

December 2025

AKRAM Express

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My Group, Your Group

Editorial

Friends,

When playing games, during picnics, or while doing class projects, we all like to stay within our friendship group. But if someone else wants to play games with us or sit with us during recess, do we include them, or do we exclude them? At times, we feel that our group is the best, and so we don't let anyone else join. However, if we believe that our group is the best, then does that mean other groups are bad?!

When various colours come together, a beautiful rainbow is formed. Similarly, if we mix with everyone, then we can create a more colourful happiness to enjoy together.

Let us find out - did the birds in Chi-Chi land live together or in separate groups? At Christmas time, how did the two groups of children come together? What happened next in the story of Aaloo and Chilly's friendship?

- Dimple Mehta

Akram Express

December, 2025
Year 17, Issue : 05
Conti. Issue No.: 195
Published Monthly

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Simandhar City, Adalaj - 382421.
Taluka & Dist.- Gandhinagar.

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Price Per Copy: NIL

AALOO CHILLY



To read the Aaloo-Chilly stories all together...

Click Here : <https://dbf.adalaj.org/cnyyYHKc>

Chilly had broken off his friendship with Aaloo and left. Everyone had been asking Aaloo why, after Chilly's behaviour, he still wanted to be Chilly's best friend. Aaloo then told them his childhood story.

Everyone used to tease Aaloo by calling him 'Colourful Crybaby'. Chilly then taught Aaloo that whenever anyone teases you, you should flash a nice, big smile at them. Would Aaloo be able to smile when he was on the skating rink and everyone was teasing him?

As soon as I wore the skates, all the other baby elephants started teasing me, shouting, "Colourful Crybaby! Colourful Crybaby!"



I felt very scared and alone once again. Just then, Chilly zoomed toward me and said, “Have you already forgotten what your colourful friend taught you? Smile...!” He then loudly told all the baby elephants, “Tell me your names! I need to write all of them down in my notebook. When I become the best singer, I won’t give my autograph to any of you. How dare you trouble my best friend!”

Just imagine! He wasn’t even a singer yet, but he already had the confidence of a winner. Hearing him talk like that made me laugh.

Seeing me laugh, Chilly shouted, “Colourful Crybaby! You sure learned fast...” Hearing this brought an even bigger smile to my face.



That smile worked like magic. Whenever they teased me, I smiled at them. It stopped being fun for them to call me ‘Colourful Crybaby’. In a few days, they completely stopped teasing me. Since then, Chilly and I have never been apart.



Parsley, who up until now had been angry with Chilly, now said, “None of you knew, but my brother Chilly is the world’s best brother.”

I told Parsley, “Whatever happens, Chilly and I will never break up. Come on, let’s go find him.”


We all went into the jungle to search for Chilly. Parsley flew ahead. First, we went to the lake, but he wasn’t there. Then we went to the school, but he wasn’t there either. We went to his house, but there was still no sign of him. After hearing what

happened, Chilly's mother also joined us to look for him. Then I remembered — he must have gone to the river, the same river where we became best friends. As we got closer to the river, my faith grew stronger that Chilly would definitely be there. Suddenly, I heard a splashing sound from the water. I felt so happy thinking that we had found Chilly, and I ran ahead.


However, when I reached the riverbank, I saw Parsley swimming in the water. For the first time, I felt irritated with Parsley. I asked angrily, “What are you doing here instead of looking for Chilly?”



We didn't find Chilly near the riverbank either. Where could Chilly have gone? And why was Parsley swimming in the river instead of searching for him?




At Vedika's birthday party, I don't want to see any negatives in my friends. I don't want to hurt my friends



Before getting together with your friends, you should pray, 'I don't want to create differences with others. I don't want to see the negative in others. I don't want to hurt anyone. I want to live with love and oneness with everyone.'

Absolutely New and Different!

After you're done meeting up, If you saw negative in anyone, spoke negatively to anyone, gossiped about anyone, or have hurt anyone, then you should do *pratikraman* (to confess, apologise and resolve not to repeat a mistake).



While playing the game, I left Dhwani out and she felt bad. So I am asking for her forgiveness.



Mith thinks too much of himself. Let's leave him out.

How can we leave him out like that? Let's pray that he fits in with everyone.

If someone doesn't mix well with everyone, then pray for them: 'O Dada Bhagwan, let them fit in with everyone. Let us all live in harmony with each other and let us not hurt one another.'



Please, don't break off the friendship. You can sing first, and I will go next.

Go away, I'm not talking to you.

If the other person tries to create division with me, then I will not let the relationship break down.





A variety of colourful birds lived in Chi-Chi Land. For years, this beautiful land had been divided into two parts — not visible on the map, but felt in the hearts of its birds: the fliers and the non-fliers.



The fliers lived high up in tall trees in grand houses. They considered themselves better than the non-fliers. Piku the Penguin never understood why.

Piku couldn't fly, but he didn't think flying was the most important thing in the world. Piku and Oso the Ostrich ran a café called 'Hey Birds Café'. Both fliers and non-fliers visited the café, but the fliers always sat separately.

One day, a Kiwi bird, a non-flier, went and sat with the fliers. She asked the fliers very eagerly, “Where have you all been? Will you tell me about your travels?”

It was a very simple question, but everyone stared at Kiwi as though she’d made a big mistake! Then they continued talking amongst themselves as if they hadn’t heard her at all. Kiwi panicked and quickly went and sat down at another table.

Seeing this, Piku asked Oso, “Are they special just because they can fly?”

Oso said, “How can you be special if you consider others beneath you?”

A few days later it was Poppy the Parrot’s birthday, and she had organised a birthday party. She had invited only the fliers, not the non-fliers.

Poppy had ordered pizzas for everyone from ‘Hey Birds Café’. Piku went to deliver the pizzas to Poppy’s home. The elevator wasn’t working that day, and Piku couldn’t



fly. Piku climbed the stairs carrying all the pizzas. By the time he reached the top floor, he was exhausted and out of breath. He rang the doorbell and delivered the pizzas. He wanted to drink water, but Poppy snatched the pizzas and



slammed the door shut. Piku was very hurt, but he was so tired that he sat down on a nearby chair.

Through the glass window, Bigo saw Piku sitting on the chair outside. He felt like having some fun. He called all his friends and went outside and shouted, “Hey non-flier! What are you doing here? Forgot your way home?”

Piku softly replied, “I came to deliver the

pizzas. I'm feeling tired, so I'm resting for a bit."

"Oh, you are tired? Why don't you fly home!" Bigo teased. Then he put fake wings on Piku and sneered, "There you go. Wear these and fly off!"

Piku had tears in his eyes. Bigo and his friends started laughing loudly. Piku quickly ran down the stairs and rushed home, where he cried a lot.

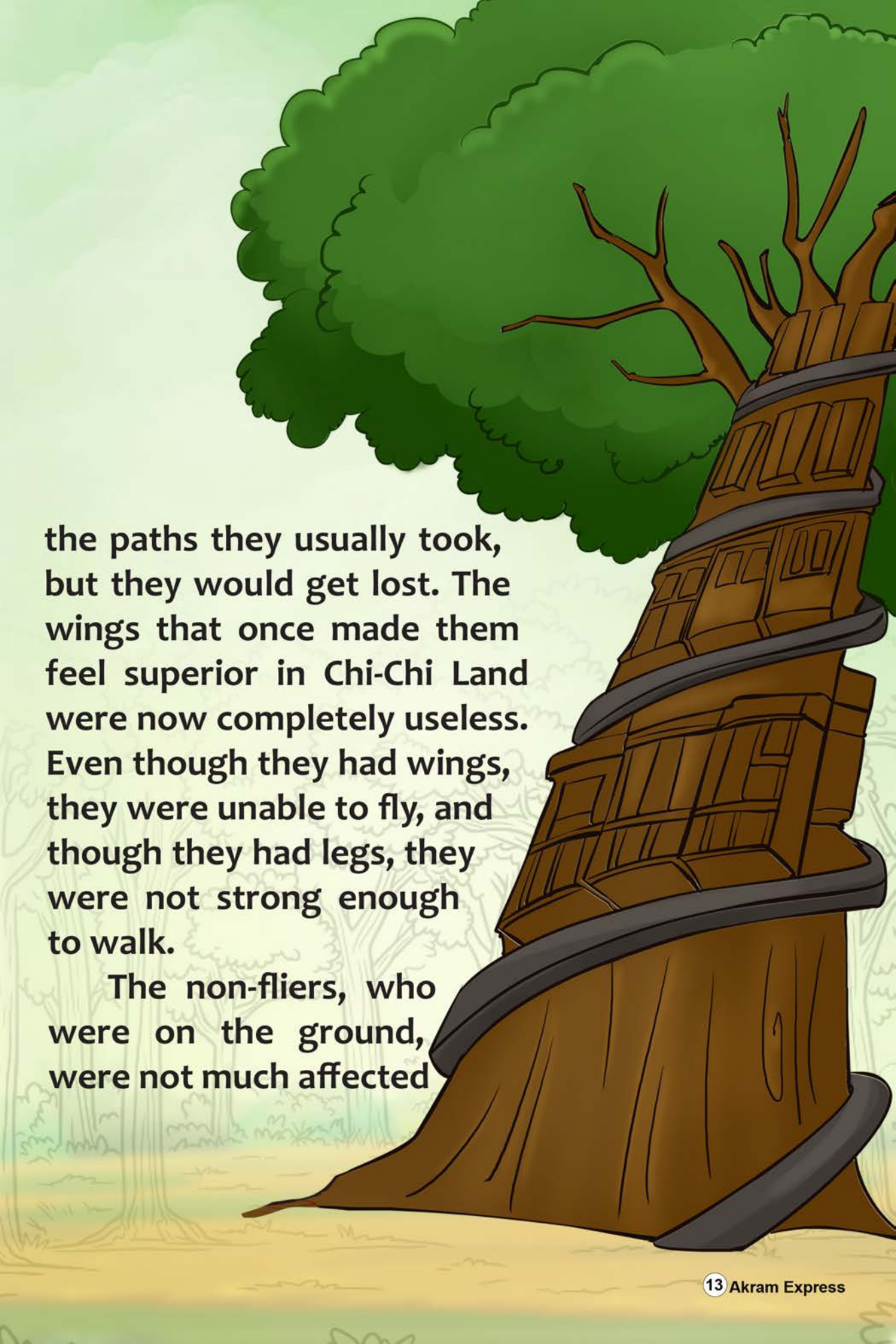
Time went by and Piku forgot about that incident. However the division between the two groups remained the same.

It was wintertime, and it was freezing cold. One day, the whole of Chi-Chi Land was suddenly covered in thick fog. The fliers who lived in tall trees were unable to go anywhere. They thought the fog would clear in a day or two, but it didn't.

Days passed, and the fog showed no signs of fading away.

The fliers needed to go out to get food, but they couldn't see anything because of the heavy fog. It became very difficult to find food. They tried to remember





the paths they usually took, but they would get lost. The wings that once made them feel superior in Chi-Chi Land were now completely useless. Even though they had wings, they were unable to fly, and though they had legs, they were not strong enough to walk.

The non-fliers, who were on the ground, were not much affected

by the fog. Their lives continued as usual.

One day, Bigo and Poppy came out of their building to look for food. They hadn't eaten properly for many days and had become extremely weak. Because of the thick fog, they couldn't see anything clearly. Suddenly, Bigo clashed into a big tree and fell down onto the ground. He was badly injured. Poppy was with him, but had no idea how to help him.

At that very moment, Piku and Oso were passing by. When they saw Bigo's condition, they carried him to their home and called the doctor. The doctor came, dressed his wounds, and advised him to rest on the ground level for a few days.

Bigo remembered the day when he and his



friends had made fun of Piku. Poppy hadn't even allowed him to enter her house on her birthday. Today, that same Piku had brought him home and was taking care of him. Bigo and Poppy were speechless and didn't know how to apologise. Despite this, Bigo gathered courage and said, "Piku, we made so much fun of you the other day! But today, we understood that our situations can change at any time. If you now want to make fun of us, then you can. We have wings but we can't fly, and we have legs but we can't walk."

Piku replied good-naturedly, "Why should I make fun of you? When you made fun of me, it made me very upset. I wasn't able to sleep that night. How could I do that to someone else?"





Bigo and Poppy were shocked and in awe of Piku.

To lighten the atmosphere, Piku laughed and said, “Forget about all that. We’ll feed you pizza and get you on your feet again!”

That day, Bigo and Poppy understood that having wings didn’t make anyone special. To forget about the past and to live happily together was most important.

Within a few days, Bigo recovered. and gradually, the fog cleared too. Now there was no fog left in Chi-Chi Land — nor in the eyes of all the birds. The land that was once divided in two had now become one big, happy family. Now, there was no division on the map, and none in anyone’s hearts!



Gnanis Say...



Questioner: Groups have formed in our class. One group doesn't mix with the other, and they consider the other group as inferior. What should we do?

Pujyashree: One can never be happy in this way. By considering others beneath you, how can one ever be happy? Today, you are considering others beneath you, but one day, what if you are in their situation? If people considered you beneath them, would you be able to bear it? Therefore, you need to understand this. Even the great Sun God, who gives light to the whole world, goes down in the evening. So, what guarantee do you have of your merit karma? Is there any guarantee that it won't run out at any moment?

You consider yourself as someone great [and think], 'I am rich, I study in an English-medium school, I am this and I am that!' There is no guarantee as to when it could all disappear. There may come a time when you will cry. So it is better not to be jealous and



ABC





ABC



not to create division with others. You should practice humanity. If someone is not very well off, then you should not consider them beneath you; you should not make different groups. Live with love [harmony]. If someone is facing difficulties and you have more than them, then instead of spending unnecessarily—like eating in hotels—you should use [the money] to help them. Show humanity. If you have more, then help others a little.

Questioner: Sometimes we look at each other's faults and then groups are formed.



Pujyashree: Happiness disappears when you see the faults of others. There is so much sadness in separation and so much happiness in staying together! Small mistakes will happen, but if you adjust, then the happiness will remain for sure. Take adjustments in all matters such that your happiness does not go away, and you can live in harmony with everyone.

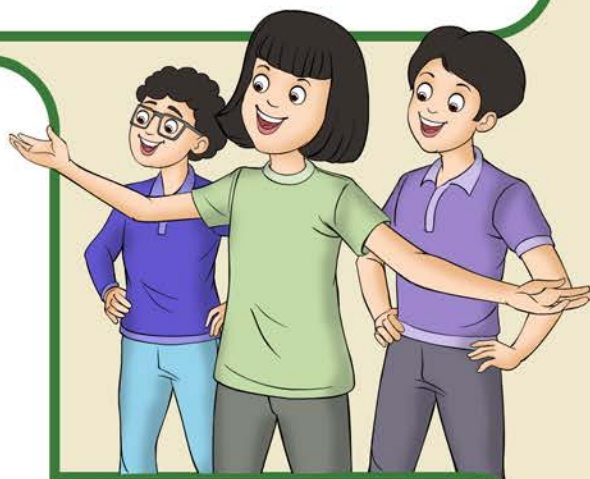
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Every year, Christmas was celebrated with great enthusiasm at Maple Heights Apartment. However this year the atmosphere was very different. There were no preparations in sight nor any excitement to be seen. This was because all the children had split into two groups.


Arohi's group wanted to decorate the Christmas tree in a grand way and have a big party in the clubhouse. Meanwhile, Dhruv's group wanted to celebrate Christmas in a




simple manner. They wanted to create their own decorations, make cookies and cake at home, and sing Christmas carols.



Because of this, the children were divided into two groups. They weren't ready to work with each other, and they weren't even on speaking terms.

A cartoon illustration of a boy with dark curly hair wearing a purple long-sleeved shirt and purple pants. He is gesturing with his right hand towards two girls. The girls are standing to his left, looking at him with expressions of surprise or concern. They are in a library setting with bookshelves in the background.

They just want to show off!

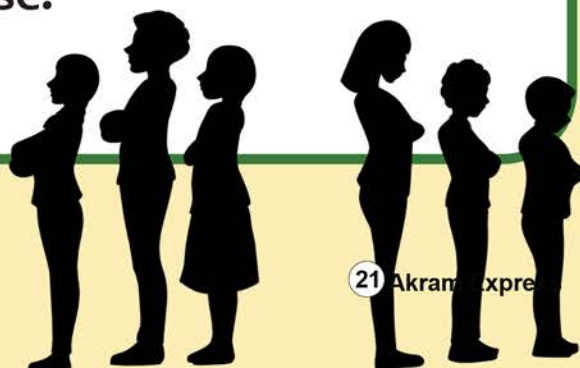
A cartoon illustration of a girl with short black hair wearing a green t-shirt and grey pants. She is pointing her right index finger towards two boys. The boys are standing to her right, looking at her with expressions of surprise or concern. They are in a hallway setting with bookshelves in the background.

Those guys are such bores! They never have any good ideas!

Diya had recently moved there. She was so warm-hearted that, in a short time, she became friends with the children from both groups. She was excited and eager to celebrate Christmas with everyone.



She was very upset to see the children fighting with each other. She thought, 'Christmas is a festival of love and unity, but on such an occasion there is so much conflict and division here!' Diya had an idea. One night, she called both groups to the clubhouse.





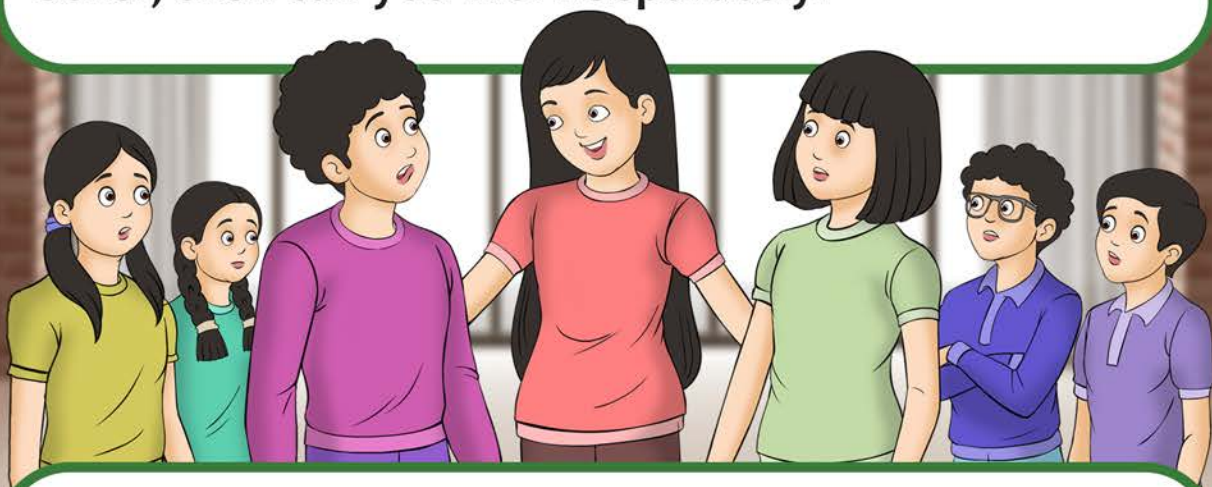
Both groups arrived. At first everyone was angry with Diya, because they hadn't known the other group would be there.

Sorry, friends, please don't get angry! I've called you here for one task—I need your help.

My aunt works in an orphanage and has asked me for help. We need to collect items to give to the children for Christmas. Will you all please help me?



Arohi's and Dhruv's group looked at each other. The task was worthwhile, but they weren't ready to work together. Arohi hastily said, "No," and Dhruv also said, "We also don't want to work with them." Diya then said, "Okay, if you can't work with each other, then can you work separately?"



Both groups hesitated but eventually agreed. Arohi's group packed nice clothes and toys. Dhruv's group made Christmas cards and yummy cookies. Carrying their gifts, they all arrived at the orphanage on the 24th of December.





The children at the orphanage were delighted. One child asked Arohi,

“The cookies are very tasty— did you make them yourself?”

Before Arohi could reply, Dhruv said, “Yes, we made them together.” Dhruv and his friends felt very happy seeing the children’s smiling faces.



In front of the children’s happiness, ‘my group did it, your group did it’ had no importance. When someone said “thank you” to Dhruv for the toy train, Arohi told them, “Make sure you all play together!”





After working together for such a good cause, Arohi and her friends forgot all about their disagreements. Everyone had only one thought in mind: ‘No Christmas party would have given us as much happiness as we had today.’

While returning from the orphanage, Arohi said, “Let’s all make Christmas cookies together.”

Dhruv said, “Yes, let’s do that — but let’s also decorate the Christmas tree and have a party at the clubhouse.”





Diya jokingly said, “Oh, the roles have changed — Arohi has taken Dhruv’s role, and Dhruv has taken Arohi’s!”

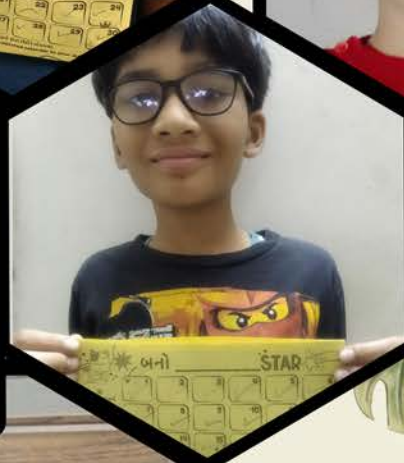
Arohi said, “You played a very important role in changing the roles, Diya. You’ve given us the best Christmas gift ever!”

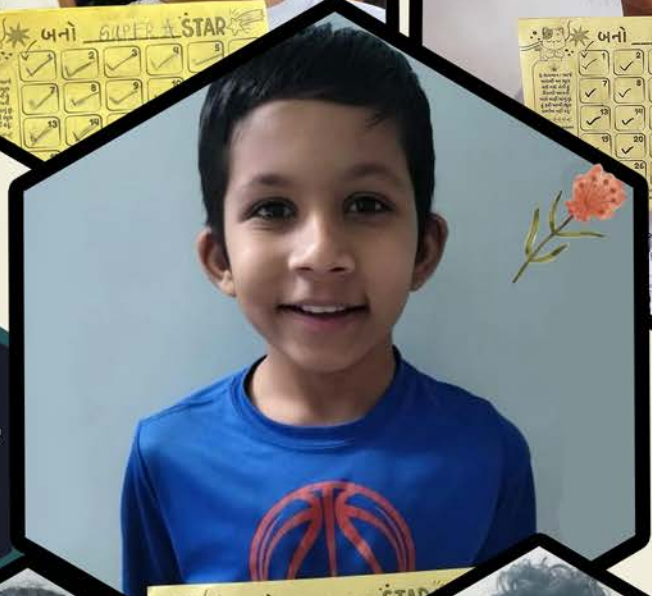
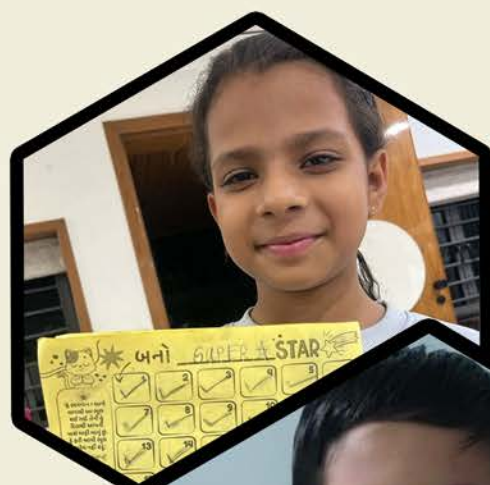


Diya said, “And all of you have given me the best gift too.” The biggest gift for Diya was her friends forgetting all about their fight of ‘mine and yours’ and agreeing to celebrate Christmas with love and unity.

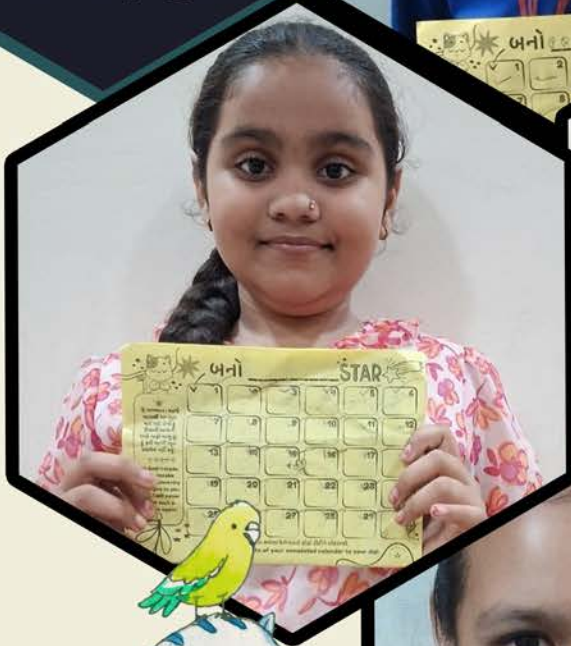
Congratulations

They started doing pratikraman
after Fusion Kids Camp 2025,
and carried it on for
30 days, becoming LMHT's
'Pratikraman Stars'!





For more
'Pratikraman Stars',
make sure to check
the last page.



Sweet Memories


I was very worried about my 12th grade exams, which were coming up very soon. A few days before the exams, Niruma's satsang was being held in Mumbai. I went there thinking that if I spoke to Niruma, then I would find some solution to my problem.

At the satsang, I asked Niruma, "I'm extremely worried, Niruma. What will I do? What will I write?" I thought Niruma would say something that would make me feel better.

But instead, Niruma sternly told me, "For one, you are not following the Agnas (five principles that preserve the awareness as the Self in Akram Vignan), and on top of that you are saying, 'I am very stressed, please bless me!' First, tell me — will you follow the Agnas?"

I replied, "Yes, yes, I will follow the Agnas."

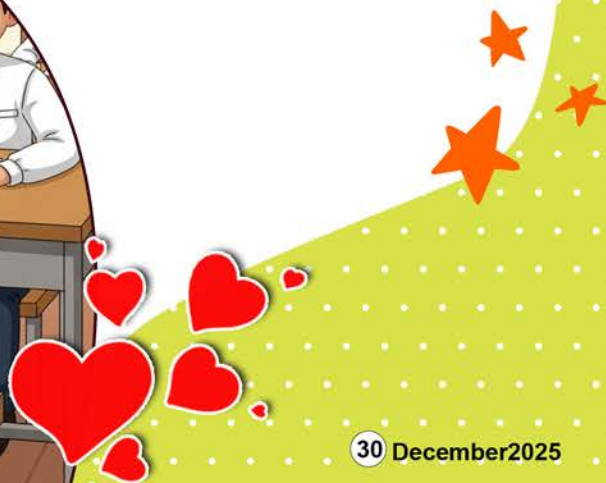




Niruma then said, “Okay. Come up on the stage after the satsang is finished.”

I went to the stage after satsang. Niruma told me to rest my head on her lap, and then she did a *vidhi* (special blessings). As soon as I rested my head on her lap, I felt so much love that I had no words to describe it! I don’t know what magic there was in Niruma’s lap, but I immediately felt immense peace within and deep happiness. When the *vidhi* finished, I did Niruma’s *darshan* (live connection with an enlightened One through eye contact) and then set off for home. From that moment onwards, all my worries disappeared, and I felt happy within.

While taking the exam, the chant of ‘Aseem Jay Jay Kar’ was constantly ‘playing’ within me. The exam went on for 12 days, and until the last day, ‘Aseem Jay Jay Kar’ continued within me, and the answers just flowed. I was so peaceful inside that even when I had two exam papers in one day, I didn’t get tense. In the end, I passed my exams with very good results.



B

Admissions Now Open for Gnan Mandir (Gurukul) in Adalaj:



New Admissions for standards 5th to 9th at Gnan Mandir, Adalaj have started.

Parents who wish to instill values in their children through the divine knowledge of Param Pujya Dada Bhagwan at Gnan Mandir are welcome to Register for their son's interview.

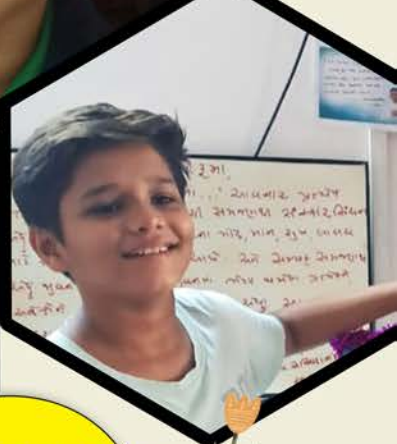
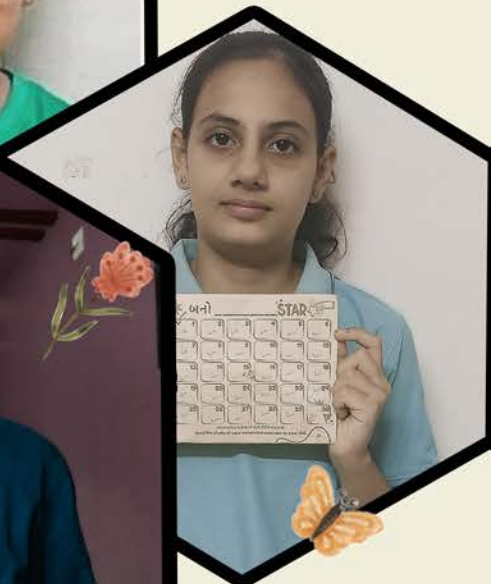
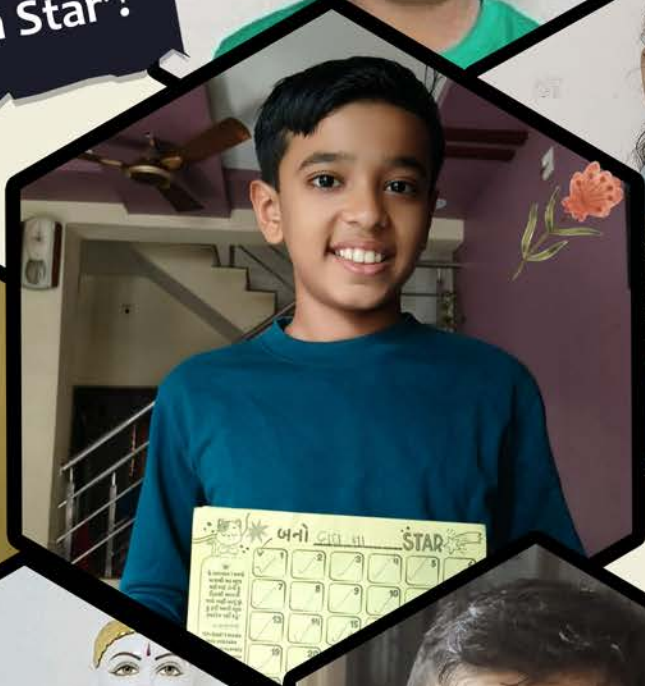
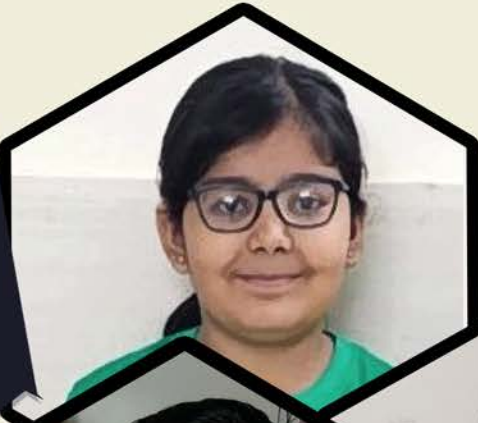
Admissions are open only for standard 5th to 9th Gujarati and English mediums (for boys only)

Contact Timings: 10 a.m. to 7 p.m.

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