

# AKRAM Express



Come on, let's go  
on an early morning  
adventure!

There is so much  
mud. Our clothes  
will get dirty...



## Editorial

When sitting exams, how do we deal with tough questions? We cannot change the question. But, in that moment, whether to become scared, or to remain calm and answer the question as best as we can, is surely our choice, right? Just like how tough questions may crop up in exams, from time to time big or small problems may crop up in our life as well.

How did Diya deal with the problem that she faced in her life? Whose story, when read by Zoey, allowed her to remain happy even when she was sick? Did the animals of Greenland run away when faced with a problem?

In this edition, let us read and learn, from the *Gnani's* understanding and the supporting stories, how to make the right choice when faced with life's big or small problems.

And lastly, wishing everyone all the best for your exams! Don't forget to read Aaloo and Chilly's exam tips!

Vol.: 15, Issue : 08  
Conti. Issue No.: 174  
March 2024

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Printer & Published by  
Dimple Mehta on behalf of  
Mahavideh Foundation  
Simandhar City, Adalaj - 382421.  
Taluka & Dist - Gandhinagar

Owned by and Published from  
Mahavideh Foundation  
Simandhar City, Adalaj - 382421.  
Taluka & Dist - Gandhinagar

Printed at  
Amba Multiprint  
Opp. H B Kapadiya New High School,  
Chhtral-Pratappura Road,  
At-Chhatral, Tal. Kalol  
Dist. Gandhinagar - 382729.

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Subscription (English)  
Yearly Subscription  
India: 200 Rupees  
5 years Subscription  
India: 1000 Rupees  
Send D.D./M.o.in the  
name of 'Mahavideh Foundation'.

- Dimple Mehta



# Gnanis Say...



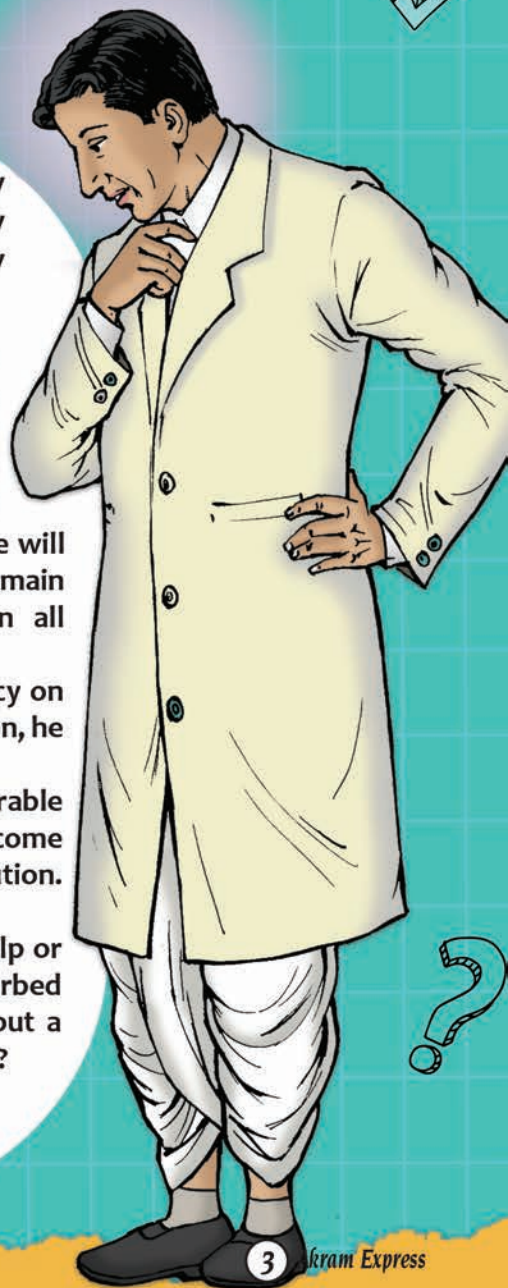
**Questioner :** You have mentioned many times that Dada faced problems just like any ordinary person, but he reacted differently than others. Was that his choice?

**Pujyashree :** Dada's choice was not to react differently than others. His choice was to remain free from unhappiness in all situations. To be sad or to be happy is our choice. One needs the right understanding for that. The problem may be one and the same, but due to wrong understanding one will feel sad and with the right understanding one can remain happy. Dada applied the right understanding in all situations to bring about a solution.

Dada's goal was to live without any dependency on anything and without sadness. In any sort of situation, he would find a solution and remain happy.

We should also understand that in any unfavourable situation, we should not get disturbed [become emotional]. We should adjust and bring about a solution. Try whatever possible solutions to solve it.

If an accident occurs, then call someone for help or seek [medical] treatment, but without getting disturbed [emotional]. That is the correct way. To bring about a solution is the correct way. Did you understand, yes?

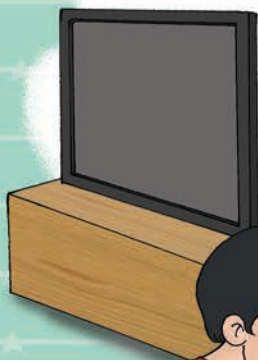


# Absolutely New and Different


Rather than complaining, the more adjustments you make, the more your strengths will increase and your weaknesses will decrease.

**example:**

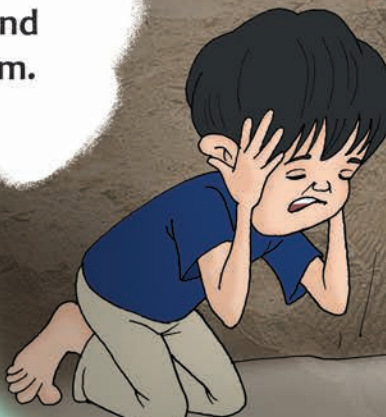

For example: On a day off from school, if there's a power outage whilst watching TV, then, instead of complaining, you should choose to adjust by spending quality time talking with family, or playing games with them. Therefore, even in the absence of main power, your personal 'power' to stay happily with your family, increases.








Do you argue with the winter season or do you go around wearing a jacket? Similarly, in any given situation, adjust in such a way that you don't become unhappy.



After falling into a pit, if a person keeps wailing, "I'm useless! I'm incompetent!" then what will people say? "Come out of the pit now and just be careful next time." Therefore, instead of crying, be strong and overcome the problem.



# AALOO CHILLY



One day, Aaloo was feeling very tense. He was sweating from head to toe when Chilly came to visit. Aaloo had a book in his hand.

Chilly, If only Zoey could invent something that can help you memorise everything you read. Then exams would be so much more fun!

Zoey won't be able to help you. She's sick. But I have a technique which will help you increase your memory power and help you remember all that you've read.

I found this prayer to improve one's memory from Kalpatop.

## Prayer

'O absolute Self within! I am wholeheartedly praying to you to grant me the ultimate memory power so that I remember everything that I study. I am asking for forgiveness for all the faults done through the tendencies of my *chit*. Please grant me energy such that my *chit* remains focused on my studies.'

Before you start studying, make sure you say this prayer to help you remember everything you've read. Sit in a quiet place, close your eyes and for 10 minutes, recite, 'Dada Bhagwan Na Aseem Jay Jay Kar Ho' in such a way that you can visualise every single word. If you do this before sitting down to study, then you'll remember everything.

I'll do it every day. You'll all do it too, right?



# Challenge

Diya arrived at the hall ahead of time with her parents. In the entrance was a large poster of Diya's smiling face. Diya's parents dropped her off backstage and then headed to the hall to meet the other guests. Backstage was bustling with activity.

On seeing Diya, a make-up artist quickly approached her, "Come, Diya, do you want to apply some make-up?"

"No, it's not necessary," replied Diya hesitantly.

"Of course, dear, you're so beautiful that you don't really need any make-up. But today there's going to be a live recording of your speech. So shall we do some light make-up?" Diya agreed.

This was the first time Diya was going to speak in front of a live audience on stage. When twelve-year-old Diya had been approached by the company 'Inspire the Youth' to share her experience, she had accepted immediately. She was about to speak to a crowd of five hundred youngsters and their parents, yet she was very calm and composed. Diya's biggest strength was accepting challenges without any fear.

Her make-up was done, but there was still some time left before she had to go on stage.

"I'm going outside to get some fresh air. Please, can you call me when it's time?" Diya asked the organisers.

Diya stepped outside and looked up at the sky. Her face glowed in the rays of the sunset. She gazed at the birds soaring in the sky and once again the memory of that morning from eight months ago became vivid in her mind.





That morning, Diya woke up early and ran to the balcony of her hotel room. She looked up into the sky and a big smile appeared on her face. "I'll soar high in the sky today," she said excitedly. She quickly got ready and rushed to breakfast.

"How much longer, Mum, and Dad? We're getting late." Diya couldn't contain her excitement.

"We won't be late. Relax and eat your breakfast," replied her mother.

But Diya wanted to get to the paragliding site as soon as possible.

At the site, when Diya put on her paragliding equipment, she couldn't contain her happiness. Paragliding was her childhood dream. However, only children aged twelve years or older were allowed to paraglide. So, as soon as she turned twelve, she convinced her parents to allow her to go.

It was a very cloudy day and generally such weather conditions are considered to be challenging for paragliding, but when did Diya ever prefer to take the easy way out? She always enjoyed challenges. Shortly after, she was gliding high in the sky with her instructor.

In that moment, Diya felt as free as a flying bird. She was soaring through the clouds. She started singing, "Aaj mein upar, aasman niche ... aaj main aage, zamana hai peeche..." (Famous hindi film song - lyrics translate to; "Today I'm above, the ground is below ... Today I'm ahead, the world is behind...")

Just then, someone placed a hand on her shoulder and said, "Ready? It's time to go on stage."

Diya shook off her past memories and came back to the present. She turned her wheelchair towards the stage. Yes, that day, during paragliding, the wind conditions had suddenly changed, leading to Diya suffering a major accident. Since then she's been in a wheelchair.



Diya got on stage and introduced herself to the audience. She picked up a remote control and showed a slide on the screen placed behind her. There were two numbers on the slide:

‘10%’ and ‘90%’

Diya looked at the audience and said, “After spending twenty-five days in the hospital, I came home completely shattered. My willpower was broken. But, one day I came across a quote from Charles Swindle while surfing the internet. He said, “Life is 10% what happens to you and 90% how you react to it.”

“This sentence means that whatever happens to you in life constitutes only 10% of significance, but how you respond to it holds 90% significance.”

“Since childhood I always imagined myself having wings like a bird and flying high. ‘Discovery’ and ‘National Geographic’ were my favourite TV channels. I love adventures. And that’s of course why I wanted to try paragliding. I’ve also had another passion since childhood: accepting challenges and overcoming them.

“That day, during paragliding, the wings of this bird got cut off. I understood from Charles Swindle’s quote that the accident had already happened. It was up to me to decide what to do next. Do I keep lamenting over it and get depressed or accept what has already happened and face the challenge? I chose the latter.



“Yes, this option wasn’t easy. Many days have passed where I’ve cried and felt unhappy. But then I think that whatever had happened could have been much worse. I have a lot of things to be happy about. I’ve been born into a wonderful family. My parents provide me with the utmost care. All these thoughts help me feel happy again. And then I divert my mind towards my studies and to learning music.”

The entire hall was filled with applause from the audience.

“Oh, and I forgot to share one last thing that’s extremely important,” Diya continued, “The doctor told me there’s a 30% chance that I will be able to walk again in 7 to 8 months. In school, we fail if we score 30%, but I’m confident that I’ll pass this test. Next time when I meet you, I will walk to the stage!”

The hall was again filled with thunderous applause.

Today, despite being in a wheelchair, after sharing her experience on stage, Diya felt as if she was soaring high in the sky like a bird.







staying up late at night, Zoey would go to different areas of Didima jungle to take some amazing photos. But her photos didn't win any prizes.

Zoey was so disappointed that she put away her camera up on a high shelf. She cried so much that she got a fever. Zoey was reading her favourite 'Harry Potter' book when Giffy, Rizo and Theo came to visit her. Seeing her friends, Zoey started crying again. Giffy handed her a tissue.

Rizo – Zoey, do you know who the author of 'Harry Potter' is?

Zoey – Of course! J. K. Rowling.

Rizo – Yes, Joanne K. Rowling. If Joanne had chosen to cry over her life's problems, then we would never have had the pleasure of reading the amazing 'Harry Potter' books!

Zoey – Did she also come across failures in her life?

Rizo – Yes, a lot of them. She aspired to be a writer since she was a child. She wrote her first story at the age of five. English was her favourite subject, but she was not very good at maths.

On the first day of school, her maths teacher gave her a test in which Joanne scored a zero. The teacher made her sit on the right side of the classroom. The teacher had all the smart students sit on the left side of the class and the rest of the students on the right side. Her classmates made fun of her by calling her 'rolling pin'.

But Joanne didn't become upset or give up. She worked very hard throughout the year and achieved





excellent grades at the end of the year.

After completing her studies, Joanne worked at many places. But she still enjoyed writing stories the most. The idea of 'Harry Potter' came to her when she was travelling on a train. She started creating the world of 'Harry Potter'. During that time, her mother passed away.

Joanne was very upset. But she didn't choose to sit down and remain unhappy. She got a job as a school teacher and, in her free time, she continued writing the story of 'Harry Potter'. Joanne faced many problems in her life. During those hard times, she would find a way to remain happy. Do you know how? By writing the story of 'Harry Potter'. Once she had completed writing her first book, no one was prepared to publish it. Even then, Joanne did not give up; she kept on going.

Eventually, a publisher agreed to publish her book. All the kids around the world loved the story of 'Harry Potter'. In a very short time, J. K. Rowling became one of the most successful writers in the world.

Giffy had tears in her eyes after Rizo finished telling the story.

Theo – To fail at something may not be our choice. However, whether to accept defeat or to persevere after failing can be our choice, right?

Zoey immediately grabbed her camera from the shelf and snapped a 'happy selfie' with her friends.





# Right Choice

A town named Greenland was next to two very big hills, which protected it from a nearby raging river.

One day...

I heard the hills are getting smaller.

Really? That's not possible.

But it was actually true. The elephant gathered all the animals of Greenland for a meeting.

What hasn't happened in years has now started to occur. The hills are shrinking in size due to some mysterious reason.



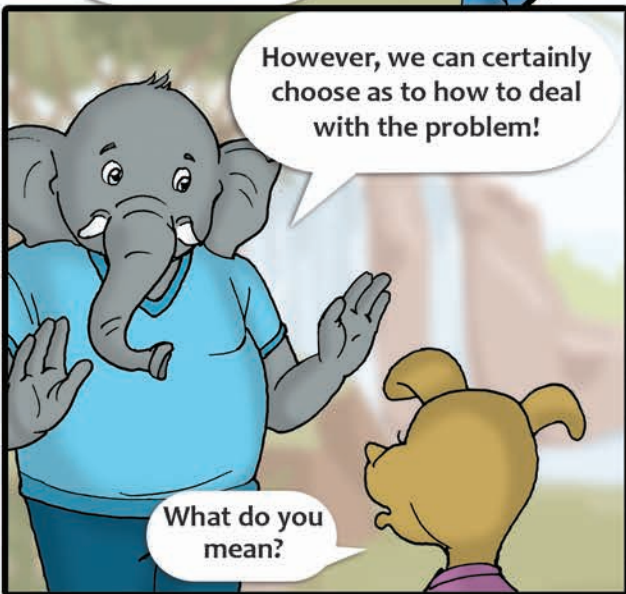


Some evil monsters are surely behind this act. I've heard that they live on the other side of the river.



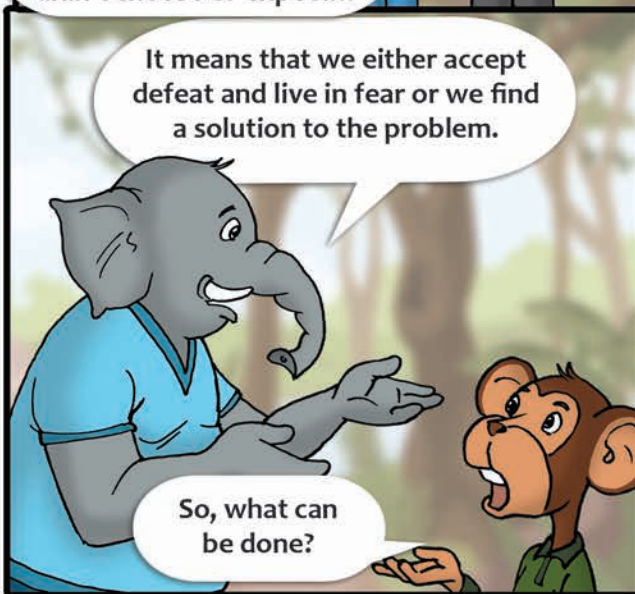
Evil monsters? Who could possibly stop them? Now we're surely doomed!

How can you accept defeat so easily? No doubt, we are facing a problem that we didn't choose or expect...



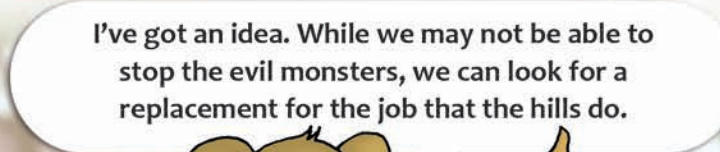
However, we can certainly choose as to how to deal with the problem!

What do you mean?



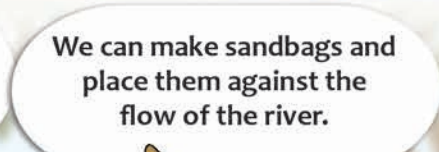
It means that we either accept defeat and live in fear or we find a solution to the problem.

So, what can be done?



I've got an idea. While we may not be able to stop the evil monsters, we can look for a replacement for the job that the hills do.

How's that possible?



We can make sandbags and place them against the flow of the river.





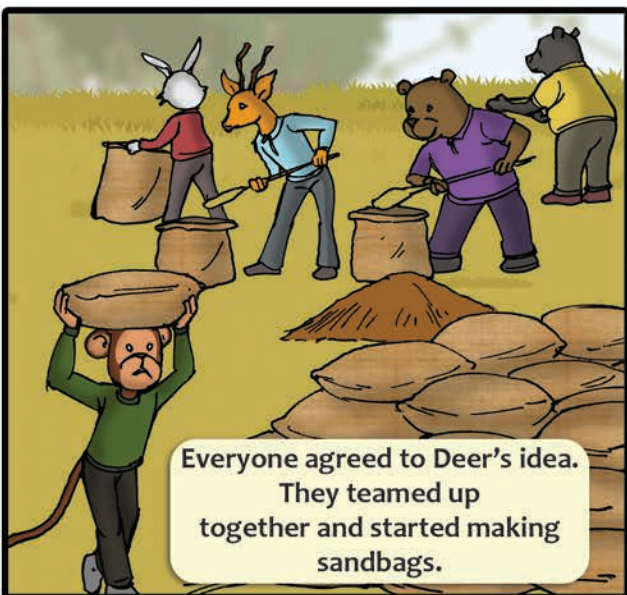
Excellent idea!

That's a bad idea. It will take ages to fill up so many sand bags and by the time we finish, the monsters will have destroyed the hills!

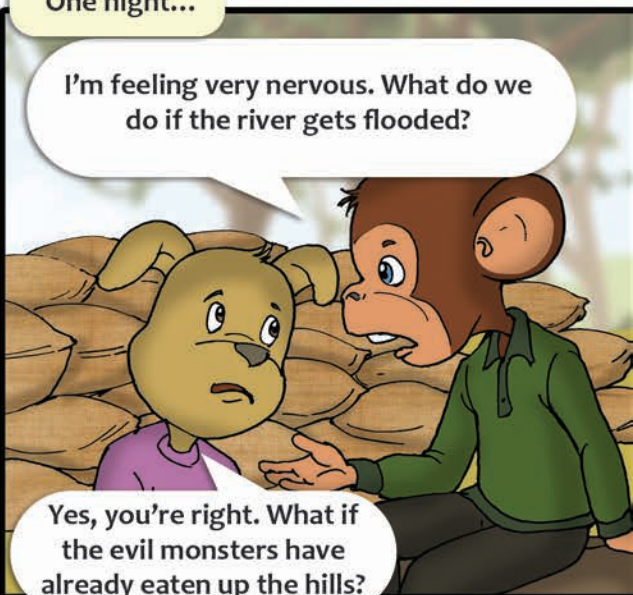
If we can divide the work between all the families in Greenland, then it will be done in no time.



One night...



Everyone agreed to Deer's idea. They teamed up together and started making sandbags.



I'm feeling very nervous. What do we do if the river gets flooded?

Yes, you're right. What if the evil monsters have already eaten up the hills?



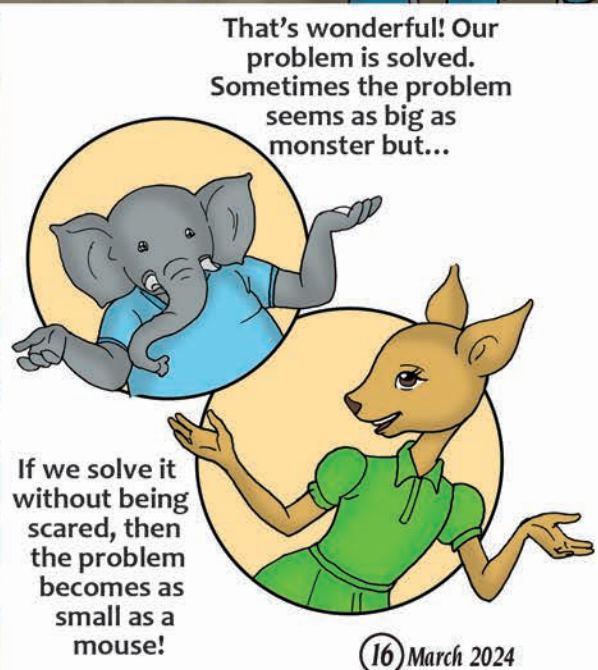
That night, both of them fled Greenland. The news spread all over the town and everyone started panicking

We're almost done filling up the sandbags. Now we only have to go and arrange them. Let's start doing it tonight.

We now have more work on our hands. What will happen now?











# For Kids-Youth Sanskar Sinchan Shibir 2024

# Summer Camp

## Group D 4 to 7 Yrs.

Center	Date	Contact No.
Simcity	11 May	9313665562
Ahmedabad	21 April	8141377833
Amreli	-	-
Baroda	5 May	9773490373
Bharuch	-	-
Bhavnagar	21 April	9409467181
Bhuji	21 April	9429297223
Dhoraji	-	-
Gandhidham	-	-
Jamnagar	13 May	9723147318
Junagath	-	-
Mehsana	21 April	8469264605
Morbi	26 April	9725199144
Mumbai	13-14 April	8652890066
Puna	-	-
Rajkot	28 April	8849043362
Surat	28 March	9825233559
Vijapur	-	-
Veraval	7 May	8980483683
Valsad	-	-

## Group C 8 to 12 Yrs.

Date	Contact No.
12 May	9313665562
28 April	9904427029
21 April	9408898792
21 April	7874797528
28 April	8320710688
12 May	9727208708
5 May	9712859201
5 May	9574046082
7 May	9428310787
21 April	9723147318
12 May	7984313397
28 April	9427650382
21 April	9978633035
15-16 April	9867989202, 9323480262
12 May	7774079780
5 May	7779023726
24 March	9574008498
5 May	9429742578
14 May	9712191887
21 April	9276252930

1. It is mandatory to register at your nearest center in order to participate in the Summer Camp. Registration charges will be non-refundable.

2. The registration for the youth and kids will be done based on the pre-fixed dates as per their age and standard. The registration will be closed 5 days before the camp start date. Thereafter, additional tatkal charges will have to be paid for the registration.

3. Registration for Simandhar City Summer Camps can be done at the 'Store of Happiness', Trimandir Sankul between 10 am to 12:00 pm in the morning and 4:00 pm to 6:30 pm in the evening. Registrations can be done upto 5 days before the summer camps starting from 10th of April.

Contact Number - 9313665562

# Let's play

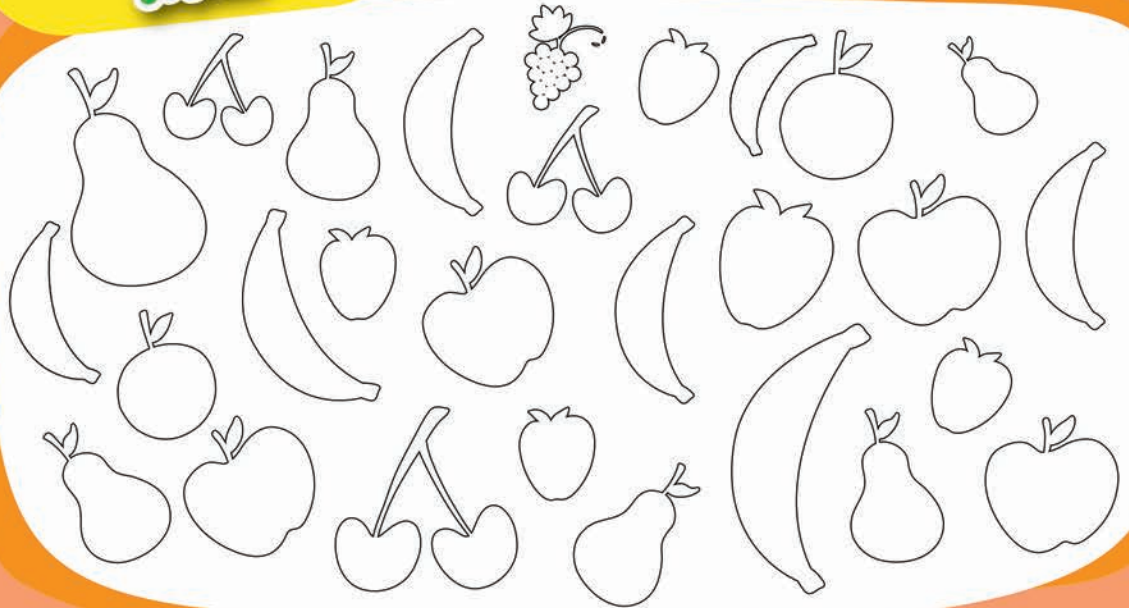
Help the rabbit  
find the path to its  
home.



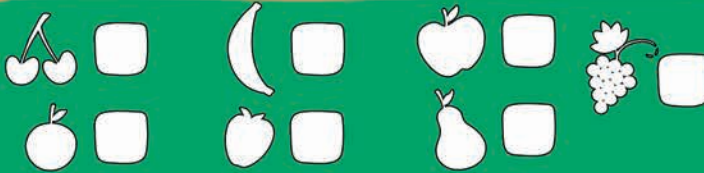


# COLOR ME

Count the number of each type of fruit in the white box below. Write down each number next to its corresponding picture in the green box below.



Colour the fruits in the picture above according to the number associated with each color, as indicated in the box on the right.



- 1 - Neon Green
- 2 - Orange
- 3 - Blue
- 4 - Red
- 5 - Pink
- 6 - Dark Green
- 7 - Yellow

Information on 'Akram Express' Monthly Magazine - Form 4 (Rule No. 8)

1. Place of Publication: Simandhar City, Adalaj, Dist - Gandhinagar, Pin - 382421

2. Periodicity of its Publication: Monthly

3. Printers Name: Amba Multiprint

Nationality: Indian

Address: Opp. H B Kapadiya New High School, Chhtral-Pratappura Road, At- Chhatral,

Tal: Kalol, Dist. Gandhinagar -382729.

4. Publisher's Name: Dimple Mehta on behalf of Mahavideh Foundation Nationality: Indian

Address: Simandhar City, Adalaj - 382421, Dist - Gandhinagar, Pin - 382421

5. Editor's Name: Dimple Mehta

Nationality: Indian

Address: Same as above

6. Name of Owner: Mahavideh Foundation

Nationality: Indian

Address: Same as above

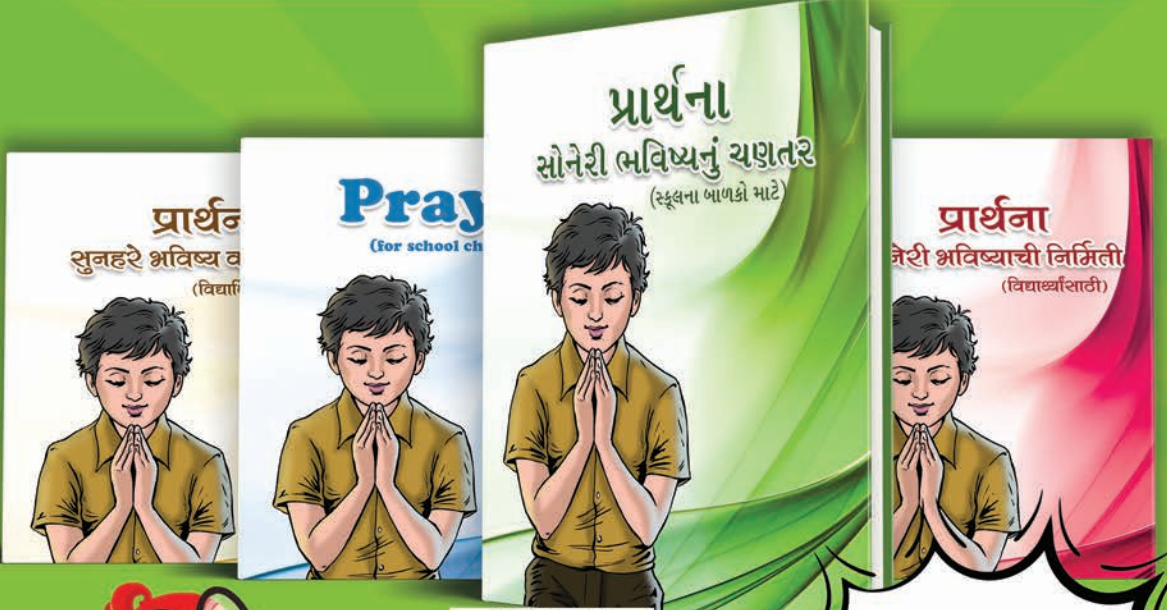
I, Dimple Mehta hereby declare that the above stated information is correct to my knowledge and belief.

Date: 08-03-2023, Ahmedabad

Dimple Mehta on behalf of Mahavideh Foundation

(Signature of Publisher)

Do you also want the same prayer to increase memory power that Chilly got from Kalpatop?



So then what are you waiting for... Scan the QR code right now!

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- 1) How would you know if your annual subscription is about to expire? On the cover page of your Akram Express, look for the last six digits in the membership number mentioned on the address label. For example DGFT555/08-2028 means your subscription is going to expire in August 2028. Details on how to renew your Akram Express subscription can be found on the editorial page.
- 2) In case if you don't receive your magazine as per your subscription, then please inform us on WhatsApp number 8155007500 and provide us with the following details:
  - 1) Receipt number or ID number
  - 2) Permanent address with pin code
  - 3) Which month the magazine was not received



Publisher, Printer & Editor - Dimple Mehta on Behalf of Mahavideh Foundation  
Printed at Amba Multiprint, Opp. H B Kapadiya New High School, Chhtral-Pratappura Road,  
At-Chhatral, Tal. Kalol, Dist. Gandhinagar - 382729.