

AKRAM Express



Playing Violent Games
Good Or Bad?

My Creation



Outdoor
Games...



No... I Love
Mobile Games



Outdoor Games? No...

I 

Mobile Games



Akram Express

Editorial

friends,

What can I tell you about the mobile phones? You know more about this than me. However, in this edition there are some facts about mobile games and social media that you are surely not aware of.

Therefore you should definitely read this edition, and share it with your friends too. You will enjoy it.

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- Dimple Mehta

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Sandalwood trees



"What are you doing Vishal? At least today put the phone away. Talk to us son, it is Daddy's birthday. You are always immersed in the phone,"

Pratibhaben scolded Vishal.

"Yes Mummy, just one minute," said Vishal, while taking photos of the food plates in front of him and uploading them on Facebook.

"So silly, Vishal. Instead of enjoying the food in such a fine restaurant, you are taking photos of the food. You will find it tastier if your friends 'like' the photos!" Bhavya remarked in annoyance.

"Oh please Didi, I'm not here to be lectured by you. You do your thing and let me do mine," Vishal retorted scornfully.

"At times facebook and at other times video games. You can continue with this stupidity. I have no interest in lecturing someone silly like you," countered Bhavya.

Paragbhai witnessed his children bickering, but still kept quiet. Usually on most days, he would be nagging Vishal about this matter. But for his birthday he had asked for a gift from Vishal; that Vishal spend the whole day with the family. And Vishal had agreed to his daddy's request. So Paragbhai was content enough with this, and he did not feel it right to nag Vishal today.

After lunch, as promised, Vishal got in the car with Mummy, Daddy and Bhavya.

"By the way, where are we going Daddy?" Vishal asked without looking up from his phone.

"The Rainbow Book Store," Daddy replied. On hearing this Vishal coughed slightly. Maybe he did not have the right words to express his distaste.

There was a big crowd outside the book store. As soon as Paragbhai got out of the car, Shashibhai came up to him and hugged him. "Happy Birthday Parag. I am so glad that you brought sister-in-law and the children with you."

Paragbhai took Shashibhai's hands in his and said, "Congratulations Shashi. Today is such a huge happy occasion. How could we miss it?" Pratibhaben and Seema also congratulated Shashibhai. Before Vishal could ask the reason for the celebration, his gaze fell on the banner outside the book store. On the banner was written in big letters, "The book launch of Paridnya Rathod."

Vishal's eyes narrowed in surprise. He could not believe his eyes. While Daddy and Seema were talking to the other guests, he whispered in Mummy's ear, "Mummy, is it Shashi Uncle's daughter Paridnya's book launch? Meaning she wrote a book by herself?"

"Yes my dear, our Aditi has become a writer." There was glee in Mummy's voice.

But Vishal was quite shocked to hear this.

"How is this possible?"

A whirlwind of questions stirred in his mind. He could not digest the fact that a girl his age had become a writer.

The event started. The esteemed writer Kajal Bhatt gave Aditi a lovely introduction, and the audience welcomed her to the stage with vigorous applause.

"Thank you, thank you so much," Paridnya humbly thanked everyone in the audience. After giving some information on her book, Paridnya started taking questions from the audience.

Pratibhaben had been waiting for just this moment. She was pleased with Aditi's success. However one question was puzzling her.

"Congratulations, my dear. This is such a proud moment for your family," said Pratibhaben taking the mike in her hand. "I have a question for you. Nowadays girls of your age prefer to spend time surfing the internet, on social media and playing video games. So, how did you get the inspiration to write a book at this age?"

Pratibhaben had simply asked a genuine question, but Vishal felt a little upset at the implications.

"Thank you Aunt," Paridnya said humbly, "It's not the case that I was not interested in the internet or social media. To be honest you could



describe Paridnya from a year ago as a ‘social media addict’. At that time I had no goal in life. My only focus was on how to stay connected to friends on social media. I was completely lost. Sometimes I did feel that this was all wrong, but I could not find a way out.”

Vishal started to get interested in what Paridnya was saying.

“Even my grades started deteriorating. One day the Principal summoned me to his office, and told me a story. In hindsight, it was that story that became my inspiration,” Paridnya said.

Pratibhaben asked impatiently, “Paridnya, will you share that story with us, please?”

“Sure aunty,” said Paridnya with a slight smile. Paridnya started telling the story.

“Once there was a king. One day he got lost in the woods. At night he took shelter in a woodcutter’s hut. The king’s soldiers, who were out looking for the king, arrived at the woodcutter’s hut the next day.

Before leaving, the king asked the woodcutter, “Brother, what do you do for a living?”

“I cut down trees in the forest and turn them into coal to sell in the neighbouring villages,” said the woodcutter.

The king gifted the woodcutter a glen of sandalwood trees. Five years later the king passed by the woodcutter’s hut. The king assumed that the woodcutter must have become rich. However his condition was the same as before. Seeing this, the king was very surprised. On further enquiry, he realised that the woodcutter had no



knowledge about sandalwood trees. He had been turning them into coal to sell. When the woodcutter realised the true value of sandalwood, he was full of remorse.

Paridnya took a sip of water from the water bottle on the table and continued with her story.

That day when the story concluded, the Principal told me, “Paridnya, the time we have is as valuable as the sandalwood trees. If, like the woodcutter, we fail to understand its true value, then our life will become like coal. You have a lot of skills. If you do not put them to good use, then they will become worthless, and in the end it will be your turn to repent.”

Those words gave me a new lease on life. I thought that if one story can have such a deep impact on me, then why don't I use stories to inspire other youths. Writing stories had always been a favourite pastime of mine since childhood. That night, I decided to put my skill to good use. And that's it, that is how the journey of this book began!



Everyone in the audience applauded Paridnya's amazing journey. When the applause died down, Paridnya looked towards the youths present in the audience and said, "If we know how to use it properly, then even social media can prove to be a helpful tool. I posted information about today's book launch on many social media sites. Friends, we should understand the value of the time and the tools that are available to us. We should make good use of them, just like how we would treat sandalwood, and not turn them into ashes."

Again the room was full of the roar of applause. Right at that moment, Vishal's phone received a text message. For the first time, Vishal had no inclination to read the text message. He switched the phone off and put it in his pocket, and got up to heartily congratulate Paridnya.

Gnanis say...

Can there be happiness aside from the mobile?

- Yes, happiness arises wherever the chit gets engrossed.
- Happiness arises from *satsang* (spiritual discourse) and right understanding.
- Not only do we get happiness by playing games with living beings, but we also increase our ability to get along with people.
- By playing cricket or any other outdoor games, our arms, legs and eyes get exercise and our lungs get oxygenated. We get energized and mind becomes alert.

What if we play games on the mobile for hours and hours?

- These mobile games drain all kinds of our abilities. We lose our problem-solving ability. We lose our insight. Concentration power breaks down. We lose the ability to get along with people.
- Playing mobile games requires you to stare at the screen and strain your eyes. On top of that you get involved in “dishoom dishoom” (fighting and violence), which incites a lot of violent feelings. Even just the thought of killing someone binds a lot of sin.
- Therefore this entertainment is only acceptable within limits.

Let's make a resolution to quit our mobile phone habit.

Why do we get happiness from playing games on the mobile?

- The mobile itself does not actually give happiness.
- Happiness actually results from concentration of the *chit* (inner faculty of knowledge and vision). While using our mobile, our *chit* gets engrossed in seeing and understanding new things. So that is what gives us happiness.



Absolutely new & different!

From the below emojis, fill up the given blanks with the relevant words.



day



living



machines



adjust



person



unhappy



capable



play



mobile



By staying engrossed in the _____ all _____, our ability to deal with people weakens.

Then we become only _____ of _____ ing with _____. A machine doesn't meddle

with us, or hassle us, or make us _____, so we get very comfortable. However on

the other hand we lose the ability to interact and _____ with a _____.



Playing → Violent Games Good Or Bad?

Match the below symbols to the given words. All come under one communication medium...would you like to guess?

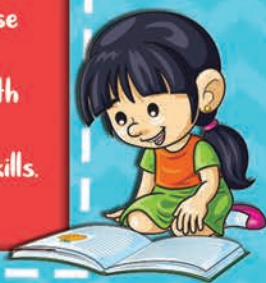


1. Facebook 2. Snapchat 3. Google+ 4. Youtube

5. Twitter 6. Instagram 7. Pinterest 8. Tumblr 9. Whatsapp



With the overuse of s _____, our common sense diminishes. Our moha (illusory attachment, infatuation with worldly things) increases, and we lose the ability to use our skills.



Scan QR Code

<https://kids.dadabhagwan.org/gallery/videos/All+Languaes/All+Categories/Playing+violent+video+games+Good+or+Bad/>



Let's Play...



1

I am there in each line, but I don't fit there! Can you find

- 1)    
- 2)    
- 3)    
- 4)    

- me?
- 5)    
 - 6)    
 - 7)    
 - 8)    

2



MONOPOLY LUDO BADMINTON KABADDI CRICKET PLAYSTATION GOAL CARDS VOLLEYBALL CHESS CARABBLE FOOTBALL



Find out the
Outdoor games
from this
circle.



my Creation



I am a simple paper. Make a bookmark and place this emoji on that and insert it to your favourite page!



1



2



3



4



5



6



7



8



9



3

Connect the order of the letters in the words given below.

- 1) kaocbeFo
- 2) uotbYeu
- 3) cStnaaph
- 4) Cketirc
- 5) rwTitte
- 6) taloFlob
- 7) LXO
- 8) KitoTk



4



Find these Words in this Magazine.

M	o	b	i	l	e	s	y	r	s	m	h	u	o	e
a	h	y	p	w	l	u	a	h	h	n	b	e	w	x
k	q	i	b	l	l	a	d	q	q	w	d	a	g	e
i	b	b	i	p	l	a	y	b	b	i	j	k	m	r
l	n	k	b	f	h	r	a	n	v	y	g	i	l	c
e	s	l	j	i	P	A	D	y	r	s	m	h	o	i
j	o	i	y	r	s	m	h	u	t	o	C	e	p	s
x	c	c	l	i	f	h	a	e	l	s	h	j	a	e
t	i	x	i	n	y	r	s	m	h	u	i	x	c	w
r	a	e	c	t	m	a	d	d	i	c	t	t	y	g
p	l	o	x	e	o	l	k	b	o	m	d	t	c	m
o	r	r	e	r	l	e	y	r	s	m	h	u	l	l
w	d	z	o	n	i	n	m	G	a	m	e	s	i	o
e	n	m	r	e	g	e	r	a	w	i	n	g	n	p
r	k	p	z	t	w	a	l	k	i	n	g	w	g	a

- Mobile
- iPAD
- Games
- Chit
- power
- exercise
- skills
- internet
- video
- social
- addict
- cycling
- walking



A Frog In The Well



Anush was engrossed in playing a video game on the iPad, when the door bell rang.

Hi Anush, come, let's go to the park to play soccer.

No thanks... You go... I am enjoying soccer in my video game.

Anush, Parth has come to invite you, so why don't you go. You will have more fun in the park with your friends. Playing in fresh air... playing as a team, there is no fun like it.

Frog in the Well! You'd realize if you go out to the park.

What do you mean by 'frog in the well'??

Oh please brother. Video games are much more fun than anything else... by Parth. Please you go...

Well, it's a story. Just like you are captive in the world of video games, the frog was confined in the well, thinking that there was nothing bigger and better than the well.



But then one day...

Okay, okay. Whatever happened that day, I am not interested.



Anush would get so engrossed in playing the video games that he would not even be aware that his rude words were hurtful to others.



Just then Daddy angrily entered the house. When Anush saw that Daddy was angry, he quickly put away the video game and picked up a book in his hand.

What do the children of today think of themselves? Completely mindless and no respect for elders! I just asked Bakula bhabhi's son Amit to move his scooter a little, so that I could park my car, and he lost his temper.



He was a gem of a son. Don't know what has happened to him!

Daddy went to his room, but Anush remained shocked to hear such things about Amitbhai.

Actually, it had been a long time since he had seen Amitbhai. But ever since childhood he had always really liked Amitbhai. Anush put peered through the window.

Anush was taken aback when he saw Amitbhai.

Brother, Amitbhai is in your class, isn't he? How did he change so much?

Thanks to the video games! It's his video game addiction that has led Amit to this state. In class he always seems confused and clueless. He lacks the ability to talk politely with teachers or to keep friendship with friends.

All the efforts to straighten Amit out have proved unsuccessful. He needs a miracle. If, like that frog, Amit frees himself from his own prison and experiences what joy there is in the outside world, then that may be a solution.

With the thought that his future could go the same way, Anush started trembling. He remembered the story of the frog.

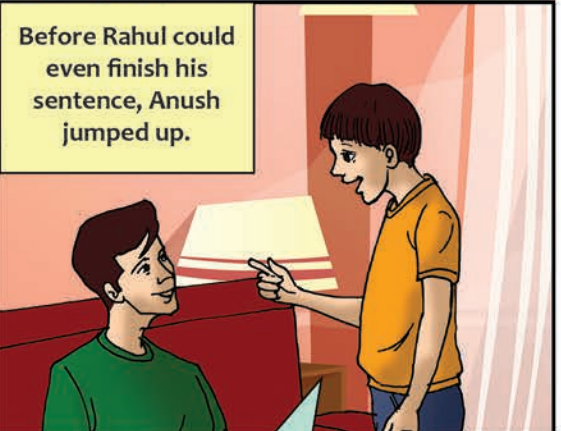


Happy in his own well, the frog always overruled any talk of seeing the outside world. But one day a pigeon forcefully caught the frog in his beak and flew him out of the well.

Outside the well, the frog saw the beautiful rivers and mountains. He saw the lovely colourful flowers in the meadows. He heard the sweet songs of the birds and he made friends with squirrels. After that he never tried to go back into the well.



Anush, if you stay imprisoned in the video games world, then you will lose the excellent opportunity to flourish in the outside world, and then your condition will be like Amit's



Soccer time brother ... I will be back before 8 pm.

Real life story

That day, after school, the children went home and announced loudly, "From today, for one whole week, we will not touch our mobiles." The parents were delighted to hear this, but they thought in their minds, "The novelty will soon wear off - in just one day!" But did the novelty wear off? And what happened at school to cause the children to announce this? Come, let us read further....

This was an experiment undertaken by a school in Surat. All the children from the third year right up to the twelfth standard were included in this. The mission was, 'SAY NO TO MOBILE'. The school introduced the initiative and the children enthusiastically took part in it.

To start with, this mission was proving a little difficult for the pupils in the 6th, 7th and 8th standard. But you could see a change in their behavior from the second to third day. Some preferred to spend the free time sharing things with their family, while others

preferred to spend time playing in the fresh air. Some spent time with the family watching delightful programmes. Some took pleasure in drawing, applying henna, cooking, cycling and walking. There were also some children who took part in this mission, but they were not able to completely stay away from their mobiles. Those children openly admitted their mistake and their regret, and the school rewarded their honesty with certificates.

'SAY NO TO MOBILE' mission week took place a while ago, but even today they remember how much freedom and positivity flourished in the children during that week.

Friends, do you also want to experience the same freedom and positivity? Then please be sure to let us know what you are going to name your mission, and what you are going to do to make that mission a success.





Sweet Memories

This memory is from the U.K. A *satsang shibir* (spiritual retreat) led by Niruma was going to take place in a city there. The video team had to arrive a day early. Niruma was also going to reach there a day early, so that she could get some rest.

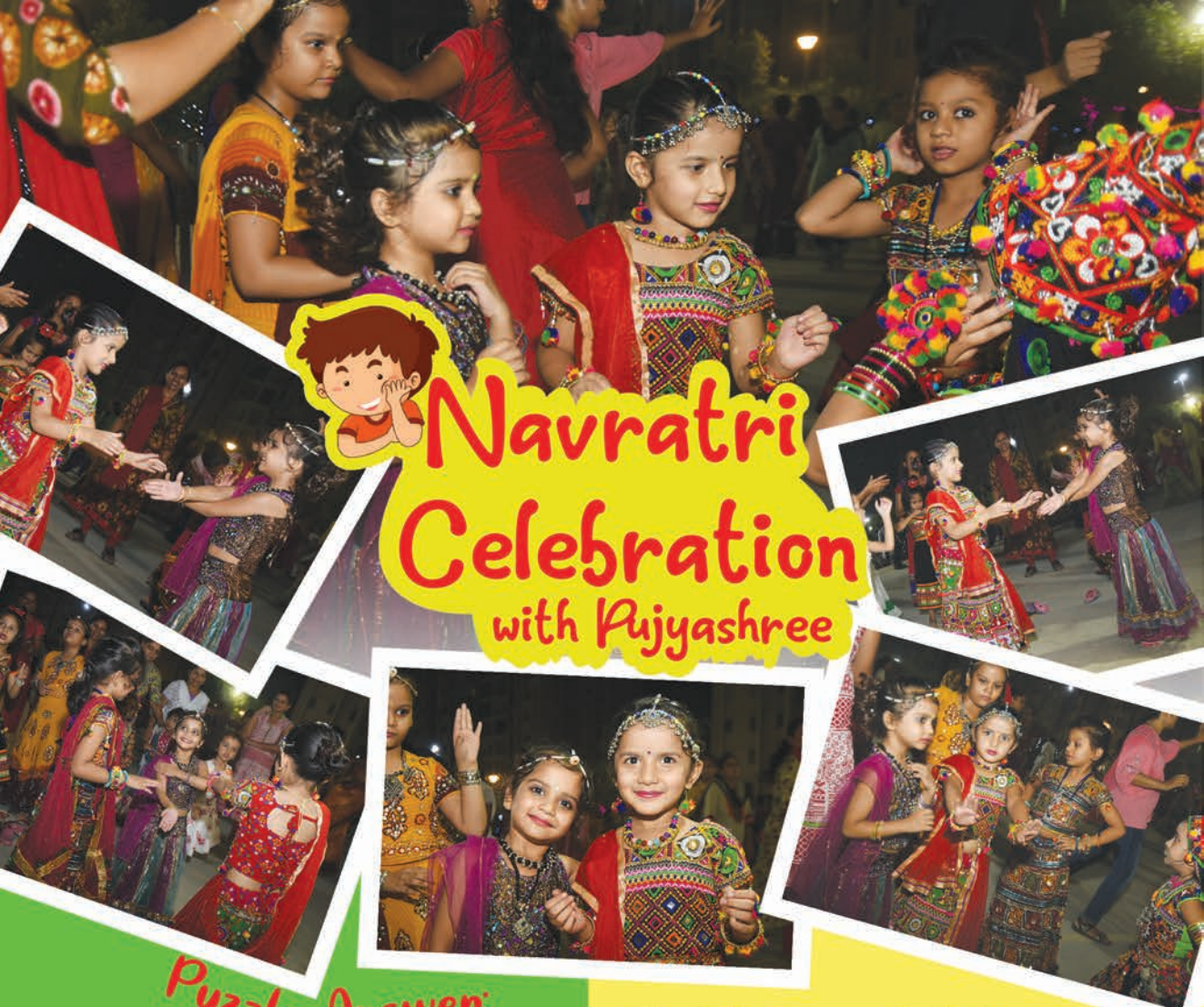
When she arrived at the venue, Niruma immediately realized that the kitchen was not ready and it was impossible for it to be ready on time. Niruma had brought enough food for herself from home, but what about others? Before anyone had time to think about this, Niruma said, "Let's do one thing, today all of you have worked very hard, so all of you go to Pizza Hut and have pizzas, go ahead."

In this way, Niruma would always be observing everything all around, for example, today there is no set up here, these people have come, they have not eaten all day, there is a lot of work etc.

The next day, as soon as the kitchen started, Niruma herself went into the kitchen. First of all, she cooked piping hot deep-fried fritters and fed them to all the *sevarthis* (volunteers). After a short while, she made *papadi no lot* (rice flour snacks) for them. Thus, every so often she continued to serve something or the other.

When the video team went into the kitchen, she laughed and said cheerfully, "We have to make up for the lost kitchen time from yesterday!" And she spent the whole day cooking a variety of dishes for everyone.

This is how our dear Niruma was!



Navratri Celebration with Puujashree

Puzzle Answer:

1



2

VOLLEYBALL, FOOTBALL,
BADMINTON, KABADDI, CRICKET, GOLF

3

- 1) FACEBOOK 2) YOUTUBE
- 3) SNAPCHAT 4) CRICKET
- 5) TWITTER 6) FOOTBALL
- 7) OLX 8) TIKTOK



4



Absolutely new & different!

- By staying engrossed in the **mobile** all day, our ability to deal with people weakens. Then we become only **capable** of **playing** with **machines**. A machine doesn't meddle with us, or hassle us, or make us **unhappy**, so we get very comfortable. However, on the other hand we lose the ability to interact and **adjust** with a **living person**

- With the overuse of **social media**, our common sense diminishes. Our moha (illusory attachment; infatuation with worldly things) increases, and we lose our skills.



And lastly...

From today let us decide
on three things.

1. We will keep a limit on playing games on the internet. We will not go beyond this boundary.
2. We will not look at any immoral stuff on the internet.
3. In our spare time we will do some good work.



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