

March 2011

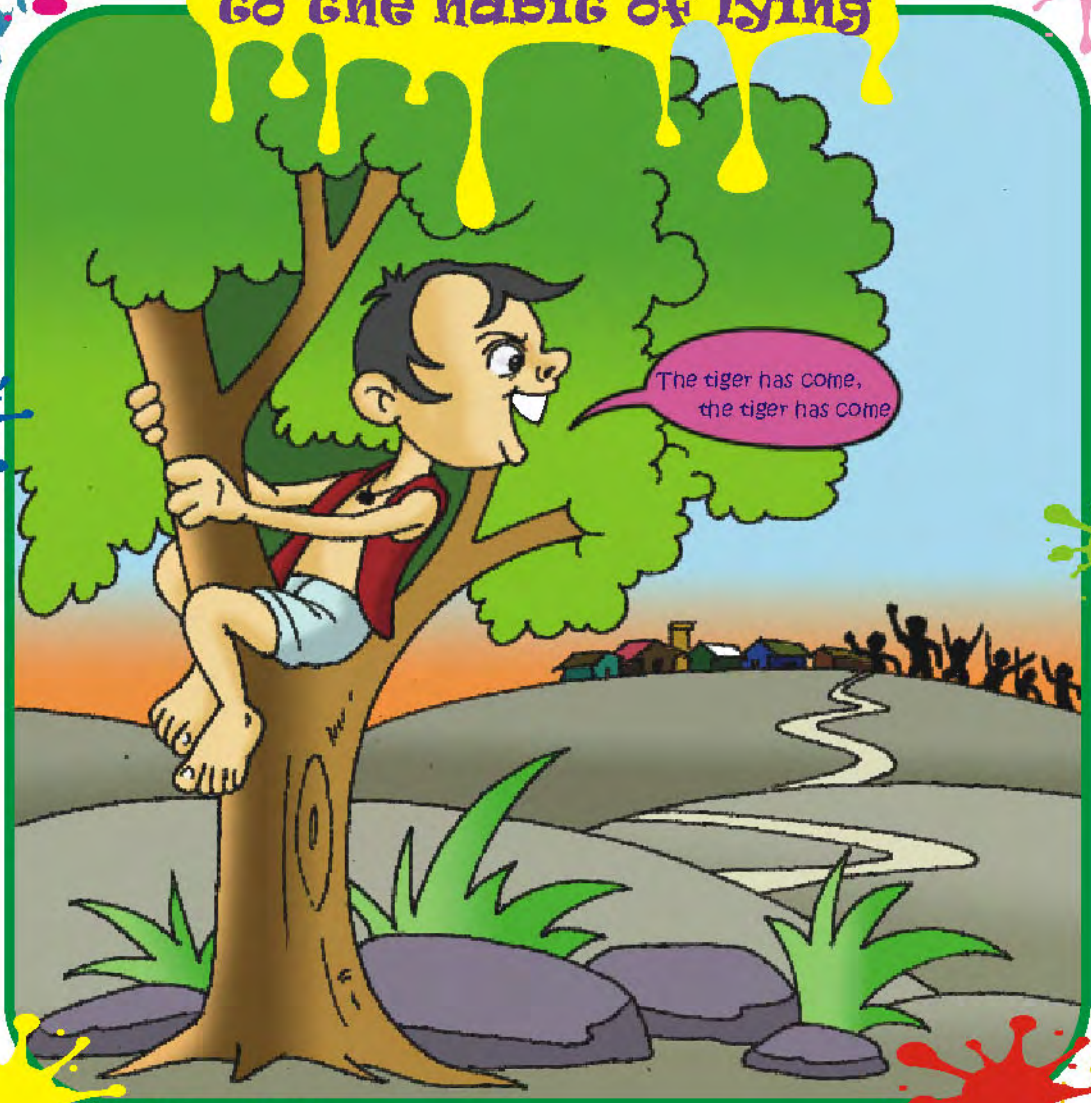
Price Rs : 12/-

Dada Bhagwan Parivar's

AKRAM Express



'Bye Bye'
to the habit of lying



'Bye Bye' to the habit of Lying

Friends,
Who must not have
had the experience of lying?
When mummy asks, "Why did you get
late returning from school?" Then instead
of saying, "I was chatting with my friends" we
say, "I was doing my homework." This must have
happened so many times! There are so many times
when we end up lying even though we don't want to
lie. Many times, we get caught lying too.

In this issue, Param Pujya Dada Bhagwan has
given excellent understanding on questions like, "Why
does a person lie? What are the consequences of
lying? How can one overcome the habit of lying?"
etc.

So, come on friends, let us also assimilate
this understanding in our lives and wave
'goodbye' to the habit of lying
forever.

-Dimple Mehta.

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Akram Express

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Vol.: 2, Issue : 8
Conti. Issue No.: 20
March 2011

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U.K.:07956476253
Website:
kids.dadbhagwan.org

Printed, Published and Owned by :

Dimple Mehta on behalf of
Mahavideh Foundation
Simandhar City, Adalaj
Ta & Dist - Gandhinagar 382421
Published at Mahavideh Foundation
Simandhar City, Adalaj
Ta & Dist - Gandhinagar 382421

Printing Press:-

Amba Offset
Basement, Parshvanath
Chambers, Nr.RBI,
Usmanpura, Ahmedabad-14.

Subscription (English)

Yearly Subscription

India:25 Ruppees
U.S.A.:15 Dollars
U.K.:10 Pounds

5 years Subscription

India:550 Ruppees
U.S.A.:60 Dollars
U.K.:40 Pounds

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name of 'Mahavideh Foundation'

Dadaji Says...

Questioner: Why does a person lie?

Dadashri: A person lies out of fear. It is either because of a hidden fear of what people might say to him or out of his greed to gain something. Gradually, lying becomes a habit. Then, even though there is no fear, the person will still lie. Some time, if you had been sent to Borivali station and told to, "Go and check whether Dada has arrived, or not? He was going to arrive at five o'clock." then, you happen to meet your friend and spent time chit chatting with him. Then you come back and say, "Dada does not seem to have arrived." But, later I would have turned up for satsang, which everybody would come to know. Then people would

lose trust in you.

Questioner: What is the loss incurred in speaking lies?

Dadashri: People completely lose their trust in us, and once this happens, a person has no value. If someone lies to us, we get hurt. Similarly, when we lie to someone, then how hurt would the person be?

Questioner: When we lie, we bind karmas, don't we?

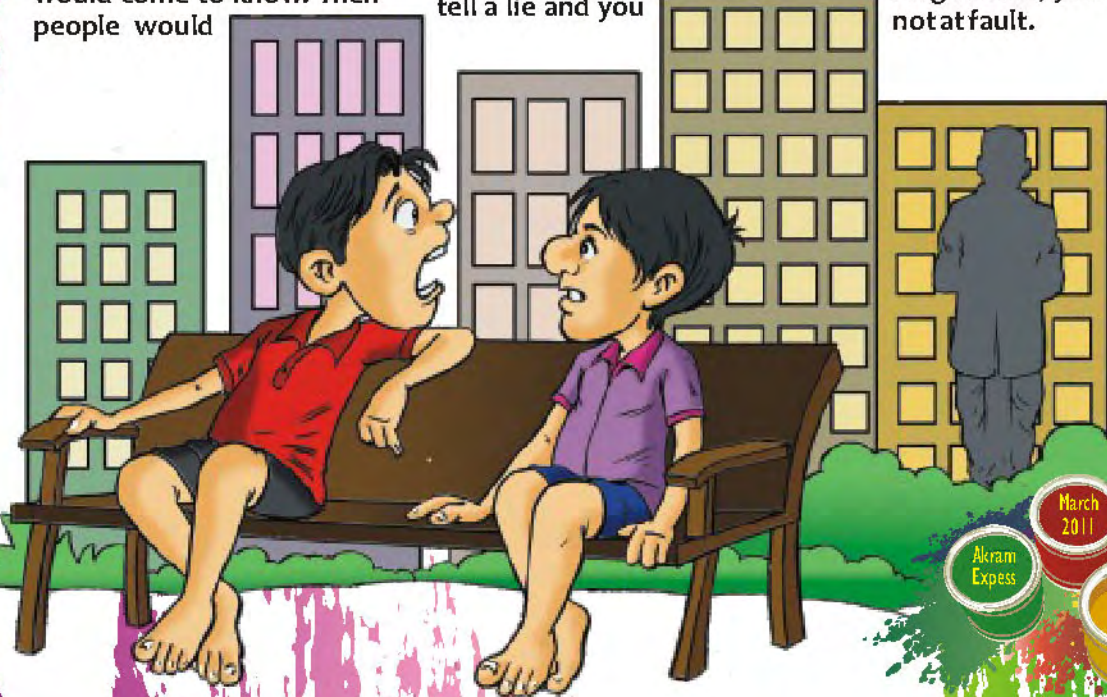
Dadashri: Yes, of course! But more than telling a lie, it is the intent to lie that a person has, which binds karma. When a person lies today, then that person will get the fruit of those karmas in the next birth.

Questioner: I don't want to speak lies, but it happens.

Dadashri: Whenever you tell a lie and you



realize that you have lied, immediately ask for forgiveness from Dada saying, "Dada, I don't want to lie. Please forgive me. I will not lie, henceforth. To lie is a grave sin, it is extremely hurtful." In this way, as soon as the opinion to lie is gone, the demerit karmas of lying stop. All the same, if it happens again, there is no need to worry. One has to keep asking for forgiveness again and again. Once you ask for forgiveness, you are not at fault.



Resolve to Speak Lies With Restraint

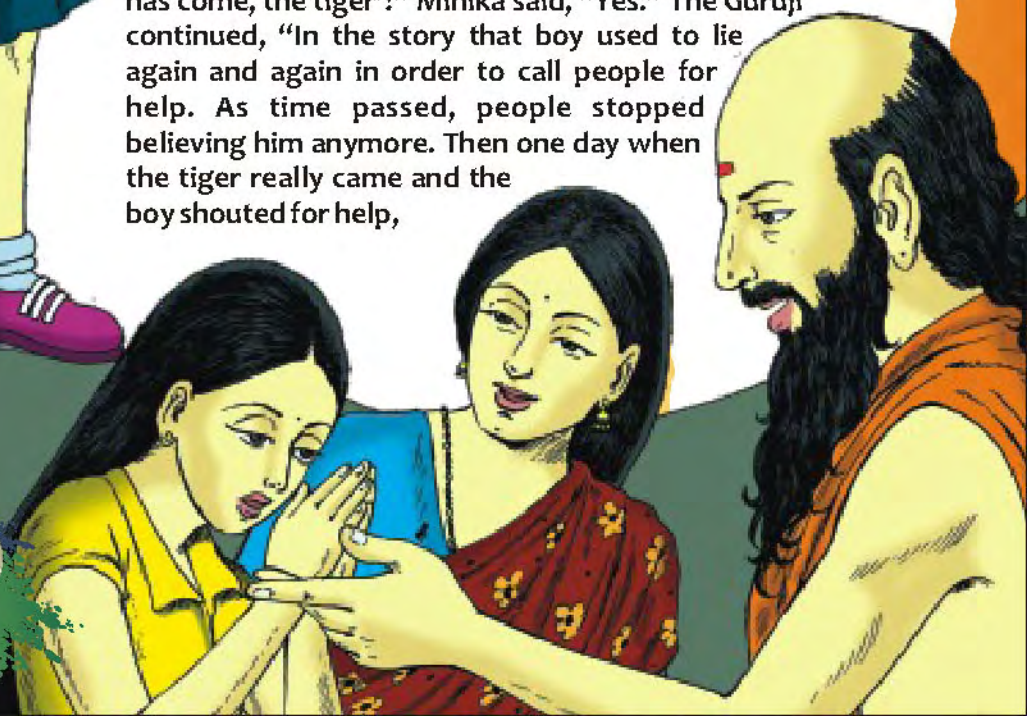
Little Mihika would lie at any and every time. One could almost say that she had got into the habit of lying. Her mother was extremely worried about this bad habit of hers. She had explained to Mihika many a time, but there was no change in Mihika's behaviour.

One day, their Guruji (a saint) arrived at the temple in their city. Mihika went along with her mother to pay respects to him. They both bowed down at his feet. The saint put his hand on Mihika's head and blessed her saying, "May you be happy and make a lot of progress." Hearing these words, Mihika's mother said, "Guruji, Mihika lies at any and every time. I am worried about her. Kindly grace her with some understanding."

Mihika became serious after she heard this. With the fear that, "I will be scolded just now," she glanced at the Guruji once and then looked down. The Guruji asked Mihika with a lot of compassion in his voice, "Do you really like speaking lies?"

Mihika shook her head from side to side saying, "No." Then she said, "I don't want to lie but it happens."

The Guruji said, "Do you know the story of, 'The tiger has come, the tiger?'" Mihika said, "Yes." The Guruji continued, "In the story that boy used to lie again and again in order to call people for help. As time passed, people stopped believing him anymore. Then one day when the tiger really came and the boy shouted for help,



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nobody came to his rescue and the tiger devoured him. You know that, don't you?"

Mihika nodded her head saying, "Yes." Further, the Guruji added, "Then, would you like it if people stopped believing in you too?"

Mihika did not respond. She stood there silently. The Guruji asked her, "Will you accept one thing I tell you?"

Mihika looked at the Guruji with curiosity. The Guruji said, "I don't mind that you lie, but from today onwards, make a resolve that, 'I will lie only five or ten times daily, not more than that.' You tell me, how many times shall we agree on?"

Mihika stared at the Guruji in amazement. She had never ever heard anything like this from anyone before. Everyone else used to scold her for this bad habit of hers. She felt like accepting the Guruji's proposition. She thought over it for two minutes and answered, "Five times."

The Guruji looked at Mihika, laughed and said, "You are a very good and sensible girl. I thought that you would have said fifty times." Mihika laughed upon hearing this too.

Then the Guruji added, "So, from today onwards you are free to lie five times a

day. Nobody, including your mother, will scold you for this. But be careful that after the five times are over, the sixth time, no matter what happens, you should not lie."

Mihika asked curiously, "What shall be the outcome of all this?" The Guruji whispered, "You will experience that for yourself."

Mihika then said, "Ok Guruji. You are the first person I have seen, who gives permission to lie. I shall definitely keep my promise." The Guruji placed his hand on her head and blessed Mihika once again before the mother and daughter returned home.

After returning home, Mihika kept remembering the Guruji. She remembered his loving interaction. She repeatedly decided not to lie more than five times a day.

The next day she didn't feel like going to school. She told her mother, "My stomach is hurting a lot. I will not be able to go to school." Saying this she dozed off again. When she woke up after an hour,



she noticed that her mother was busy working, so she said, "Mummy, I'm going down to play." Her mother asked, "Didn't you have a stomach ache?" Mihika replied, "Oh! I'm fine now." Before her mother could say anything else, she ran off. While descending the stairs, she counted that she had lied twice. She thought, "I can still lie thrice."

She went down and started playing. Her friend Grishma, who lived in the neighbourhood, came down. She saw Mihika and asked, "Mihika, haven't you gone to school?" Mihika said, "No, today I have to go out with Mummy." The girls then got busy playing.

Mihika returned home exhausted after playing and said, "Mummy, I'm very hungry. Is lunch ready?" Her mother served her lunch. After lunch as she was going towards her room, her mother said, "Mihika, please wipe these utensils and put them away."

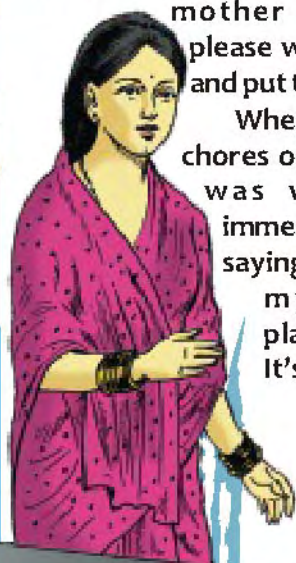
When it came to doing chores of any kind, Mihika was very lazy. She immediately responded saying, "Mummy, I hurt my hand while playing downstairs. It's hurting a lot so I

Now, Mihika was cornered. What answer should she give? Her stomach was hurting or she had to go out with Mummy? She froze

won't be able to do it." Saying this, she sat down to watch T.V..

After her mother had lunch, she said to Mihika, "I've put the milk to boil on the stove, please check to make sure that it does not spill over. I'll be back soon from aunty's house next door." Engrossed in watching T.V., Mihika said "Yes."

Her mother returned in a short while. When she looked in the kitchen, she noticed that the milk had spilled over and the gas was still burning. She got annoyed at Mihika and said, "Mihika, all the milk has spilled



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over! Didn't you keep an eye on it?" Mihika was so engrossed watching T.V. that she had forgotten all about the milk. She was fearful of her mother and immediately replied, "I didn't know that you had told me to keep an eye on it."

Mihika counted in her mind. Five lies had been said. She thought, "It will be good if mummy does not ask me anything else, otherwise I will now have to speak the truth." Just then, her friend Mansi came along. She said, "Come, let's play badminton."

Mihika said, "Let's go!" to escape her mother, but just as she was about to leave, her mother asked, "Your hand is hurt, isn't it? Then how will you play badminton?" Now, Mihika was stuck. She felt like lying once more, but then refrained from doing so as she remembered her promise to the Guruji.

Instead, she said, "It's not hurt, Mummy. I didn't feel like wiping the dishes so I lied." She felt awkward to have had to confess her lies in Mansi's presence. Just then, Grishma arrived. Seeing Mihika at home she asked, "Oh! You went out and came back home so soon!" Her mother was startled to hear this and asked, "Out?" Just then, her classmate, Nisha joined them and asked, "Why didn't you come to school today?"

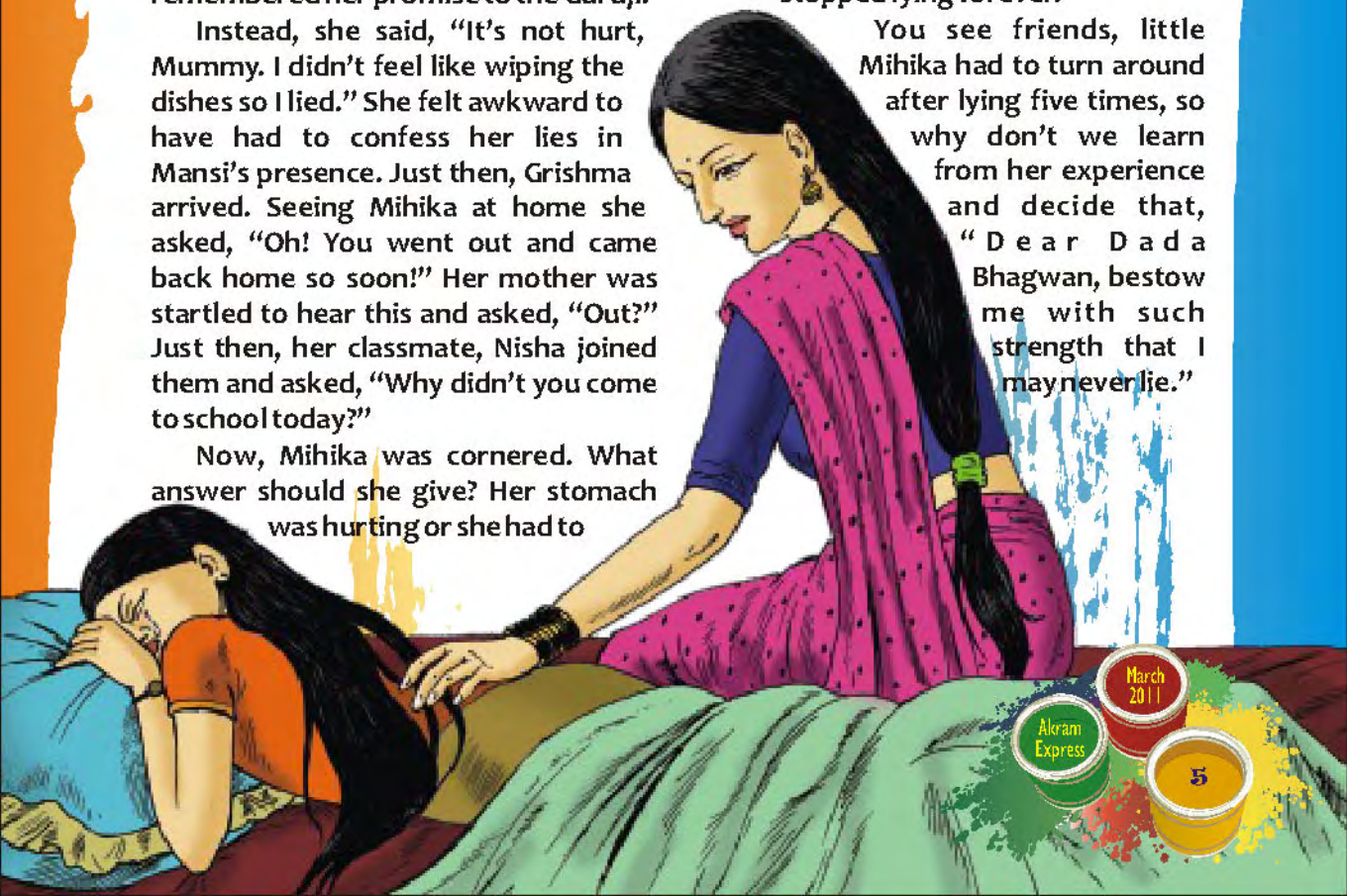
Now, Mihika was cornered. What answer should she give? Her stomach was hurting or she had to

go out with Mummy? She froze. She was experiencing the consequences of lying first hand. She said meekly, "Actually, I didn't feel like going to school that's why I didn't come," and looked down in shame. She could no longer look anyone in the eye and was almost in tears. She ran into her room.

Mihika's mother sent her friends back to their homes and went to Mihika. Mihika was sobbing away with her face in the pillow. Her mother caressed Mihika's head lovingly and said just this much, "Dear, I am proud of you for keeping your promise to the Guruji." Hearing this, Mihika looked up from the pillow and hugged her mother snugly saying, "Mummy, I promise you that from now onwards I shall never ever lie."

From that day onwards, Mihika stopped lying forever.

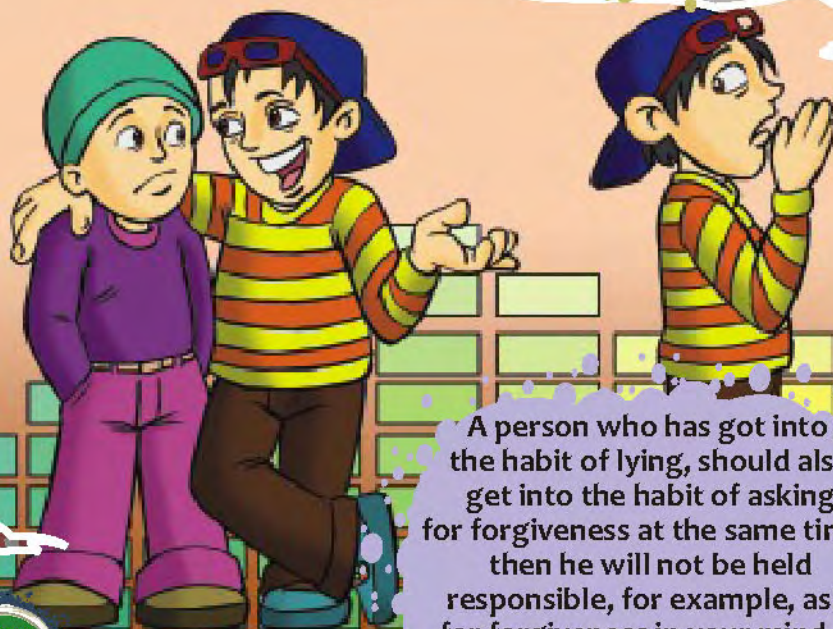
You see friends, little Mihika had to turn around after lying five times, so why don't we learn from her experience and decide that, "Dear Dada Bhagwan, bestow me with such strength that I may never lie."



Absolutely New And Different!



When a person lies for his selfish motives, the result is rebirth in the animal kingdom, for example, a person may feel like going out, but he will say that, "My friend is getting bored alone so I am going out with him."

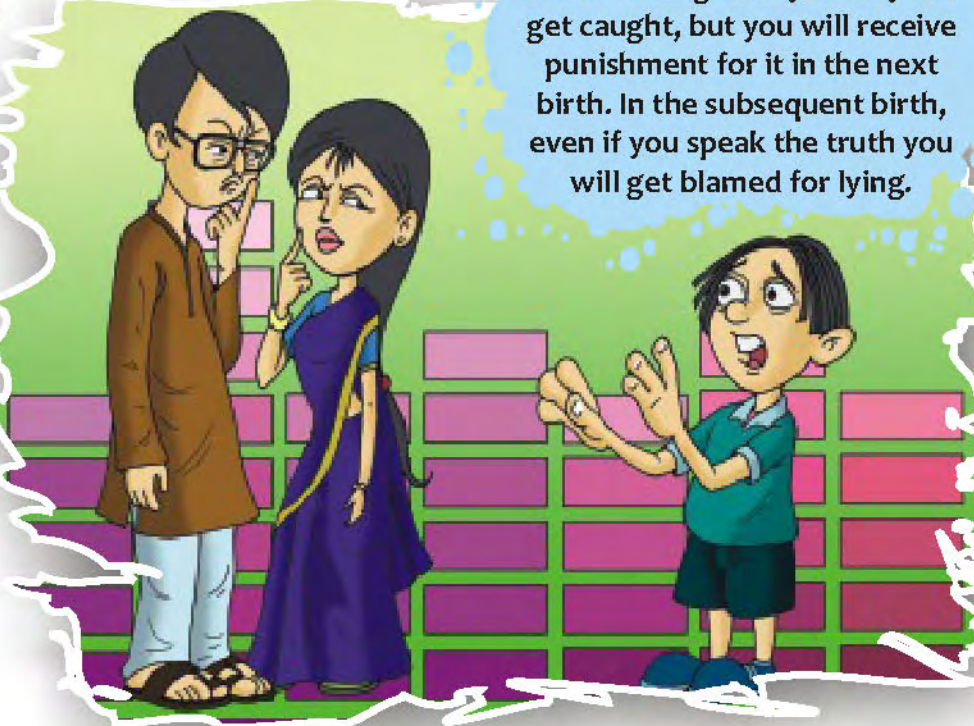


A person who has got into the habit of lying, should also get into the habit of asking for forgiveness at the same time, then he will not be held responsible, for example, ask for forgiveness in your mind as many times as you happen to lie.

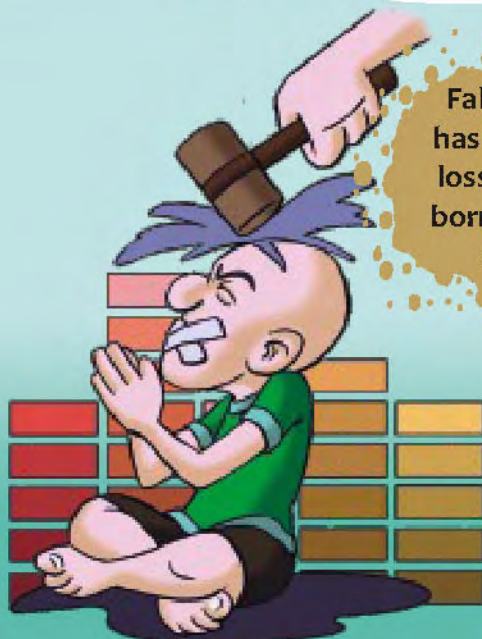
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If you lie while merit karmas are unfolding then you may not get caught, but you will receive punishment for it in the next birth. In the subsequent birth, even if you speak the truth you will get blamed for lying.



False speech (lying) has been the cause of loss of speech (being born dumb). All this is a punishment.



Should I Lie Or Not?



Aunty, what time did Prachi leave? She still hasn't come to pick me up.

She's gone out to a hotel for a meal with her cousin so she will be a bit late.



After some time,

Siya, Siya!!!

You took so long! I've been waiting for quite some time.



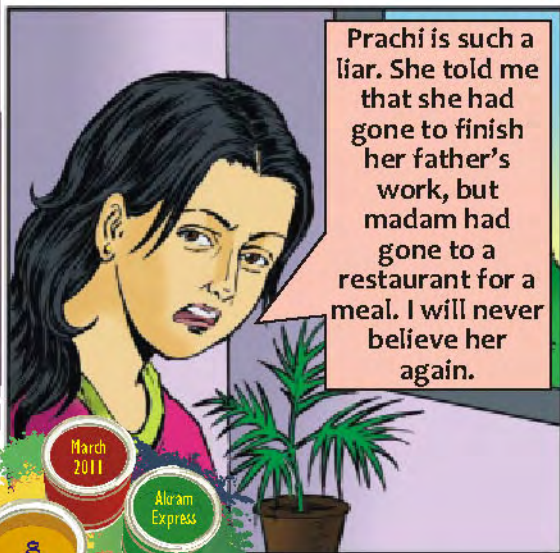
I got late finishing up chores for Papa.



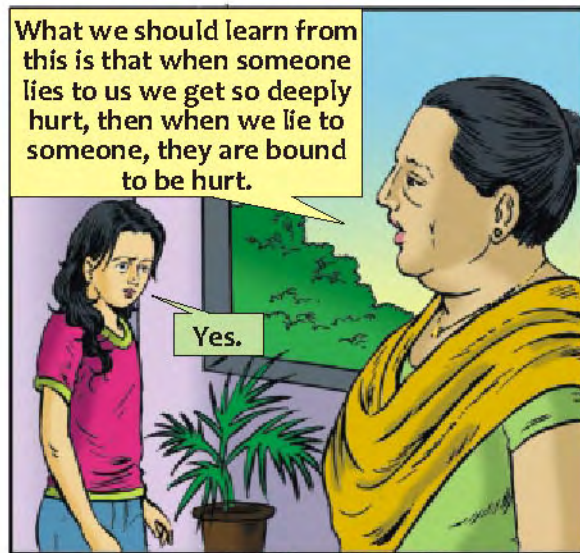
That evening,

What happened dear?

Prachi is the biggest liar.



Prachi is such a liar. She told me that she had gone to finish her father's work, but madam had gone to a restaurant for a meal. I will never believe her again.



What we should learn from this is that when someone lies to us we get so deeply hurt, then when we lie to someone, they are bound to be hurt.

Yes.

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One morning

Siya, the car has to be serviced. Will you drop me to Adalaj and give the car for service at a nearby garage?

Yes

I'll pick you up at 4:00 p.m. from here.

Saying this, she dropped the car off at the garage.

Siya visited a nearby shopping centre to pass time. But Siya got so engrossed in looking at all the items and clothes in the shops that she lost track of time.

SALE

Oh no! It's 5:00 p.m. already. Mummy must be waiting for the past hour.

What should I do?
I'll tell mummy that there was a lot of repairing work required on the car, that's why I got late.

From afar Siya saw her mother patiently seated in a corner.

I was so hurt when Prachi lied to me. When mummy finds out that I am lying, it will hurt her a lot too! I will bear whatever punishment mummy gives me, but I will not lie at any cost.

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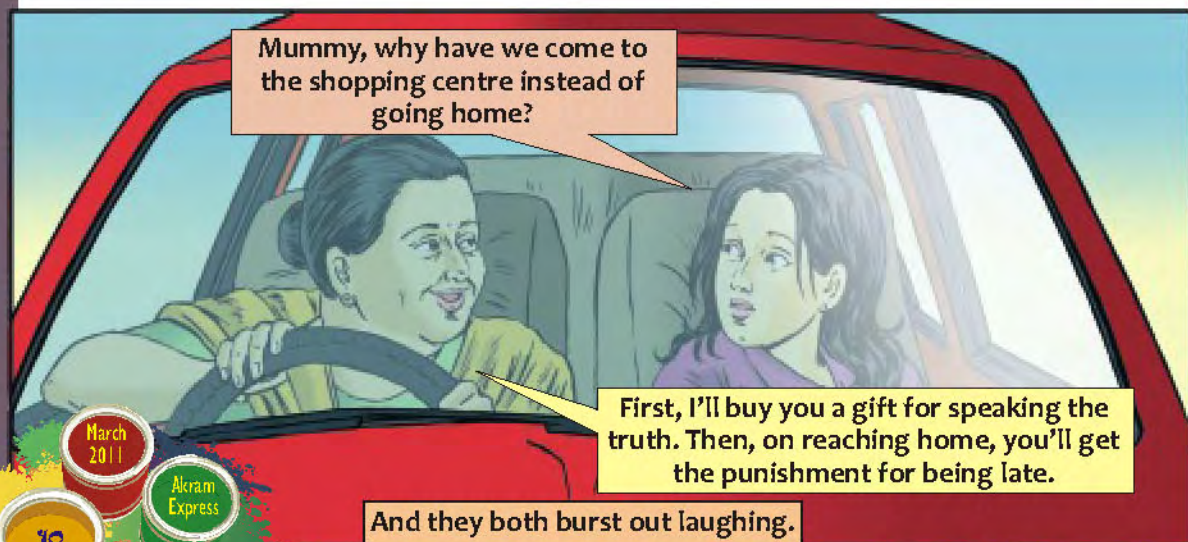
Sorry mummy. I had gone off to loiter around the shopping centre. I completely lost track of time in there. You had to wait for so long because of my negligence.

It doesn't matter that mummy is upset with me, at least I feel light after having told her the truth! Just the thought of lying felt like such a burden and I started feeling fearful.



Mummy looked sternly at Siya. Siya look down in shame. Mummy took the car keys from Siya.

Get in the car.



Mummy, why have we come to the shopping centre instead of going home?

First, I'll buy you a gift for speaking the truth. Then, on reaching home, you'll get the punishment for being late.

And they both burst out laughing.

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Let's Play...

(1) Find 10 differences



(2) From the pictures below, find two identical boys.

①



②



③



④



⑤



⑥



⑦



⑧



(3) Fill in the empty squares with numbers. The numbers should be between 2 and 8. The sum total of each vertical, horizontal and two diagonal lines should equal the bottom and right most line shown.

	8		2	8	29
	8	5	3		24
2			3	4	25
5	6	7			16
8		3		2	22
					23
24	31	21	14	20	20

Mythological Stories

Lord Shree Neminath was the twenty second Tirthankar of the present cycle of twenty four Tirthankars. His father was Samudravijay and his mother was Shivadevi. Lord Shree Krishna was his paternal cousin.

Once when Lord Neminath was still a small boy, he happened to wander into Lord Krishna's armory (weapons storage area). He playfully examined the various weapons and other articles lying there. He casually picked up a conch and blew it out of curiosity. Lord Krishna, who was a 'Vasudev', was surprised to hear this sound. This conch could only be blown by a Vasudev. Anyone with less strength than a Vasudev would not be able to sound the conch.

Lord Krishna sent his men to find out who blew the conch just like him. On inquiring, he learnt that it was none other than his cousin Nemikumar who blew the conch. Lord Krishna thought that, 'If he has this much strength in his childhood, then what will he not be able to do when he grows up?'

As time passed by, Nemikumar reached the age of marriage. He got engaged to princess Rajmati, the daughter of King Ugrasen of Dwarka. The wedding day had dawned and groomsmen gathered to accompany the bridegroom. Celestial beings and humans flocked to see the immense beauty and grandeur of Nemikumar's wedding procession.

On the other hand, King Ugrasen had organized a grand welcome for the wedding procession. Deers, rabbits and various other animals had been caged on one end of the kitchen for the wedding feast. The imprisoned animals were shrieking in fear of death. Exactly at that time, Nemikumar's wedding procession arrived near the kitchen. Nemikumar's heart





shuddered to hear the cries of the animals. He enquired the reason for their confinement and learnt that, "The animals have been captured for the feast. They are all going to be slaughtered for the wedding feast."

Nemikumar felt intense sorrow to hear this and said, "All these innocent animals are to be killed for the sake of my wedding? Then what is to be gained from such a marriage? I do not want to be instrumental in the death of thousands of innocent animals."

With this thought, Nemikumar ordered his charioteer to open the door to the enclosure, free all the animals and then turn back towards home. The family elders tried to reason with him in various ways but the Lord refused to marry.

Turning the chariot around, Nemikumar returned to his home. At the same time, Celestial Gods and Goddesses descended and as per custom, requested the Lord to renounce worldly life and accept initiation into monkhood for the salvation of mankind. The Lord gave 'Varshidaan' (donations for one year) and took renunciation along with a thousand kings.

On the other hand, Rajmati also felt detached from worldly life. She also took renunciation with the blessings of Lord Neminath and set onto the path of salvation.

After a lot of difficult penance, Lord Neminath arrived atop of Mount Girnar where he attained 'Kevalgnan'. Here, many worthy beings benefitted from the Lord's preaching. The Lord duly completed his lifetime on the earth doing 'vihaar' (the Lord does not reside for long at any one place, but goes from one place to another) and attained salvation (Moksh) on Mount Girnar.



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Sweet Memories

Once, Niruma's satsang was organized in Baroda. There was still some time before the satsang was to start. The video team was setting up the camera and other equipment. After setting up the big camera that would face Niruma, the video team member who did the set up, got busy with other work. Just then, a small boy came running in and brought the camera crashing down. The camera broke. It happened to be a very expensive camera. All the team members of that department got upset and scared. A smaller camera was immediately fitted in place of the larger one.

When Niruma arrived, she instantly noticed that this was not the usual

camera. The concerned team member was far, so Niruma asked him through gestures, "Why has the camera been changed? Why is this camera being used?" Now this person was very scared and there was no way he could reply from so far off. So, he sent a message through another team member that, "Niruma, the camera fell down and broke." He thought that Niruma would scold him, but as soon as Niruma heard the message, she immediately relayed a message back through the messenger saying, "Go and tell him that Niruma shall treat everyone to an ice-cream party today." Hearing this, the concerned team member became so relaxed that his facial expression changed totally. He became totally relaxed. And there actually was an ice-cream party that night. Niruma also had ice-cream with all of them.

The concerned team member and all the other team members became relaxed. From that day onwards, the concerned team member started taking extra care of all the equipment to ensure that it does not crash against anything, get lost or broken.

Friends, did you notice how loving a Gnani's interaction is! It is so wonderful that no matter what kind of mistake has been made, no-one will lie to her.



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Pujyashree With Kids

Questioner: At night when I am at home alone or while I walk on the streets by myself, I feel scared. Is this fear or insecurity?

Pujyashree: Actually, it is insecurity and that's why you are experiencing fear. But Simandhar City is a safe place. So, what are you scared of?

Questioner: But when I go to U.S.A. or Bhavnagar or any other place and if I am walking alone there, then I feel uneasy. In that case, how can I overcome this fear?

Pujyashree: Pray to Dada saying, "Dear Dada! Please stay with me." Chant 'Dada Bhagwan Na Aseem Jai Jaikar Ho' and ask Dada to grant you strength. Then you will not feel fear or insecurity.

X-----X-----X

Questioner: When my teacher questions me in class and I don't know the answer, she tells me that, "I have a lot of expectation from you that you will learn better."

Pujyashree: Then you should study more. Your teacher has the hope that you study more and attain good grades so, she is right. Ask Dada to bestow strength on you and chant 'Dada Bhagwan Na Aseem Jai Jaikar Ho' for ten minutes. Ask for strength to increase your concentration power and then you will gradually progress. You should accept whatever the teacher

says and remain positive, so that your teachers' expectations are fulfilled and you make progress in your studies too.

Questioner: So should I fulfill her expectations?

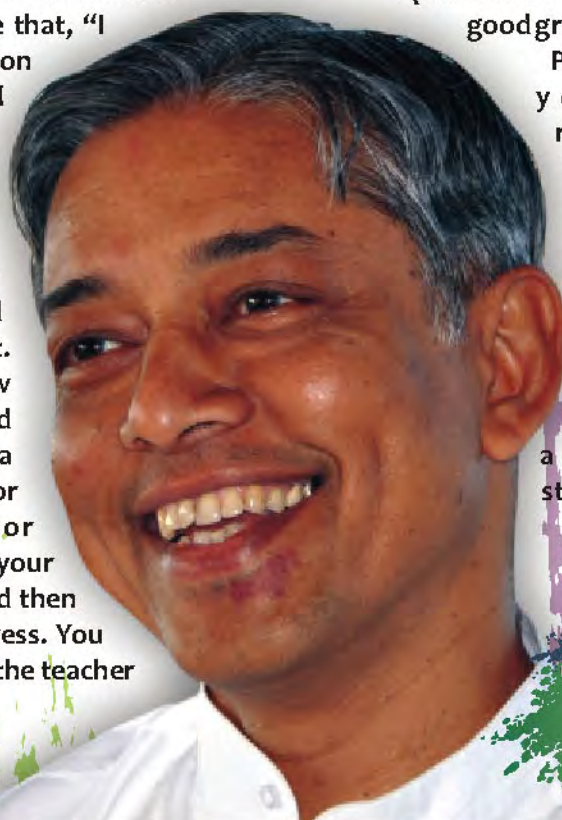
Pujyashree: Yes, do it because it will be helpful for your studies and not because it is for your teacher. What does the teacher expect from you? That you get a proper education, you study well and attain good grades in her subject. So, what is wrong in this?

Questioner: Nothing.

Pujyashree: Then it will be useful for your future and you will build a good career. So why are you taking it negatively, thinking that why is she expecting more from me? Is it that you don't want to study and get good grades?

Questioner: No, I want to get good grades.

Pujyashree: Then you should remain positive. Whatever the teacher is saying is for your benefit and not her personal benefit. So remain positive and start studying well.



Puzzle Answer

(1)

(2) 2 AND 7

(3)



4	8	2	2	8	29
5	8	5	3	4	24
2	3	4	3	4	25
5	6	7	2	2	16
8	6	3	4	2	22
24	31	21	14	20	23
24	31	21	14	20	20

Haa...Haa...
Hee...Hee...

Teacher: Tisha, look at the map and show me where North America is located?

Tisha: Sir look, here it is.

Teacher: Right. Now, Misha you tell me who discovered North America?

Misha: Tisha discovered it.

FORM IV (See Rule 8)

Information about 'Akram Express' English Magazine.

1. Place of Publication: 5, Mamtapark Societ, B/h Navgujarat College, Usmanpura, Ahmedabad - 380014

2. Periodicity of its Publication: Monthly

3. Printer's Name: Amba Offset

Nationality: Indian

Address: Basement, Parshwanath Chamber, Near New R.B.I., Usmanpura, Ahmedabad - 380014

4. Publisher's Name: Dimple Mehta on behalf of Mahavideh Foundation

Nationality: Indian

Address: Simandhar City, Adalaj, Ta & Dist - Gandhinagar 382421

5. Editor's Name: Dimple Mehta

Nationality: Indian, Address: Same as above

6. Name of Owner: Mahavideh Foundation

Nationality: Indian, Address: Same as above

I, Dimple Mehta hereby declare that the above stated information is correct to my knowledge and belief.

Date: 08.03.2011

sd/-

Dimple Mehta on behalf of Mahavideh Foundation

(Signature of Publisher)



Introspect Yourself!

Read 'Dadaji Says' carefully and fill in the blanks.

Once, Maulik reached school late. The teacher asked him why he was late. Feeling _____, he lied saying that the school bus was late, but the teacher knew that this was not the true reason. Thus, the teacher lost her _____ in Maulik. A person who behaves in this way loses _____ amongst others.

The teacher got _____ by Maulik's lie. She explained to Maulik that by speaking lies one binds _____.

After getting home, Maulik thought, "That was wrong on my part. I should never lie." So, he asked God for _____ and changed his _____ about speaking lies.

Thus, by asking for forgiveness, Maulik freed himself from the fault of lying.

Answers: (1) Scared, (2) Trust, (3) Value, (4) Hurt, (5) Karma, (6) Forgiveness, (7) Opinion

My vision

Raju always used to lie but would never get caught. Seeing this, Navin also decided to lie when he forgot to bring his notebook, but the teacher caught him and punished him. Navin went home and with tears in his eyes, he asked his mother, "Raju lies every time, yet he never gets caught and is never punished. I lied for the first time and yet I was punished. Why?"

What would you say if you were in Navin's mother's place?



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Year : 3, Issue : 8

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Posted at AHD. P.S.O. Sorting Office Set-1
on 08th of every month



summer camp

It's That Time of year Again...

Are you Ready For This Year's Camps?

Check out the dates for the upcoming kids camp at your center below...

The day camp designed to actively engage kids in learning valuable life skills through story telling, puppet shows, group discussions, satsang sessions, games, drawing and crafts. garba and bhakti sessions are also organised to support spiritual growth.

Details of the camp are available through the contact number provided for each centre. register your name asap, limited seats available!!

Note:

In order to participate in the summer camp, it is necessary to register at a center close to you starting from 20th March 2011 up to 10 days before the summer camp begins. No-one will be allowed to participate in the camp without registration. The registration charge is non-refundable. Admission to the camp is on a first come, first serve basis. You can participate at only one of the centers listed above.

CENTRE	AGE GROUP	Date	CONTACT NUMBER
MUMBAI	7-12 YRS	APRIL 21nd, 22rd	9920286817
	10-12 YRS	APRIL 23nd, 24rd	
SURAT	7-9 YRS	APRIL 27nd, 28rd	9375847621
	10-12 YRS	APRIL 27nd, 28rd	
RAJKOT, Trimandir	7-12 YRS	APRIL 27nd, 28rd	9712343929
	10-12 YRS	APRIL 29nd, 30rd	
BHUV, Trimandir	7-9 YRS	May 1-st, 2nd	9909565679
	10-12 YRS	May 3-rd, 4th	
SIMANDHAR CITY, Adalaj, Trimandir	7-9 YRS	MAY 5th, 6th	(079)39830400
	10-12 YRS	MAY 7th, 8th	
BHAVNAGAR	7-9 YRS	MAY 9th, 10th	9824283369
	10-12 YRS	MAY 9th, 10th	
VADODARA	7-9 YRS	MAY 21th, 22th	9725665700
	10-12 YRS	MAY 21th, 22th	

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Publisher, Printed & Editor - Mr. Dimple Mehta on behalf of Mahavideh Foundation
Printed at **Amba offset**:- Parshwanath Chambers, Usmanpura, Ahmedabad-14 and
published at Mahavideh Foundation, Simandhar City, Adalaj, Ta. & Dist. Gandhinagar.