

Dada Bhagwan Parivar's

December 2019

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AKRAM Express



 Sweet
Sixteen
Virumada...

Sweet Sixteen Niruma

EDITORIAL

This month, it's our beloved Niruma's 75th birthday. You'll be amazed to know that she had very special qualities ever since she was young. You will wonder 'Wow! Niruma was like that!'

In this issue, you'll find interesting facts about Niruma that you'll enjoy reading. So let's read on and resolve to become like her.

And yes - let's wish her happy birthday !

Happy Birthday to Niruma...

Happy Birthday to You....

- DIMPLE MEHTA

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Niruma's childhood



Birth:

Niruma was born on December 2nd in 1944 to the Amin family in the city of Aurangabad.

Family:

Niruma was the only girl amongst her five brothers.

It was her mother's greatest wish to have a daughter, but she was blessed with five sons one after another. And so she made a pledge with god to be graced with a daughter. Thus Niruma came into the world. Her parents were bursting with joy. To celebrate this happy occasion her father had arranged for a music band to perform at their house in Aurangabad. Niruma was a very healthy child.

Nickname:

Niruma's father was in the cinema business. He owned quite a few theaters. When Niruma was born, a movie called 'Tansen' was being shown in one of his theaters. The name of the heroine starring in the film was Tani. As a result, Niruma got nicknamed 'Tani'.

Real name:

Her real name was Niranjana, but everyone lovingly called her Niru. In actual fact, according to her Indian horoscope her name was Kapila.



Looks and Attire:

When Niruma was young she was quite chubby in looks. She was plump with a round face and long hair. .

She was very stylish. As a little girl she used to wear a frock and as she grew older her attire changed to skirt and blouse. While at home she would always wear a blouse and a long skirt. In her final year of college she would only wear a sari.



Education:

Niruma was 6 to 7 years old when she started school. On the first day her father took her to school, accompanied by a music band! Niruma studied her initial 4 grades in Gujarati medium and years 5 to 10 in Marathi medium and the final college years in English medium.

The school she went to was in Mumbai, college was in Aurangabad, and further medical studies were undertaken in Mumbai. She obtained a diploma in Gynaecology (branch of medicine dealing with women's health) and thereafter got admission to qualify as a medical doctor.

Right from the beginning she excelled in her studies, gaining many first class gold medals. She always secured first class in her college days and also passed her MBBS (medical degree) with first class honours.

Memory:

Niruma's memory and IQ were very powerful. When studying for exams her friend would always read out aloud while Niruma would lie on her bed and listen! And she was able to memorize it all. She never needed to re-read it. She would remember everything in the first go!

Personality:

From a young age she was very bold. She was not scared of anyone. In fact, others were scared of her, especially the boys at college. If they behaved oddly then she would tell them off. She upheld her belief that, 'I am from the Amin family so my character has to be very pure'.

Due to such boldness everyone in college gave her the nickname of 'Bharatmata' (Mother India).



Games:

When Niruma was young she used to play *lakhoti* (a traditional Indian game played with small marbles), *khokho* (ancient sport invented in India, and still a very popular outdoor game, TAG), and *pakdapakdi* (Simple game involving several runners who are caught by a single catcher). Her father's theater was near their house. She would go and play these games in the grounds over there. There was a large water fountain in the grounds where she would have great fun with her brothers.

Interests:

Love for dogs:

Niruma and her brothers loved dogs when they were little. They used to bring home stray puppies. This used to irritate their mother who would ask, 'Who will look after them all?' and Niruma and her brothers would say, 'We will' and then they would end up keeping them.

Love of singing:

Niruma loved to sing right from childhood. Whenever there was a song by Lata Mangeshkar (a famous Indian playback singer) playing on the radio, she would sing along. She thought her voice was like that of Lata Mangeshkar. Her brother would tease her and say, 'You sound like a buffalo. Be quiet and let me listen to Lata Mangeshkar'. But she would continue to sing along.



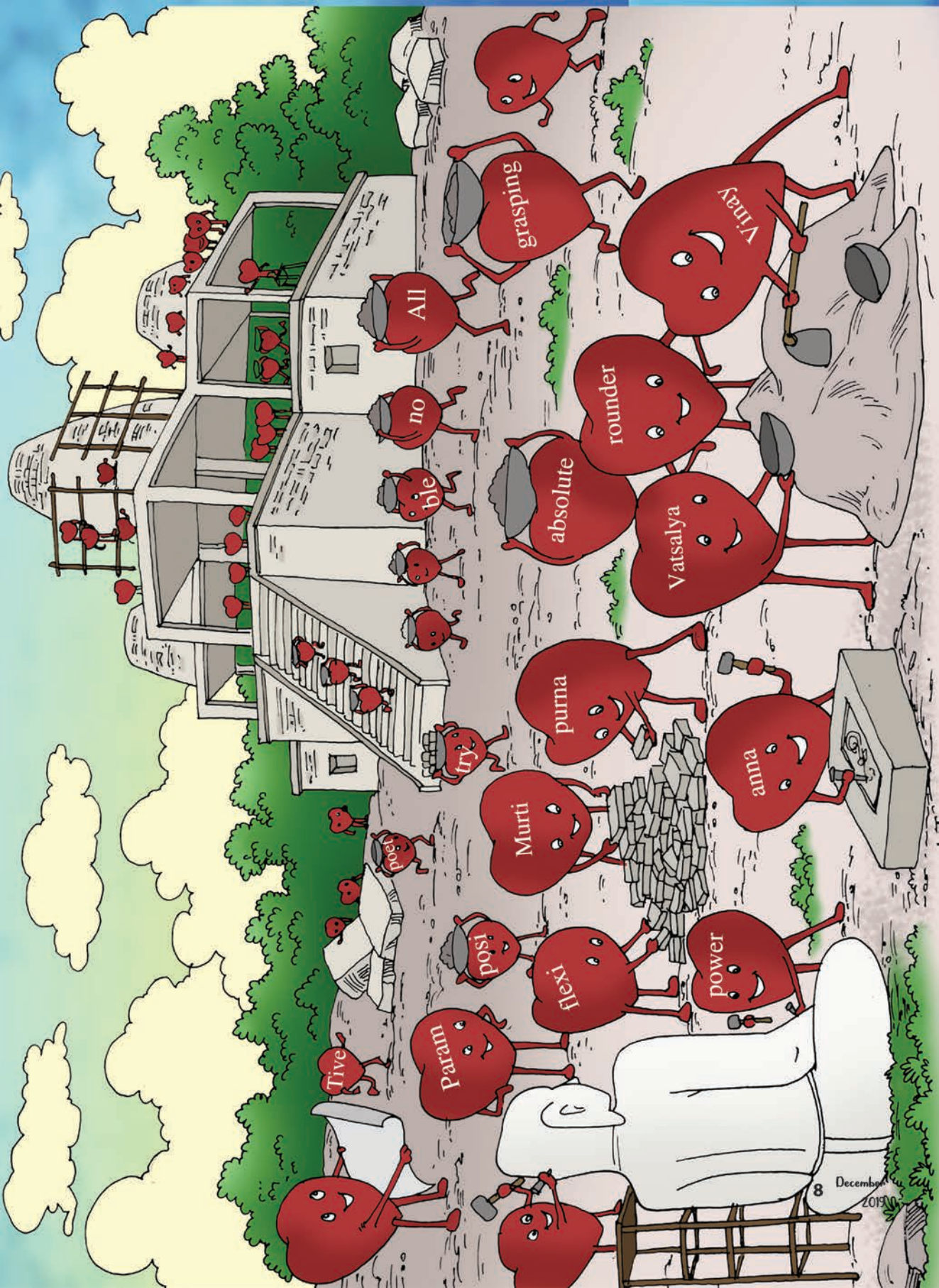
Connection with Lord Hanuman:

On her way to school, Niruma would pass by a Lord Hanuman temple. She would not go anywhere else but she would visit Lord Hanuman's temple every day and pray, "Oh Lord, please let me pass first class. I want to become a doctor so that I can serve people, and not because I want to earn a lot of money." And her second prayer would be, "Oh Lord, please keep everyone in the world happy." With the intention that she would obviously be included 'in the whole world'! At times when she was running late for school, she would pray, "Sorry Lord, I am late today," and she would recite the same daily prayers silently while walking past the temple. But she definitely did not let a day go by without praying.

When she started to practice medicine, Niruma noticed that whenever it was time for any serious operation the female doctors would feel very nervous. During all the serious operations they would make a pledge with Lord Hanuman that, 'if the patient survives, I will offer oil, coconut and vermilion to you!' But Niruma never did this.

Loved Sanskrit language:

Niruma loved learning Sanskrit at school and always got good marks in that subject. She would score around 95% to 97%! However, she had thoughts of becoming a doctor since the age of 6. Hence, after 10th Grade she pursued a career in science and lost touch with the Sanskrit language.





Let's Play

You will see in the hearts, the letters for Niruma's virtues are spread out. Link up two hearts and make a list of nine virtues.

Tive, embodiment of, ble, All, try, posi, Param, poet, no, flexi, motherly love, power, ble, purna, grasping, anna, absolute, rounder, vinay

No.	VIRTUE	DESCRIPTION
1		Anyone who came in contact with Niruma would always experience her motherly love. Due to this love they would surrender everything and connect with her.
2		Pujya Niruma would never let anyone go without offering food to them. She just had to find out what someone liked to eat and straightaway she would prepare that dish for them as per their taste.
3		Pujya Niruma was very flexible. She has never held onto her viewpoint in any matter.
4		Niruma's mind from a young age was very noble. If anyone ever said that they liked something of hers she would at once give that thing to them.
5		Since childhood Pujya Niruma's grasping power was tremendous. Just by listening to something once, she would remember it verbatim (word for word)
6		It was Niruma's special talent that if you give her any words at any time, for any person, or for any matter, then she would be able to compose verses, rhythm and melody into a spiritual song.
7		In the same way as Lord Hanuman had exceptional love, devotion and absolute oneness for Lord Rama, Niruma had the same devotion and absolute humility towards Dadashri.
8		Niruma would always stay positive right to the end in any difficult situation. Therefore, even the laws of nature would support her and the outcome would always be positive.
9		Pujya Niruma had many skills. She would create a composition like a poet and also execute a mission like a leader. She could do service without any selfish motive and she could serve gnana (spiritual knowledge) like a gnani (Self-realized master)!

My Daily Task

1

I'll share my things with my friends.

2

I will help my mom and dad.

3

I'll bow down to my elders

4

I will do at least one Aarti.

5

I'll not fight with my friends.

6

I will not speak. lies

7

I will not use mobile unnecessarily

8

I will help elders.

9

I will not watch T.V. for more than 30 minutes.

10

I will not talk in class.

11

I will go to the temple.

12

I will play games with my family.

13

I will water the plants.

14

I will appreciate my friends.

15

I will not talk during meals.

16

I will recite Trimantra five times.

17

I will play
outside in
the garden.

18

I will do
some
creative
activity.

19

I will happily
eat whatever
is being cooked
for me.

20

I will
clean my
school bag.

21

I will give
feed the
birds.

22

I will
dance.

23

I will
save
electricity.

24

I will
ask for
forgiveness.

25

I will clean
the trash
that I come
across.

26

I will bow
down to my
teacher.

27

I will be extra
careful not to
hurt any living
thing.

31

I will
thank all
those
who help
me.

28

I will clean
the table
after meals.

29

I
will clean
the
bathroom
after taking
bath.

30

I will help
mum in the
kitchen.

One year challenge - Let us make a new resolve during Ninuma's birthday month. From today onwards, let's do one small task daily for the whole year and open a store of happiness! So let's accomplish this one year challenge by doing one task daily!



Niruma made Dadashri's wishes come to fruition. Find out those wishes!

L
e
t's

P
l
a
y



1.

The construction of grand _____
(a n o - n c t i n r a e s) Trimandirs It was Dadashri's wish that peoples' differences based on different religions and sects should vanish and therefore, Trimandirs should be built. This wish was realized under Niruma's guidance.

2.

It was Dadashri's wish that there should be a town where all the mahatmas who were seekers of moksha can live together. Niruma made this wish come true in the form of _____
(d i r h n S a a m) _____
(y C t i) in Adalaj.

3.

Niruma organized tours to important pilgrimage sites where mahatmas conducted bhakti. Dadashri used to say that he would like to go to Kashmir and so Niruma arranged a tour to _____
(h s a K r i m) to fulfill this wish.

4.

It was Dadashri's wish that there should be worship of Swami everywhere. Niruma gave true _____
(n n c r d u t t i o o) of Simandhar Swami to people from different religions and now there are idols of Swami in countless homes.

5.

Niruma had promised Dadashri that she would compile 14 _____
(n p v a t A i s). Niruma fulfilled that promise.

After studying the young generation today, do you know what Niruma said about them? Come, by using the keys below, let us decode Niruma's words.

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Da	E	Es	Na	Ba	Sha	Ne	Pu	V	Ery	De	Re	Pe	Nd	go



They have a lot of $\frac{\quad}{15}$ od qualities, they are $\frac{\quad}{8} \frac{\quad}{12}$ as if they have come directly from the $\frac{\quad}{11} \frac{\quad}{9}$ gati(celestial life form), they have no sense of mi $\frac{\quad}{7}$ and thi $\frac{\quad}{7}$. You will not see gar $\frac{\quad}{5}$ ge such as trick $\frac{\quad}{10}$ li $\frac{\quad}{3}$, or to ch $\frac{\quad}{2}$ at someone. You will not find intent of r $\frac{\quad}{2} \frac{\quad}{2}$ v $\frac{\quad}{2}$ nge in them. They are all a generation with o $\frac{\quad}{13}$ n mi $\frac{\quad}{14}$ and healthy mi $\frac{\quad}{14}$.



During Dadashri's 112th Janma Jayanti in Mumbai, there was a sudden downpour of rain and Mahatmas had to make a lot of adjustments. However, those incidents became memorable as they got a chance to apply Dada's knowledge in the face of adversity and got charged with the power of Gnan and were able to please the Gnani as well. Friends, do you or your parents have any special memories of this event? If so, please do share with us....

Email : akramexpress4kids@gmail.com



Sweet Memories

Friends, I must have been around your age when I first met Niruma. Today we are all working in different fields. Some of us are doctors while some are college professors, some are dentists and some are creative heads. Our success is the result of Niruma's loving way of molding. Our sweet memories with Niruma are our most precious treasure. We will share some of the gems from our priceless treasure.

I was five years old when I first met Niruma. Since then she meant everything to me. Niruma was at the top of the list for me.



This is your uncle's house

It was during my first visit to Dada Darshan (old place where Niruma used to stay in Ahmedabad), when Niruma called me over to her. This was when my grandparents had moved there. Even today, that meeting with Niruma at Dada Darshan is still fresh in my mind. Niruma lovingly said to me, "In the holidays children go to their uncle's house so from now on this is your uncle's house!" Niruma's words really touched me.

My open diary



As a child I used to talk too much, but nobody was interested in listening to what I had to say. But Niruma never ignored me. She was an open diary for me. She used to listen to all my mad chatter.



She made a tiffin for me

It was 6.30 am. My mum was making some food for me. Niruma saw this and said, "Today, I will make breakfast for the children." Early in the morning she made hot poha (flaked rice) for me and made a tiffin for me to take with me.

Thus Niruma took my signature

In my young age I liked to grow my fingernails and paint them. However, mum always objected to that. Once, I had forgotten to cut them and Niruma noticed how long my nails were. She lovingly asked, "Do you really like to grow your nails?" I said, "Yes". Without even slightly reprimanding me she explained that animals have long nails and that we are humans. If we keep our nails long then dirt accumulates under them, and when we eat with those hands the dirt ends up in the stomach. It is not good that even nail polish goes in our stomachs. She affectionately asked me to promise that I will not allow my nails to grow long and that I will not use nail polish. I said 'yes' to Niruma straightaway but it took some time for the habit to disappear. Every time I used the nail polish I would remember that Niruma will not like this. And slowly I became free from that habit.

Thus, not forcefully or by scolding, but through a logic explanation, Niruma took my signature and helped me to be free from a bad habit.





Niruma gave 'Prem Prasadi'

This is my favourite incident. Paryushan Parayan was taking place in Mumbai. During the discourses, mummy complained to Niruma that I do not eat properly. I look so weak that even though I am in the eighth standard I do not look like I am. It so happened that on that day one aunty had brought *dhokla* (one of the specialities of Gujarati cuisine) for Niruma. One Aptaputra said to Niruma, "Niruma there is a tin-box of *dhokla* backstage." Niruma was happy to hear this and called me on the stage! The Aptaputra gave me the tin-box of *dhokla* and I went up on the stage with it to Niruma. Niruma, very lovingly, fed me a piece of *dhokla*. I reached over to

feed a small piece of *dhokla* to Niruma when she said softly to me that they were just for me. The portion that Niruma had fed me was still in my hand. As soon as I got off the stage, all the ladies who were sitting in the front row started asking me for some *prasad* (auspicious offering) from the *dhokla* that Niruma had fed me, so I started offering a little to everyone. Seeing this, Niruma announced firmly to all the ladies, "Let the girl eat it. This is especially for her." Then she said lovingly to me, "Take pity on me and eat well from now."

This incident touched my heart tremendously. I will never forget the care and the *prem prasadi* (love offering) that Niruma had given me.

During Vatsalya Opening

It was the opening of Vatsalya (Niruma's residence) and Niruma had invited all of us. We all sat in the garden outside Niruma's room. Niruma said, "Now that my house is big, it will become dirty easily as well, won't it? Will you all help me clean it? You can come once a month." All the girls said, "Yes, Niruma we will come." One girl said, "Niruma, not once a month, we will come once a week."

"Really?" Niruma was happy, "Okay then, come every Sunday and clean the windows of Vatsalya." And that's it, since then every Sunday around 10 am in the morning we would go to Vatsalya to clean the windows. After the cleaning, Niruma would ask us to sit with her and she would talk to us for 15 to 20 minutes and then give us all chocolates. Today we can understand that by giving us the opportunity of seva, Niruma gave us so much more.



My friend Niru



Dr. Savitaben Palat (Aurangabad)

Let us find out what Niruma's close friend from medical college said about Niruma.

"I am so fortunate that I found a friend like Niru. We were very close. We used to share everything with each other. We never squabbled or stopped talking to each other. Niru was a kind of person who would do anything for her friends. She had a helping nature and she had a very good relationship with everyone,

even the servant of the anatomy ward! Niru would study but at the same time she would laugh, joke and have fun with everyone. Everyone loved her company. Especially during the monsoon season we would eat fritters. Many a time we would bring green chick peas and eat them sat on our bikes."

“You can only find a friend like Niru if you are lucky. She might be the mother of the world but she was my friend and she will always remain my friend.”

Glimpses of Param Pujya Dada Bhagwan's 112th Janma Jayanti



Puzzle

1) Vatsalya Murti 2) Annapurna 3) Flexible 4) Noble 5) Grasping power 6) Poetical genius 7) Param vinay 8) Positive 9) All rounder

Answer:

Niruma made Dada's wishes come to fruition.

1) non-sectarian 2) Simandhar City 3) Kashmir 4) introduction 5) Aptavanis



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