

LOOK N LEARN

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We wish that in your life, you embrace the four pillars of Shrivak Dharma: Daan, Sheel, Tapp and Bhaav... leading you to ultimate happiness...Moksh."

HAPPY
(CHILDREN'S
DAY



Children's day is here and so are uncountable blessings

May the innocence in your smiles
and the purity of your hearts
stay forever unfaded!

Climb every mountain, ford every stream,

Follow every rainbow... till you find your dream!

Your favourite Look N Learn Magazine is here
with all fulfilled activities so that you

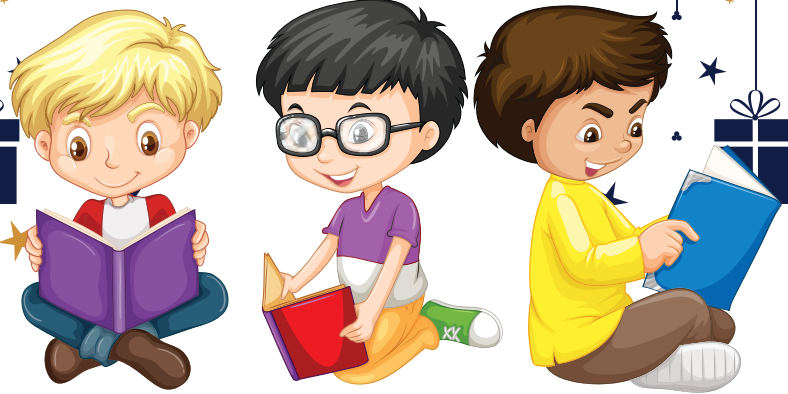
PRAY WHILE YOU PLAY...



So come on kids
what is stopping you?



Gnan Daan
Gift/share
Look N Learn Magazine



Firstly on this childrens day let us do **Gnan Anumodna** by sharing your favourite **Look N Learn Magazine** with your family and friends. You can inspire them to subscribe or you can gift them this amazing Magazine all by your self!

Let us not miss a single chance of Anumodna, WHY?
Because Parmatma says...

 Karyu I, myself do Swadhyay Tapp (read religious books)	=	 Kravyu I helped/inspired others to do the Tapp	=	 Anumodna I appreciate the once who are doing the Tapp
--	---	--	---	--

Let us also not miss this opportunity to once again introduce you all to our **Look N Learn E-Book**. We hope you all have enrolled in it? If not then what are you waiting for??? Also ask your siblings and friends to do so...

Inspired by Rashtrasant Param Gurudev Shri Namramuni Maharaj Saheb



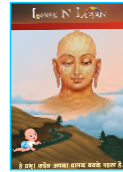
LOOK N LEARN CHILDREN'S JAIN MAGAZINE

Look N Learn Magazine is all about enhancing and inculcating basic principles in children. It's a modern & innovative approach towards Value education. This Magazine works on building a strong, positive, compassionate and a successful individual!

Key points of Look N Learn Magazine

Tatva, Moral Stories, Jainism Stories, Jainism Knowledge, Activities & Games, Art and Craft

For Children
3-18 years!



You can
Gift this
Magazine
also!



Subscription for 10 years: **India-1,000/- Abroad-5,000/-**
Web: www.parasdham.org Contact: 9892152658
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The Joy of giving is more, than the Joy of receiving



LOOK N LEARN CHILDREN'S JAIN E-BOOK

Look N Learn
children's Jain E-Book

**JOIN
NOW**

Tatva, Stories, Kanthastha,
Games, Puzzles,
Quiz- active links,
Videos-Audios, Art n craft,
3D-Activities, Bhakti and
much much more...
all in your phone!



If not registered yet then, send Jai Jinendra on  to **+91 8104461579**

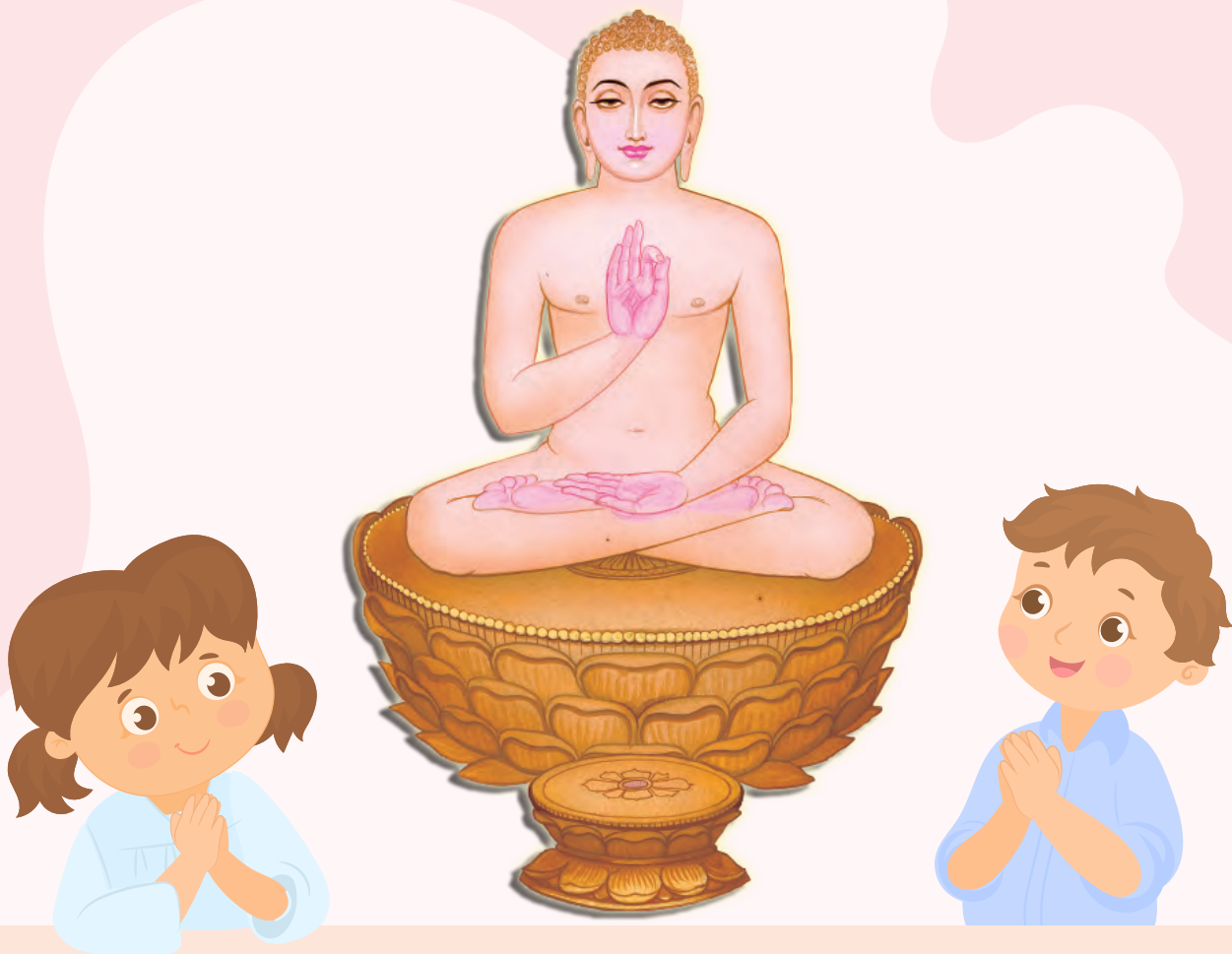
November 2023

04

LOOK N LEARN

Have you ever seen Parmatma angry, jealous, sad, overwhelmed?
Parmatma always stayed calm in all situations of life, good or bad.

And so, shouldn't we too?



Emotional health is as important as physical health

More Emotions=More Karma Bandh

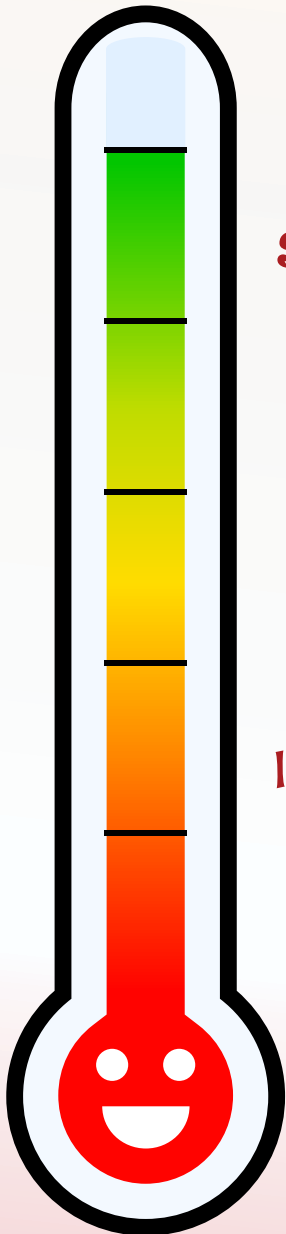
Let us upgrade our emotional health

Check your feelings and learn to overcome them

So let us spend some time bringing it up!

Let us start with a quick self check ...

Where do you stand on the *Apology meter*? Check yourself



Sincere Apology?



Fake SORRY?



I'm always right?



No regrets!



Keep your
Emotions
positive even
in the
middle of
Negative action

Free yourself from the burden because
it's never too late to let go and **FORGIVE**

Emotions Board Game

The board game consists of a central path of 48 emotion cards, each featuring a cartoon character and a label. The path is flanked by eight starting/ending points, each with a character and a label. The starting/ending points are: Happy, Lying, Calm, Contented, Embarrassed, Worried, Egoistic, and Finish. The emotion cards are: Lying, Angry, Confused, Scared, Criticized, Start, Happy, Peaceful, Sad, Soft spoken, Respectful, Surprised, Worried, Merciful, Discord, Shy, Forgive, Embarrassed, Joyful, Caring, Proud, Cunning, Contented, Compassionate, Joyful, Caring, Proud, Cunning, Worried, Tensed, Stealed, Polite, Hatred, Polite, Stealed, Tensed, Worried, Jealous, Greedy, Deceit, Wise, Positive, Helpful, Gossip, and Finish.

The first player to get to the end wins!

Roll the die and move your game piece that number of squares. Read the emotion written in the square and say a time when you have felt this emotion e.g. I feel happy when I am spending time with my grandparents.

I know how to deal with my emotions...



Try to spread a smile to others

Stay in Equanimity



When I'm feeling



HAPPY

I can...

THANK YOU

Write down things I feel grateful for

Attempt a harder challenge that I have been struggling for



Write on your own...

Remember, This too shall pass!

I know how to deal with my emotions...

Forgive the other person

Try to respond and not react

When I'm feeling

ANGRY

I can...



Do Bhakti



Meditate for 5-10 mins



Write on your own...



I know how to deal with my emotions...

Chant
Parmatma's
name



Sit/chant in
Namothonam Mudra

When I'm feeling

SCARED

I can...

Trust in
Dev Guru
and Dharma



Believe-I am as fearless
as Parmatma Mahavir

Write on
your own...

Blank writing area with a red arrow pointing to it.



I know how to deal with my emotions...

Focus on my
strength



Speak positively

Chant "Arham"

Meditate for
5 -10 mins

When I'm feeling

NERVOUS

I can...



Write down the things
that are causing me
to be nervous

Start with a task
I know I can
achieve before
attempting the
challenge

Write on
your own...

Blank writing area with a red arrow pointing to it.



I know how to deal with my emotions...



Do Dhyān/
Meditate

Do something
kind to help
someone else

Know that
everything happens
as per our karma

When I'm feeling

SAD 

I can...

Stay in
Equanimity



Remember,
This too shall pass!

Write on
your own...

Blank writing area with horizontal lines.

I know how to deal with my emotions...

Do breathing
exercises

Try working
& keep focus

Meditate for
5 - 10 mins

When I'm feeling

CONFUSED 

I can...

Seek guideline
from elders



Write on
your own...

Blank writing area with horizontal lines.

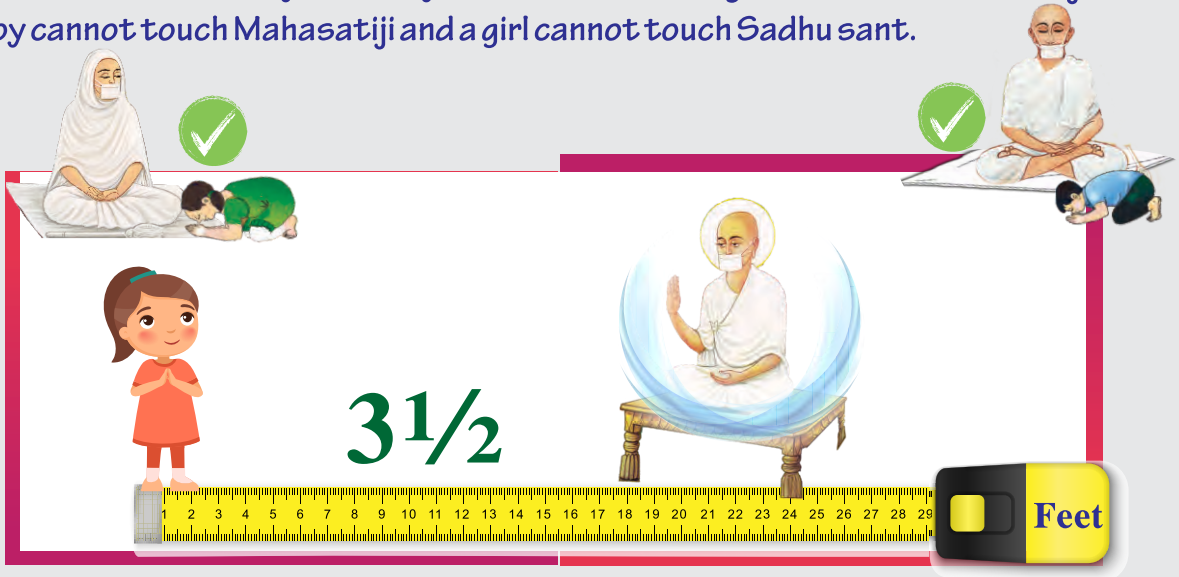


Let us know our basic ETIQUETTE

Rules of polite and correct behaviour

Children whenever you go for darshan of Pujya Sadhu-Sadhviji...

Keep a distance of atleast three and a half feet, because that area is full of their Positive energy. Their auspicious Aura is filled with the energy of their Sadhana, while our Aura is full of negative energy..! If you want to go near, you have to take their permission first..! And yes... a boy can touch Sadhu, a girl can touch Mahasatiji. A boy cannot touch Mahasatiji and a girl cannot touch Sadhu sant.



And also let us learn about... Keeping my hands to myself-

MY CONFESION: Sometimes I touch my friends and teachers. They might not like this. This might make them sad.

I am learning to keep my hands to myself This means not touching other people!

SOLUTION: I will keep my hands to my self. I can join my hands in **PRANAM MUDRA** to show respect towards all.



This will also make my friends, teachers and elders happy!



Is It OK for Someone to do this to you or not?

FIRSTLY, Write your thoughts regarding the situation in the space given below in each box.

SECONDLY, does the same rule apply to you? can you do this to someone else??

Is It OK for Someone to Do This to You?



A boy/girl in your class keeps calling you by wrong names.

Write your thoughts...

Is It OK for Someone to Do This to You?



In the school bus, someone picks on you by taking your bag off & pinching you

Write your thoughts...

Is It OK for Someone to Do This to You?



You are playing netball in a tournament final & you miss the last pass of the ball. Your friends walk off the court without you

Write your thoughts...

Is It OK for Someone to Do This to You?



You were absent the other day at school and your friend denies to give you his copies

Write your thoughts...

If it's **NOT OK** for you then how can it be **OK** for someone else?

Treat people as you like to be treated. **THINK ON IT...**



Is it **OK** for Someone to Do This to You?



Your friends are in a club with you at school. They decide to make their own club at lunchtime but they won't let you join in.

Write your thoughts...

.....

.....

.....



Is it **OK** for Someone to Do This to You?



You want to sing in the choir & audition for the part. Your best friend wants the same part and she starts to fight with you.

Write your thoughts...

.....

.....

.....



Is it **OK** for Someone to Do This to You?



You forgot your tiffin box and your friends deny to share with you

Write your thoughts...

.....

.....

.....



Is it **OK** for Someone to Do This to You?



It wasn't your mistake, yet your sibling blames it all upon you

Write your thoughts...

.....

.....

.....



ACTIVITY

All about how I feel today!

Feelings are reflections of the thoughts we are holding. One should stay in equanimity in all circumstances. Check in with yourself right now and see if you can figure out your feelings.

Things you need:



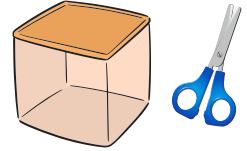
An glass bottle
(10-12 inches long)



Feeling coupons
(Take out multiple printouts of this page)



Stickers to stick
on your glass jar



Scissor &
Any box to keep
the feeling coupons

How to move ahead-

Cut the feeling coupons given on the next 4 pages and keep them in an box. Keep an glass jar ready. Now in a day 4-5 times just check in with yourself about your feelings at that particular time. Then pick up that same coloured coupon and place it in the glass jar.

Throughout the month fill this container with feeling coupons to show how much of each feelings you have! This will help you to have an more positive approach in your day to day life towards your mental stability. At the end of the month analyse as to which feelings you gathered the most and work towards them accordingly. You can repeat the same every month - year by year.













 Jealous	 Jealous	 Jealous	 Jealous	 Jealous
---	---	---	---	---






 Peaceful	 Peaceful	 Peaceful	 Peaceful	 Peaceful
---	---	---	---	---

 Greed	 Greed	 Greed	 Greed	 Greed
--	--	--	--	--

 Lonely	 Lonely	 Lonely	 Lonely	 Lonely
---	---	---	---	---

 Sad	 Sad	 Sad	 Sad	 Sad
--	--	--	--	--

 Angry	 Angry	 Angry	 Angry	 Angry
--	--	--	--	--

 Happy	 Happy	 Happy	 Happy	 Happy
--	--	--	--	--









 Jealous	 Jealous	 Jealous	 Jealous	 Jealous
---	---	---	---	---






 Peaceful	 Peaceful	 Peaceful	 Peaceful	 Peaceful
---	---	---	---	---

 Greed	 Greed	 Greed	 Greed	 Greed
--	--	--	--	--

 Lonely	 Lonely	 Lonely	 Lonely	 Lonely
---	---	---	---	---

 Sad	 Sad	 Sad	 Sad	 Sad
--	--	--	--	--

 Angry	 Angry	 Angry	 Angry	 Angry
--	--	--	--	--

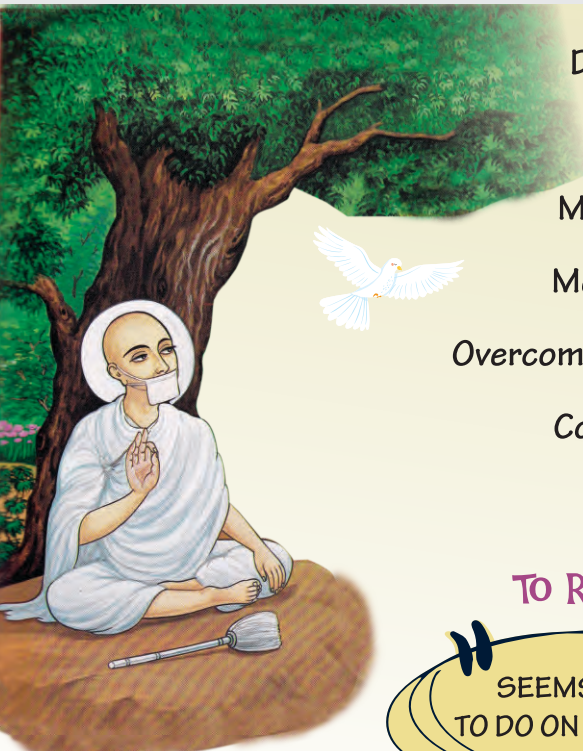
 Happy	 Happy	 Happy	 Happy	 Happy
--	--	--	--	--

Every pain and happiness comes
with an EXPIRY DATE

✓ Nothing last for ever

✓ Everything expire soon!

Stop worrying and SMILE



Deal with your **ANGER** on your own...

Tackle your **EGO** on your own...

Manage **DISPUTE** better on your own...

Mend **RELATIONSHIPS** on your own...

Overcome **FEAR & ANXIETY** issues on your own...

Cope with **DEPRESSION** on your own...

Most important....

**CLEAN YOUR HEART
TO REGAIN YOUR LOST SMILE!** on your own...

SEEMS DIFFICULT
TO DO ON YOUR OWN???

Then **SURRENDER** to Guru!

Have a Guru in your life!

Yes its all easy in GURU SANIDHYA...

Yes its easy when we have a GURU in our life...

Try and experience Guru Sanidhya all by your self!



Let us try to stay **CALM** in the middle of any negative emotion
Here are 5 techniques given find out which one works for you

CALM
ME!

5-4-3-2-1 Grateful

Grounding Technique



Notice **5** THINGS YOU CAN *see*, be grateful for them

Notice **4** THINGS YOU CAN *touch*, be grateful for them

Notice **3** THINGS YOU CAN *hear*, be grateful for them

Notice **2** THINGS YOU CAN *smell*, be grateful for them

Notice **1** THING YOU CAN *taste*, be grateful for them

Calming STRATEGIES

Staying
in Maun
will help

Chanting
Rosary
will help

Spreading
a Smile
will help

Staying
contented
will help

Managing
your time
will help

Doing
Japp
will help

Forgive &
Forget
will help

Doing 27
Vandana
will help

Samayik
will help

Pratikraman
will help

Stick this **calm poster** in your room where it is easily visible to you

Stick this **Star breathing poster** in your room & use it 2-3 times a day

Calm CORNER



Star BREATHING



Rainbow grounding technique

Take a deep breath, look around you & try to find an object for each of the colour of the **Rainbow**

I find Calmness in **RAINBOWS**



In sanidhya of Rashttrasant Param Gurudev Shree Namramuni Maharaj Saheb



Gnan Panchami

It is the 5th day after New Year.

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 18/11/23, from 9.00am onwards

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

<https://live.parasdham.org> & [zoom](https://zoom.us/j/2081081008) ID: 208 108 1008 | Passcode: 108

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