

LOOK N LEARN

Vol No. 14 • Issue No. 09 • Mumbai • September 2023 • Price : Rs 5/- (Multilingual Monthly)

East or west Kindness is the best



KINDNESS

IS THE SUNSHINE IN WHICH

VIRTUE GROWS



He gives us the
chance of SEVA...
so that we transform!
He gives us the
gift of ANUSHASAN...
so that we become the
glory of JIN SHASAN!
He blesses us with
UNCONDITIONAL LOVE...
so that we can shower
on every soul in the form of
COMPASSION!

We echo this with utmost gratitude to the one
who gave BIRTH to Seva in our lives and hearts

- PARAM GURUDEV

On the Auspicious occasion of 53rd Manavta Mohatsav let us
all drench ourself in the ocean of seva... Today we promise to You...
Param Gurudev Shree that...

OUR MOTTO WILL BE : 365 DAYS OF HUMANITY

-Gurubhakt Mehta Parivaar

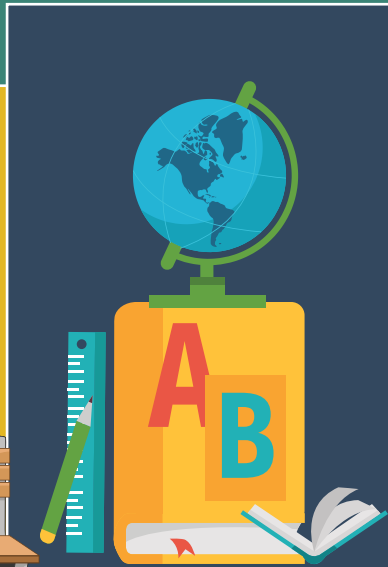


With **Manavta...** make your each day a masterpiece

From today let's develop a habit to **help** someone in studies



Help under
privilege in studies



Donate
stationery articles



Help your friends
with notes/in studies

Do it on your own... or GO WITH THE FLOW
Join Arham Yuva Seva Group



If they can,
even I can!



PROBOOK
(Progress with Positivity)

6,00,000+
Books already
distributed



**ARHAM
EDUCATIONAL KIT**

29,000+
Students
already supported

September 2023

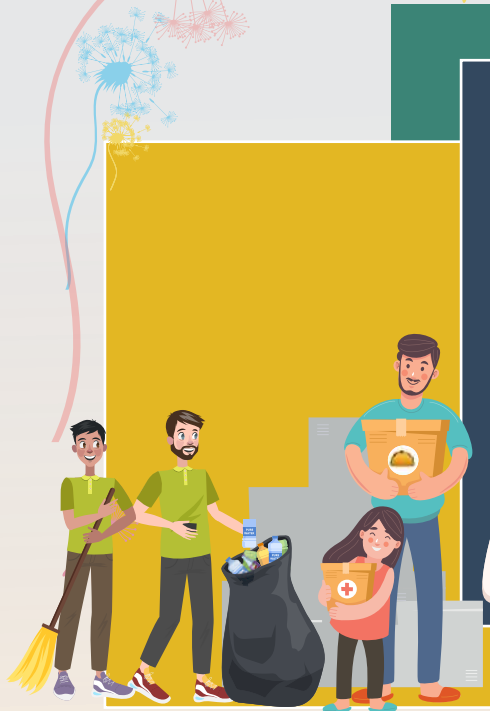


LOOK N LEARN

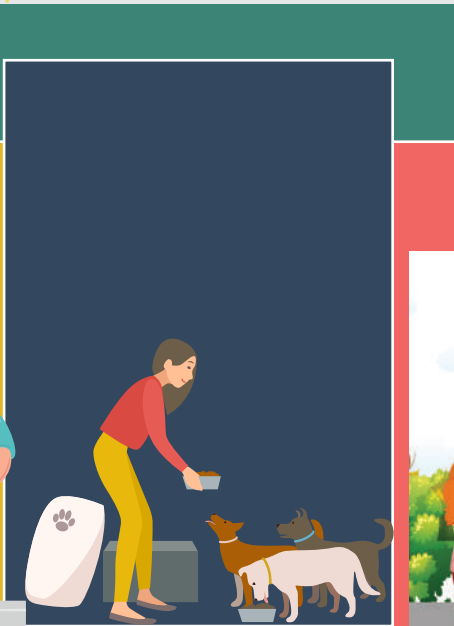


With **Manavta...** make your each day a masterpiece

From today let's develop a habit to **feed** someone everyday



Feed community helpers

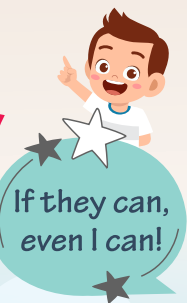


Feed animals



Feed a stranger

Do it on your own... or GO WITH THE FLOW
Join Arham Yuva Seva Group



Arham Aahar
50,000+
People served
in a day



FOOD PACKETS
1,00,000+
Meals served

September 2023

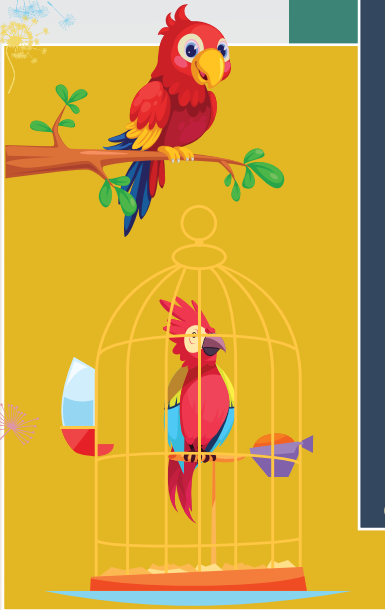


LOOK N LEARN



With **Manavta...** make your each day a masterpiece

From today let's develop a habit to follow **Ahimsa** everyday



Release a trapped bird



Be careful while walking



Do not harass animals

Do it on your own... or GO WITH THE FLOW
Join Arham Yuva Seva Group



If they can,
even I can!

JIVDAYA

(Animal welfare)

100+ Panjarapol supported
5,70,00+kgs Fodder for animals



September 2023



LOOK N LEARN

With Manavta... make your each day a masterpiece

From today let's develop a habit to give **water** to the thirsty



Hang water pots in windows for birds



Serve water/Juice or Butter milk to community helpers



Carry small water bottles for the needy on the streets

Do it on your own... or GO WITH THE FLOW
Join Arham Yuva Seva Group



ARHAM
JAL MANDIR
60+
Constructed



MEGA
CHAAS VITARAN
8,50,000+
Chaaas glasses serv



With Manavta... make your each day a masterpiece

From today let's develop a habit to **serve** someone daily



Sell/collect scrap paper & use the money for noble cause



Use pocket money for noble cause



Encourage your friends to join in a noble cause

Do it on your own... or GO WITH THE FLOW Join Arham Yuva Seva Group



PASTI SE PUSTAK
2,50,000+ kgs/month
Collect old newspapers (pasti/ raddi)

If they can, even I can!

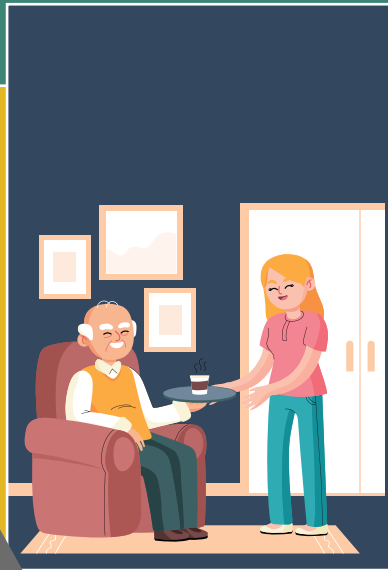


With **Manavta...** make your each day a masterpiece

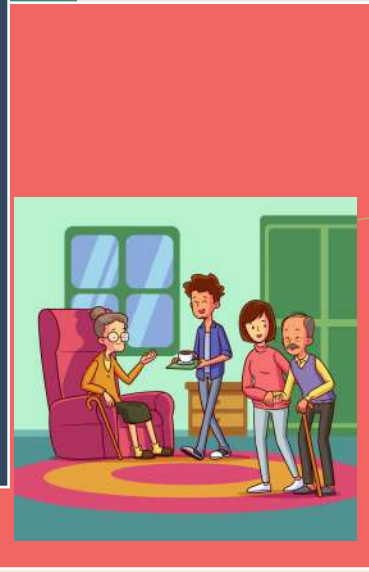
From today let's develop a habit to spread a **smile** daily



Help elderly people living around you



Be helpful to your grandparents



Visit an ashram and spend quality time with them

Do it on your own... or GO WITH THE FLOW
Join Arham Yuva Seva Group



ARHAM
ASHRAM SAHAY
100+
Ashrams supported



ARHAM
TIFFIN SAHAY
1,50,000+
Tiffin served



September 2023



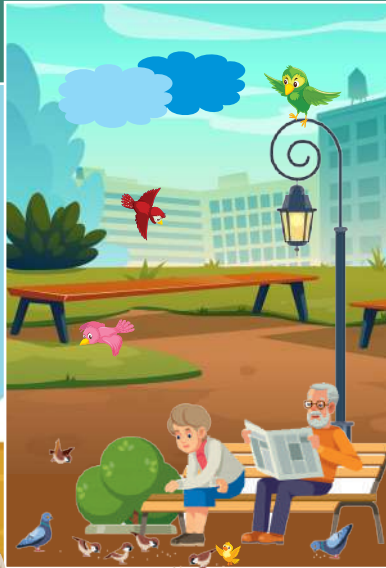
LOOK N LEARN

With **Manavta...** make your each day a masterpiece

From today let's develop a habit to see that **no one sleeps hungry** around me



Give a chapati to cow



Feed birds animals around you



Prepare small meals for the needy on the streets

Do it on your own... or GO WITH THE FLOW
Join Arham Yuva Seva Group



ARHAM
ROTI ABHIYAAN
61,00,000+
Rotis distributed



ARHAM
GROCERY KIT
11,000+
Distributed



September 2023



LOOK N LEARN

With **Manavta...** make your each day a masterpiece

From today let's develop a habit to **help the disabled** whenever needed



Provide spectacles to the elderly at ashram



Help the visually disabled wherever needed

We can help them by reading while they are studying or in writing their exam papers etc.



Help the visually disabled in study

Do it on your own... or GO WITH THE FLOW
Join Arham Yuva Seva Group



ARHAM CATARACT SAHAY

1,000+

Patients sponsored

September 2023



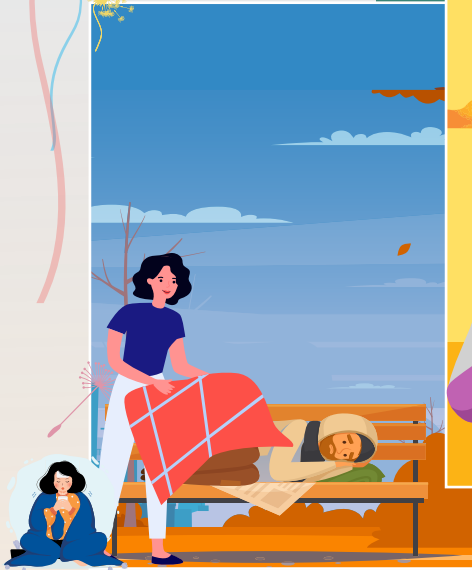
LOOK N LEARN

If they can, even I can!



With **Manavta...** make your each day a masterpiece

From today let's develop a habit to spread **love and warmth** in everyones life



Distribute warmer to the needy in winter



Distribute footwear in summer to the needy



Distribute Umbrella/ raincoat in rainy season

Do it on your own... or GO WITH THE FLOW
Join Arham Yuva Seva Group



MEGA BLANKET DISTRIBUTION

50,000+

Blankets distributed

If they can, even I can!



September 2023



LOOK N LEARN

With **Manavta...** make your each day a masterpiece

From today let's develop a habit to **spread sweetness** in everyones life



Donate sweets during Diwali



Donate/Spread a smile wherever you go



Try to celebrate your birthday with the less privileged

Do it on your own... or GO WITH THE FLOW
Join Arham Yuva Seva Group



GIFT MITHAI
51,000+
Boxes gifted in Diwali

If they can, even I can!




A JOURNEY FROM ZOO TO JUNGLE

GAME TIME

ZOO

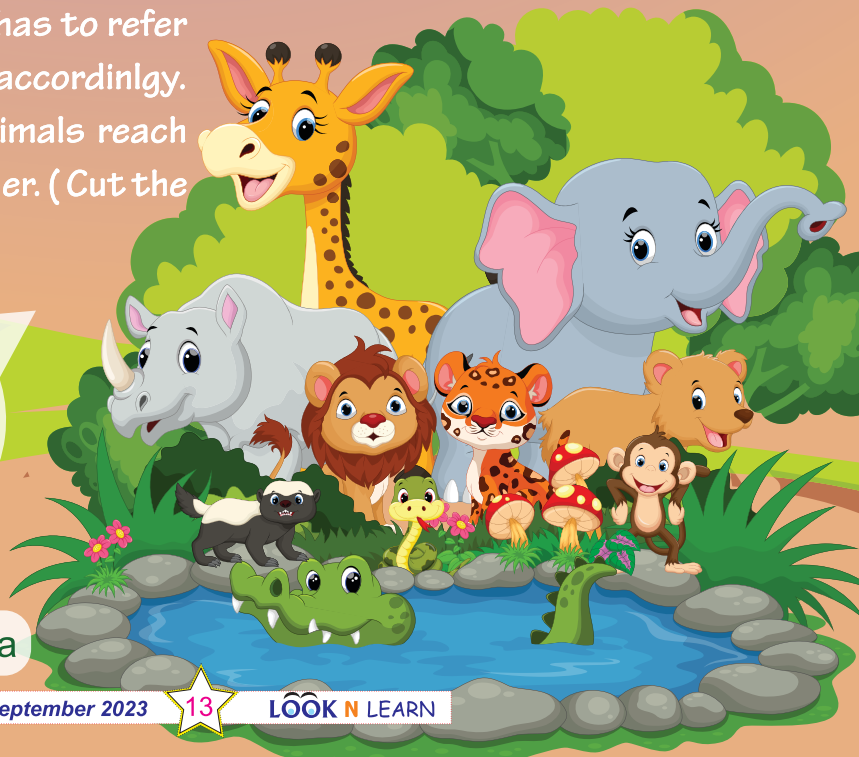


Let us all be kind and help all the animals to be free from Zoo. Let us also help them reach jungle safely! So children are you all ready to help them? So come on, on the next pages you have a **Zoo to Jungle kindness game board**.

How to play- 2-4 players need dice and spidles. The youngest player plays first. Roll the dice and move on the game board accordingly. If the player lands on Tickets,  he/she has to refer the tickets given and act accordingly. The one who helps the animals reach the forest first is the winner. (Cut the tickets before the game.)

HOME
Sweet
HOME

-Gurubhakt Kolkata



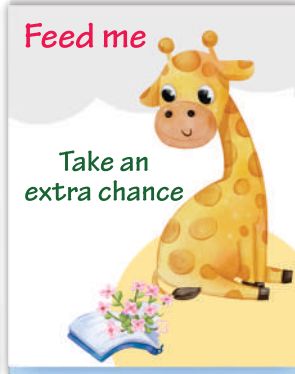
Tickets to Kindness

Showed me some love



Move 3 steps ahead

Feed me



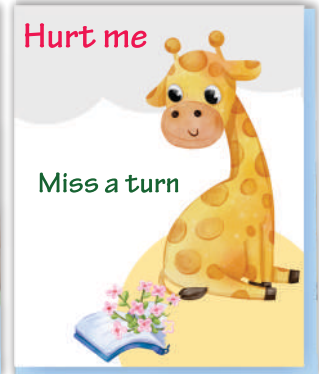
Take an extra chance

Fetch me water



Move 2 steps ahead

Hurt me



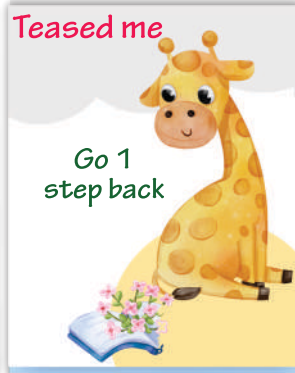
Miss a turn

Harassed me



Go back to start

Teased me



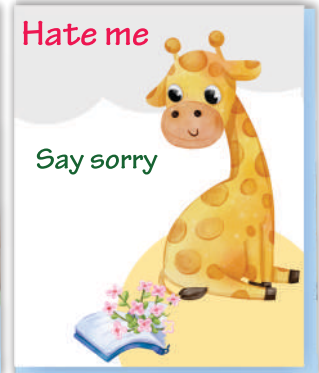
Go 1 step back

Hit me



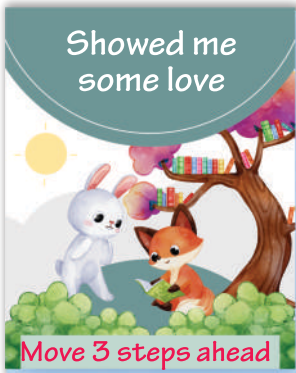
Miss a turn

Hate me



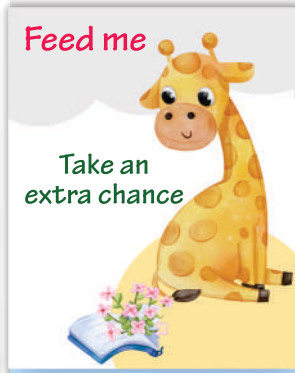
Say sorry

Showed me some love



Move 3 steps ahead

Feed me



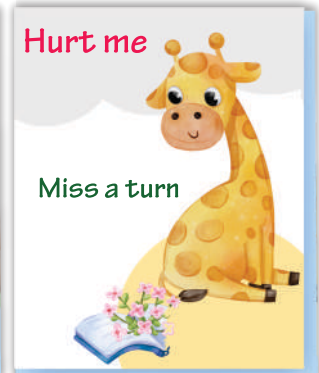
Take an extra chance

Showed me some love



Move 3 steps ahead

Hurt me




Miss a turn

Harassed me



Go back to start

Teased me



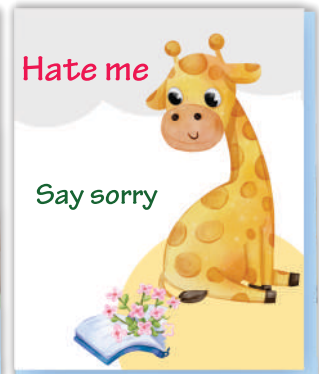
Go 1 step back

Hit me



Miss a turn

Hate me



Say sorry

JUNGLE



Always be kind
wherever you can!

Zoo to Jungle

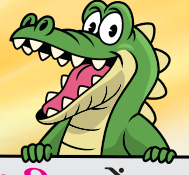
START

ZOO

-Gurbhakt Junagadh



From Bhakti to Mukti



भक्ति में
है शक्ति

Once an elephant, Gajraj Gajendra was enjoying with his family in a forest. Nearby they saw a lotus lake. The family went in the lake to beat the heat and have fun time. After sometime Kalu, the crocodile, firmly held Gajraj's feet. Gajraj started crying loudly out of severe pain. All other members of the family rescued themselves safely but they wished to help Gajraj... But how?

एक दिन गजराज गजेन्द्र अपने परिवार के साथ जंगल में घुमने निकले। घुमते-घुमते उन्हें एक कमल का तालाब दिखा। वे अपने परिवार के साथ उस तालाब में गर्मीयों का आनंद लेने लगे... तभी कालु नाम के एक मगरमच्छ ने गजराज गजेन्द्र के पैर को जोर से जकड़ लिया। गजराज वेदना और दर्द से चिल्लाने लगे उनके परिवार के सभी सदस्य दर के मारे तालाब से बाहर निकल गए। वे सभी गजराज की मदद करना चाहते थे... लेकिन कैसे?



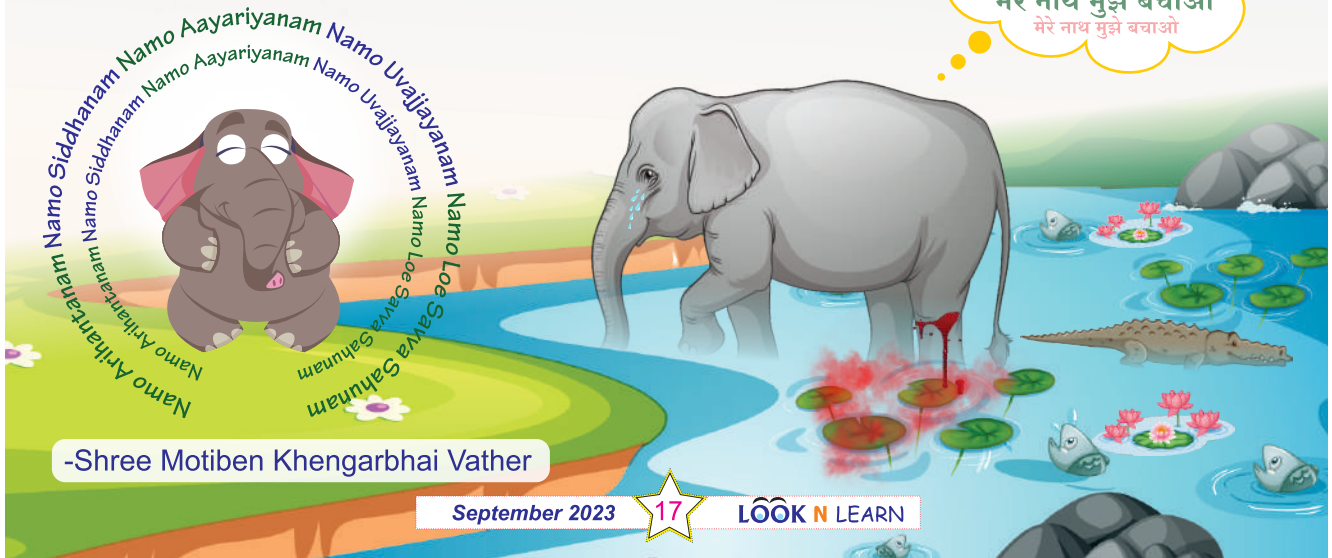
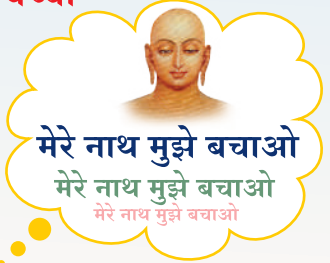
Little Ganesh immediately started chanting Namaskar Maha Mantra loudly. His family also started chanting the mantra. With the pious effect of Namaskar Maha Mantra, harsh crocodile gradually turned peaceful and calm. Crocodile peacefully left Gajraj's leg and let him go. With gratitude and thankfulness toward Parmatma Gajraj met his family back.

Mahaprabhavak
Shree Namaskar Mantra

Namo Arihantanam
Namo Siddhanam
Namo Aayariyanam
Namo Uvajjayanam
Namo Loe Savva Sahunam
Eso Panch Namokkaro
Savva Paav Ppanasano
Mangalanam Cha Savvesim
Paddhamam Havai Mangalam

So kids, prayer with total faith in Parmatma can arise compassion and mercy in anyone's thoughts and mind.

तभी छोटे से गणेश ने नमस्कार महा मंत्र का स्मरण शुरु किया देखते ही देखते परीवार के सभी सदस्य नमस्कार महा मंत्र के जाप करने लगे। नमस्कार महा मंत्र जाप के प्रभाव से... क्रूर मगरमच्छ शांत होने लगा और मगरमच्छ ने गजराज का पैर छोड़ दिया। गजराज गजेन्द्र प्रभु का उपकार मानते हुए आनंद के साथ परिवार के पास पहुँच जाते हैं। **देखा बच्चों दिल से परमात्मा को की गई प्रार्थना अनेको के मन में दया-अनुकंपा लाति हैं।**



Namo Arihantanam
Namo Siddhanam
Namo Aayariyanam
Namo Uvajjayanam
Namo Loe Savva Sahunam
Eso Panch Namokkaro
Savva Paav Ppanasano
Mangalanam Cha Savvesim
Paddhamam Havai Mangalam

-Shree Motiben Khengarbhai Vather

Kindness begins with ME-activity

It's easy! Just cut out these **kindness cards** and challenge yourself, your friends/siblings/parents etc as well to complete the given task in a week or if you are highly ambitious child then complete all of them in a day! The challenges are simple enough to be completed by all ages. In fact, grown-ups can participate too!



"A little spark of **KINDNESS**
can put a colossal burst of **SUNSHINE**
into someone's life"
-Gurubhakt Ghatkopar

Compliment someone
new you met today



Be helpful to
someone
today



Feed someone
unknown
before your meals



Write a positive
note to someone



Recite 3 Namaskar
Mantra to any
bird-animal around you



Encourage/Inspire someone





In Sanidhya of
**Rashtrasant Param Gurudev
 Shree Namramuni Maharaj Saheb**

Jivdaya Utsav -

Compassion Mahotsav and

Mahaprabhavak

Shree Uvassagaharam Stotra

Sarva Sankalp Siddhi Jaap Sadhana

**Join with your
 friends and family!**



**24th
 September, 2023**

**Once
 a
 year!**

Join LIVE

f **▶** <https://live.parasdharm.org> **🗣️** **zoom ID: 208 108 1008 | Passcode: 108**