Auntie, do you want me to bring you anything?
Dear Friends,

You might have heard this story. Small fish were being washed ashore by the tidal waves of the sea. In the evening an elderly man would come to the beach and throw the struggling fish back into the sea. A youth walking along the beach said to the elderly man, “Sir, you really won’t be able to make much of a difference. There are countless number of fish like this on this shore.” Throwing yet another little fish far into the sea, the elderly man replied, "but it will make a difference to this one!"

It always makes a difference! It makes a difference not just to the ones being helped but also to the ones giving help.

Whenever we help others, even if it’s a tiny bit, and give them happiness, this is sure to make us feel happy as well. In this edition you will get a chance to work on ‘helping projects’ to become helpful to others.

Just like the super heroes who help the world with their super powers, let us, during these summer holidays, understand Dada's super intent and work on ‘the helping projects’.

- Dimple Mahta
Gnani Says …

What is the meaning of ‘obliging nature’? It is one’s innate nature to help others! To help others in any which way is called obliging nature.

To give away money is not ‘obliging nature’. We may have money or we might not. But, when someone comes to our house, we have the intention, ‘How can I help this person!’ It might turn out that we cannot help that person as much, but our inner intent should be ‘I want to help reduce someone’s suffering’. If I am intelligent, freeing others from their difficulties. I never thought about myself.

Questioner: If we help someone and sometimes they get angry with us then should we help them?

Niruma: Yes, you should. You should not feel dislike for that person. When we are needed, we should help and we must not get angry with that person.

If you help to ease someone’s suffering, you will definitely be rewarded for it! I can give you a hundred per cent guarantee in writing for that. Help everyone. When you help everyone, your work will automatically get done by itself and you will be amazed for sure. Open up such a ‘store of happiness’ that it just gives happiness to everyone.
“Okay children, enjoy your vacation! And yes, don’t forget to complete your holiday assignment. All of you have to write an essay on the topic ‘Top Ten things that give me Happiness’. Good luck!

Farhan had already formed the list of those top ten things in his head. The very same day he set off on a trip to a hill station with his family. He was more excited about his new shoes rather than the actual trip! Farhan and his family finally arrived at the station.

The station was crowded. One poor child sat in a corner with a tattered slipper in his hand. All his efforts to fix the slipper had been in vain. He was very sad.

Just then the boy’s gaze drifted towards Farhan’s shiny, polished shoes. He stared at the shoes in wonderment and could not take his eyes off them.

Just then the train pulled into the platform. Amongst all the pushing and shoving while trying to get onto the train, one of Farhan’s shoes fell off and the train started to depart. Farhan was heartbroken. He stood near the door of the train and watched as his shoe moved further and further away from him. But lo and behold, the poor boy ran and picked up the shoe and dashed after the train. He wanted to return the shoe to Farhan, but he could not make it!

In an instant Farhan removed the shoe he was left wearing and threw it onto the platform. The boy picked it up stared at it in disbelief. Seeing the lovely smile that appeared on the poor child’s face, Farhan forgot his loss. After a few minutes the train picked up speed and the face of that poor child disappeared from view.

Farhan went to his seat and opened his notebook and wrote the first sentence of the essay: The top ten things that give me happiness.

**Project 1**: Come, so let us also start the project of giving happiness to others. Are there any needy children near you? Give them your spare toys, clothes, shoes etc. and then tell us how you feel. Did you get the same happiness that Farhan got after giving away his other shoe? Then please write your feelings in the craft activity on the pin page.
**Sweet Fruit**

An elderly man was planting a sapling in the garden.
“What are you planting, grandpa?” asked the young boy.
“This is a sapling of a walnut tree,” the elderly man replied, with a broad smile.
“How long does it take for the tree to bear fruits?” asked the boy.
“It takes approximately 15 years so you will have to be patient, son,” answered grandpa.
“Oh... then you will ....” the boy started saying something then stopped short.
As if grandfather had read his mind, he patted the boy’s head and said, “But at least you will get to sample the sweet fruit of patience, right?!”

The youth thought, “Grandpa is not bothered at all whether he gets to eat the fruit from the tree or not. He is just happy knowing that others will be able to enjoy the fruit of his hard work. Elderly folk always find contentment in their children’s happiness, but does the younger generation give happiness to their elders?”

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**Project 2:** C’mon, let us help our grandparents or elderly neighbours. For example, teach them how to use a new feature on their phone. Or You can just have a chat with them either in person or over the phone. Be patient with them. Now each time you help or connect with an elderly person, you will colour in one arc of the rainbow on the pin page. If you do that seven times your rainbow will be filled with colours and your heart will be filled with joy.
Every afternoon, when Laxmiben went to other people’s houses to clean their floors and wash their dishes, her daughter, Kajri, would go along with her and sit in one corner of the house and do her school work.

Kajri was the same age as Ruchi who lived in one of the houses. Sometimes Ruchi would think ‘I wonder how Kajri feels when she sees all the things I have and she can’t afford to have. Her school bag is so worn out! I wonder if she feels like buying a new school bag like mine’.

A few days later it was Ruchi’s birthday and she was going to have a party. She asked her mum if she could invite Kajri to her birthday party too, Laxmiben was a bit hesitant at first but then she agreed.

All the girls at the party were wearing fancy dresses. Kajri was wearing a simple frock which was not even her size. After some fun and snacks, Ruchi announced, “Okay, so now it is puzzle time!”

Ruchi gave everyone a pen and paper and gave them a puzzle to solve. Before anyone else could answer, Kajri had solved the puzzle and gave the answer.

“Good job, Kajri!” Everyone applauded and then Ruchi gave Kajri a gift card. Kajri was surprised to receive this, “What is this, Ruchi?” Unbeknown to Kajri, this was Ruchi’s exact plan. She knew how bright Kajri was and that she would be able to solve the puzzle before anyone else.

“It’s a prize for solving the puzzle before anyone else. You can go to the mall and buy anything you like with this gift card!” said Ruchi.

Ruchi had been wanting to give something to Kajri for a long time. Instead of buying something for herself with her gift card she was enormously happy to give it away to Kajri!

**Project 3:** Do you also want to experience the same joyfulness? Then open a store of happiness. Make a creative plan to give joy to people who come to your house to work or anybody who is working nearby and note this down on the pin page.
Helping Tree

The wood from a tree, its fruits and leaves - everything is used by others. We have learnt to help others in the ‘helping projects’. In the following activity, make a ‘helping tree’ which will always remind you to help others. Follow the guidelines given below.

Helping tree craft

Step 1:
Cut out a tree and the leaves.

Step 2:
Fold the cut-out of the tree in half.

Step 3:
Stick it according to the outline of the tree on pages 10 and 11.

Step 4:
Stick the leaves.

Step 5:
In each cloud, note down your experience (how you felt) from each helping project which you have carried out. i.e. When you gave away something of yours, or when you filled in the colours in the rainbow, opening the Store of Happiness, the help we receive and the help we give. Help the elderly and fill the rainbow with colour.

Friends, these projects are not just for the duration of the vacation; they are worth doing whenever possible.
Guess Who – Helping Who?

In the given pictures you will notice that one person is helping the other and that the other person is helping the third person. Hence, a helping chain is formed. Give number to each picture to form the chain.

1. [Image of a police officer helping a child]
2. [Image of an elderly woman helping a child]
3. [Image of a child helping an elderly woman]
4. [Image of a child helping another child]
5. [Image of a child helping an elderly woman]
6. [Image of a child helping another child]
7. [Image of a child helping another child]
8. [Image of a child helping an elderly woman]
9. [Image of a child helping another child]
Absolutely New and Different!

What are Godly Qualities?
Whatever is yours is yours and whatever is mine is yours as well. A benevolent person would even give what is his to others.

Helping Others Means
to use your mind, speech and action for others.
A helpful person does not look at who is good or who is bad. He would help everyone equally. Does a mango tree look at whether the person eating its fruit is sly or honest?

Your happiness begins from the moment you give to someone.
Hand

Nandini hung her favourite painting on the drawing room wall in their new house...

What a posh bungalow that was and this..... Nandu... are you listening?! Where do you keep getting lost every now and again? Misha called. She was saying that your phone is not connecting.

I do not want to talk to Misha. All of them must have made plans to go shopping and to see a film. What is the point in me talking to her?

Only once in a while? Not like before?

My dear, happiness does not decrease when there's less money coming in.

Nandini, we have had to move to a small house because daddy's business hasn't been doing well. It is okay for you to go out with your friends once in a while. We can afford that much, dear.

Of course it does, mummy! Now I will never be as happy as I used to be!

Oho... I give up. I'm going out on an errand and will be back in a couple of hours.
After a little while, Nandini’s neighbour, Minaxi came over.

Auntie, mummy is not home but please do come in.

Wow Nandini! You are an excellent artist

Thank you, auntie.

Nandini did not have any excuse to say no.

In your free time, will you teach the children at my school to draw? It is a special school for poor children. They will love it. Pleaseeese, my dear?

Oh... okay, auntie. I will.

Nandini started drawing classes at the special school and gradually began to enjoy it.

You have made a really beautiful picture!
Do you know, Misha, when I teach the children to draw, I get this fantastic feeling which I have never experienced before.

In spite of being very poor, those children find immense happiness in the littlest things. After seeing them I feel I have no right to be unhappy. Nandini had completely forgotten her suffering.

One day at school,

Today you have to draw a picture of one thing for which you are most grateful.

The children drew various things. Nandini was surprised to see Ravi’s drawing. He had made a drawing of a ‘hand’
Teacher, this is your hand. There is your hand in happiness I am feeling right now. You teach us lovingly with your hand and feed us at break-time! I am very grateful for that. I wouldn’t have been this happy on my own.

That day Nandini removed her favourite painting from the drawing room wall and replaced it with Ravi’s drawing instead.

Nandini’s eyes were filled with tears.

Mummy, when we left our bungalow and came to this small house I thought I would never be as happy as before.

Nandu, what is this?

But I was wrong. This drawing will always remind me of my happiest moment. Doing something for those young children has been the most fulfilling experience in my life.
I have a lot of clothes, this is for you!

You work in this scorching heat. Here, have some cool buttermilk.

For me?

Sir, take this seat.
Every morning, before going to the office, Ashish would buy a coffee and something to eat from a small coffee shop. Sometimes he would see a young man sitting outside the coffee shop. The youth would come there and sit, but never buy anything.

One day Ashish asked him, “Can I get you some breakfast?” “No,” the youth shook his head.

“Okay then have this, buy some breakfast for yourself,” Ashish gave him some money.

“No sir. I can’t take this money.”

“Why?” asked Ashish.

“Sir, I will not be able to pay you back,” said the youth in a soft voice.

“There is no need to pay me back. Pay it forward. Do you understand what I mean by ‘pay it forward?’” Ashish asked.

“No.”

“Years ago, once I did not have any money for food and I was sitting outside a restaurant when a good natured person bought me some food from the restaurant and said, “Pay it forward.” He explained that if I ever got a chance then I should pay it back by helping someone else.” Today, by helping you I have paid back the money to that good natured person. If, in future, you get a chance then you can pay back this money by helping someone else.

Project 4: In our life, we must have been helped many times by people whom we don’t know. Incidents where someone offered to fix our bicycle chain, or when someone gave a helping hand with heavy luggage at a railway station. So let us also help others and start this chain of ‘pay it forward’. Let us know what help you got from someone and how you helped others! Write down your experience in the activity section on the pin page.
And Lastly

When Yuvan drove out of his residential compound in his shining red car, the watchman asked, “Have you bought a new car, sir?”

Yuvan said proudly, “My brother has gifted it to me.” The watchman’s eyes widened. “That means, sir, he gave you such a big car as a gift and you did not have to pay a single penny?” asked the watchman in amazement.

“Yes,” said Yuvan happily.

“Sir ... even I wish that...” The watchman suddenly drifted into thought.

Yuvan was sure that the watchman wished that he too had a brother just like mine. But Yuvan was taken aback when the watchman said, “Sir, if only I could become like your brother! I would gift my brother his favourite things!”

thought.

Yuvan was sure that the watchman wished that he too had a brother just like mine. But Yuvan was taken aback when the watchman said, “Sir, if only I could become like your brother! I would gift my brother all his favourite things!”