

Dada Bhagwan Parivar's

September 2019

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AKRAM Express



Why we should not TEASE?

Editorial



Dear friends,

Do you ever mock or make fun of others? If yes, then find out from this issue...

- What happened to the giants when they mocked the other person?
- How did Nikhil finally stop teasing Anaya?
- And it is really amazing that Tengo was able to learn from Pingo why one must not tease others.



Moreover, there is one character in this issue who wrote a very powerful and moving letter. Do you know what is written in that letter?

No, no... I won't tell you. You will have to read on...

Ready... steady...and go..



-Dimple Mehta

Akram Express

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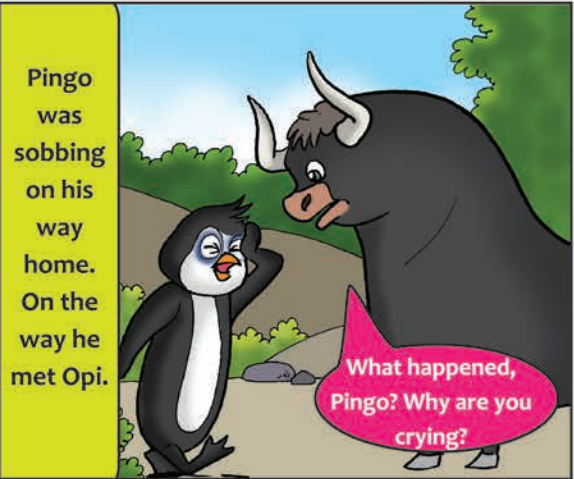
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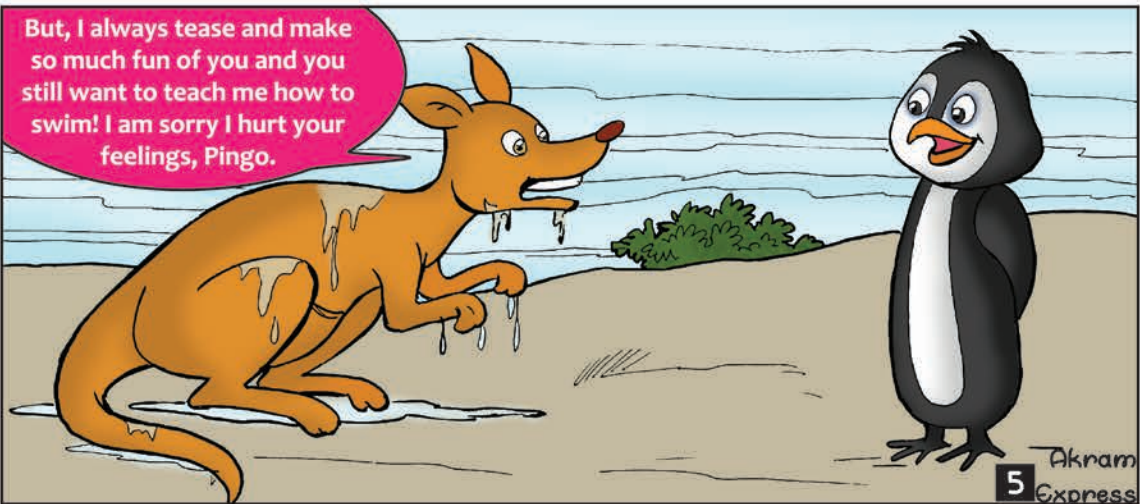
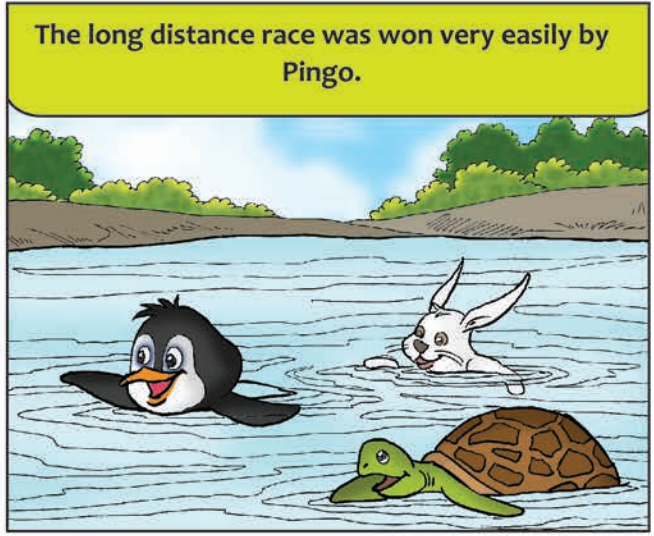
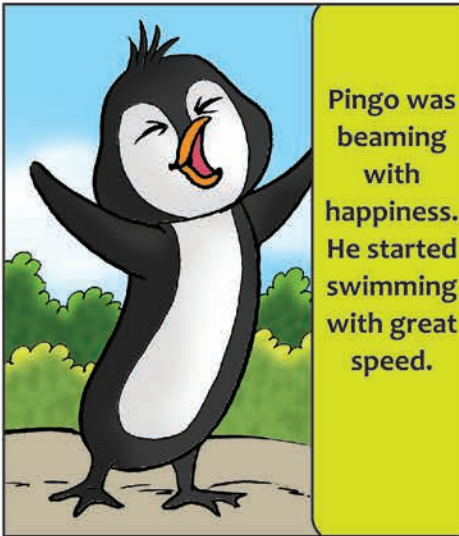
2019



Tengo - Pingo









So what do you think was Opi's magic trick? Pingo understood, but did you understand? Jot down your answer on a paper, take a picture of it and send it to us on **WhatsApp number 8155007480**



1 What comes down but never goes up?



What Am I ?



2

What has hands but can't clap?



3

What needs an answer but doesn't ask a question?



4

What gets wet while you get dry?



Find out these things
from the picture.

LET'S PLAY



candle



key



fork



tack



carrot



rabbit



slice of pie



fish



ice-cream
cone



banana



comb



teacup



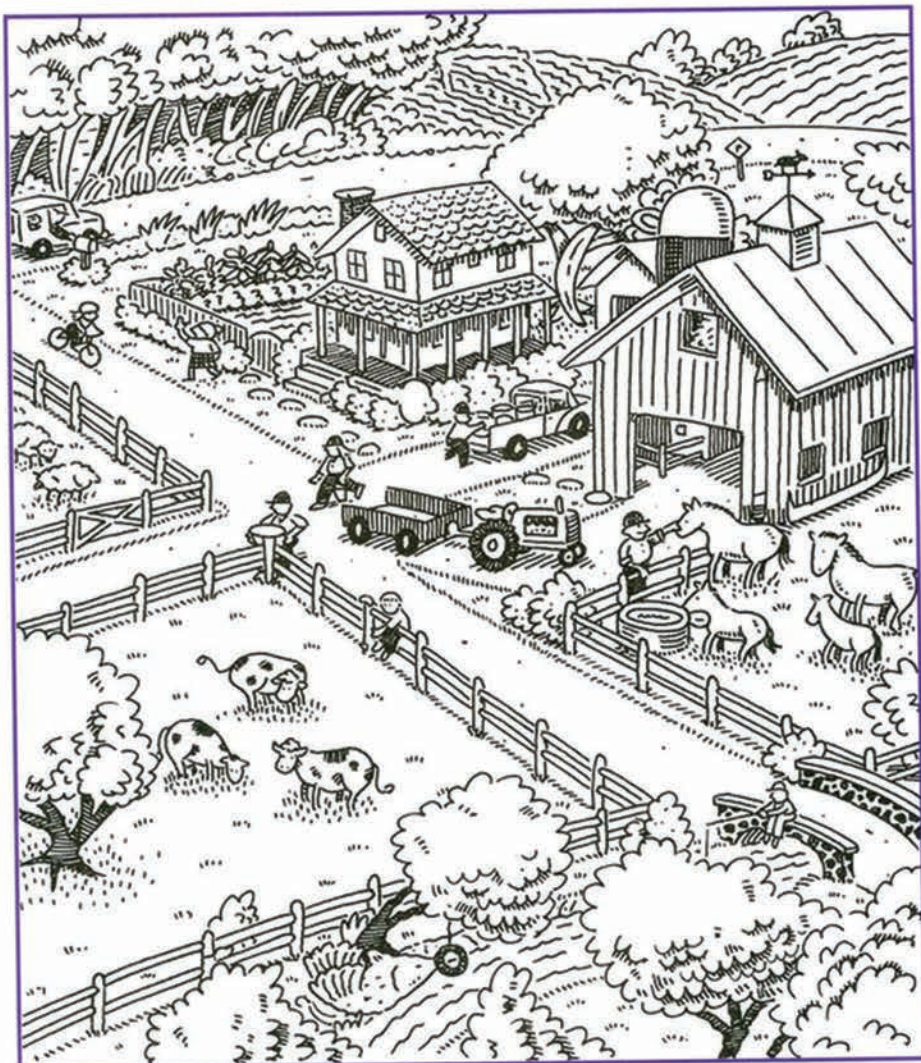
pencil



ring



nail

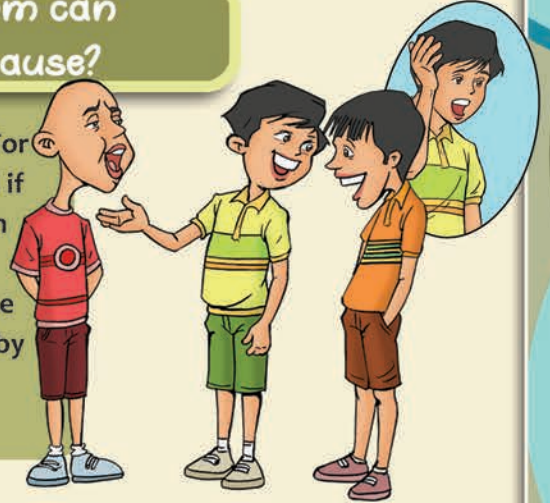




Gnanis say ...

What harm can teasing cause?

- Some people may have certain disabilities. For example, if someone has a defect in speech and if we tease them or ridicule them about it then they would feel extremely hurt.
- The punishment for teasing is that the same defect will arise in us and we will be mocked by others in the same way.



What kind of teasing is acceptable?

It should be innocent fun. It should be such that it doesn't hurt anyone's ego.

What if we tease someone?

- You should do lots of Pratikraman (apology with repentance). You should go and redeem yourself by saying to the person, "I made fun of you but please do not take it to heart. It is my mistake and I will not do it again."





Nikhil & Giants

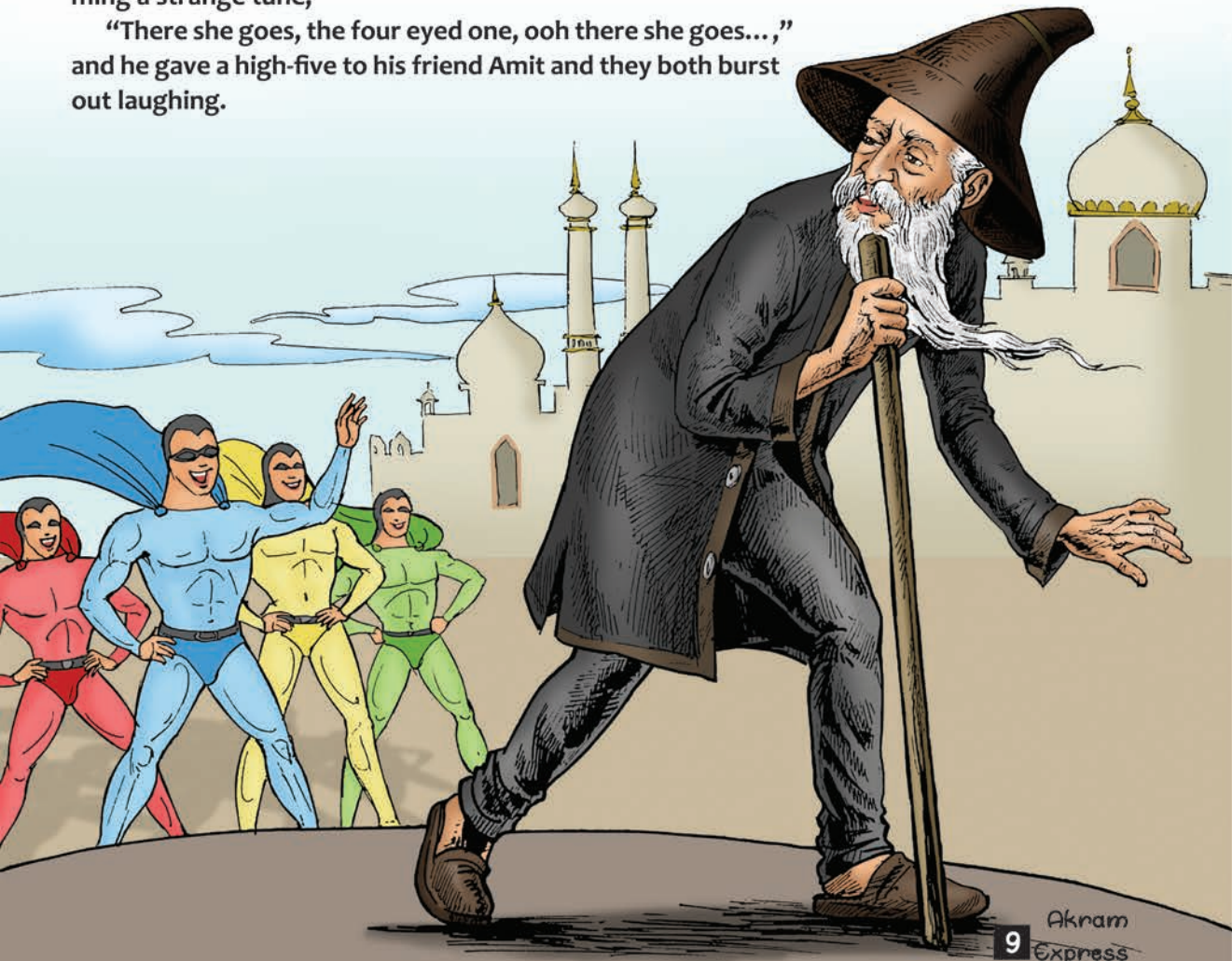



Scr.....eech, sounded the brakes as the driver brought the bus to a grinding halt. The children onboard were excited and couldn't wait to pour out. The bus pulled up at the camp grounds and the army of kids jumped out.

"Come children, please take your bags and go inside. After having something to eat you will be shown your cabins," instructed the teacher, Miss Madhu. "Hey, four eyes! Can you see the colour of your bag through those thick glasses? Don't go off with someone else's bag!" Like always, Nikhil ridiculed Anaya. And just like always, without letting Nikhil affect her, Anaya got her bag and walked away.

After the short break, the children received the schedule for that day. Anaya had to walk past Nikhil to get her schedule and he once again began to tease her. He started humming a strange tune,

"There she goes, the four eyed one, ooh there she goes...," and he gave a high-five to his friend Amit and they both burst out laughing.





Just then Miss Madhu entered.

“Do you think Miss would have heard us?!” They went through a feeling of dread, but Miss Madhu did not say anything and so they were relieved.

“Friends, you must have read in the schedule that there is a camp fire tonight. So get ready for games and stories,” saying that Miss Madhu went off to do something else.

After playing some games around the camp fire it was story time. All the children sat around Miss Madhu.

“So today’s story is about giants,” Miss Madhu started the story in her unique style.

“A group of giants lived in a magical town. They had an amazing power. Instead of using the power in a good way they used all their time to make fun of an old man. Due to his old age, the man could not see or hear very well. The giants would carelessly tease this elderly man and showed no consideration to his old age.” A magician got



to know about this. He used such a magical mantra that the words of every joke uttered to the old man made him better and the same words had an adverse effect on the giants. Taunts such as 'stupid old man' filled the old man with energy and youthfulness while the giants were filled with stupidity and foolishness. The giants were so engrossed in making fun of the old man that they did not realize the changes which were occurring in themselves.

Time passed and the giants were not aware of how ugly and foolish they had become. When the magician showed them their new form they were shocked! They couldn't believe the consequences of ridiculing someone could be so ghastly. They implored the magician to turn them into their old form again. But the magician refused; hence, they went through the rest of their lives in this scary state.

After the story ended, Miss Madhu said, "Friends, these are the hazards of teasing someone. The punishment is that the same defect can arise in us. You can have innocent fun but you must not ridicule anyone! Do you understand?"

Amit whispered in Nikhil's ear, "It seems Miss Madhu had heard us teasing Anaya after all..." Nikhil nodded in agreement.

Miss Madhu added, "Tomorrow morning we are going to explore some caves. We will be walking through a dense forest. So everyone will be paired up."

The teacher announced all the pairs one by one. The names of the last pair, "Anaya and Nikhil." Nikhil was stunned but he kept quiet.

The next day when everyone else was so excited, Nikhil was forcing himself to walk with Anaya. To irritate Anaya even more, Nikhil was walking really slowly. Soon, they found themselves lagging behind as the rest of the group had already walked on much ahead.

Suddenly, Nikhil's leg went through a hole which had been covered with leaves and he started to slip further in. In panic he grabbed hold of Anaya's hand and both of them fell into a dark cave.

"Oh no! Where are we?" Both Nikhil and Anaya were frightened.

"Help! Help! Is anyone there?" They cried out for help, but nobody could hear them.

Nikhil was overcome with fear. "What will happen now? How will we find a way out of here? We cannot see anything!" All these questions flooded his mind.

Anaya on the other hand was calm and busy thinking of a solution. She saw a ray of sunlight. Anaya got an idea. She collected some tinder from the ground and used the thick glass of her spectacles to concentrate the rays of sunlight on the tinder. The heat soon sparked a flame. "Wow!" Nikhil was astonished by Anaya's wit.

"Come Nikhil, now we will be able to find a way out from here," Anaya said fearlessly.

Both of them lighted a few twigs. The flames lit the otherwise pitch black cave and in a short while they found a way out.

As soon as they came out of the dark cave, they could see Miss Madhu in the distance



who was speaking to a forest ranger.

“Miss!!” shouted Anaya as she ran as fast as she could to her teacher and gave her a big hug. Nikhil scampered after her.

The teacher embraced both of them.

“Thank God you are safe!” There was immense relief in the teacher’s voice.

The children narrated the entire event. The forest ranger shook their hands. “Great job! Little champs,” saying that he hurried off to inspect the cave.

Nikhil’s eyes became teary. “I am very sorry Anaya,” he said in a soft voice, “I always make fun of you about your eyesight. But I am the one who could not see clearly. If you hadn’t come up with a solution today I am not sure what would have happened!”

“That’s ok, Nikhil,” said Anaya.

Miss Madhu was quietly observing the children.

“Miss, right now I probably seem like one of those ugly giants from your story,” said Nikhil with tears in his eyes.

“Nikhil, the giants did not have any means of freeing themselves from the consequences of ridiculing someone. But you have taken the first step to free yourself,” said the teacher.

“Which step?” Nikhil did not quite understand.

“From the moment you realized your mistake and repented for it, you took the first step to be free from the consequences of ridiculing!” explained Miss Madhu.

Hearing this Nikhil felt a little lighter.

At the campsite the children were eagerly waiting for Nikhil and Anaya. Seeing them made the children feel happy.

“Tonight we shall have an ice cream party!” announced Miss Madhu.

That night the children enjoyed ice cream and innocent fun.



Play with Words



Did you come across any difficult words in this issue ?

1 Sarcasm – (A) bitterness (B) taunt (C) scold

2 Enough – (A) few (B) last straw (C) limit

3 Fright – (A) frighten (B) dread (C) baggage

4 Harassment – (A) hustle (B) trouble (C) bother

5 Ghastly – (A) horror (B) beast (C) ugly

6 Terrifying – (A) happy (B) scary (C) amazing

7 Confident – (A) curious (B) brave (C) self-assurance

8 Destructive – (A) lethal (B) negative (C) dead

fun fact

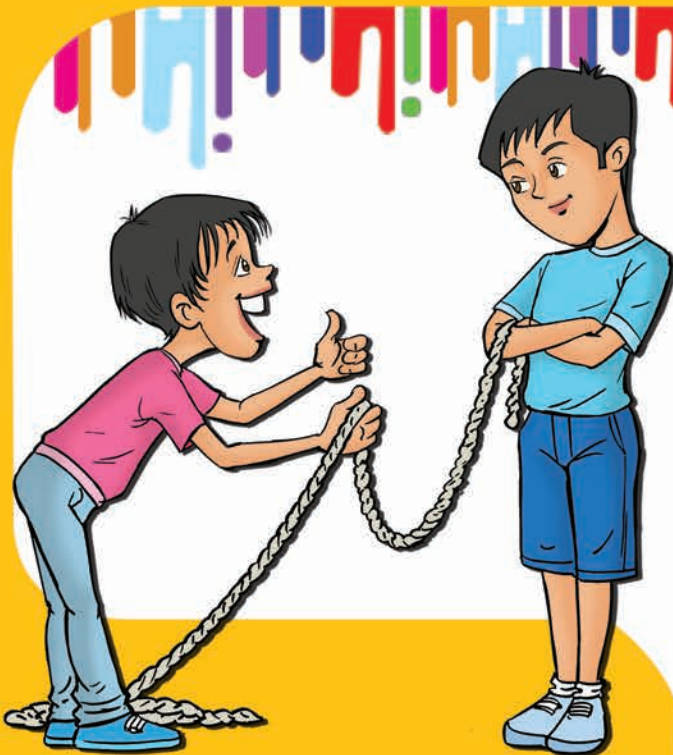
*** WARNING: Please do not try this without adult supervision ***

Hold either a magnifying glass or a lens over a piece of paper to direct the sun's rays onto the paper. You will see a bright dot on the paper. A few minutes later you will see smoke starting to appear from the paper, which will then result in actual flames. A fire can therefore be started in this way without the use of matches. This scientific phenomenon is caused by refraction of light.



What AM I?

Absolutely New and Different!



If somebody is tugging a rope at one end but we don't grab hold of the other end or we loosen our grip then the other person will not enjoy tugging it. Similarly if someone is teasing us, we should not let it affect us. Then they will stop bothering us.

For all the while that we remain upset when a person is teasing us, they continue to enjoy it.



As a result of our teasing, the other person can go into depression.

Who makes fun of others? The one who is not calm and peaceful from within. So he provokes others, plays jokes on them, hurts them and only then he feels happy.



Real Life Incident



Born: 12 May 1997 (Coppell, Texas, United States)

Age: 22 years

Weight: 145 kg

Height: 1.96 m

Nationality: American

School: The University of Texas at Austin

Connor Williams was a shining star in the football world. Before reaching the peak of success, Connor had to overcome the appalling cruelty of mockery. He narrated an incident from those days through a heart touching letter.

Dear friends who mocked me,
Thank you!

No, this is not sarcasm. I do not have any hatred or intentions of revenge for you. I am heartily grateful to you. I might not have reached the stage I am at, without your harassment.

From a young age I had difficulty in speaking so I didn't like to speak. I was scared to give a presentation as I feared that people would make fun of me. You did not miss any chance of mocking me. To top it all I was very chubby. You used every word that was possible to mock about my weight. Sometimes I felt like spending time with you. Often I had asked if I could be a part of the activities you were doing, but you never included me. You have no idea how my heart used to break. You always left me to be on my own... completely alone.

I do not remember a single day that I did not cry when returning home from school. Every night I used to pray that either I change or your attitude towards me change.

Do you know how destructive rejection and loneliness can be? I would not have gone through that tough time without the love and security of my parents.

There was a time when I had reached the end of my tether. I went and spoke to my father, "I do not want to be like this. I want to change." My father was waiting for me to say this. When I was ready from within there was a tremendous change in my life. From the next day I started waking up at 5:30 a.m. to exercise. My father made a routine for me and I sincerely followed it.

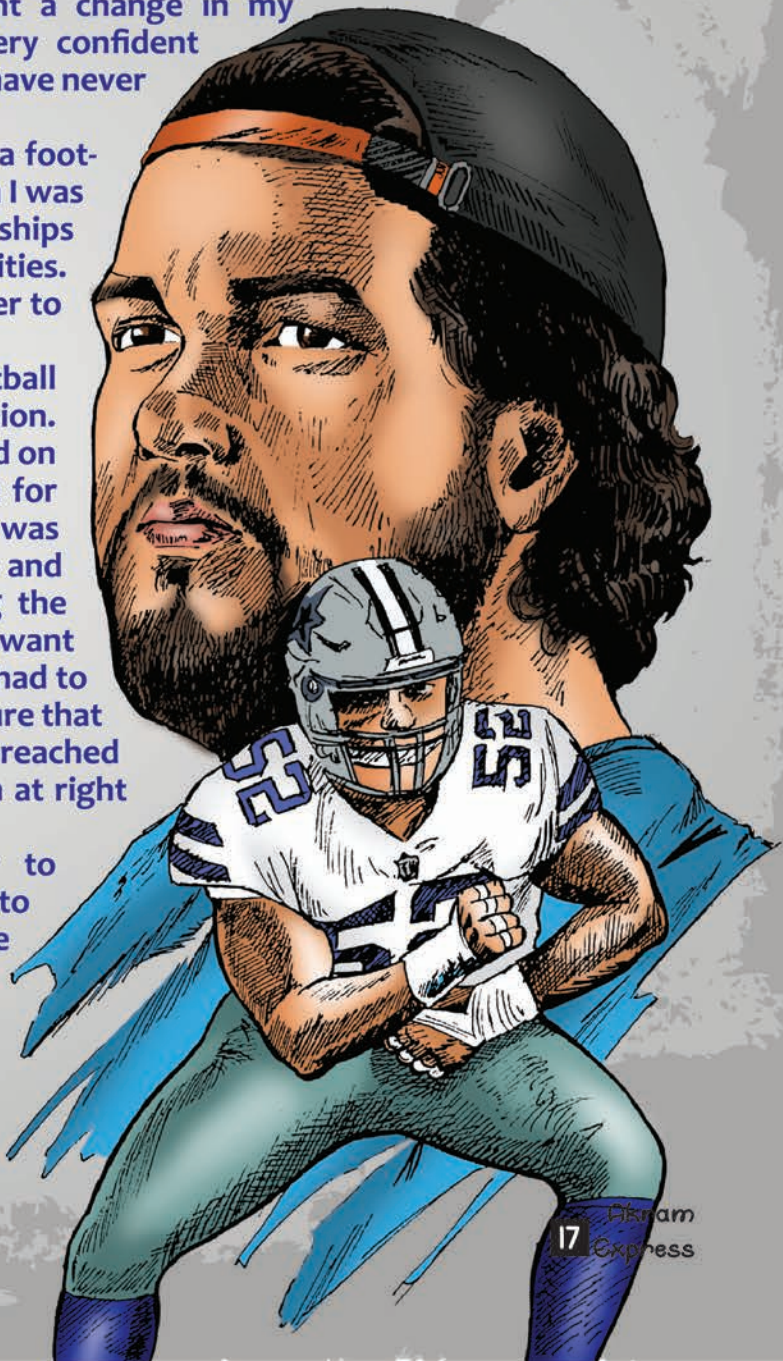
By following the routine it not only brought a change in my physical appearance but also brought a change in my self-confidence. I became very confident and from that day onwards I have never looked back.

I was selected to be in a football team. In the junior season I was offered about 39 scholarships from well-known universities. Suddenly all of you were eager to be friends with me.

A simple game like football is able to change one's vision. The mockery that you inflicted on me was in fact preparing me for my life ahead. I am glad that I was the child who was mocked at and not the one who was doing the mocking. I would never want anyone to go through what I had to endure. But this much is for sure that without you I would not have reached the peak of success that I am at right now.

You taught me how to respect, to be humble and to care. You showed me the importance of friendship and family.

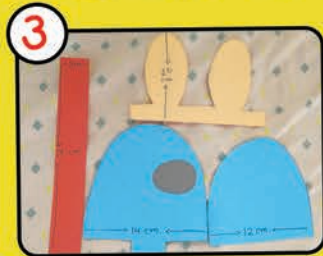
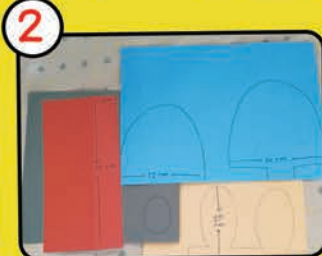
I hope that you have learnt about the hazards of mocking others as much as I have learnt by being subject to mockery.



My Creation



Sorry Card



Friends, Enhance your creativity by making this greeting card. Say 'SORRY' to those who you have hurt and feel light hearted !



Scan the QR code to watch the making video of Sorry card.

1 - (A) 3 - (B) 5 - (A) 7 - (C)
2 - (B) 4 - (C) 6 - (B) 8 - (A)



Janmastami celebration in
Pujiyashree's presence,
Adalaj Trimandir

HAPPY
JANMASHTAMI



Puppet Show



Matki
Fod



Re-opening of 'Store of Happiness' by Pujyashree in Adalaj Trimandir



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