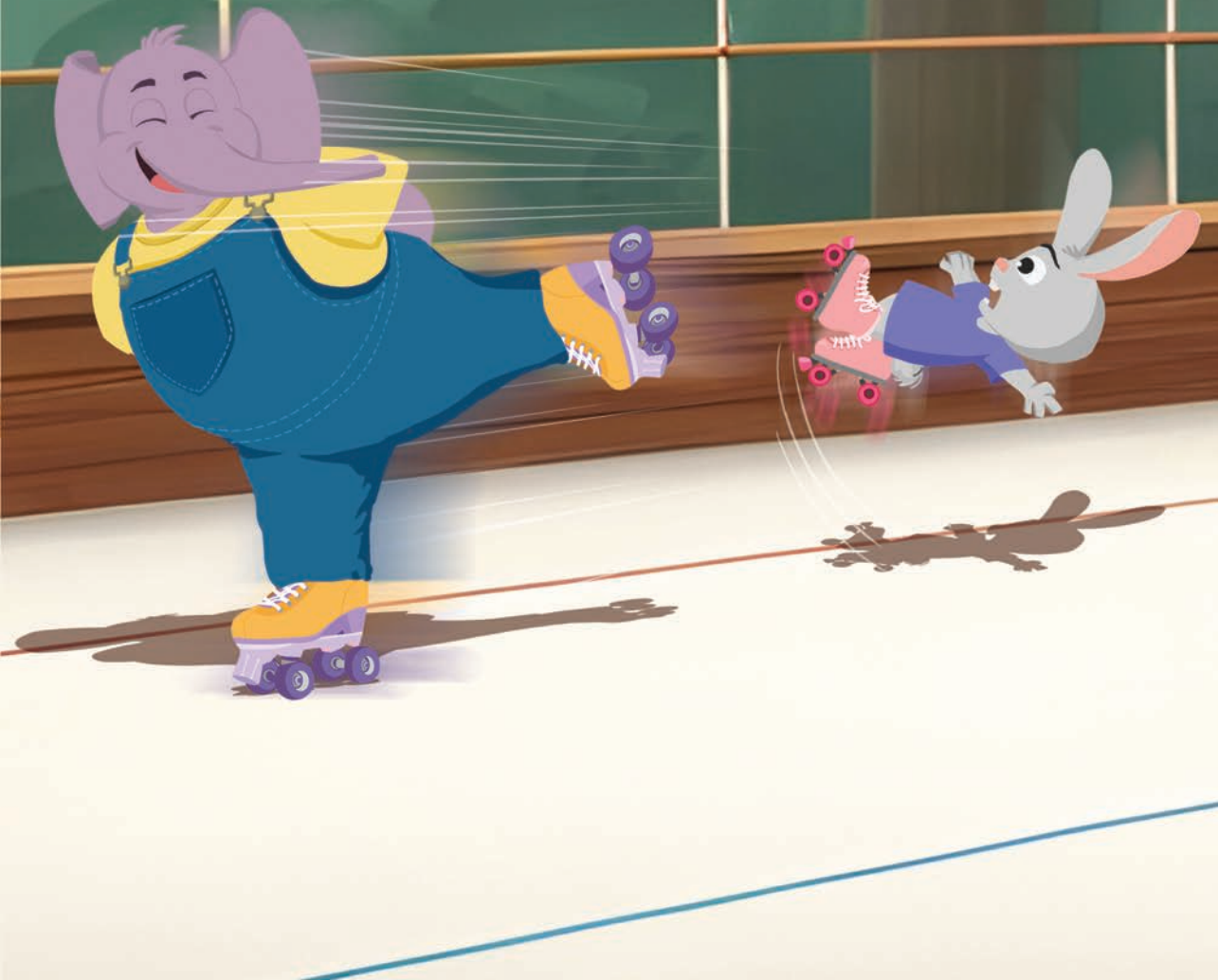


Dada Bhagwan Parivar's

August 2024

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# AKRAM Express



## Editorial

Once upon a time, there was a gardener who possessed a seed for a unique flower, unlike any other in the world. However, one day, an abundance of beautiful flowers bloomed in the garden next to his. When the gardener saw this, he felt jealous. In his envy, he neglected his own seed, and over time the seed became useless.

You must be thinking how foolish this was, but have we ever done something similar? Has our own progress ever been hindered by seeing the progress of others? In this edition, let us find out how we can truly progress in life. What hinders us from progressing? What steps did Sujoy take to progress further? How did the games of Gamepur win the hearts of the children? What did Theo and Friends learn by going to Chocolate World? And finally, let us go to Aaloo and Chilly's world to see what happened at Chilly's house.

- Dimple Mehta



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# Gnanis Say...



**Niruma:** You might firmly decide that you want to progress further, but if you try to progress by putting others down, then you will ultimately be the loser. If there was a line and you wanted your line to be longer, then instead of erasing the original line and then drawing your line, simply focus your efforts on drawing your line and make it longer. Similarly, focus on enhancing your own qualities. But what do we do instead? We try to get ahead by pushing others down, and that is indeed what prevents us from progressing. We do not want to progress by causing harm to others. We should progress and allow others to progress as well. That is called healthy competition.

**Questioner:** But if a friend performs better than me, then I get jealous.

**Niruma:** You should not be jealous. Have good sportsmanship. If you appreciate their abilities, then you will not feel jealous. If your friend gets good grades, then you should be happy for him and say, "He is so smart. He must be working very hard!" If you look at his positives, then your jealousy will be gone. You should make your own efforts in your own way. You can study harder.

You should progress according to your capacity. If your shoe size is five and the other person has a shoe size of seven, then does that mean you should also be wearing size seven shoe? You should continue wearing size five shoes and walk around comfortably. Then you will not fall down.





It had been one hour since I got back home, but I was still fuming inside. I had a feeling that there must have been something wrong with Theo's shake. Just then Parsley suddenly started singing the fan chants, "Who is everyone's favourite vegetable? It's Aaloo! The samosa is incomplete without whom? It's Aaloo! Who won today's competition? It's everyone's favourite, Aaloo!"

# AALOO CHILLY



I couldn't believe it! He was singing my verse now, instead of singing it when I asked him to. On top of that, my mum was delighted to see him sing. I thought to myself, 'It was ME who wrote the rhymes but Mum is happy with HIM instead.' I am convinced that Parsley is Mum's favourite. I felt so heated up inside that I decided to eat something cold and then head to my room for a nap. But just then...



As soon as I heard my name, I pretended to be asleep. I was not in the mood to meet anyone. But, Parsley came up to me and said, "Aaloo bhai wants to see you." Since when did Aaloo become Aaloo bhai?! Parsley has never called me with such respect. However, I was in no mood to argue with bhai = Brother



him because I needed his help. I whispered to him, "Go and tell him that Chilly is sleeping." Parsley gave me a surprised look. Then I told him, "If you tell him this, then I will give you a Chilly Shake every day for a week." Hearing this, Parsley's eyes twinkled and he immediately flew back downstairs.

If there was ever a school for idiots, then Parsley would always be top of the class!

I immediately flew downstairs.

Aaloo was confused by what Parsley had

said, but then smiled as soon as he saw me. Parsley, on the other hand, became more confused when he saw me. He started saying, "But, you said... that you..." I stopped him short and said, "If you quietly go upstairs, then I will give you a Chilly Shake every day for one week." Parsley gestured 'two' with his fingers.

Mum thinks Parsley is so innocent and naive but, in reality, only I know how mischievous he is. Parsley left and Aaloo came up to me. He showed me his trophy and hugged me, "I WON!" I should have felt happy about it, but I still felt heated up inside. What can I say? I was so tired of hearing the words, 'Aaloo won.'



Chilly always used to be happy with every small victory Aaloo had achieved until that day. Now Aaloo had achieved such a big win, so why wasn't Chilly happy? What do you think?





# CLICK IT RIGHT

Fifteen students from the Little Flower School in Darjeeling were chosen to attend the 'Click Click' photography class. It was the first day of class. When Mr Abhijeet entered the classroom, all the students had settled down in their seats, eager to learn.

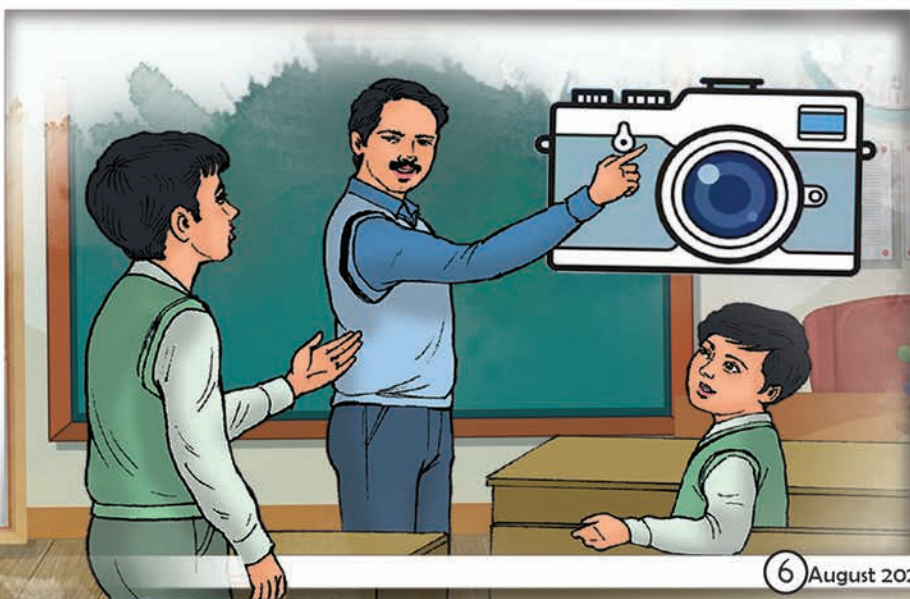
“First of all, let me congratulate you all for being selected for this class. It has been possible for us to organise this class with the support of the Photo Element Institute of Mumbai. Thanks to them, you will each have a camera to use during the whole course. In addition, at the end of the course, the best photograph will be selected and displayed in a gallery. Also everyone will get Mr Dutta’s autograph on their photograph. So, is everyone ready?”

The students were very excited. This course was not just for learning, but it offered many other benefits as well.

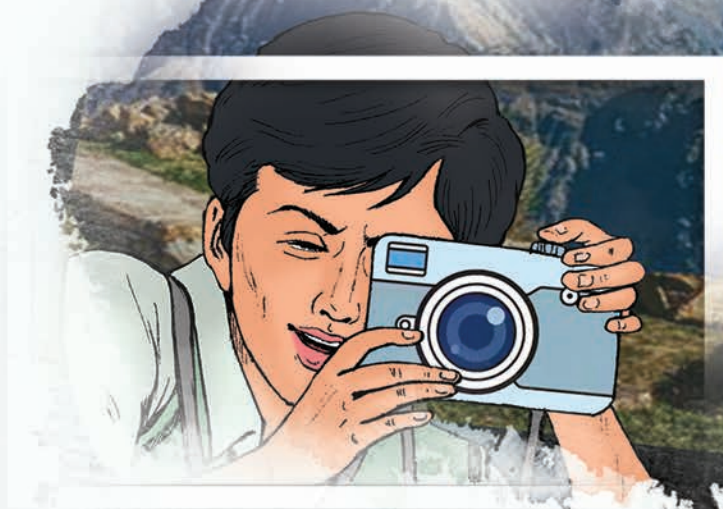
Then Mr Abhijeet held up a cardboard cut-out of a camera and pointed to a part on it and asked, “What is this part called?”

Anvik promptly answered, “View finder.”

Mr Abhijeet was very pleased with Anvik’s answer. Sujoy, who was sitting in the front row, turned around and looked at Anvik and quickly turned back. Sujoy didn’t know the correct answer, but he wasn’t happy at all that Anvik did. After teaching a few basic principles of photography, the class was dismissed. Afterwards, Anvik went to the teacher to discuss something. Sujoy watched from a distance. At the end of their discussion, Sujoy saw Mr Abhijeet giving Anvik a pat on the back, which made Sujoy feel even more jealous.







The next day, Mr Abhijeet taught them the correct way to hold a camera and asked all of them to have a go with their own. Mr Abhijeet had to correct one or two students who were not holding their cameras correctly.

Then he looked at Sujoy and said, “Perfect! The camera should be held exactly like how you’re holding it.” Sujoy relished Mr Abhijeet’s praise. Then Mr Abhijeet turned to Anvik and said, “You’re also holding the camera very steady!” Sujoy’s happiness disappeared instantly. It was puzzling to know what was happening to him.

One day, after class, Mr Abhijeet announced, “Okay, Friends, our next class won’t be in the classroom. Instead it’ll be at the world-famous Tiger Hill in Darjeeling.”

The trip was arranged to take place during the holiday season. Mr Abhijeet explained all the travel arrangements and shared the itinerary. He also reminded everyone to pack their cameras.

At Tiger Hill, the students spent the whole morning capturing beautiful photos with their cameras. Sujoy finally found enjoyment behind the lens after a long time. On the way back home, Mr Abhijeet looked at everyone’s photos. He praised each and every photograph and highlighted what was unique about each one. Everyone felt encouraged. Mr Abhijeet was exceptionally impressed with Sujoy’s photos. “Sujoy, this is your best work to date. Well done!” For the first time that day, his fixation on Anvik was momentarily eclipsed by the newfound focus on his own work. Then Mr Abhijeet looked at Anvik’s photos and gave him special compliments too. Hearing this made Sujoy upset again.

Later on, Mr Abhijeet announced, “From all the photos that you took today, choose the best one and bring a print of it to the next class. Mr Dutta from the Photo Element Institute will come to our class and select the best one to display in his gallery.” Hearing this made some students feel impatient to meet Mr Dutta, whilst others felt nervous. Sujoy looked at Anvik, who was radiant with joy.

Sujoy felt desperate to rob Anvik of his happiness. He thought to himself,





‘Mr Abhijeet really likes my photographs. So, if Anvik has no photos, then my photo is sure to get selected!’

After some time the bus stopped at a petrol station. All the students got off, but Sujoy lingered behind. He looked around him to make sure no one was there. His heart began racing, and his hands started shaking.

He quietly went to where Anvik had been sitting. He checked again to make sure no one was looking. Then, quickly and with trembling hands, he removed the memory card from Anvik's camera and put it in his pocket. He was determined to outshine Anvik at any cost.

For the entire bus ride, Sujoy felt restless. As he was walking home, feeling low, he heard the sound of a familiar voice, “Hi, Champion!”

“Vikku bhaiya (brother)!” Sujoy ran and hugged him. For a few moments, Sujoy felt at ease.

Vikku was Sujoy's previous neighbour. He was a lot older than Sujoy, but he understood him really well, like a friend. It was because of him that Sujoy became interested in photography. A year ago, because of his job, Vikku had left Darjeeling and moved to Mumbai.

Sujoy chatted to Vikku for a little while before going home. They planned to meet up the next day.

The next morning, Sujoy and Vikku were going to the park on their bicycles when some students from Sujoy's class overtook them. This made Sujoy angry, so he began to speed up. Vikku stopped him, “Sujoy, what's the matter? They're going somewhere else. What's the point in getting into a race with them? I want to enjoy cycling at a leisurely pace with you.” Sujoy calmed down.

After walking around in the park for a while, Vikku and Sujoy sat down. Sujoy poured his heart out and said, “Vikku bhaiya, I've gotten into the habit of competing with everyone.” He told Vikku all about what happened in the photography class, but he didn't have the courage to tell him about the memory card he stole.

Vikku patiently listened to everything Sujoy said. He took out his camera, pointed to a flower, and said, “If you wanted to take a photo of this flower, then you would focus on the flower, not on anything around it, right? In the same way, we



should only focus on ourselves. What's the use of focusing on others?"

Sujoy recalled the time at Tiger Hill when he focused only on his own work instead of on Anvik, and the joy he felt from doing so.

"And always remember one thing, my friend," Vikku continued, "In life, we need to move forward one step at a time. There is no need to think about speeding up and overtaking anyone else." Sujoy really liked Vikku's advice.

"Okay, enough of the serious talk. Let's go and eat some momos (nepalese dumplings)!" Vikku took Sujoy to the cafe.

The following day, all the students, except for Anvik, were feeling excited. Everyone handed their photos to Mr Abhijeet. Mr Abhijeet gently consoled Anvik, "You'll do better next time." Anvik was upset and sat in a corner. Just then, Vikku entered the classroom.

"Please welcome Mr Vikasdeep Dutta of the Photo Element Institute!" Mr Abhijeet stood up and shook Vikku's hand. All the students applauded, but Sujoy just could not stop staring at him.

"Oh, so Vikku bhaiya is Mr Dutta!" Sujoy was stunned. Vikku gave Sujoy a cheeky smile. Mr Abhijeet showed Vikku all the photos. The photographers' names were written on the back of each image. Without looking at the names, Vikku chose a photo for his gallery. That photo was Sujoy's.

Sujoy should have been happy, but he couldn't have been any further from it. He glanced at Anvik, who was sitting with his head down. Sujoy felt very guilty for what he had done. At the end of the class, while Vikku was giving everyone his autograph, tears started rolling down Anvik's face.

Sujoy could not cope with the burden of his deceitful act. He realised that there is no happiness in progressing by causing harm to others. Later that evening, he told



Vikku the truth. Vikku showed him a way of solving the problem.

The next day, Sujoy went to Mr Abhijeet to confess his mistake and to give him Anvik's memory card. Mr Abhijeet became angry with Sujoy. He shouted, "What's the point of giving it to me now? You've denied that boy his opportunity, haven't you?!"

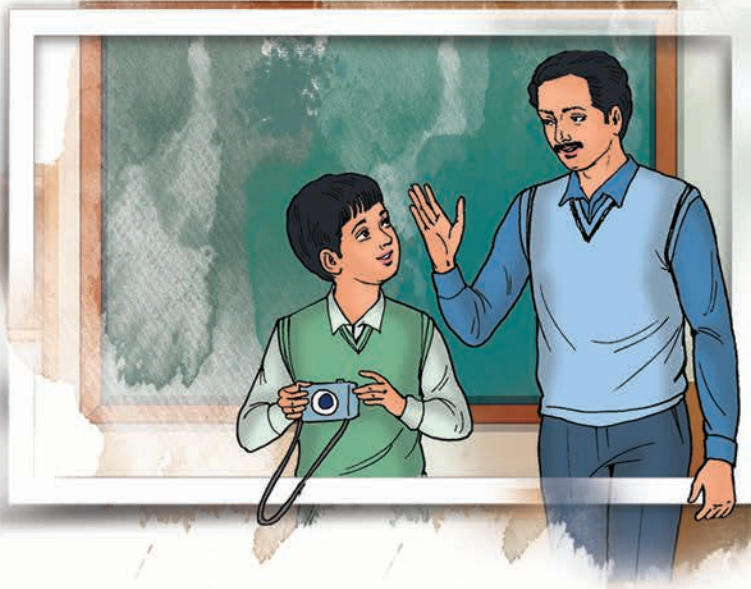
Just then, Mr Abhijeet's phone rang. It was Vikku. Mr Abhijeet listened to what Vikku had to say and replied, "Okay, thank you," and put the phone down.

Mr Vikasdeep Dutta had selected Anvik's photo for his gallery instead of Sujoy's.

On the day of the exhibition, Anvik was standing in front of his photo at the photo gallery. Sujoy went up to him and said, "I'm really sorry, Anvik. Will you please forgive me?"

For the first time ever, Sujoy thought the photo that Anvik had taken was much better than his own, and he heartily praised Anvik's talent. He gently asked Anvik, "Would you please sign your autograph on my photo?"

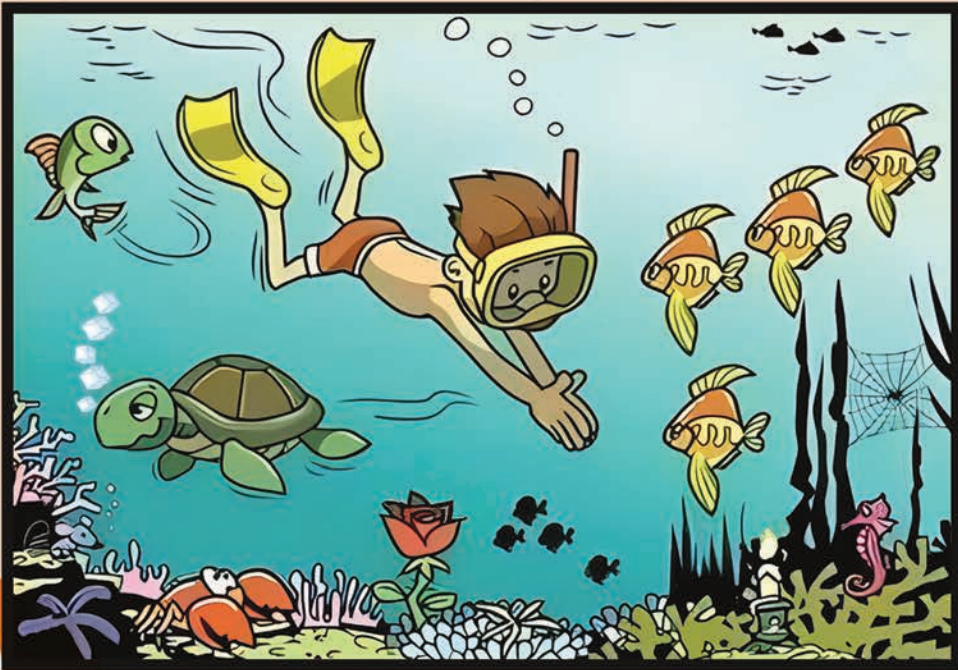
And that was it. Since then, rather than concentrating on how the others were doing, Sujoy focussed on himself and started to progress, one step at a time.



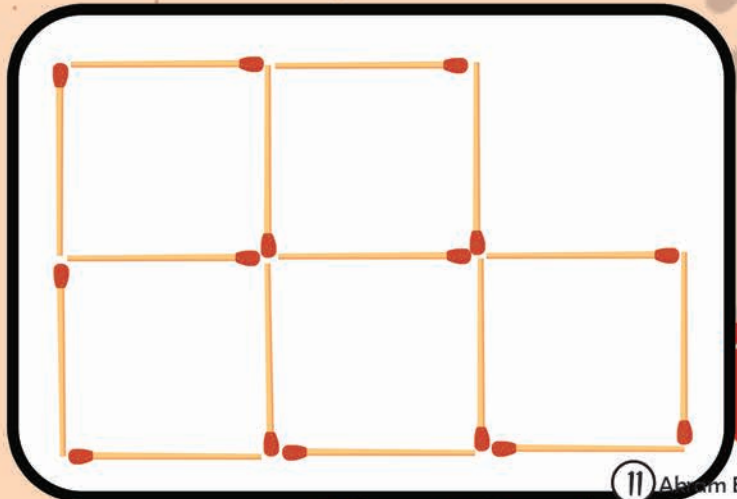


# LET'S PLAY

1) Spot the five mistakes in the picture below.



2) Remove three matchsticks to make three squares.



# Gamepur

Twenty years ago...  
The bustling city of Gamepur brimmed with excitement on that memorable day.

Attention, please...

To promote the sports games section, a truck carrying posters and a microphone was passing through the video games area.


Hey, why are you in a daze? Say something further.

Fine, fine. River or Mountain, which mountain summit are you hiding on? Hurry and show that poster!

My mic seems to have stopped working.

Say No To Vidio Game





First, learn how to spell 'video' and then you can protest.

Just because you're unable to successfully promote yourselves, you're trying to put us down. Go on, get out of here!

All the games returned home feeling disheartened. Puzzle thought of an idea. He drew a box.

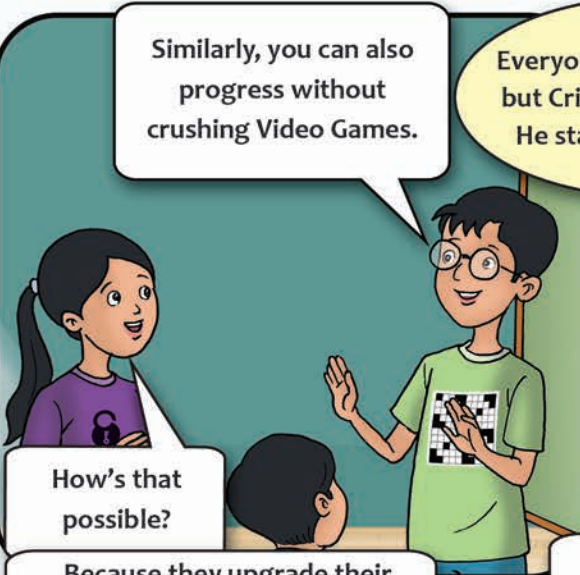
How do you make this box smaller without touching it?

How's that possible? To make it smaller, you just have to erase it.


Everyone went quiet

What if we make another larger box? Then this box will appear smaller compared to that one, won't it?


No, no. Just think and you'll find another solution.



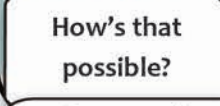
Similarly, you can also progress without crushing Video Games.



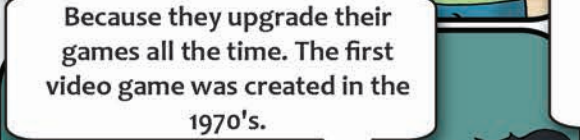
Everyone accepted defeat, but Cricket didn't give up. He started researching.



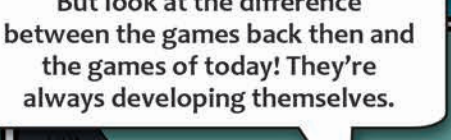
Wow! Now I know why children love Video Games so much.



How's that possible?



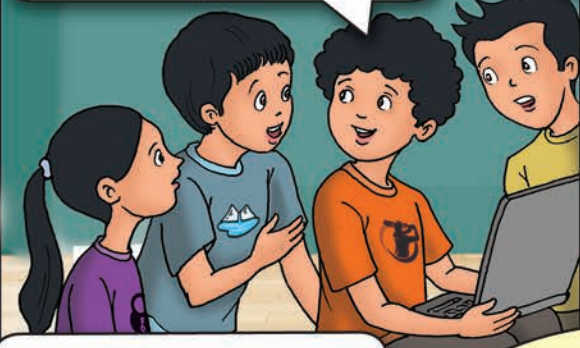
Because they upgrade their games all the time. The first video game was created in the 1970's.




But look at the difference between the games back then and the games of today! They're always developing themselves.



Why?

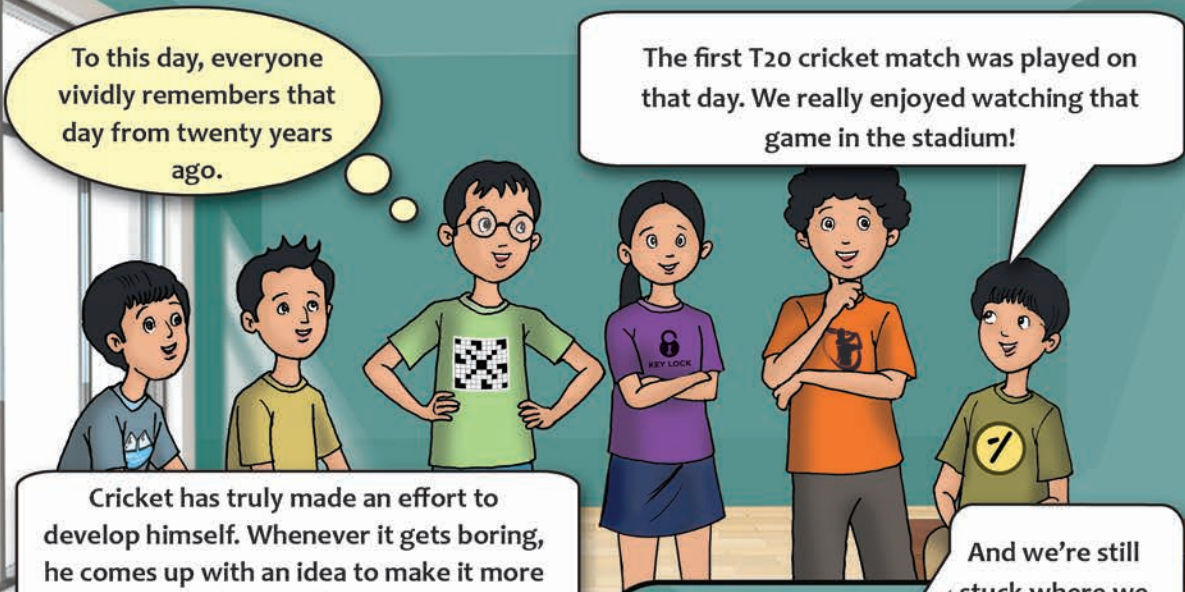


We don't need to crush them. We just need to develop ourselves instead. Our competition isn't with them, but it's with ourselves!



Cricket started thinking about different ways to develop. Eventually, he came up with something fantastic.





To this day, everyone vividly remembers that day from twenty years ago.

The first T20 cricket match was played on that day. We really enjoyed watching that game in the stadium!

Cricket has truly made an effort to develop himself. Whenever it gets boring, he comes up with an idea to make it more interesting.

And we're still stuck where we started. No one even remembers us.

And Video Games as well. Look at how much progress they have made till today!


Come on, let's also progress ahead!

But, how?


Do YOU, our readers, have any ideas? What would you do to make any two outdoor games more interesting?

# Absolutely

# New



What benefits do you get from feeling jealous? Would the other person lose out, if you feel jealous of them? No, only you would be the one who suffers a loss. Jealousy obstructs our growth and gives rise to tremendous suffering.

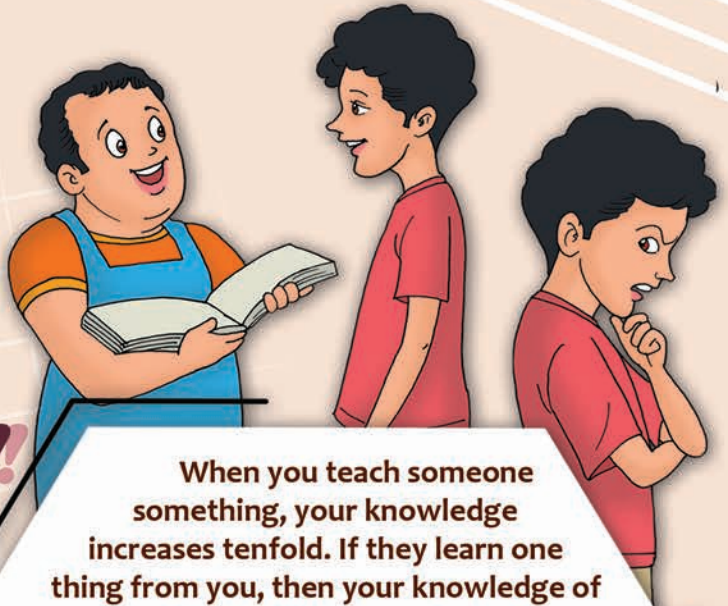


What is a healthy competition like? It is when a person progresses without harming others along the way, or the person alters their direction from others and develops something new.



**and**

**Different!**



When you teach someone something, your knowledge increases tenfold. If they learn one thing from you, then your knowledge of that topic will increase tenfold. For example, if your friend asks you, "Will you please teach me how to do this?" Then you should happily teach him. You should not think, 'If I don't teach him then he'll get lower marks, and I'll get a better grade.'



If someone is doing well, then you should appreciate it and say, 'They have done well.' Then you will progress and also do well.



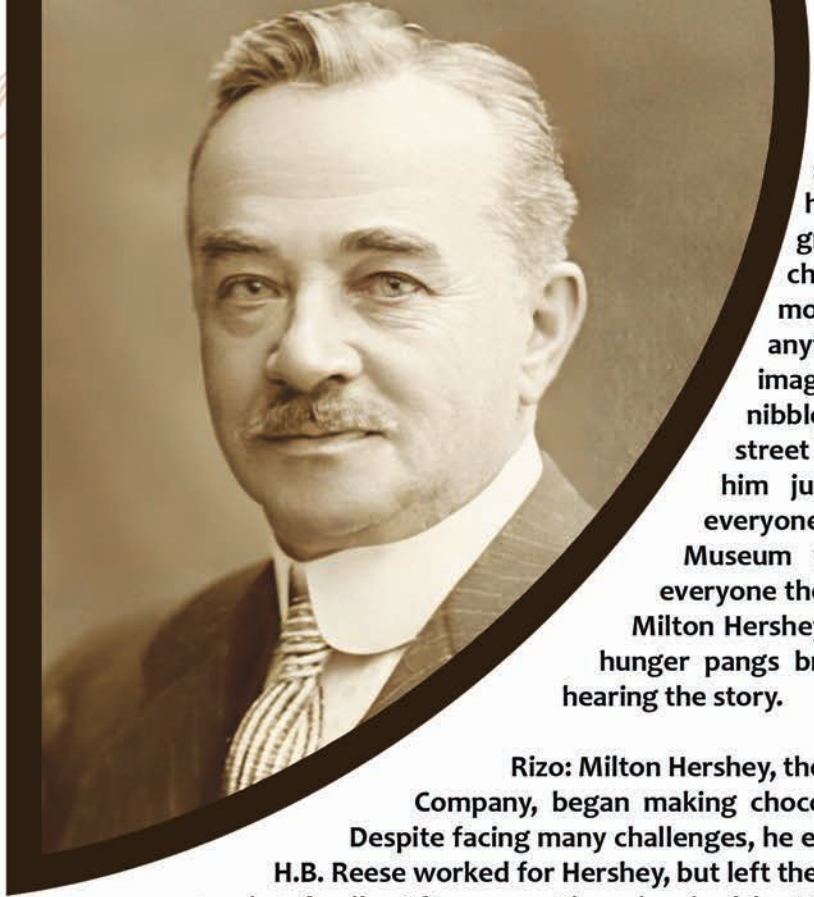


“Happy birthday to you, happy birthday dear AKRAM EXPRESS! Happy birthday to you!” Akram Express’ sixteenth anniversary celebration was taking place in Didima Jungle. The table was overflowing with a delightful variety of chocolates, and everyone had been invited to indulge to their heart's content. Cuffu, in particular, was enamoured with the chocolate peanut butter cups, declaring them the most delicious treat in the entire world! He was so captivated by the chocolates that he didn't even touch the special carrot cake made just for him.

But you might wonder how so many chocolates found their way into Didima jungle. The secret to this was a special trip Theo and Friends had made to Hershey Land in Pennsylvania, USA, to celebrate World Chocolate Day on July 7th. Yes, the same Hershey Land whose Hershey’s chocolates are loved by all. They had returned with chocolates for everyone.







The minute Theo had set foot in Hershey Land, his stomach had started growling with hunger. The chocolate wonderland was more spectacular than anything they could have imagined. Giffy even tried to nibble on a chocolate-shaped street light before Zoe stopped him just in time. Rizo took everyone to the Hershey Story Museum where he narrated to everyone the fascinating story about Milton Hershey and H.B. Reese. Theo's hunger pangs briefly disappeared upon hearing the story.

**Rizo:** Milton Hershey, the founder of the Hershey Company, began making chocolates on a small scale. Despite facing many challenges, he eventually found success. H.B. Reese worked for Hershey, but left the company to support his growing family. After some time, inspired by Hershey's success, Reese decided to open his own candy company.

**Zoe:** Oh! Then there must've been some serious competition between the two of them, right?

**Rizo:** No, no. There was no competition at all. In fact, Hershey supplied milk chocolates to Reese!


**Theo:** But Reese must have learnt the art of chocolate making from Hershey when they were working together, right? If two companies sell candy in one location, then there is bound to be competition.

**Rizo:** No, there wasn't. In fact, Hershey and Reese remained lifelong friends and helped each other all their life. Because of their cooperative way of dealing with each other, after they both passed away, the Hershey and Reese companies eventually merged into one.

**Giffy (crying):** If Hershey and Reese had only thought about their own progress by crushing the other one, then neither company would have survived. And now, look! Their companies have become one!

The friends were touched by the story. They sampled many different types of chocolates and also made sure to pack a bag full to take back for their friends in Didima jungle.



Friends, did you see how cricket has developed itself in recent years to stay interesting? Can you come up with any ideas on how to make another two outdoor games more interesting? Share your ideas with us by sending them to WhatsApp number  +91 9393665562.



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