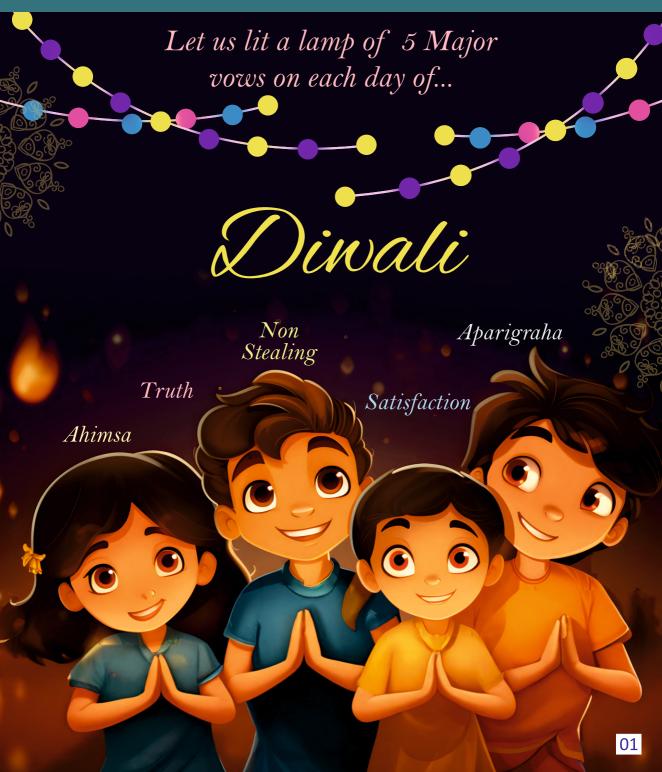
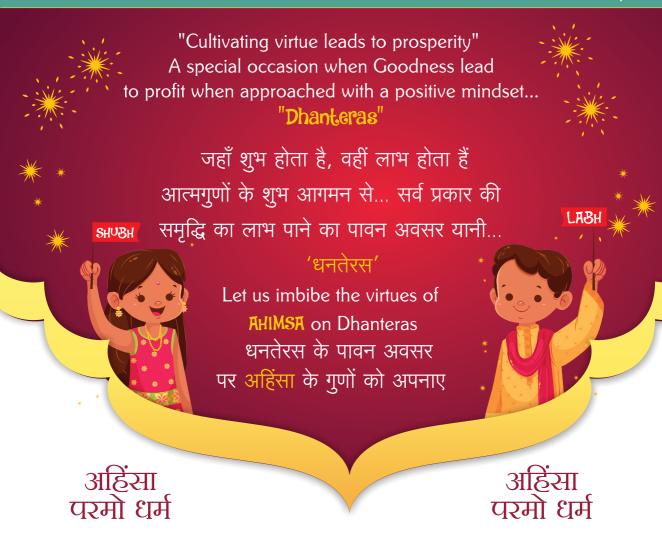
LOOK N LEARN

Vol No. 10 • Issue No. 10 • Mumbai • October 2023 • Price : Rs 5/- (Multilingual Monthly)



Subscription for 10 years India: Rs. 1000/-Abroad: Rs. 5000/-



"Ahimsa means not hurting or harming anyone, even with your words or actions."

Let us follow Ahimsa by Mann, Vachan and Kaya, by keeping our thoughts kind, our words gentle, and our actions non-hurtful.

'अहिंसा का अर्थ है अपने शब्दों या कार्यों से किसी को चोट या हानि न पहुँचाना'।

आइए हम मन, वचन और काया द्वारा अहिंसा का पालन करें। अपने विचारों को दयालु, अपने शब्दों को सौम्य और अपने कार्यों को हानिरहित बनाए। "Say No to HIMSA"



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"Say yes to Ahimsa "



04 LÔOK N LEARN

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Fire free Diwali, Fear free Diwali



Didi: Kids, Do you all love your

life?

Kids: Yes didi!

Didi: "Imagine you're deeply engrossed in your studies, relaxing, enjoying time with friends, immersed in a book, or peacefully asleep, and suddenly someone surprises you with a loud, explosive noise. How would you react?"

Naman: Oh! I may faint down... I will be frightened, my heart beats will increase, I will get angry and hit

him...

Didi : Now imagine, you are surrounded by an

atmosphere where at every other second different

types of fire balls are falling...

Vandan: Oh., No., didi.,!

Soham: Oh., No., Didi.,! I am afraid of fire. Even a small burn hurts me a lot... I am shivering by its imagination only...

unintentionally hurt when we burst crackers during Diwali?



Soham: No Didi! now I can understand and share in their feelings when they are genuinely hurt or frightened by fireworks." : "Soham, did you know that all creatures like plants, birds, animals, insects, Didi and even tiny life forms in the air have a life and a desire to live? and they don't want to be harmed. When you set off fireworks, you might enjoy the bright lights and loud sounds for a few moments. But do you realize that these few seconds of fun can cause pain and even death to many innocent creatures? It's important to show kindness and care for every living being." Parmatma Mahavir says, 'सट्वेसिं जीवियं पियं' Shree Aacharang Sutra(Chp:2-3) Every creature loves to live "During Diwali, bursting crackers can harm many innocent creatures who cannot speak. The result is that we may accumulate bad karma. Celebrating Diwali without crackers means we save the lives of many creatures, which brings inner peace and happiness. The result is a heart full of compassion and the collection of good karma. Think about what you want to collect this Diwali □ good karma or bad karma?" Soham: Didi! from this second, I am taking a vow not to crack fire crackers and I will try my best to explain to all my friends. And even to my brother Naman, who is very much fond of crackers...! Didi! Please give me Pachkkan..! :"Even I"... "I also"..." I too...!" (All of them took Pachkkan...) Kids Didi : Good! also encourage 5 of your friends to follow the same. with my friends take a vow of not bursting Crackers this Diwali and thereby giving Abhay daan to 6 Kaay jiv Prabhul please give me such blessings that your mantra of alertness shall surface within me in every moment! No Friends/Siblings Name

October 2023

LOOK N LEARN

Tick the items that you will distribute to the needy





TADNESS ACTIVI













"Let's celebrate Diwali with a new friend who needs our support"

October 2023



LÔOK N LEARN

A day to light lamps of inner virtues like compassion, kindness, politeness, vinay, forgiveness, equanimity etc. and protect our soul from vices like anger, ego, deceit, greed, jealously etc. thus bringing positivity and brightness into our lives...

"Kali Chuadas"

करुणा, द्या, नम्रता, विनय, क्षमता जैसे आंतरीक गुणों को प्रकाशित करने का पावन अवसर और आत्मा से क्रोध, मान, माया, अहंकार, लालच, ईर्षा आदि विकारों को दूर करके जीवन में सकारात्मकता लाने का पावन अवसर यानि...

काली चौदस

Let us imbibe the virtues of Thrut.bfulness on Kali Chaudas काली चौदस पर सत्य के गुणों को अपनाए

"Truthfulness means always telling the truth and being honest." Let us always speak Truth by Mann - thinking honestly, Vachan saying truthful words and Kaya - always doing what is right.

सत्य यानी हमेशा सच बोलना और ईमानदार रहना। आईए हम हमेशा मन, वचन और काया के योगो से सत्य बोलें... यानी ईमानदारी से सोचे, सत्य वचनों का उपयोग करें और हमेशा वहीं कार्य करें जो सही हो।

October 2023



VTRUTH BINGO

Be TRUE to yourself and tick where you lied...

"I told Mom,
'I didn't eat any cookies,'
but in reality, I did!"

"I assured my teacher that my homework's all done, but it wasn't."

"I told Dad,
'I brushed my teeth already,
but I actually didn't."

"I said to my friend, (
'I didn't break that toy,'
but I was the one
who broke it."

"I told my sister,
'I didn't take any candy,'
but I did sneak some."

"I assured Grandma that I finished my vegetables, but I didn't touch them."

"I told my parents, 'I didn't watch TV after bedtime,' but I secretly did."

"I said to my sibling,"
'I didn't hit you,
'even though I did."

"I promised to Mom that' I cleaned up my room, but it's still messy."

"I told Dad,
'I didn't touch your phone,'
but I played with it."

"I said to my parents,"
'I didn't skip school,"
but I did."

"I told my aunt,
'I didn't play with
your accesories,'
but I tried it on."

"I promised not to use my sister's computer, but I did when she wasn't looking."

"I told my friend,
'I didn't sneak a snack,'
but I had some chips."

"I assured my parents,
'I didn't go into your closet,'
but I did."

"I promised my cousin, 'I didn't use your art supplies,' but I did a drawing." "I told my brother, 'I didn't play with your video games,' but I played them."

"I assured my friend,
'I didn't take your pen,'
but I borrowed it."

"I said to Mom,
"I didn't draw on the walls,"
but I used crayons on them."

"I told Dad,
'I didn't use your
headphones,' but I
listened to music secretly."

"I assured my parents,"
'I didn't spill juice
on the carpet,' but I did."

"I promised my sister,
'I didn't hide your keys,'
but I misplaced them."

"I told my brother, 'I didn't touch the thermostat,'but I adjusted it." "I said to my friend,
'I fed the dog ,'
but I didn't."

"I promised my parents,

'I didn't stay up past
bedtime, but I read
under the covers."

"I told my mom,
'I didn't go into your purse,'
but I peeked inside."

"I said to my parents, 'I didn't sneak a peek at my presents,' but I couldn't resist."

This Kali Chaudas let's accept our mistakes, try not to repeat them and there by lighten our soul

"Diwali celebrates the Enlightenment of Parmatma Mahavir Swami, reminding us that true victory lies in is conquering our inner battles with non-violence and compassion.



Let's light our hearts with kindness, just as we light lamps to conquer darkness.

"Happy Diwali"

दीपावली के दिन परमात्मा महावीर स्वामी को नीर्वाण प्राप्त हुआ, यह हमें याद दिलाता है कि असली विजय अहिंसा और करुणा के साथ हमारे आंतरिक अवगुणों को जीतना है। अपने मन में सभी जीवों के प्रती दया और अनुकंपा रखें यहीं दिपावली का संदेश है श्भ दीपावली

> Let us imbibe the virtues of Non stealing on Diwali दिवाली पर अचौर्य के गुणों को अपनाए

"Non-stealing means never taking something that doesn't belong to you, and always asking permission before using someone else's things."

अचौर्य यानी... किसी वस्तु-सामान-संपत्ति को छीनना नहीं, और किसी और की चीज का उपयोग करने से पहले हमेशा इजाजत मांगना।



Determine whether the following actions are morally 'right or wrong'.

I will not steal by Mann-Vachan-Kaya



Write R for right Write W for wrong

Stealing by Mann-Mind	Stealing by Vachan-Speach	Stealing by Kaya-Body
Thinking about taking someone's belongings without asking	Promising to help a friend but not keeping your word	Taking something from your sibling's room without permission
Contemplating copying someone's work secretly	Lying to your parents about your current location	Borrowing a video game from a friend and never returning it
Taking credit for someone else's idea	Making up a story to avoid trouble, even though it's not true	Copying someone's homework answers secretly or copied in exams
Wishing you had the same clothes/toys as your friend and secretly planning to take it	Blaming a mistake on someone else to avoid getting into trouble	Taking a piece of your sibling's birthday cake without asking
Hiding your friends contact number in your phone from your parents	Coveting your neighbor's new bicycle and thinking about taking it without asking	Borrowing a book and not returning it
Keeping exam marks hidden from parents	Reading someone's messages without their permission	Have stolen things from supermarket
Spreading someone else's personal information, like their address or phone number, without their consent	Spreading false information about someone on social media to hurt their reputation	Hacking someone's account
Having a fake social media account	Spreading false rumors about a classmate	Sending messages using someone else's phone without their knowledge
For all the sine that the	hus committed Leady fordings	Tagas Michanii Dukdan

For all the sins that I have committed, I seek forgiveness, Tassa Michamii Dukdam



As we step into a New year, let's aim to cultivate contentment and gratitude, finding joy in what we have rather than constantly seeking more."

"A Happy New year"

इस नए साल में, हम अपने भीतर संतोष और आभार के गुणों को विकसित करने की शुभ भावना करें, और हमारे पास जो है, उसमें संतोष और आनंद पाने का प्रयत्न करें

> 'नूतन वर्ष की शुभकामनाएं'

"On New year, let's embrace the virtues of Celibacy" नूतनवर्ष पर ब्रह्मचर्य के गुणों को अपनाए "А нарру New year"

wishes and desires

"Celibacy" means having control over your wishes and desires, Desire for new toys, clothes, tasty food, a new mobile phone etc. It means finding satisfaction in everything we already have.

Reciting a Mantra can help us find satisfaction and overcome excessive desires or greed."

'ब्रह्मचर्य' का मतलब है अपनी इच्छाओ ऑर आकांक्षाओ पर नियंत्रण रखना जैसे नए

खिलॉने, कपड़े,स्वादिष्ट खाने, नया मोबाइल फ़ोन आदि की इच्छा पर नियंत्रण रखना। यानि हमारे पास जो कुछ है, उसमें ही संतोष पाना।

मंत्र जप से संतोष के गुणों में वृद्धि होती हैं और अत्याधिक इच्छा या लालच जैसे अवगुण दूर होते हैं।



"Gautam Swami, the first disciple of Parmatma Shree Mahavir Swami, had a deep attachment towards Parmatma. After Parmatma's "Nirvan" on Diwali, Gautam Swami felt sorrow. Through profound contemplation on non-attachment, he eventually overcame his sadness and achieved "Keval Gnan," which we now celebrate as New Year's Day."

'गौतम स्वामी, परमात्मा श्री महावीर स्वामी के पहले शिष्य थे। उनका परमात्मा के प्रति गहरा स्नेह था। लेकिन दीपावली पर परमात्मा के 'निर्वाण' के बाद, गौतम स्वामी दुखी हो गए। अनासक्ति पर गहरी विचारणा करते हुए उन्होंने अपने विलाप को पार किया और 'केवल ज्ञान' प्राप्त किया, जिसे हम अब नए साल के रूप में मनाते हैं।'

Purity in thoughts will lead to prosperity. Lets welcome this New year with a Resolution. Lets be humble and devoted as Guru Gautam Swami.

"Kids, let's celebrate Diwali, the festival of colors by adding the colors of virtues to our lives."

For I	Right Knowledge	I will teach Namaskar Mantra to non Jain
For	Right Vision	I will go for Dev-Guru Darshan
For	Right Conduct	I will watch T.V. only for one hour
For	Penance	I will perform Unodari Tapp (to eat less than hunger)
For	Generosity	I will always help the needy
For	Character	l will always speak truth
For F	Positive thinking	I will always wish good for others
For	Saiyam	l will control my desires
For	Compassion	I will be polite and kind to all living beings

October 2023

LÔOK N LEARN



हम तो यही जानते हैं की भाई-बीज भाई-बहन द्वारा मनाये जानेवाला एक त्योहार है।

लेकिन, क्या आप जानते हैं बच्चों, पहली भाई-बीज कब मनाई गई थी? दिवाली के दिन भगवान महावीर स्वामी के निर्वाण के बाद उनके भाई नंदीवर्धन बहुत दु:खी हुए। उनहें अकेलापन महसूस हुआ। उनकी एसी स्थिति देखकर उनकी बहन सुदर्शना ने उन्हें अपने घर बुलाया और बहुत प्यार से सांत्वना दी। वह दिवाली के बाद दूसरा दिन था... इसलिए उस दिन से सभी बहनें अपने भाइयों को अपना प्यार और सम्मान व्यक्त करने के लिए आमंत्रित करती है।

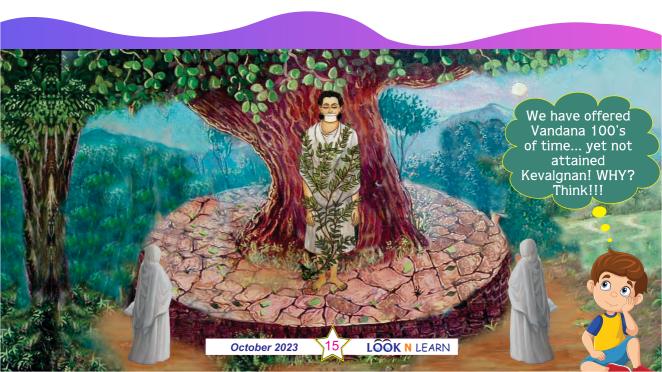


Kids have you heard about Sati Brahmi and Sati Sundari who had shown the path of liberation to their brother Bahubali? Bahubali was in deep meditation... Inspite of doing sadhana for years, he couldn't attain kevalgnan as his sadhana was based on ego of not offering Vandana to his younger brothers. His sisters sadhviji, Sati Brahmi and Sati Sundari realises this and says... "Veera mora gajthi hetha utro, gaj thaki keval na hoy re.." Step down from the elephant(ego), unless you step down you won't get liberation. Sundari and Brahmi impart the truth to Bahubali. Bahubali identifies his ego and he attains Keval Gnan just with the thought of offering vandana to his brothers!

Be a sister like them who can show the right path, right vision to their brothers. Today, all sisters take a word from their brothers to serve Dev, Guru, Dhrama and parents and use the wealth in service and for good cause.

बच्चों, क्या तुमने सती ब्राह्मी और सती सुंदरी के बारे में सुना है जिन्होंने अपने भाई बाहुबली को मुक्ति का मार्ग दिखाया था? बाहुबली गहरे ध्यान में थे... वर्षों तक साधना करने के बावजूद, उन्हें केवलज्ञान प्राप्त नहीं हो सका क्योंकि उनकी साधना अपने छोटे भाईयों को वंदना न करने के अहंकार पर आधारित थी। उनकी बहनें साध्वीजी, सती ब्राह्मी और सती सुंदरी को इसका एहसास होता है और वे कहती है... वीरा मोरा गज से नीचे उतरो, गज थकी केवल न होय रे... जब तक हाथी रूपी(अहंकार) से नीचे नहीं उतरोंगे, तुम्हें नहीं मिलेगी मुक्ति। सती सुंदरी और सती ब्राह्मी बाहुबली को सच्चाई बताती है। बाहुबली अपने अहंकार को पहचान लेते है और अपने बड़े भाईयों को वंदना करने का विचार मात्र से ही उन्हें केवलज्ञान की प्राप्ति हो जाती है। तब ब्राह्मी और सुंदरी अपने केवलज्ञानी भाई को वंदना करती है।

चलो हम भी ब्राह्मी और सुंदरी जैसी बहेन बने जो अपने भाईयों को सही रास्ता, सही द्रष्टि दिखा सके। आज सभी बहनें अपने भाईयों से देव, गुरु, धर्म और माता- पिता की सेवा करने का और धन का उपयोग सेवा और अच्छे कार्य करने का वचन लें।



Let us follow the virtue of Aparigraha during Bhai-Beej

"Aparigraha is like not being too greedy for accumulating more and more stuff but being happy with the love and bond that you share with for each other. Instead of collecting things, come together and make others smile."

VIRTUES



HF/SHF

An fun filled activity for both brothers and sisters.

Try to spread as much happiness as you can by doing the following activity together

TICK WHEREVER YOU WANT TO JOIN IN THESE ACTIVITIES

Brothers and sisters can do nice things together to help people who need it:

ACTIVITIES

1.	Share	: Share your things with those who need it together.
2.	Teach	: Help other kids by giving them school stuff.
3.	Fix things	: Help mom by cleaning up your own room together.
1.	Raise money	: Collect money for charity or use your pocket money.
5.	Care	: Always be kind and caring towards all jiv.
5.	Share food	: Share some of your food with those who are hungry. $\hfill\Box$
7.	Give toys	: Share toys and games with kids who don't have many.
3.	Visit seniors	: Visit elderly people in a nearby home and spend time. $\hfill\Box$
).	Make cards	: Create cards for people who might be feeling lonely or sad.
10	. Donate clothes	s: Give clothes to kids who need them.
11.	. Read together	: Read a story to younger kids to make them happy.
12	. Smile	: Smile at people you meet; it can make their day better.
	These points	promote bonding, kindness, and cooperation between siblings

while also teaching important life values.





Dear children.

Many of you have complaint that, I can't remember anything... I learn everything but forget during examinations... I have exam phobia... so on..

Then come, and solve all your problems related to knowledge, and feel the difference.

Here is a golden opportunity to increase your memory power and to decrease your exam phobia...

"Perform Gnan Pujan" Directed by our Param Gurudev

Shree Namramuni M.S.

On 17/11/23 at Parasdham, Rupaytan road, Bhavnath, Girnar

Gnan Pujan can be performed by everyone to enlighten our own knowledge and let go off ignorance inside us.

Join LIVE















Baal Tapasavi of Look N Learn Jain Gyan Dham

No.	Name	Age	LNL Centre	Penance-Tapp
1	Dharmik Gandhi	13 yrs	Bhavnagar	Varshitap with upvaas
2	Bhavy Shah	14 yrs	Bhavnagar	Varshitap with upvaas
3	Vishwa Gandhi	16 yrs	Bhavnagar	Varshitap with upvaas
4	Dhruv Mehta	18 yrs	Rajkpt	Varshitap with upvaas
5	Zarana Kamdar	10 yrs	Junágadh	Varshitap with ekasana
6	Devansh Kamdar	13 yrs	Ĵunagadh	Varshitap with ekasana
7	Zankhana Kamdar	13 yrs	Junagadh	Varshitap with ekasana
8	Moxit Kamdar	9 yrs	Junagad	Varshitap with ekasana
9	Hetavi Bavisi	10 yrs	Junagadh	Ayambil Siddhi Tapp
10	Param Vora	12 yrs	Borivali	Ghandhar Tapp
11	Vatsal Doshi	14 yrs	ex student	Siddhitapp
12	Jiya Dodhiwala	15 yrs	Rajkot	Anu Saratobhadra Tapp-ekasna
13	Sanghvi	8 yrs	,	Anu Saratobhadra Tapp-ekasna
14_	Krishi Doshi	17 yrs	ex stu.	45 upvaas
15	Nishka shah	15 yrs	Ahemedabd	16 upvaas
16	Divyam Kotecha	16 yrs	Beed	16 upvaas
17	Aayushi shah	20 yrs	Dubai	16 upvaas
18	Neev Bhayani	13 yrs	Dubai	16 upvaas
19	Ruchi Jatkiya	12 yrs	Una	12 upvaas
20	Mohit Shah	15 yrs	Kolkata	ll upvaas
21	Kavya Dalal	13 yrs	ex student	ll upvaas
22	Vignata Mehta	13 yrs	Mumbai	10 upvaas
23		9 yrs	Beed	9 upvaas
24	Nishkarshi	ll yrs	Ahemedabd	8 upvaas
25	Vaishvi Shah	12 yrs	Ahemedabd	8 upvaas
26	Hiya Shah	9 yrs	Ahemedabd	8 upvaas
27	Rhythm Parakh	12 yrs	Aurangabad	8 upvaas
28	Krishna Chheda	12 yrs	Dadar	8 upvaas
29	Kenisha Chheda	14 yrs	Dadar	8 upvaas
_30	Freya Shah	13 yrs	Dubai	8 upvaas
31	Hit Doshi	10 yrs	Gondal	8 upvaas
32	Nishi Khilosiya	14 yrs	Gondal	8 upvaas
_33	Diya ranpariya	10 yrs	Jamnagar	8 upvaas
_34	_lshika Halvadiya	15 yrs	Junagadh	8 upvaas
35		ll yrs	Malad	8 upvaas
_36	Zian Thangellaplly	12 yrs	Malad	8 upvaas
37	Mauli Doshi	10 yrs	Mira road	8 upvaas
_38		12 yrs	Morbi	8 upvaas
39	Yashvi Shah	12 yrs	Mulund	8 upvaas

			1 -1	
40	Purti Parakh	12 yrs	Nasik Bhavnagar	8 upvaas
41	Diti Shah11	ll yrs	PD Ghatkopar	8 upvaas
42	Ishika Shah	12 yrs	PD Ghatkopar	8 upvaas
43	Riva Shah	12 yrs	PD Ghatkopar	8 upvaas
44	Divya Doshi	12 yrs	PD Ghatkopar	8 upvaas
45	Aayush gala	14 yrs	PD Ghatkopar	8 upvaas
46	Hiya Gala	9 yrs	PD Ghatkopar	8 upvaas
47	Malak Gada	12 yrs	Pawandham .	8 upvaas
48	Darsh Shah	9 yrs	Pawandham	8 upvaas
49	Bhavya Halwaidya	12 yrs	Raipur	8 upvaas
50	Heer Shah11	ll yrs	Rajkot	8 upvaas
51	Pranshi Shah	13 yrs	Rajkot	8 upvaas
52	Diyanshi Shah	14 yrs	Rajkot	8 upvaas
53	Kashvi Sanghavi	9 yrs	Rajkot	8 upvaas
54	Reeva Solani	15 yrs	Rajkot,Royal Park	8 upvaas
55	Diya Kamdar	ll yrs	Vasai	8 upvaas
56	Manvir Kamdar	13 yrs	Vasai	8 upvaas
57	Charmi Atha	6 yrs	Zalavad Nagar	8 upvaas
58	Roshni Kotecha	12 yrs	Latur	7 upvaas
59	Khusbu Kamani	14 yrs	Junagadh	6 upvaas
60	Kavish Sanghavi	9 yrs	Kolkata	6 upvaas
61	Lehak Gandhi	10 yrs	Malad	4 upvaas
62	Heer Parekh	10 yrs	Matunga	4 upvaas
63	Hriday Maniar	ll yrs	Matunga	4 upvaas
64	Bhavya Jain	12 yrs	Mumbai	4 upvaas
65	Anushka Bothra	10 yrs	Beed	Atham
66	Virat Kotecha	ll yrs	Beed	Atham
67	Shrusti sancheti	12 yrs	Beed	Atham
68	Kshitija Nagar	12 yrs	Beed	Atham
69	Aagam Sanghvi	8 yrs	Dubai	Atham
70	Abhay Kamdar	13 yrs	Junagadh	Atham
71	Viraj Sanghavi	12 yrs	Kolkata	Atham
72	Divya Thosani	15 yrs	Kolkata	Atham
73	Ekansh Bardiya	9 yrs	Manmad	Atham
74	Bhavya Somani	ll yrs	Mira Road	Atham
75	Deshna Bagrecha	13 yrs	Pimpalgaon	Atham
76	Vritika Parekh	13 yrs	Pimpalgaon	Atham
77	Sharayu Pagariya	13 yrs	Pimpalgaon	Atham
78	Darshita Bhatevara	13 yrs	Pimpalgaon	Atham
79	Swasti Vora	10 yrs	Rajkot	Atham
80	Tanishka Mehta	12 yrs	Rajkot	Atham
81	Tanuj Parekh	13 yrs	Rajkot	Atham
82	Prachi Sheth	13 yrs	Rajkot	Atham
83	Diya Shah	9 yrs	Tollýgung	Atham
84	Moksha Brahmecha	10 yrs	Aurangabad	Atham
		,		

300+ children completed Dravya Tapp Aaradhana



Tapasvi no

Jay Jay kar

Registered with Registrar of Newspapers under RNI No. MAH MUL/2011/40056 Vol.: 14, Issue: 10, Date: October 2023, Postal Registration No. MNE/171/2021-23. Date of Posting / Date of Publication 10th of every month. License to post without prepayment, WPP license No. MR/Tech/WPP-273/NE/2021-23.

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Inspired By Rashtrasant Param Gurudev Shree Namramuni Maharaj Saheb

"PANCH MAHAVRATDHARI DARSHAN"







Kids were suppose to go to near by Dharma Sthanak and offer Vandana to Pujya Sadhu-Sadhviji during 8 days of 'Parvadhiraj Paryushan''

All the 1500+ kids that participated are Winners But, few were lucky to win the Lucky draw ...



1st Winners

Jinali Kundalia

LNL Jamnagar

2nd Winners

Divya Jain

LNL Aurangabad

3rt Winners

Yuvraj Sheth

Ghatkopar Parasdham

Lucky winners





