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Pleasant
Speech



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Pleasant Speech Editorial

Dear Friends,

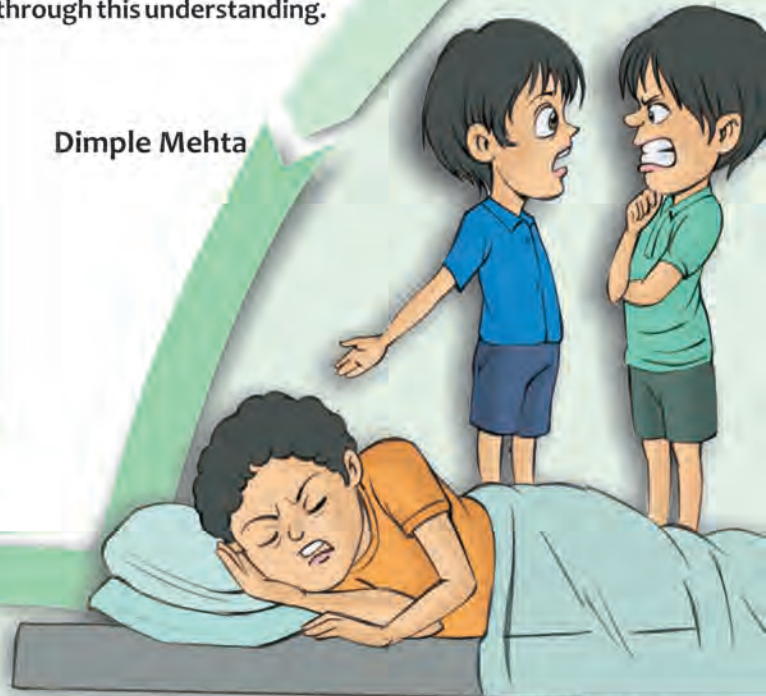
We have a saying that 'Wounds made by a sword will heal, but wounds caused by bitter speech will not heal.' The war of Mahabharata proves this saying. Draupadi's harsh words for Duryodhan, 'A blind man's son is also blind', started the Mahabharata war, which led to destruction. Such is the effect of speech. Hence, it is said, When you call a one-eyed man (kano), 'kano', the taunt feels bitter.

Instead, ask him softly, how he lost his eye.

Pleasant speech will never hurt anyone. So, why should we be stingy with pleasant speech? But, what should one do if pleasant speech cannot be uttered? Param Pujya Dadashri has given excellent examples in this issue, which also includes detailed understanding on the scientific effects of spoken words and how to make speech pleasant.

So come, let us put an end to bitter speech, and endeavor to articulate pleasant speech through this understanding.

Dimple Mehta



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Words can be soothing and they can set someone ablaze as well; that is why they are effective. Words should be pleasant. If your speech is pleasant even with the person scolding you, then you will be able to interact amicably the next day.

Questioner: Yes. So, spoken words have effects, right?

Dadashri: There are many effects caused by speech. We can only record words with this tape recorder. However, this human body - the mind is such that it records everything. It has limitless energy. There is an effect created according to whatever one says. Supposing you tell someone, 'You are a liar'. The moment you say those words, the effects arise within you such that you will not feel any love for that person for at least two hours. The other person inadvertently got hurt, upon hearing these words, but they will also hurt you tremendously. And, if you say, 'You are very kind,' then those words will induce peace from within. Your words will not only bring peace within the other person but also within you too.

If you call someone 'unworthy' while he is fast asleep, those words are also recorded. Hence, never speak negatively about anyone, even if they are sleeping. If you must speak, then say pleasant things like 'you are a good person'. Whether you are in the dark or you are alone, everything you say is

recorded and the repercussions will be as bitter as poison.

Questioner: When will our speech become as pleasant as yours?

Dadashri: When one stops speaking these negative words. If words that hurt others have been spoken, then do pratikraman (ask for forgiveness) for them by saying, 'O inner pure Soul, I made a mistake by speaking harshly, hence for that I ask for forgiveness and I resolve not to repeat that mistake. Please give me the strength not to make that mistake.' When you scold someone, that person will obviously feel hurt; however, if you keep on asking for forgiveness (pratikraman), then within six months, twelve months your speech will seem pleasant to him.

We should make a firm decision every day that,

"Dearest Dada Bhagwan (pure Soul within)! Give me the absolute inner energy not to, nor cause anyone to, nor instigate anyone to speak any harsh or hurtful language towards any living being, even to the slightest extent. If someone speaks in harsh or hurtful language, please give me the energy to speak kindly and softly in reply."

Then, speech will definitely improve.

Absolutely New and Different



When someone invites you for 'khichdi' (a rice dish with lentils), they would request very sweetly, 'Brother, please come and have lunch with us'. This makes the 'khichdi' taste delicious, even though it is the only dish served.

When can speech



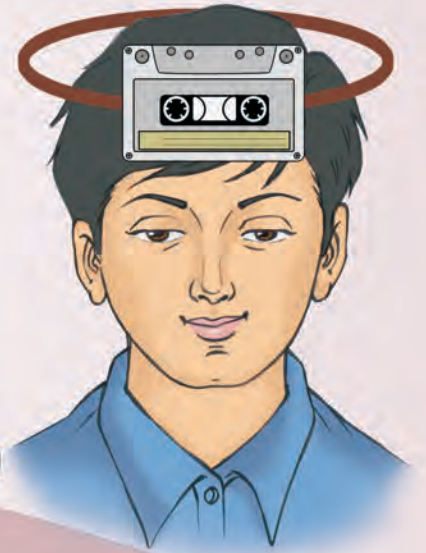
a)

When the intent to clash starts decreasing.



If you want to improve your speech, stop uttering words that offend other people. Thereafter, do not find faults in anyone. Speech will also improve if you avoid clashes.

When one makes the innermost intent not to speak harsh or hurtful language to the slightest extent, then the tape is recorded accordingly. Then gradually one starts uttering pleasant speech.



become pleasant?



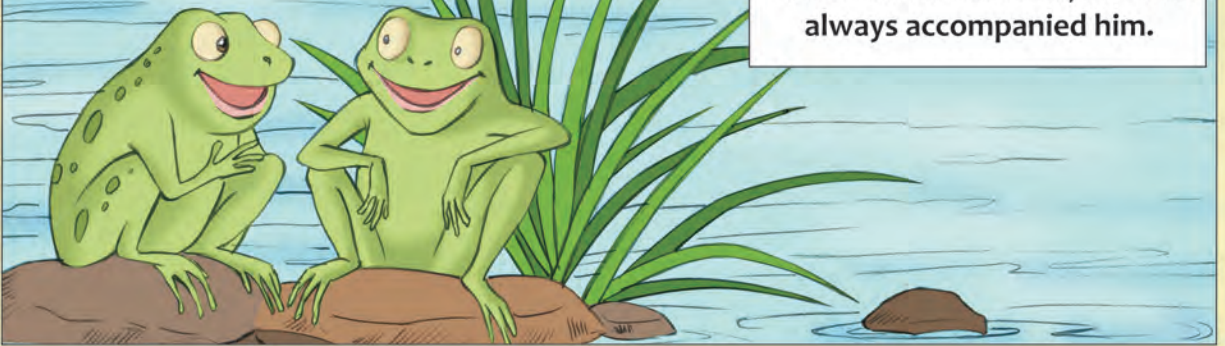
b)
When differences in opinions decrease, then love increases. As love increases, speech becomes sweeter.

When our spoken words hurt the other person, then they are known as abusive words. When abusive words are spoken without any reason, they are still a liability whereas good words spoken without any reason are beneficial.



The echoes of bitter speech

There was a pond, and in that pond lived two frogs, Chintu and Pintu. Chintu was deaf, so Pintu always accompanied him.



The rest of the frogs used to make fun of Chintu and Pintu many a times.

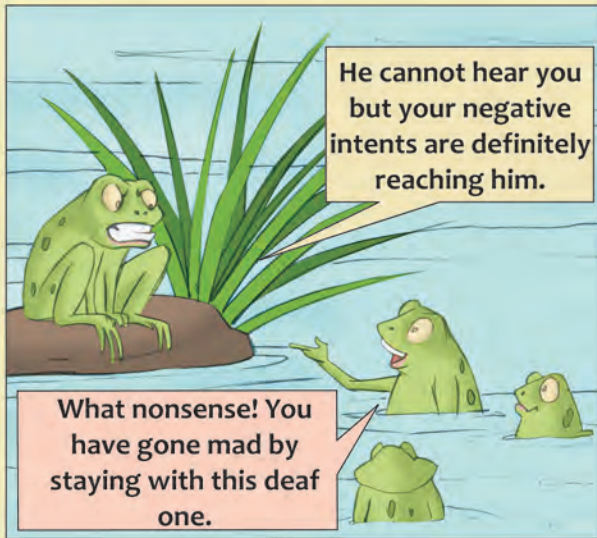
Look at this deaf one and his friend. Ha ha ha ha..... Hey Pintu! What fun do you get in hanging out with this deaf one?



He is my friend so I will always support him, but let me tell all of you that by speaking such harsh words you are hurting him. The result of that will not be good.

Hey, but he is deaf! How can he get hurt when he can't even hear what we are saying?





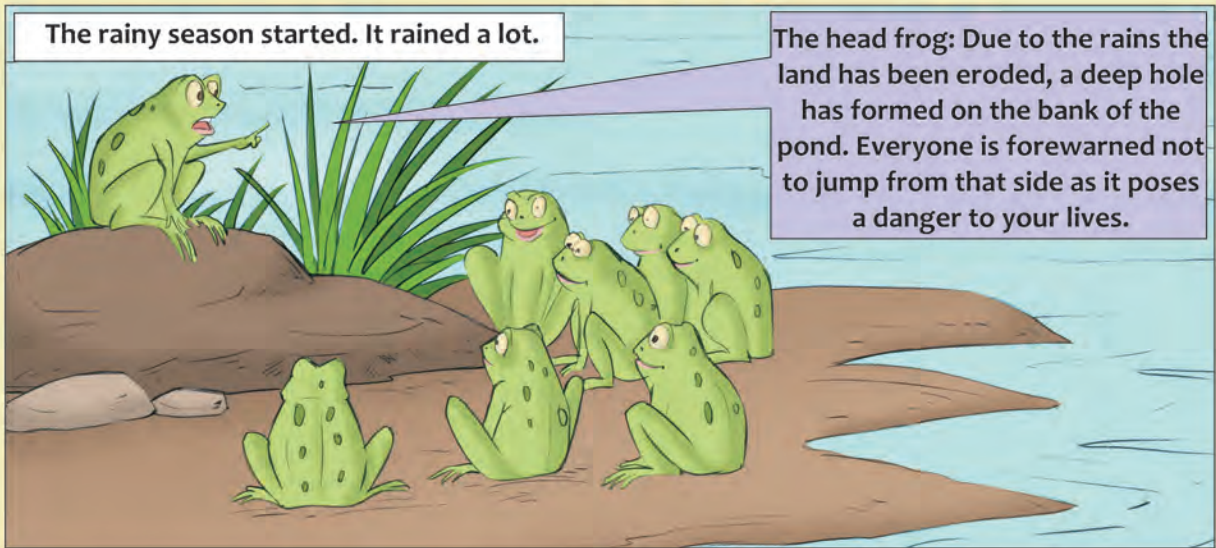
He cannot hear you but your negative intents are definitely reaching him.

What nonsense! You have gone mad by staying with this deaf one.



Pintu had tears in his eyes.

I am going to stay away from all these frogs.



The rainy season started. It rained a lot.

The head frog: Due to the rains the land has been eroded, a deep hole has formed on the bank of the pond. Everyone is forewarned not to jump from that side as it poses a danger to your lives.



Chintu and Pintu were not aware of this hole. One day while playing, they jumped from the bank straight into that deep hole.

Ahhhhhhhhhhh
hhhh...!!!
What a deep hole! I was not aware of it. Now what shall we do?

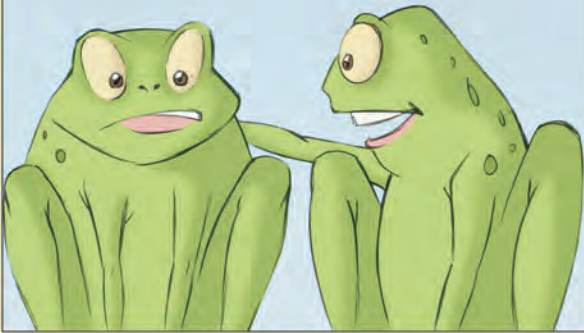


Upon hearing the noise, the rest of the frogs came up to the pond's bank and sniggered.

Ha ha ha ... these two are complete idiots. Oh Pintu! Didn't we tell you to stay away from this deaf Chintu? See, now you have fallen in the hole with him!

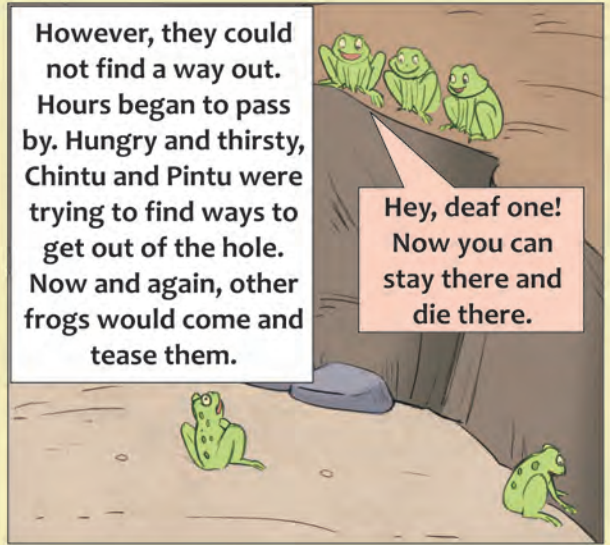
Pintu got scared.

This is our test. Let us look for a way out instead of losing hope.



However, they could not find a way out. Hours began to pass by. Hungry and thirsty, Chintu and Pintu were trying to find ways to get out of the hole. Now and again, other frogs would come and tease them.

Hey, deaf one! Now you can stay there and die there.

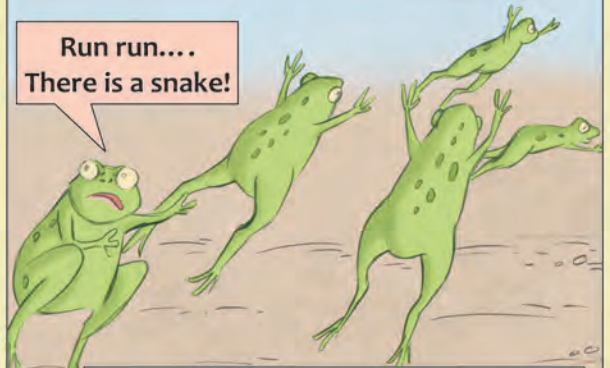


These frogs are right. We will never be able to get out of this hole. And now Chintu's encouragement had no effect on Pintu. He sat down in a corner in despair.



All the frogs were making fun of Chintu and Pintu, when suddenly....

Run run... There is a snake!



Fearful, the frogs started running around recklessly and fell into the hole.

After a little while...

Oh no! What is this? We have also fallen into the same hole, and there is no way out.



They all became very dejected.

Even we will never be able to get out of this hole.



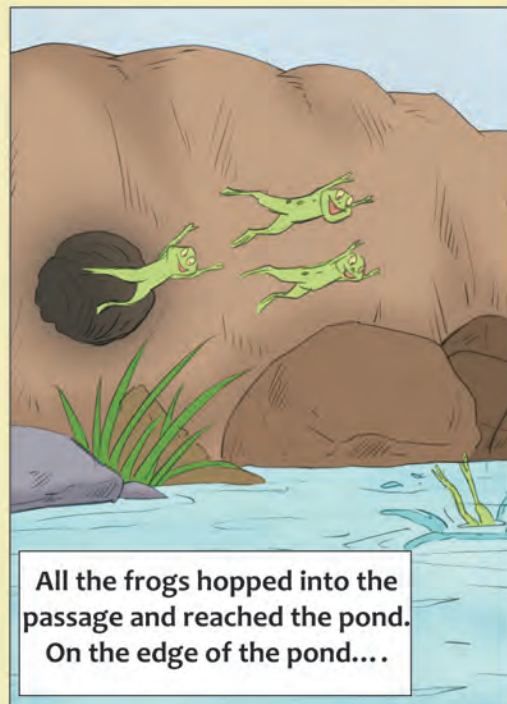
The disappointed frogs gave up any attempt to get out of the hole. One day, suddenly, Chintu came and started shaking all the other frogs.



What happened, Chintu? What are you trying to say?

Chintu gestured all of them to follow him. The frogs were astounded beyond words.

An underground passage?!!! You took the pain to dig this passage all by yourself! Well done, my friend!



All the frogs hopped into the passage and reached the pond. On the edge of the pond....

Pintu, today I have realized that our offensive speech had hurt not only you, but it hurt us all as well. We had become so dejected that we could not even gather enough courage to try and overcome this difficult situation.



Yes, that's true. In spite of our negative speech for Chintu, he saved us all with his positive attitude. Chintu, Pintu please forgive us.

Saying thus, all the frogs gave Chintu and Pintu a big hug.



Virat and Viren who studied in the seventh grade of Modern High School, were quite popular. They were very good friends; they went to school together, played together and even studied together. Teachers as well as other students were fond of Virat and Viren. However, they disliked Arnav as much as they liked Viren and Virat. The whole class was fed up of his constant bullying. Arnav was taller and stronger than the rest of the students but at times he misused this strength.

One day, the students of year seven were playing cricket. They decided that each player should pick a number to ascertain the batting order. Virat was to bat first, Viren's turn was fourth and after the rest of the boys, Arnav was to bat seventh. Arnav was not happy with this and he blazed with anger.

"Virat, I will bat first," ordered Arnav.

"No, I picked number one, so I will bat first," argued Virat back.

"These numbers don't apply to me. Just give me the bat or else..." Arnav threatened Virat, raising his hands.

Viren tried to calm him down and said, "Arnav, you want to bat first? Then go ahead. We will follow. We are all one. Virat, please give the bat to Arnav," he said looking at Virat.

Virat did not like the fact that Viren took Arnav's side. His temper flared up. He was about to say something to Arnav when Viren stopped him. With a sigh of frustration, Virat handed over the bat to Arnav and the game started.

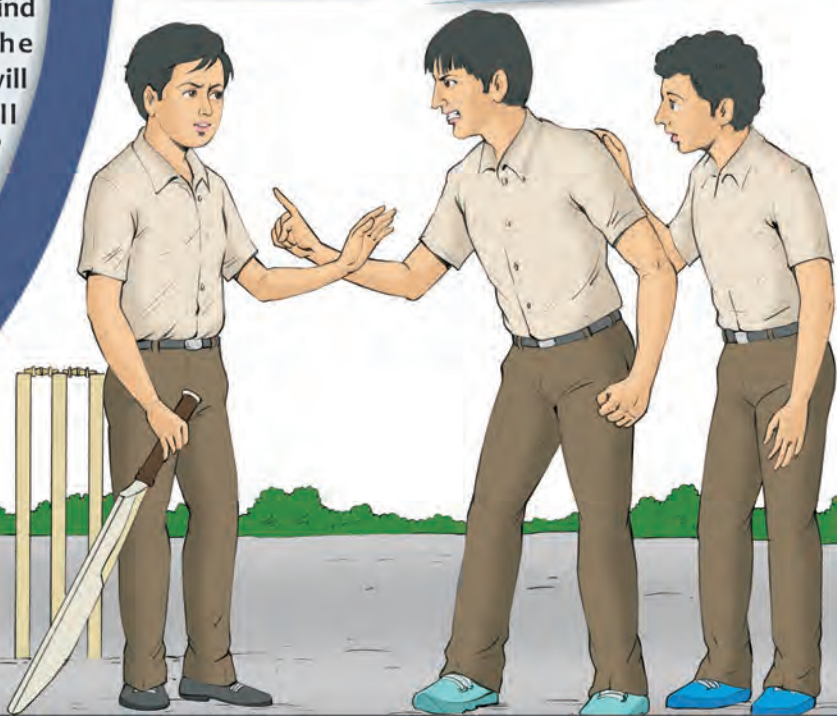
Even as they returned home in the evening, Virat was still upset with Viren. "You are such a coward. You were sweet talking with Arnav that we are all one, huh..." he remarked sarcastically shaking his head.

"No, I was not frightened of him. I only wanted to calm him down to avoid a fight, so that we could all peacefully enjoy playing the game. By speaking pleasantly, we can avoid any kind of clashes. Moreover, the adjustments that we made will not go to waste. He will definitely change one day," replied Viren with utmost faith.

"Stop dreaming. He will never improve," said Virat.

Without arguing any further, they both parted.

The Power of pleasant Speech





A few days later, Arnav was playing football on the same playground.

Virat and Viren, together with their friends were enjoying this game from afar. It was rainy season and the ground was scattered with water puddles. Suddenly, while playing, Arnav slipped into a puddle.

“Oh no!” exclaimed Arnav.

When he saw this, Viren immediately ran towards him, “Arnav, are you all right? Are you hurt?”

“Yes, yes, I am fine. You don’t need to worry about me,” replied Arnav stiffly.

Arnav tried to get up but was unable to do so.

“Virat, please come over. Give me a hand to help Arnav stand up,” Viren called out to Virat.

Virat went reluctantly. Together they helped him stand up and carried him to the school’s first aid office.

Arnav had a deep wound in his leg. Hence, he was unable to attend school for four days. He missed many classes. He was not so concerned about other subjects, but he was very worried about Math.

During one of the classes, he asked Samir, “Will you please go through the examples that Miss Sandhya did with you in class?”

“No, Arnav, I don’t have the time right now and anyway why should I teach you? You will not be able to bully here.” Samir took the opportunity to take revenge. Arnav felt wounded by Samir’s words. He was very upset and went to sit on his bench.

Viren had overheard this conversation between Arnav and Samir. He went to Arnav.

“What are you doing here? Have you come to make fun of my situation?” asked Arnav sternly, when he saw Viren on his bench.

“No, I have not come here to make fun of you; I have come to help you. I will teach you the examples that Miss Sandhya showed us in class.”

“Really?” said Arnav with surprise. Then for the next half an hour Viren helped him with the sums.

“Thank you, Viren. Thank you so much for your help,” Arnav whole-heartedly thanked Viren.

When Viren returned to his bench, Virat congratulated him mockingly.

Viren was surprised, “Congratulations? For what?”

“You must be the first boy in this class who has received a heartfelt ‘thank you’ from Arnav. I didn’t know that Arnav could appreciate like this.” Virat replied with a laugh.

Viren did not like what Virat said. He took a deep breath and started searching for something in his bag. He took out a magazine from his bag and started turning the pages.

“What’s wrong, my friend? We were doing Math and you have taken this magazine out...”

Viren interrupted, “Virat, look at all these images.”

“What are these images?” Virat asked impatiently.

“These are images of an experiment done by a Japanese scientist, Masaru Amoto. They show how words can affect water. Pleasant words were spoken to one sample which resulted into a beautiful water crystal formation, whereas this is the haphazard crystal formation of the other water sample to which bitter words were spoken,” explained Viren.

“Really? Words can have such an effect on water!!” Virat exclaimed with wide-eyed.

“Yes. Have you heard the story of Solomon Island?” asked Viren

“No.”

“There is a place known as Solomon Island. It is said that when the natives of this island want to chop down a tree, which is not possible with their normal tools, they would start yelling harsh words at the tree and within thirty days, the tree would die and fall down. Now tell me, if the words can affect water and trees to such an extent, then won’t they affect people as well? If pleasant words can produce such beautiful formation of crystals in water, then in the same way, won’t there be a transformation in Arnav with pleasant words?” asked Viren

Now Virat understood the effect of pleasant words. The next day, Miss Sandhya gave the class a surprise test. After the test, Arnav ran to Viren.

“Viren, I would have failed had you not helped me yesterday. Thank you,” said Arnav feeling emotional.

“I am glad that you benefited from it,” answered Viren.

“Viren, to-date I have always obtained the things I want by bullying and threatening everyone,” said Arnav choking with emotion. “Even then, you have always spoken to me with love. You even helped me out in my time of need. I feel ashamed of my behavior.”

Viren consoled Arnav holding his hand, “Come on friend, it’s a new beginning, is it not? What is most important is that you have realized your mistake and that you are sorry for it,” and then he asked jokingly, “This time in cricket, will you let Virat bat first?”

“Yes, yes I promise,” saying this, he hugged Viren.

From then onwards, Virat and Viren’s famous pair became a famous trio, Viren, Virat and Arnav!



Test yourself

My neighbors, Tiku and Timmy, had exasperated all the people around them. Do you know why? It is because of their bitter speech.

In this issue, we have received the understanding that we should not hurt anyone through our speech. Come, let us share our understanding with them.

The harsh words uttered by Tiku and Timmy are mentioned below.

Opposite each one, write the pleasant version of the speech.

In each sentence, there are one or two harsh words. Underline these words.

1. Hey, you fool! Keep your shoes outside! My mum has just mopped the floor.

Pleasant sentence:

2. Oi Nathu, give me my bag! Where is your attention? Careless idiot!

Pleasant sentence:

3. Are you listening, you trickster? Look at me and answer!!!
Otherwise, I am telling you, this is the end of our friendship.

Pleasant sentence:

4. Where did you find this Punjabi dress with such an ugly print?
Change it at once.

Pleasant sentence:

5. Mummy, this little one is shameless. I am not going to take her anywhere with me. She has utterly humiliated me today!

Pleasant sentence:

6. Look, you have dropped my Barbie again! You are so clumsy. When will you learn?

Pleasant sentence:

7. Oh dear, this unlucky boy has returned! Just go back, we do not need you in our team, otherwise we will lose again.

Pleasant sentence:

8. Who has made this tasteless food? Did auntie make it?

Pleasant sentence:

After writing the pleasant words do you not feel that it is very easy to speak in a way that does not hurt others?

1

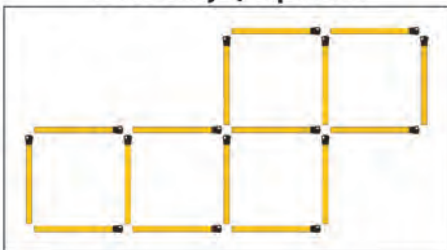
Let's Play

The paper strip shown below, represents a letter of the English alphabet. Bend the strip of paper once, in such a way that you can recognize what that letter is. And yes... that letter is most definitely not 'N'. So let's figure out which letter it is.



2

Use 16 matchsticks and arrange them as shown below to make 5 squares. Now you have to rearrange any two matchsticks in such a way that you are left with only 4 squares.



3

Join the dots and colour the picture.



Lord Mahavir renounced the worldly life (took diksha), leaving the royal palace and his relatives in order to undertake spiritual practice for realization of the Self. After taking diksha, he started his journey towards the jungle.

On the way to the jungle, he first came to a village called Morak, where he stayed in a hermitage (ashram) belonging to an ascetic. The head sage arranged for Mahavir to stay in a grass hut. Mahavir remained in the meditation of the Self, all day and night. Hungry cows began to nibble at the grass hut and the hut began to fall apart. The head sage asked Mahavir to take care of the hut, but Mahavir had left the royal palace in order to realize the Self, so why would he now worry about a grass hut?

Without any bitterness, after informing the head sage of his decision, he set off to find another quiet and peaceful place. On the way, he took five vows:

1. Not to live in a place where anyone would get hurt.
2. To remain in meditation at whatever place he stayed and to find a place that would facilitate this.
3. Remain in silence wherever possible.
4. To use hands for collecting alms, instead of a vessel.
5. Not to flatter anyone.

As he advanced in his search for a quiet place, Mahavir left Morak village and came to another village called Asthik. There was a small hill outside the village. On top of the hill, there was a small temple dedicated to a demi-god called Shulpani. Mahavir was very pleased with this place. As he had vowed that he would not take anything from anyone without asking, he approached the local people for permission to use the temple.

Explaining the facts about the temple, the villagers said, "There is no problem in using the temple during day time. However, Shulpani, the demi-god of the temple, kills those who rest there during the night." The villagers narrated to Mahavir the reason behind the demi-god, Shulpani's fatal actions.

It was like this:

The original name of this village was Vardhaman. A river called Vegati, flowed nearby. The banks of river Vegati were full of sticky alluvium mud.

Once, a merchant named Dhandev, approached the village with five hundred carts. But, crossing the muddy banks of this river became very difficult for him. Although the bulls were quite strong, the carts kept sticking in the mud. However, one of the bulls was the strongest of the lot. He lived up to his reputation.

*Mythological
Story*



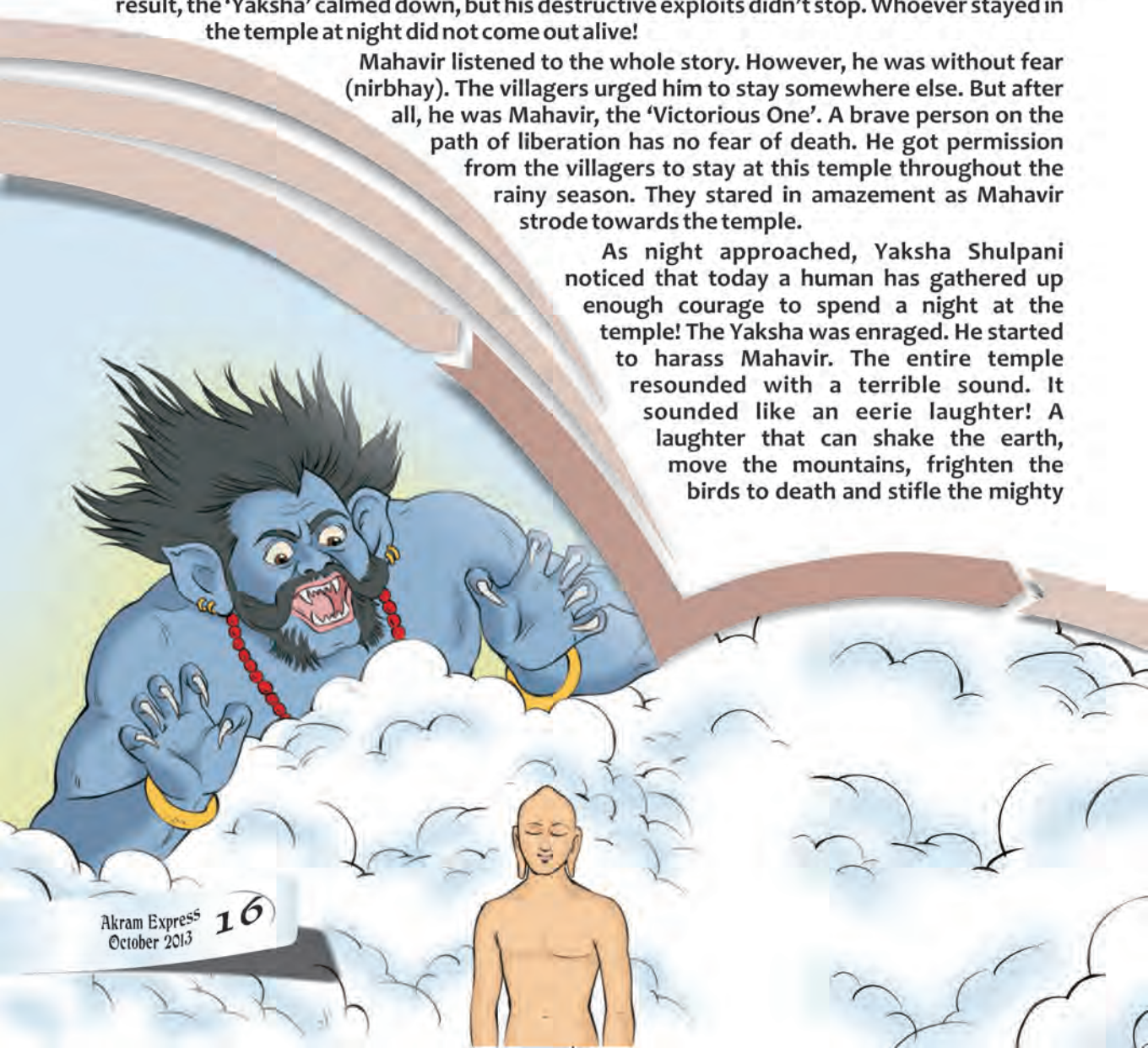
One by one, he teamed up with the other bulls and helped to pull all five hundred carts across the river. But, in the end, this bull collapsed to the ground bleeding. Dhandev did not want to leave behind this faithful bull in such a state, but it was rainy season and all these goods were at stake. Reluctantly he asked the villagers to take care of the sick bull and left a large sum of money with them for this purpose.

However, the villagers completely neglected the bull. Lack of medicine and food led to a lot of pain and suffering for the bull before it died. It was reborn as demi-god (yaksha dev) named Shulpani. The flames of revenge were burning in his heart for the villagers. In order to wreak vengeance, he began killing the villagers and soon there was a pile of bones. As a result, the name of the village changed to Asthikgram. (Asthi means bones).

The villagers were threatened by Shulpani's wrath; hence they performed rituals and kept religious vows. A demi-god (vyantar dev) appeared and as per his suggestion, the villagers built a temple on top of a hill on the outskirts of the village. They dedicated this temple to the 'Yaksha' by establishing his idol and they regularly worshipped him. As a result, the 'Yaksha' calmed down, but his destructive exploits didn't stop. Whoever stayed in the temple at night did not come out alive!

Mahavir listened to the whole story. However, he was without fear (nirbhay). The villagers urged him to stay somewhere else. But after all, he was Mahavir, the 'Victorious One'. A brave person on the path of liberation has no fear of death. He got permission from the villagers to stay at this temple throughout the rainy season. They stared in amazement as Mahavir strode towards the temple.

As night approached, Yaksha Shulpani noticed that today a human has gathered up enough courage to spend a night at the temple! The Yaksha was enraged. He started to harass Mahavir. The entire temple resounded with a terrible sound. It sounded like an eerie laughter! A laughter that can shake the earth, move the mountains, frighten the birds to death and stifle the mighty



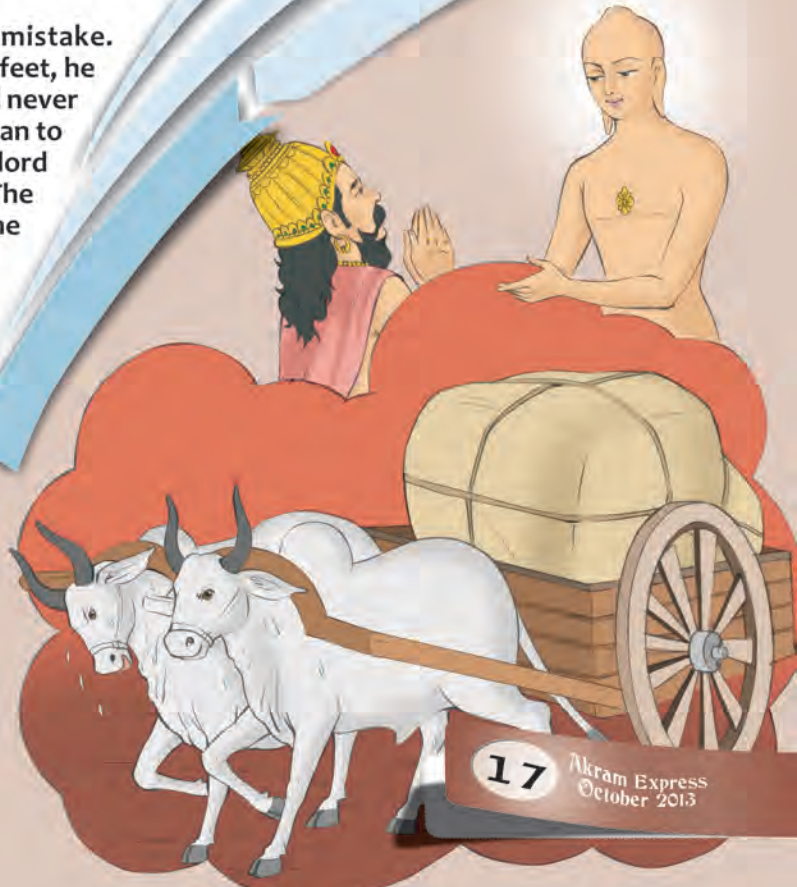
ones. But Mahavir did not flinch. The angry Yaksha took forms of an elephant, evil spirit, and a deadly cobra to defeat Mahavir but to no avail! Mahavir felt neither any fear nor any worry!

Then Shulpani left no stone unturned to inflict pain upon Mahavir's body. But what is pain to a person who has no attachment for the body. As the intensity of Shulpani's torture increased, Mahavir's 'Soul force' increased. This went on until midnight. But eventually, Shulpani's strength started decreasing. He thought, 'Today something strange has happened. A celestial god like me has become helpless against an ordinary mortal!'

Lord Mahavir was still standing firmly. Shulpani's eyes, tired with anger, met with the compassionate eyes of the Lord and something magical happened! Shulpani fell down at the Lord's feet. At the instant his eyes met with the Lord's, the poison of anger, revenge, hatred, pride and cruelty that had pervaded within him, disappeared.

The Lord revealed to Shulpani his previous life: "You were a bull in your previous life. You had helped five hundred carts and thousand bulls to cross the river without paying any attention to what would happen to you. At that time, even though you had the body of an animal, you filled it with the nectar of compassion instead of beastliness. It is due to that compassion that you attained the life of a deity. However, your intention to take revenge against the villagers gave rise to anger, hatred and ego within yourself. You forgot your godliness and became a worshipper of beastliness! The one who gives utmost pain to innocent human beings, and loses his Self worth in the fire of vengeance - is he a deity or a beast? When you were an animal, you performed a deed that would suit the deities and when you became a deity your deeds were outrageous enough to shame even the animals. Now you tell me, who will progress - the deity or the animal?"

Shulpani understood his mistake. Picking up the dust under the Lord's feet, he touched it to his forehead and vowed never to hurt anyone again. Joyfully he began to worship the Lord, and requested the lord to stay there for the rest of the year. The Lord beamed with happiness when he saw the transformation in Shulpani!





Sweet Memories

This is a story about one brahmachari bahen. She was ambitious and desired to study further, make a career, and earn money, but after she met Niruma she wished to go and stay in Adalaj.

As soon as she completed her B.Com, she found a job. She brought her first pay cheque to Niruma for Simandhar Swami. Niruma was lying on the bed. When she saw the cheque, she looked at the bahen for a minute. Then she asked, "Didn't you want to study further?"

Bahen: "Yes Niruma, I wanted to study but now I have no desire to do so any more. I want to come to Adalaj as soon as possible."

Niruma: "But what did you want to study?"

Bahen: "I wanted to do C.A., but not anymore. It is supposed to be very difficult."

Niruma: "In that case can't you do an M.B.A.?"

Bahen: "Yes that is also good, but very expensive, Niruma. Right now we haven't got enough funds for me to pursue that."

Niruma: "That is alright. Is it possible for you to get a loan?"

Bahen: "But I don't want to study."

Niruma: "No, no. You must study and do lots of work for Dada," saying that Niruma returned the cheque to her.

The bahen was filled with so much encouragement. She agreed, "Alright Niruma, I will study but you must accept this cheque."

Niruma accepted the cheque only after she was assured that the bahen would study further. That bahen was delighted and made a firm decision that she will study further and eventually she managed to complete her M.B.A.

Niruma always ensured that everyone progressed not only spiritually but in his or her worldly life as well. The children, crazy after Niruma, may become misguided, but would Niruma ever? She managed to mould each individual according to his or her capability!

Puzzle Answer



Test Yourself Answers

In this activity, the correct answer is not limited to one. You can rewrite the sentences using pleasant words in many different ways.

1. Welcome my friend...! Please, remove your shoes outside, as the floor is still wet.
2. Nathu, I can't find my bag. Have you seen it? Please can you help me find it? I am getting late.
3. You are my friend. Please talk to me. Please tell me if I have made a mistake. I will make up for it. Promise..
4. A plain dress will look better on you, instead of this. Just try it on!
5. Mummy, is it ok if I do not take my sister out with me today? She sometimes does not know how to behave with elders!
6. Oh dear, the Barbie has fallen down? No problem. Come let us play with your toys. Yesterday, I broke my brother's toy truck by mistake!
7. Let's do this - you can play in our internal match so that will give you enough practice. Then you can play in the final, ok?
8. Mummy, I don't like these vegetables very much; can I just have rice and daal?

Cover Page Contest



Dear children,
Wouldn't you like it if the cover page of Akram Express was to your liking?? So do not miss this opportunity, participate in the Akram Express cover page contest and discover your own cover page published as the main page of your Akram Express.

Contest rules

1. Only children aged between 7 and 14 years may participate in this contest.
2. The topic for your cover page will be "Holidays... are... Fun..."
3. Use an A4 size paper for your design.
4. Colour in your design using ONLY crayons, sketch pens, calligraphy pens, water, poster and fabric paints.
5. Do NOT use any other decorative material.

The best and most suitable cover page will be selected as the winning entry.

The prize will be delivered to the winner's home. Please send in your cover page by the 15th of November 2013, together with your name, address, age and a passport size photo.

The winner's name will be declared in the December 2013 issue, and his/her cover page will be published in the May 2014 issue.

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Pujayshree inaugurating Gnani ni Chhaya part-5. An Audio CD full of songs for children and youth.

The Grand Celebration of Janmashtami at adalaj Trimandir in the presence of Pujayashree.



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