

LOOK N LEARN

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"MITTI ME SAVVA BHUESU"

Let us be friendly towards all living beings



Why we should not disturb anyone?

हमें किसी को परेशान क्यों नहीं करना चाहिए?

First answer this
simple question....

पहले इस सरल
प्रश्न का उत्तर दें...



Are you always
DISTURBED by others?

क्या आप हमेशा दुसरोँ से परेशान रहते हैं?

Yes? हाँ?

Know the reason why... जानिए क्यों...

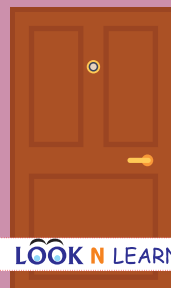
Parmatma says... One who has **DISTURBED** others, gets **DISTURBED**
परमात्मा कहते हैं... जो दुसरोँ को परेशान करते हैं, वह खुद परेशान होते हैं



Tomorrow
may lead to...
distress and
disturbance



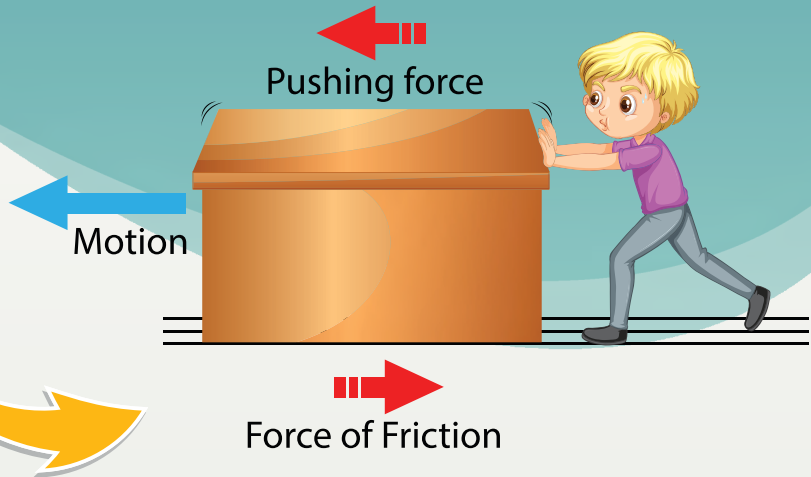
Today's
harmful
action...



According to principles of Science...

विज्ञान के सिद्धांतों के अनुसार...

Frictional Force



According to principles of Karma कर्म के सिद्धांतों के अनुसार...

Every action has an equal and opposite reaction
just a boomerang, it comes back to you!

हर क्रिया की बराबर और विपरीत प्रतिक्रिया होती है,
आप जो कुछ करते हैं... आपको वहीं वापस मिलता है!

Today's
action...



Tomorrow
may lead to
equal reaction...



The one who is alert is a true disciple of Parmatma

जो सतर्क है वहीं परमात्मा का सच्चा शिष्य है!



No



PLEASE,
DO NOT
DISTURB!



1

Parmatma says...
"Never disturb any one.
Disturbing anyone's
peace of mind is also called Hinsa!"

परमात्मा कहते हैं...
दुसरोँ को परेशान ना करेँ...
दुसरोँ की मन की शांती को
भंग करना चानी हींसा करना है।



No



2



no

No

No



3



No

No



Do we know the repercussions for
DISTURBING someone even for a second?

क्या हम किसी को एक पल के लिए भी
परेशान करने का नतीजा जानते हैं?

IF



THEN...



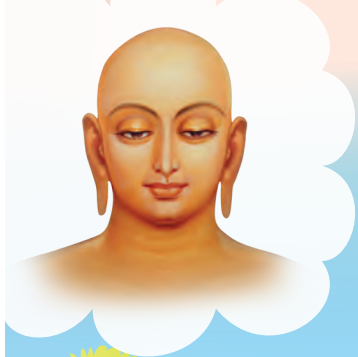
I'M TOO
TIERED NOW



FEELING
DOWN



Disturbing anyone just for a second, may cost us disturbance for a life time!
किसी को एक पल के लिए भी परेशान करना, हमें जीवन भर के लिए परेशान कर सकता है!



Parmatma's message "Be alert... avoid karma"

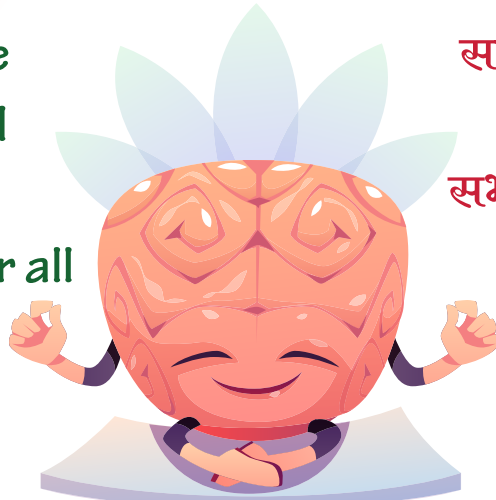


सावधानी हटी, दुर्घटना घटी
इसलिए आपके द्वारा किए जाने वाले प्रत्येक कार्य में
अत्यधिक सतर्क रहें
Carelessness leads to karma bandh

So be utmost alert in each and every action you do.

Try not to disturb any one by means of Mann-Mind(thoughts)

- ✓ Think positive
- ✓ Be good to all
- ✓ Be kind to all
- ✓ Think good for all



- सकारात्मक सोच रखें ✓
- सबका भला करें ✓
- सभी के प्रति दयालु रहें ✓
- सबका भला सोचें ✓



Good thoughts



Wish good for others



Be Peaceful



Positive
vibes



Shubh Thao
Aa Sakal
Vishwa Nu

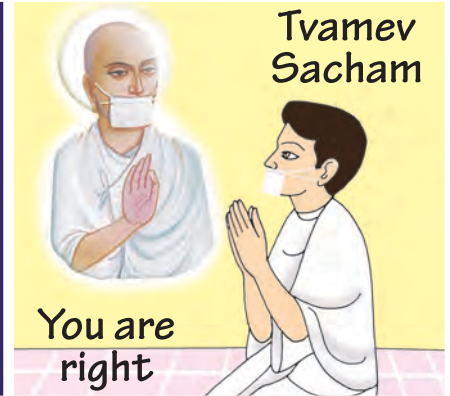
Pray for
others



Try not to disturb any one by means of Vachan-Speech(Words)

- ✓ Talk politely
- ✓ Talk respectfully
- ✓ Always inspire others
- ✓ Use positive words

- विनम्रता से बात करें ✓
- सम्मानपूर्वक बात करें ✓
- हमेशा दुसरोँ को प्रेरित करें ✓
- सकारात्मक शब्दों का प्रयोग करें ✓



Try not to disturb any one by means of Kaaya-Body(action)

- ✓ Serve others
- ✓ Do vaiyavach
- ✓ Volunteer often
- ✓ Do Tapp-Dhyan
-Sadhana

- दुसरोँ की सेवा करोँ ✓
- वैयावच्च करोँ ✓
- स्वयंसेवक बनोँ ✓
- तप-ध्यान-✓
- साधना करोँ



Pray



Good action



Chant
Mala



Serve



Help



Feed



Do
samayik



Chant

We never come to know knowingly or unknowingly how we disturb others... Come let us hear from them ...

जाने-अनजाने में हमें पता ही नहीं चलता हम दूसरों को कैसे परेशान करते हैं... आइए उनसे सुनते हैं...

A message from street animals

Every meal from you is a surprise for us...

आपसे हर भोजन हमारे लिए आश्चर्य की बात है...

You still cry and crib

WHO IS LUCKY?



We do not get choices like you!

हमारे पास आपकी तरह कोई विकल्प नहीं है!



We have no regrets, we are happy with what we get.

हमें कोई पछतावा नहीं है, हमें जो प्राप्त होता है उससे हम खुश हैं!

Be grateful!



We do not complain or reject, we just accept!

हम शिकायत या अस्वीकार नहीं करते, हम सिर्फ स्वीकार करते हैं!



We don't have a schedule like... breakfast, lunch or dinner



हमारे पास ऐसा कोई शेड्यूल नहीं है... जैसे सुबह का नाश्ता या दिन का भोजन



Even a packet of biscuit or a chapati makes us happy and helps us survive one more day

एक बिस्किट का पैकेट या एक रोटी हमें खुशी और जीवन जीने का आश्वासन देती है

We share the world with you, let us live in harmony!



If you don't like animals, or if you can't feed them, then at least...
Please don't hurt them!



It Kills me!



Tired and thirsty!



It hurts!
Do not pluck me!

No please, I'll die!

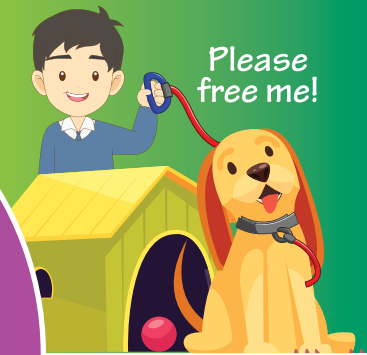


Do they
see HAPPY?

Please

Do not **harass** us
Do not **make fun** of us
We have **same emotions**
and **feelings** like you

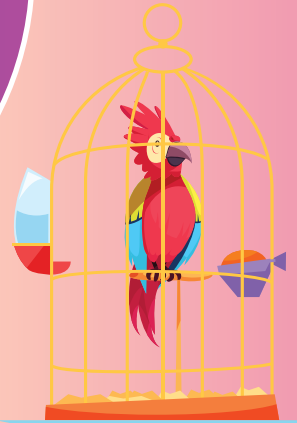
Please
free me!



I am hungry!



Can we do this
to any jiv?



It Kills me!



It hurts!



It's a struggle doing this...



Your festivals are a
PUNISHMENTS for us...



We fear the thread
It cuts/hurts us...



Holi playing harms 6 kaay jiv

We fear the loud noise
and the burns
from the crackers...



The powdered Holi colors usually
contain toxic chemicals
which cause skin allergies,
rashes and even blindness
in birds and animals.



You are my only friend, I am so lonely will you play with me?
I wish to be with my friends... Can you rescue me?



Parmatma says...

"**ABHAYADAYAANAM**"

Keep everyone
fear-free

But **HOW AND WHERE** to volunteer in such jivdaya activities? How to get yourself enrolled in such groups? How to take the first step?



THE ONLY ANSWER TO ALL YOUR QUESTIONS IS JOIN...

ARHAM YUVA SEVA GROUP!
OUR MOTTO : 365 DAYS OF HUMANITY

To join Arham yuva group contact-

+91 76667 08869

www.arham/joinus.com

www.arham.com

Hurray!
I am set
free today...



Machali bachao Abhiyaan!



Arhamaties saved 1000's of fishes and set them free

ARHAM YUVA SEVA GROUP



www.arham.org | Email: support@arham.org | [f/AYSGIndia](https://www.facebook.com/AYSGIndia)

OUR MOTTO : 365 DAYS OF HUMANITY

55 CENTERS
Across India

5 MILLION+ LIVES
Impacted & Supported
since Inception

1000+
Volunteers



ON GOING PROJECTS

WHICH PROJECT WILL YOU SERVE?

ARHAM EDUCATIONAL KIT

29,000+
STUDENTS
SUPPORTED



PROBOOK (PROGRESS WITH POSITIVITY)

6,00,000+
BOOKS
DISTRIBUTED



ARHAM ASHRAM SUPPORT

100+
ASHRAMS
SUPPORTED



ARHAM DIALYSIS SAHAY

18,000+
DIALYSIS
SPONSORED



ARHAM TIFFIN SAHAY

1,50,000+
TIFFIN
SERVED



MEGA BLANKET DISTRIBUTION

50,000+
BLANKETS
DISTRIBUTED



ARHAM AAHAR

50,000 +
PEOPLE
SERVED IN
A DAY



GIFT MITHAAI

51,000+
BOXES GIFTED
IN DIWALI



JEEVDAYA (ANIMAL WELFARE)

100+
PANJRAPOLE SUPPORTED



ARHAM JAL MANDIR

60+
CONSTRUCTED



ARHAM CATARACT SAHAY

1,000+
PATIENTS
SPONSORED



PASTI SE PUSTAK

2,50,000+
kgs in a month
COLLECT OLD
NEWSPAPERS
(PASTI/ RADDI)



ROTI MAHA ABHIYAAN

61,00,000+
ROTIS
DISTRIBUTED



Meri seva
Mera Samarpan

ARHAM GROCERY KIT

11,000 +
DISTRIBUTED



MEGA CHAAS VITRAN

8,50,000+
CHAAS
GLASSES



FOOD PACKETS

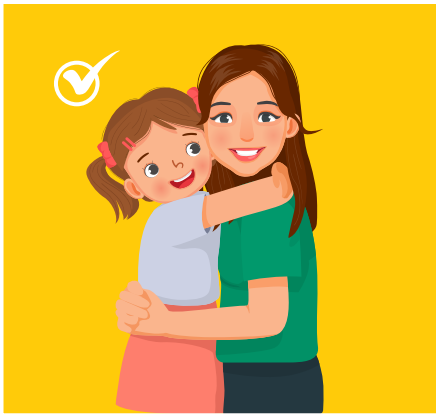
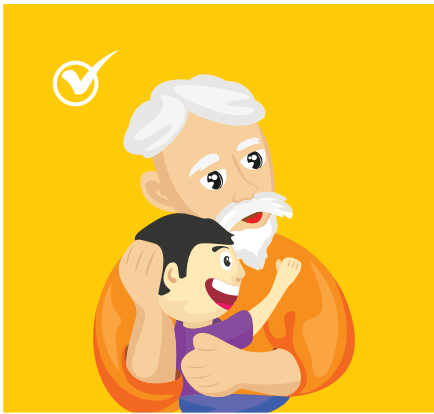
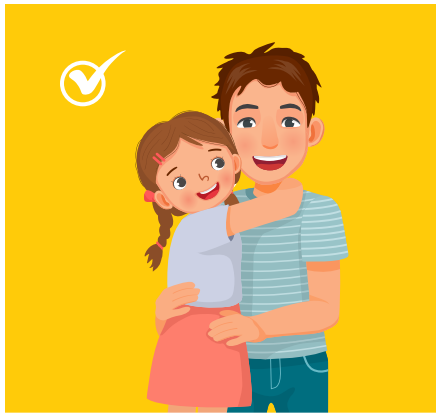
1,00,000+
MEALS
SERVED



ARHAM JEEVDAYA

5,70,00+kgs
FODDER FOR
ANIMALS

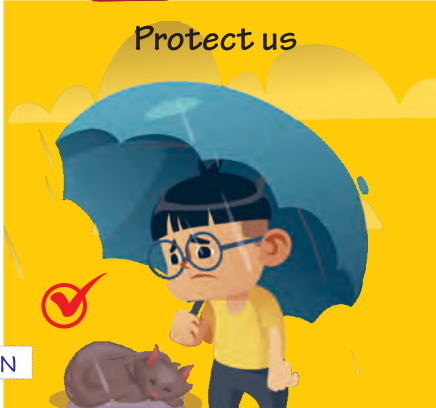
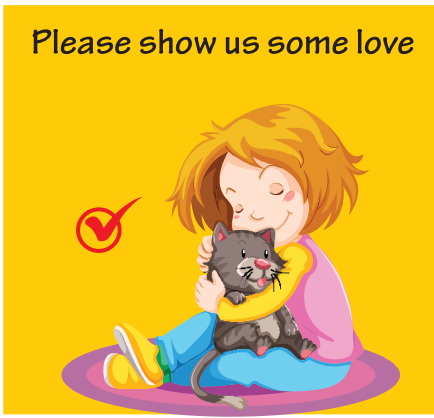




Do you like to be loved?
 To be respected?
 To be taken care of?
 To be understood?



**SO
DO
WE...**

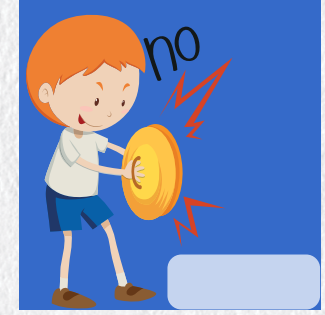
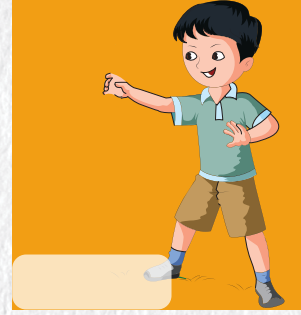
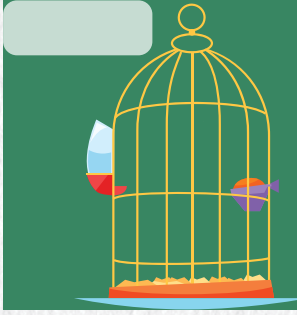
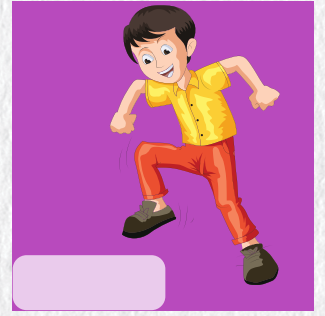
ACTIVITY TIME!

Hint: Take help from previous pages



GUESS THE ANIMAL HARASSED?

Say YES to KINDNESS



પુરા ખબર

ઘાટકોપર, ચેમ્બુર તથા વિદ્યાવિહાર આમ જનતાને

ચિંતા ન કરો, આપના ઘેર મોંઘેરા મહમાન આવવાના છે ?
અમો તમને ઘેર બેઠા ફી હો કિલીવરી કરી આપશું.



68 ટાઈપના ઢોકળા
8 ટાઈપના તળેલા ફરસાણ



કઠી પણ તમે જોયા ન હોય તથા ખાધા ન હોય
તા. ક. ફોટો તથા ભાવ માટે ફોન કરો, અમો તમને ફોટો
તથા ભાવ મોકલી આપશું.

ઓર્ડર એક દિવસ પહેલા આપવો જરૂરી

◆ ભુપેન્દ્ર - 9821029053

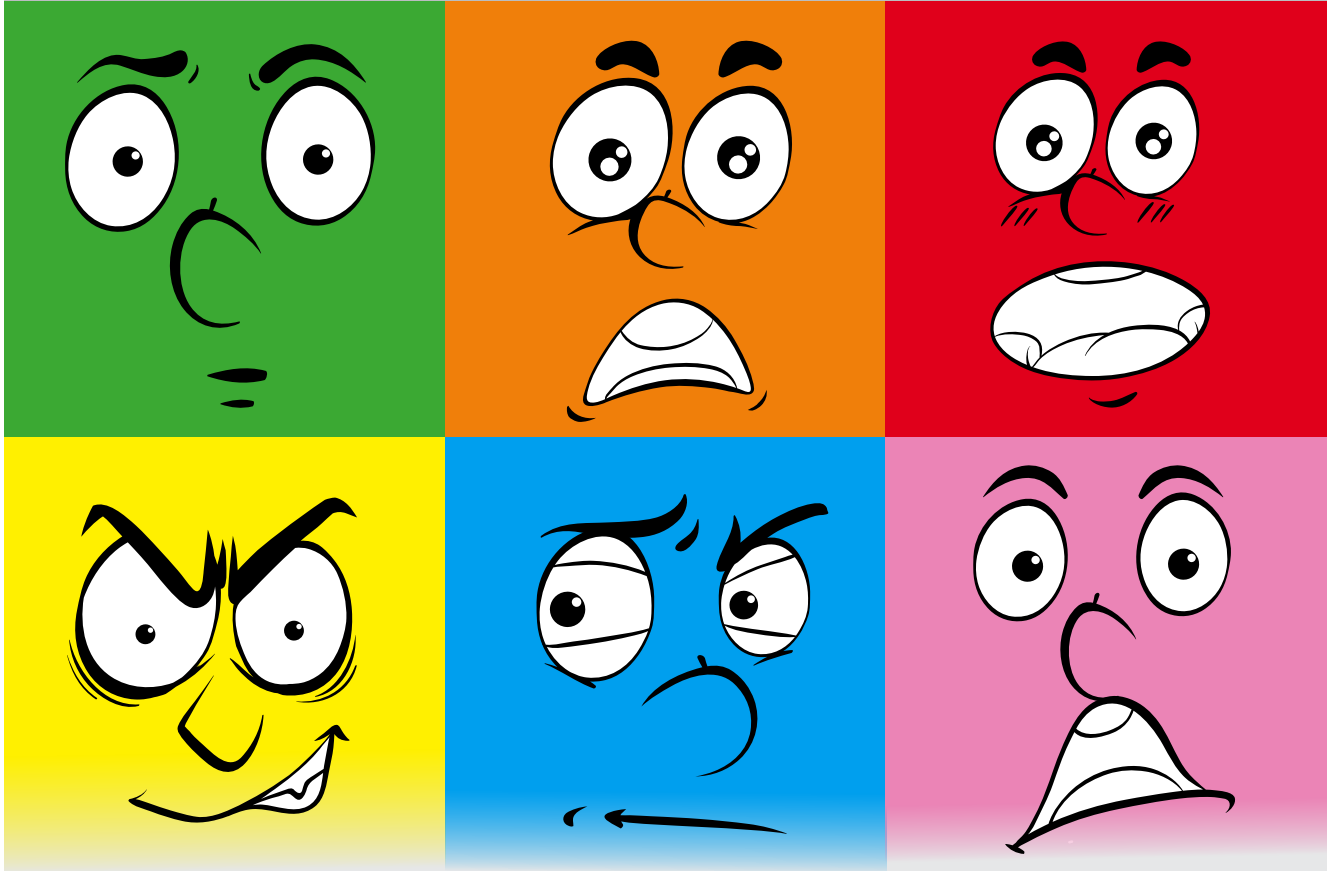
◆ અગર - 9821029084

April 2023

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LOOK N LEARN

Today's gentle reminder...



Whenever you find yourself angry, anxious or depressed
Just deep breathe and **LET IT GO...**
Remind yourself to respond wisely and calmly
without being disturbed nor disturbing others...

Think of the **result**
of every **action**
Focus on being **CALM**



॥ कर्म धम्मा ॥

याद रखना, मेरी हर Action...

मेरा Future बना रही है।

Present
action...

Future reaction
(may be next birth)!

