with proper  
care

Helping  
hands

Story  
time



Let us do it, and let us inspire others as well

After school hours, kids were on their way to board school bus. Ajay saw a poor old woman crying. Ajay asked her the reason for crying. She replied that her grandson was not well and she needed money for his medicines.

Ajay decided to help her. He noted her address and left for home. He did not have any money to donate. He started thinking of new ideas to help her.





He strongly believed in helping everyone in all possible ways. After thinking whole night, an idea struck in his mind. He woke up early in the morning and prepared a poster with a message saying “ **Come all, let's get together for a noble cause, let's all help a needy lady... If you agree then collect Rs. 100 and give to the lady on the below address.**” He placed that poster at the entrance of the school.





Philanthropy  
is not about  
money... its about  
feeling the pain of  
others and caring  
enough about  
their needs  
to help



Throughout the day he asked his friends to help the old lady. Ajay's friends decided to help her. Krish gave Rs. 100 from his piggy bank. Aanya's parents gave her Rs. 200 Aarna decided to donate the amount she had won in a quiz competition. Rohit gave Rs. 150 instead of buying a new game.

Ajay and his friends went to that poor lady's home and gave her the money they had collected. She denied accepting saying that she cannot take money.





Ajay requested her to accept their small donation and utilize for her grandson's medicines. She felt very happy for the kindness showered by little kids.

So kids, we should always try to help the needy. There are many ways to be a Philanthropist. If we don't have enough money, we can always raise it by inspiring others to donate for a good cause. Willingness to help is more important than amount of donation. It is not necessary that donation can be done only with huge amounts. A small help by many can also be a great aid. Helping hands are always better than praying hands.

# My Uery own Self Philanthropy Chart

- Give a star as you follow



Try to make your own Philanthropy chart, fill in the block **P** as to what activity you will follow each day to be an Philanthropist!

<b>P</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>

**IT'S EASY TO HELP, TRY IT!**



# PAROPKAAR!

प्रेरणा: राष्ट्रसंत परम गुरुदेव श्री नम्रमुनि महाराज साहेब  
मां स्वामी पूज्य जय-विजयाजी महासतीजी की पावन स्मृति में...

ठिठुरने वाली ठंड में वृद्ध, अंध, अपंग, मूक बधिर, अनाथ, अभावग्रस्त लोगों ने अर्हम ग्रुप से अचानक पाया मां का प्रेम बरसाता वात्सल्य रुप ब्लैकैट. परम गुरुदेव श्री नम्रमुनि महाराज साहेब की प्रेरणा से कोरोना काल के परोपकार वर्ष में, ठंड में जरूरतमंद लोगो तक अर्हम युवा सेवा ग्रुप की भारत भर में फैली शाखाओं द्वारा एक साथ ५१ हजार ब्लैकैट वितरण का महा उपक्रम लाया जा रहा है.



**ARHAM**  
**YUVA SEVA**  
**GROUP**

PAROPKAR SE PARMATMA



10<sup>th</sup> January 2021

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LOOK & LEARN

अर्हम युवा सेवा गुप ने किया अमरावती-अकोला मार्ग के...

6 गावों में 170 ब्लैकैट का वितरण...



गरीब बच्चों ने पाया कंबल, ठंड से बचने का मिला संबल. परम गुरुदेव के आशीर्वाद से मायूस मासूमों के मुख पर आयी मुस्कान.



**ARHAM**  
**YUVA SEVA**  
**GROUP**

PAROPKAR SE PARMATMA

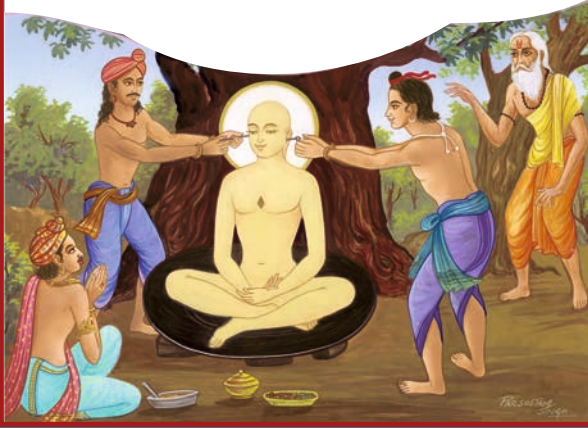


यदी मेरे परमात्मा शांत है तो...

मेरा क्रोध लंबे समय तक

नहीं रहना चाहिए

If my Parmatma is  
peaceful, then how can my  
anger last for long.



#### Declaration Form

##### "Look n Learn"

Statement about ownership and other particulars about the fortnightly "Look n Learn" to be published in the issue every year after last day of February.

##### FORM IV (See Rules 8)

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I Ashok R. Sheth, hereby declare that the particulars given above are true to trust of my knowledge and belief.

Dt. 10-01-2021

Ashok R. Sheth (Publisher)



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# A True Shravak



The one who makes each and every second of his life in giving, helping, spreading smile etc is a "True Shravak".

O Parmatma! Bless me so that I become capable of bringing a smile on someone's face!

Smile reasonless  
Smile effortless  
Smile no matter what!

