

Dada Bhagwan Parivar's

August 2021

Price per copy : ₹ 20/-

AKRAM Express



Losing is necessary to win!



Editorial

Friends,

If you could choose to win or lose in a game, what would you choose? Win, right? Everyone likes to win. But is it possible to win by losing? Yes!! In this edition we will see why we need to lose in order to win. Losing is not the opposite of winning; in fact, it is verily a part of winning. There is a saying that, 'sometimes you win and sometimes you learn'. When we stop trying, that is when we actually lose. Actually, every time you lose you are learning something new to get closer to mastery.

And yes, the most important thing is that the aim of any game or competition is not about winning or losing. In this edition, let us explore the true benefits of taking part in games and get answers connected to winning and losing.

- Dimplebhai Mehta



Editor : Dimple Mehta

Printer & Published by

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

Owned by
Mahavideh Foundation
Simandhar City, Adalaj - 382421,
Ta & Dist - Gandhinagar.

Printed at
Amba Multiprint
B-99, GIDC, Sector-25,
Gandhinagar - 382025.

Published at
Mahavideh Foundation
Simandhar City, Adalaj - 382421,
Ta & Dist-Gandhinagar.

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Akram Express

Subscription (English)
Yearly Subscription
India: 200 Rupees
U.S.A.: 15 Dollars
U.K.: 12 Pounds
5 years Subscription
India: 800 Rupees
U.S.A.: 60 Dollars
U.K.: 50 Pounds
Send D.D./M.o.in the
name of 'Mahavideh
Foundation'.

Vol.: 13, Issue : 1
Conti. Issue No.: 143
August 2021

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Gnanis say...

Questioner: I do not take part in games because I have fear of losing. So, what can I do to save myself from this fear?

Pujyashree: 'I will be laughed at if I lose' We run away because we do not want to feel disrespected. It is just a game and we are playing for fun. There is no need to get bogged down with winning or losing.

If we lose, then we should see and learn how the other person won. By learning our will-power increases. Confidence will increase, skill will increase and knowledge will increase so there is no need to panic. Do not let the fear of losing stop you from playing. It is not a problem if we lose. We will try different ways and acquire new skills so that we do not lose the

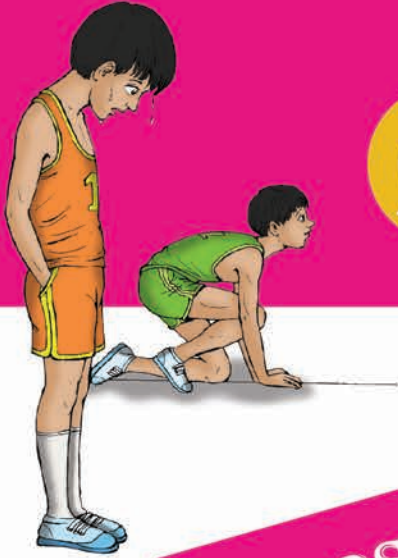
next time.

Questioner: If I lose in a competition then I feel jealous and angry towards the person who has won. I feel, 'why did I not win?'

Pujyashree: In a game sometimes we win and sometimes the other person wins. Winning and losing is part of the game. We should preserve our friendship no matter what.

When we play, we should see that our intellect develops, our physical strength develops, and our concentration power also increases. We should not enter into an unhealthy competition where we want to win at any cost. We should wish that our fellow competitors do well too. And we should hold onto the thought that, 'if I get the strength then I will also do well'.





01)

Whenever you have a failed attempt at doing something, keep your determination strong and keep trying. Do not get drawn into negativity. We must persevere with a positive attitude.

ABSOLUTELY NEW
AND
DIFFERENT!

02)

When we lose, we should keep in mind that at least we have with us the experience of all the hard work that we have done. We will try again and this will increase our experience.



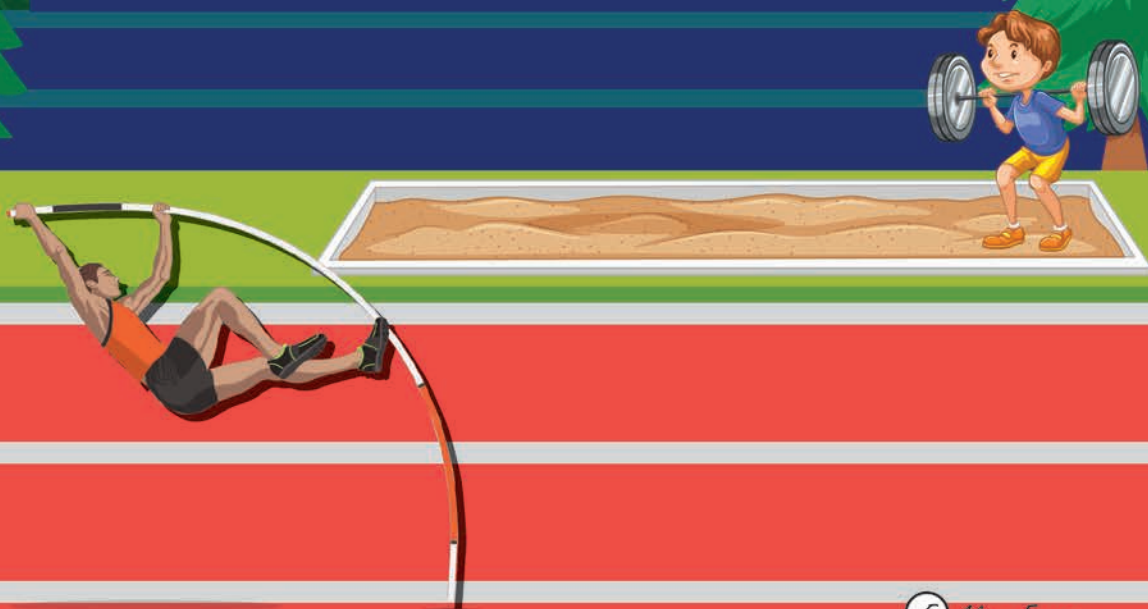
Real Life

Shuhei Nishida and Sueo Oe

In the 1936 Berlin Olympic games, Shuhei Nishida and Sueo Oe of Japan both tied for second place in Pole Vault.

Due to the tie, both athletes were given one more chance in a final jump-off to win the silver medal. Both friends declined the offer because they respected each other. For the sake of Olympic records Oe accepted the bronze medal and Nishida accepted the silver medal.

After returning to Japan both Olympians came up with an unusual solution. They got a jeweller to cut their medals in half and splice together bronze and silver halves to make two unique medals. These medals famously became known as 'Medals Of Friendship'.





The Game Is Not Yet Over

“It’s half time!”

As soon as recess was announced during a basketball game, the coach hinted to his team, Eagles, to go to the cabin. After entering the room the coach looked at everyone in a serious manner as they took their seats.

“Sorry Sir,” said Heet slowly.

“Don’t be,” said the coach firmly.

“But Sir, now there is no chance that... ..”

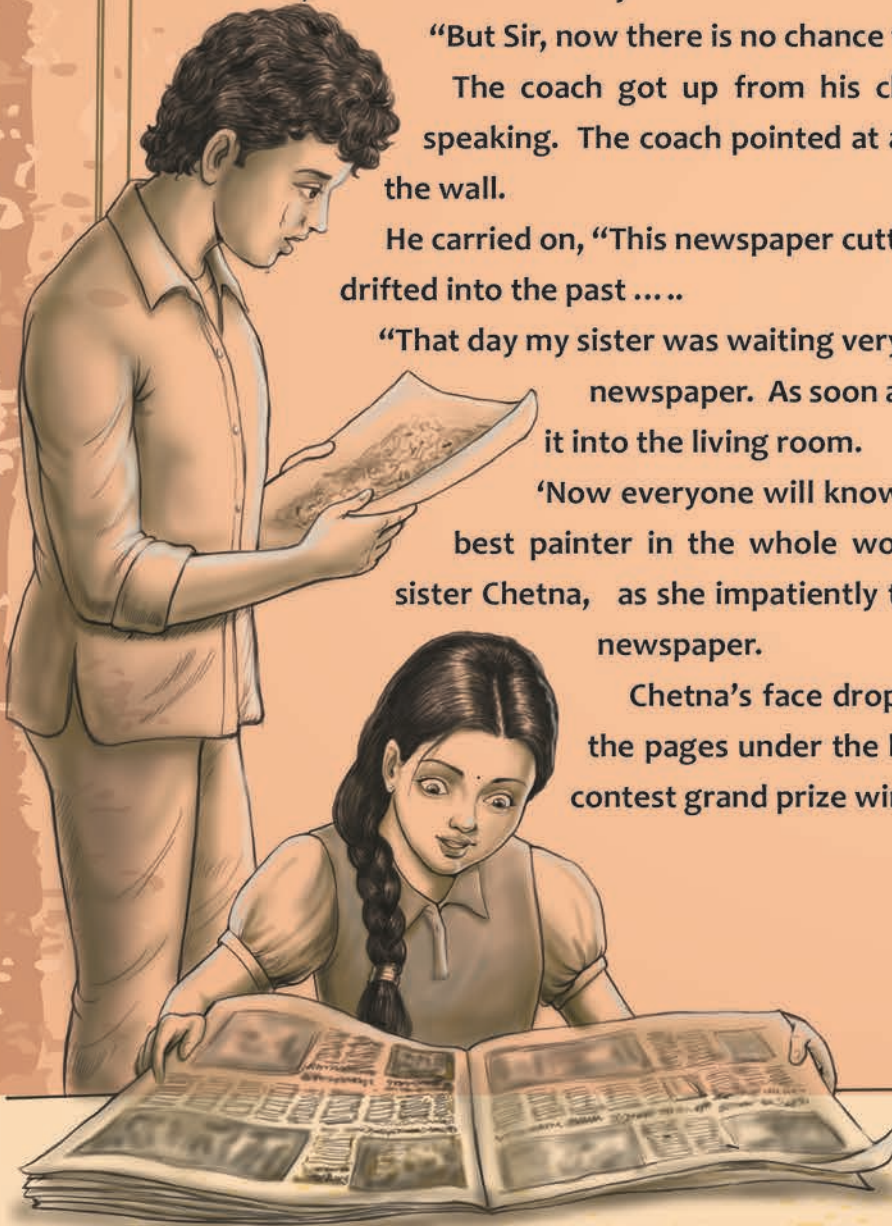
The coach got up from his chair and Heet stopped speaking. The coach pointed at a newspaper cutting on the wall.

He carried on, “This newspaper cutting is from 1980,” as he drifted into the past

“That day my sister was waiting very eagerly for the newspaper. As soon as it arrived she brought it into the living room.

‘Now everyone will know that my brother is the best painter in the whole world’, said my younger sister Chetna, as she impatiently turned the pages of the newspaper.

Chetna’s face dropped as looked through the pages under the heading ‘The annual art contest grand prize winner’.



Chetna could not see her brother's drawing under the heading of the grand prize. 'But brother, your drawing was better than this drawing. I am sure that the judges need their eyesight tested. But never mind, you must have won second prize.'

Chetna turned the page over but my drawing was not there either. My name was not even in the list of runners-up.

'I do not understand how this could have happened,' Chetna was really upset. 'The first and second prize winners' drawings were good, but definitely not as good as yours. But there's no way that the drawings of the runners up are anywhere near as good as your drawing. The judges have not even selected your drawing. This is not fair.'

"I am sorry brother ... you must be feeling really bad, she said looking emotional.

I was feeling worse than Chetna could ever imagine. Without saying anything, I ran to my room and locked the door.

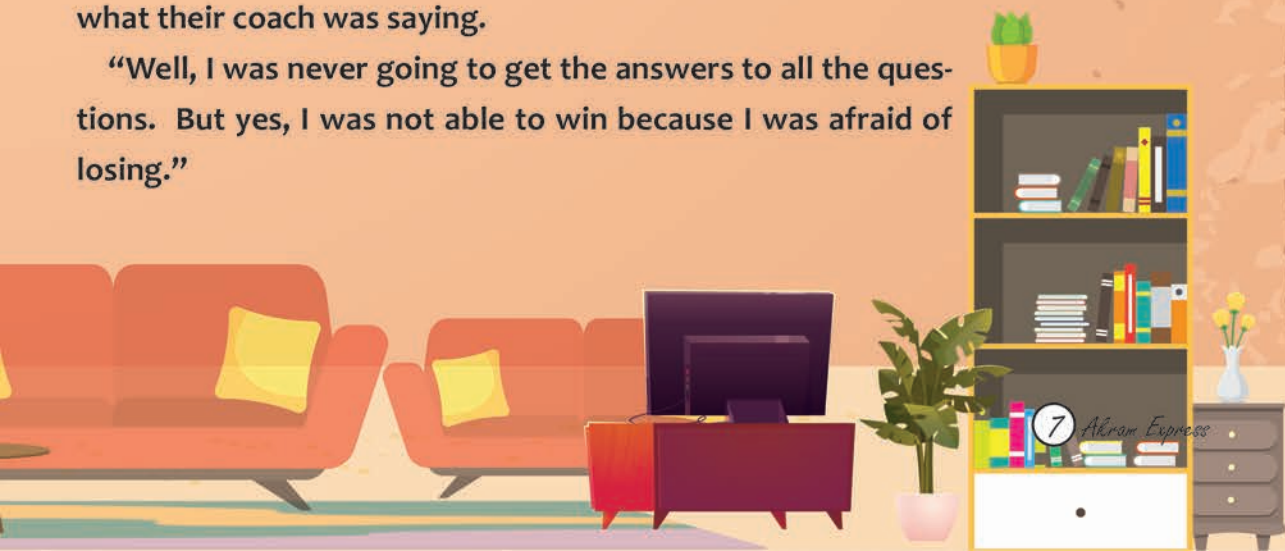
There were tears in my eyes. 'Those drawings were definitely not better than mine' I thought to myself.

I slowly opened the cabinet and took out the drawing that I had put so much effort into creating, and had not even submitted for the competition.

I did want to submit it, but I was overcome with dreaded thoughts of, 'what if it isn't good enough, what if the judges don't like it' and 'what if I don't win?'

The coach smiled a little sarcastically. The players were intently listening to what their coach was saying.

"Well, I was never going to get the answers to all the questions. But yes, I was not able to win because I was afraid of losing."



For a few moments there was complete silence in the room. Sir pointed to the newspaper cutting again and said, “This is that the drawing of the grand prize winner which always reminds me that in life we should never stop trying because of the fear of losing.”

Coach looked at Heet and said, “The game is not over yet. The other team is leading by 4-1. This does not mean that we will not be able to compete. But one thing is for sure, if we give up trying then we will definitely lose.”

Coach stretched out his hand and said, “Promise me, Eagles, that you will remain focused and make the best effort you possibly can!”

All the players stacked their hands on the coach’s hand and said, “Yes, Sir. We promise.”

All the players went back to the basketball court with hearty enthusiasm and without worrying about losing or winning.





Real Life

Lawrence Lemi

In 1988 during the Seoul Olympic games, Canadian sailor Lawrence Lemieux was sailing his boat at a good pace even in high wind. As he reached halfway into the race there was a strong possibility that he would win the silver medal. Just then an unfortunate incident occurred.

Lemieux spotted his competitors from Singapore in distress. Their boat had capsized and from the two man team one sailor was holding on to the boat for his dear life and shouting for help. The strong currents and huge waves had swept the other sailor about fifty feet away from the boat and he was drifting away. Lemieux chose to deviate from his race course to save them. After helping them heave into their boat, Lemieux waited until the rescue boat arrived. By that time he had dropped from 2nd position to 23rd ! Lemieux may have lost the silver medal but his courage and sacrifice were praised. The Olympics Committee decided to award him a special medal for his sportsmanship.



In The Dressing Room...

It was the final moment of the race. Ricardo and Gurmeet were almost neck to neck as they approached finishing line.



Both rivals had for years nurtured dreams of winning the gold medal for their respective countries. And in just a few moments one of them was going to accomplish his dream.



Each and every person in the stadium was holding his breath. On one side the Brazilian spectators were praying while on the other side the Indian spectators continued with their prayers!



And we have a... WINNER! Gurmeet has won a gold for India. Wow! What a race!



Gurmeet raised his hands to the sky and then looked at the cheering audience and graciously accepted their congratulations.



Congratulations Gurmeet. That was a great performance.





Gurmeet was surprised to see Ricardo's cheerful attitude even though he did not win the gold medal.

In the dressing room,

Ricardo, you happily congratulated me even after losing. This attitude of yours is no less than any winning.



Thank you, Gurmeet. I am grateful to my dad for this attitude. As a small child I had a keen interest in games and more than that I was interested in winning.



One day I lost in a game of chess with my dad and threw a tantrum to win.



I remember that my mum was hinting to my dad from a distance to let me win. But dad did not agree.





I will not play chess ever again! I don't know how to play.



Ricardo, by believing this you will never be able to win. What did you learn by losing? Every time you lose you are a step closer to winning.

Successful people learn something new from every time they lose and they make endless effort to gain victory.



Do you know that your favourite basketball player, Michael Jordan, has missed more than 9,000 shots in his career?



Really?

Yes and not just that. He was allocated the winning shot 26 times and he missed them all. He must have lost around 300 games.



But with his amazing attitude Michael Jordan has set the best example in the world.





I loved learning these facts from my dad. So I decided from then that I will take an example from people who accept defeat whole heartedly.

I used to feel really good if I congratulated the winner heartily. It was when I learnt to accept losing that I saw a huge transformation in myself.



Seriously friend, in every trial of life we are sometimes the winners or sometimes the losers. But if we learn to accept defeat gracefully then we would always be the winners.



Hmmm. It's worth trying because in the coming Olympics, Brazil is going for the gold medal. Ricardo mischievously



winked and both players came out of the dressing room laughing.



“

Niruma used to practise yoga every morning, and at the same time all the men and women would do yoga in the podium with her. Even while doing yoga she kept an eye on everyone. She would be well aware of the needs of everyone.

One day a lady handed over a parcel to a celebrate girl. “This has arrived for you,” she said. The celebrate girl was really surprised. “I wasn’t expecting any parcel. What could it be?” She slowly opened the package and there was a cardigan inside!

The lady said, “Niruma has sent it for you. It belongs to her. And yes, Niruma has asked me to tell you specially that it is an offering from her so make sure you wear it.”

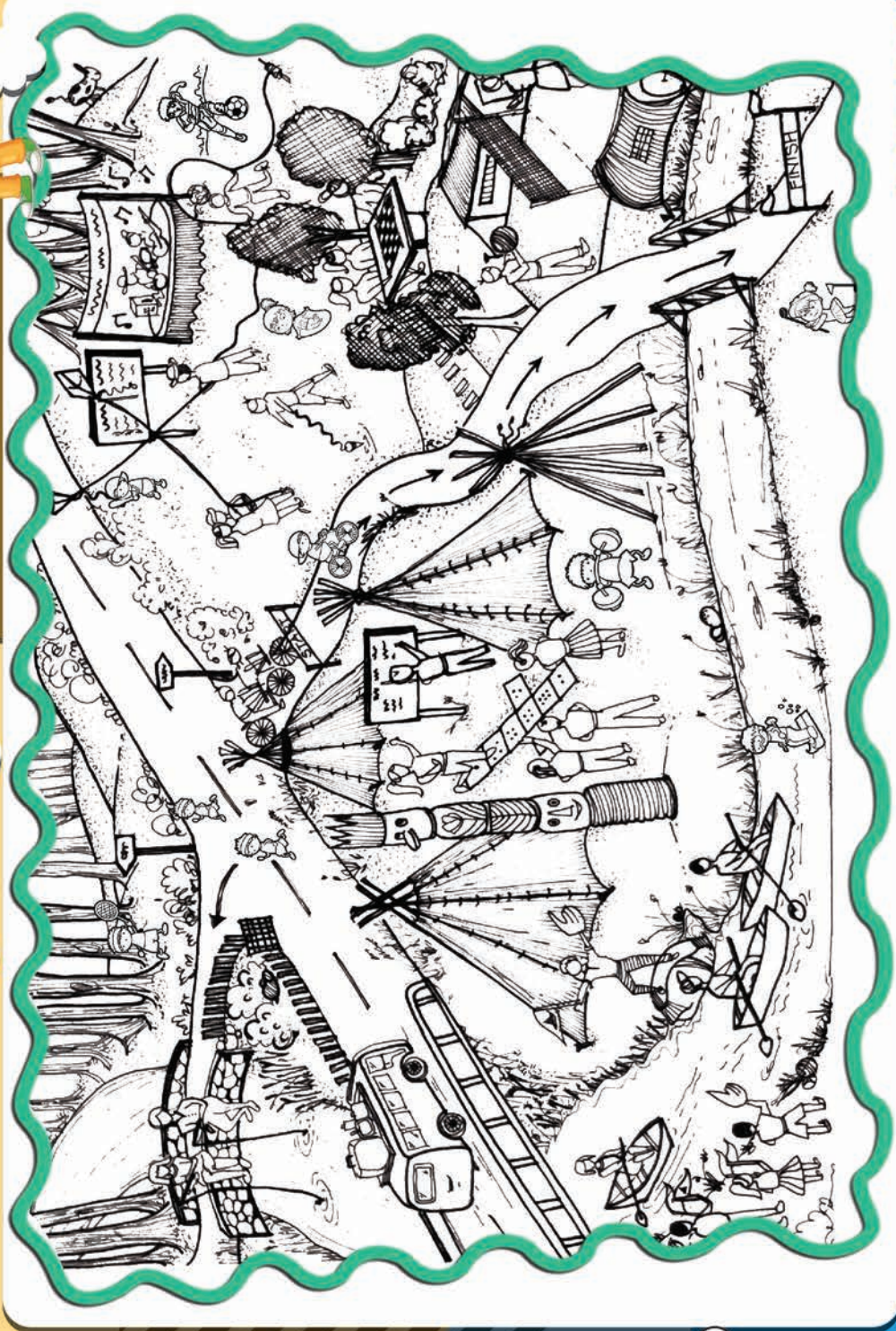
This offering with love from Niruma was the best gift for that girl. Even a mother with four children of her own finds it difficult to fulfil everyone’s needs! And yet Niruma had so many children to look after! In spite of that, she fulfilled everyone’s needs without them asking.

This was her uniqueness! She would know what was going on in her children’s hearts without them saying anything and she would look after their needs whether it was the strength that they needed or any material item.

”

Let's play

Observe this picture carefully. Can you spot the games that are being played?





THE ANNUAL SKI COMPETITION 2021

Jolly

Good

An annual ski competition was being organised to be held in the arctic mountains.

I will also take part in the competition!

Everyone had started practicing for the big event. While practising, Jolly's head got stuck in the snow!

Jolly, are you okay?

Jolly good!
Jolly good!

On the day of the competition,

Congratulations Victor!!

Thank you, thank you!



After a little while Jolly appeared. He was looking cheerful.

Jolly, you have just lost the race so why are you smiling like an idiot?



Because I did not take part to win or lose, I took part to have fun! And I have really enjoyed myself .



Victor's face dropped. He had always focused so much on winning that he had never paused to enjoy the activity.

I will practise well and one day I might even win!!



Yes, of course Jolly!! C'mon, let us all go and have some hot chocolate.

My Triathlon Race



Triathlon is a multi sport endurance race consisting of swimming, cycling, and running over various distances, without taking a break!

So c'mon, let's also take part in a 'My Triathlon Race' with our friends.



★ First 5 minutes cycling



★ Followed by 5 minutes running



★ Followed by 5 minutes skipping

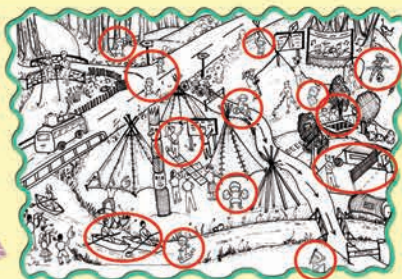


We will have to do all 3 activities back-to-back for 15 minutes.
So are you ready to take part in the My Triathlon Race ?

Do not forget to email photos of the race via
akramexpress4kids@gmail.com



Glimpses of BMHT and LMHT children having a go at the quiz competition on AKRAM EXPRESS AND TOUR TO MAHAVIDEH during Guru Purnima 2021 event.



Puzzle's Answer

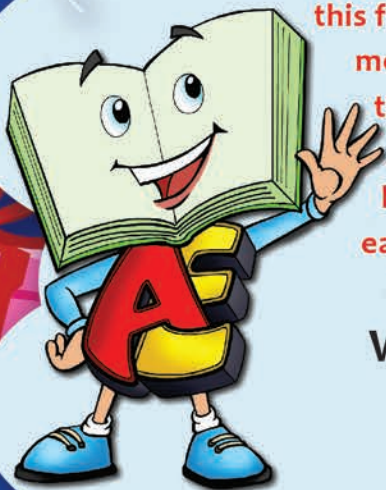
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And Lastly...

And lastly, I want to tell you something very special. Today it is my thirteenth birthday! For the past thirteen years I have been coming to you every month. But over the years we have gathered a lot of wonderful memories. Isn't it true? Sometimes in your difficult times, I helped you with the right understanding given by Dadashri and sometimes I would have brightened your day by telling you exciting stories.

To make our friendship even stronger, will you give me a gift on my birthday? Please give me your honest feedback in this form by informing me of what you like about me and what you do not like about me. Scan the QR Code on your phone and fill in the form or click this link and send your feedback so that I become your choice and you eagerly wait for me every month.



Will you do that?
I'll be waiting.



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Publisher, Printer & Editor - Dimple Mehta on behalf of Mahavideh Foundation
Printed at Amba offset :- B-99 GIDC, Sector - 25, Gandhinagar - 382025