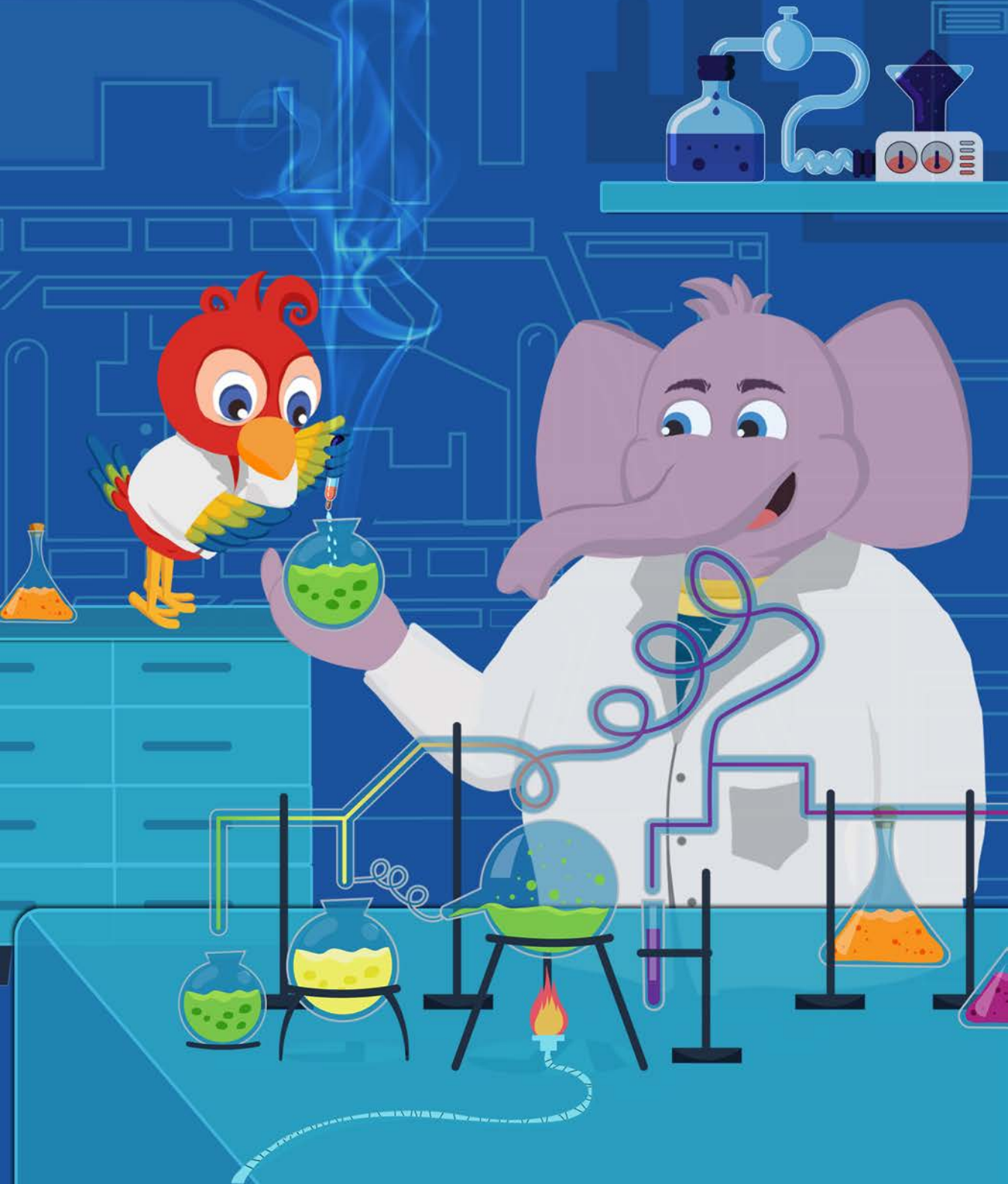


November 2025

AKRAM Express



Akram Lab

Editorial

Friends,

Scientists are super detectives! They are always curious, exploring new things and solving problems. They conduct experiments, make observations and find solutions. A scientist never stops learning or discovering new things.

In this issue, let us also become scientists and conduct experiments, drawing new conclusions from them through Akram Science! These conclusions will prove helpful in different phases of our lives.

Let us wear our lab coats and glasses, become scientists, and get ready to conduct experiments!

- Dimple Mehta



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Experiment 1



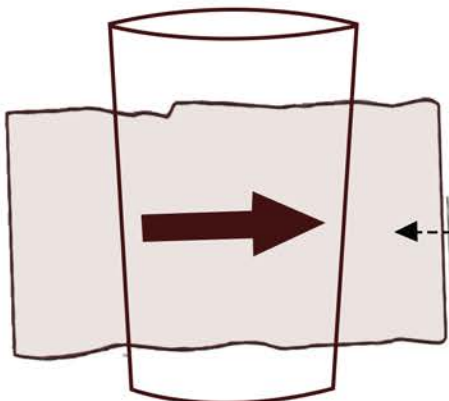
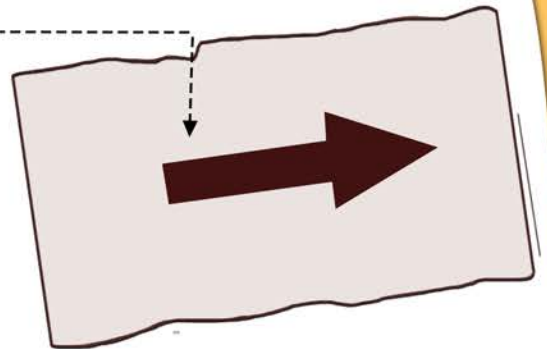
Requirements:

- Transparent glass cup
- Water
- Piece of paper
- Pen



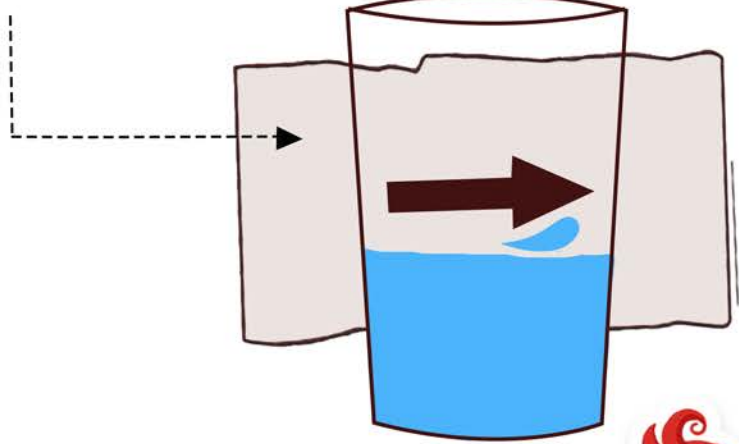
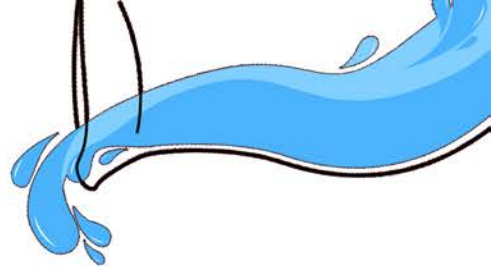
Process:

1. Draw a large arrow pointing to the right () on a piece of paper. Stand up the paper on a table against a wall.



2. Place the empty glass cup in front of the paper. Make sure you can see the arrow through the glass. Don't put the glass too close to the paper.

3. Slowly fill the glass cup with water.



Observation:



What happened when the glass cup was being filled with water?

Hint: Which way is the arrow pointing after the glass is filled with water?

Answer:
As the water level in the glass covers the arrow that was originally pointing to the right, it will now appear to point to the left (➡).

Akram Science Says:



Suppose...

- Arrow drawn on the paper = Your friends, teachers, family, etc.
- Empty glass cup = Your clear vision
- Water = Your negative vision
- The person observing the experiment = You

The way we see the world around us is our vision. When the glass cup was empty, meaning when our vision was clear, then we were able to see everything properly.

However when the glass cup was filled with water, meaning when our vision turned negative, even straight things appeared flipped around to us. Similarly, sometimes we may see negatives in our friends, teachers, brothers, sisters or parents, but in reality, there is nothing wrong with them at all. It is our own vision that has turned negative.



So, let us clear our negative vision and make it positive.

You feel calmness from within when you see positives; negativity always gives you suffering.

Questioner: But I am not able to see anything as positive.

Pujyashree: It is because your 'glasses' [spectacles] are crooked, so you cannot see. Otherwise, have you ever checked whether it is [positive] or not? You have formed an opinion, 'These people are like this.' You should analyse and make observations. If you observe, then you will be able to find something



Gnanis Say...

positive. Otherwise, you should not give opinions like

'there is nothing positive in this, it is only negative.'

If someone has not helped you ten times, but helped once, then leave out the ten times and say, "No, he is good." Find the positive in him. By doing this, you zero out [cancel out] the negatives with the positives. Will you be able to do this?

If I always think negatively of you, then no matter how often we meet, you will not like talking to me. Why? My negative opinions will cause you suffering.

You should do *pratikraman* (to confess, apologise, and resolve not to repeat a mistake) for seeing negatives. That will clear your faults and make you pure.

Experiment 2

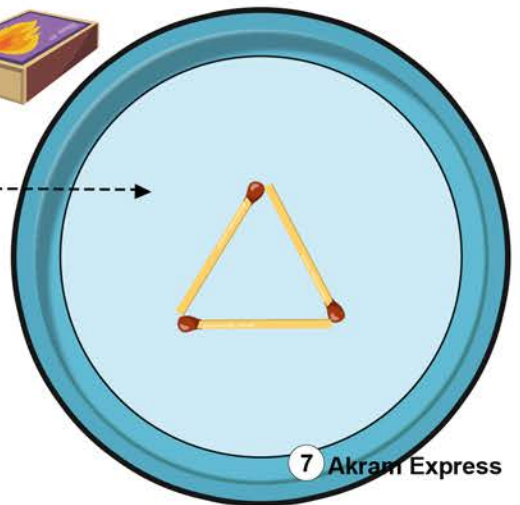
Requirements:

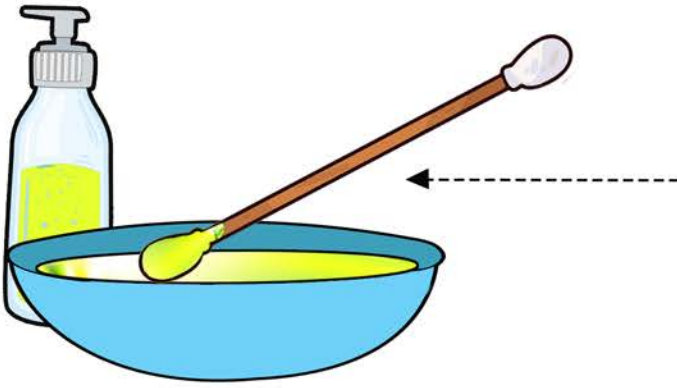
- A dish or bowl
- Water
- 3 matchsticks
- Dishwashing liquid
- Cotton bud (as per the picture)

Process:

1. Pour a little water into a dish or bowl.

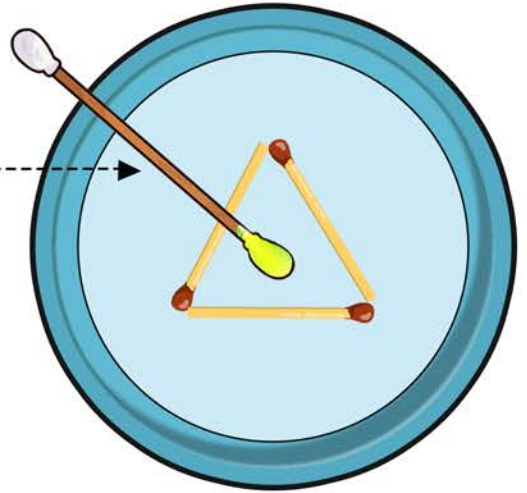
2. Form a triangle with the three matchsticks in the water.





3. Dip the tip of the cotton bud in the dishwashing liquid.

4. Now dip the cotton bud in the middle of the triangle in the water.



Observation:

What happened when the cotton bud touched the water?

Answer:
The three matchsticks moved away from the cotton bud.

Akram Science Says:



Suppose...

- Water = Your world
- Matchsticks = Your friends
- Cotton buds = You
- Dishwashing liquid = Your habit to sulk

We have so much fun with our friends! But what happens if we keep sulking with them very often? Just like when the matchsticks moved away from the cotton bud, which had been dipped in the dishwashing liquid, similarly our friends will run away from us.



So now we should stay away from our habit of sulking, so that our awesome friends don't run away from us.

What Happens When We Sulk?

I've come to play!

Hi, Nino! Wait one round, okay?

I always have to wait. I don't want to play with you.

Everyone is enjoying themselves, but me.

Now I'll sit out
this round.
Should we call
Nino?

No, I don't want
to call him. He
always sulks.



Yes, yes...
not him!



Nino didn't get a chance to play, and his
friends left him because of his habit of sulking.
It was a complete loss!

Experiment 3



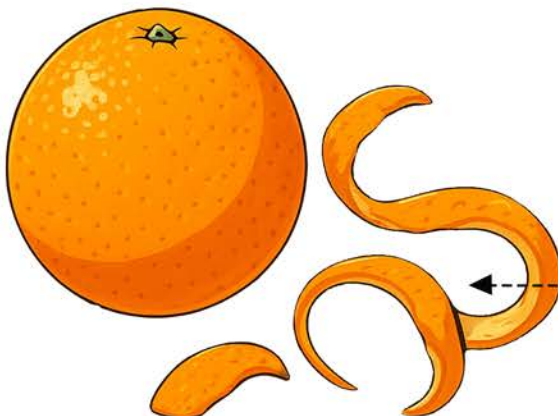
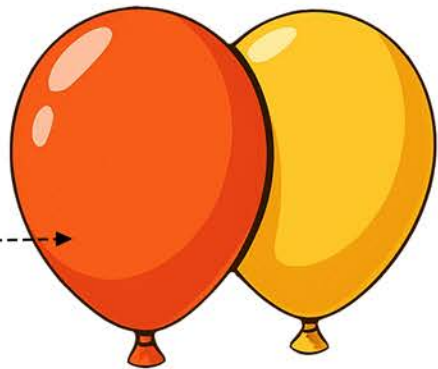
Requirements:

- 2 balloons
- 1 orange



Process:

1. Blow up or inflate the balloon to its full size.

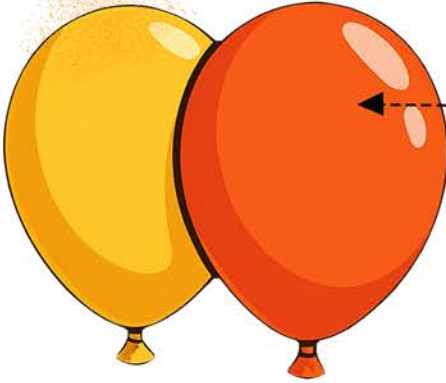


2. Peel the orange and keep the peel on the side.



3.

Squeeze the orange peel near the inflated balloon so that a little orange peel oil gets on it.



Observation:

What happened to the inflated balloon in just one second?

Answer:
As soon as some of the oil from the orange peel falls on the balloon, the balloon will pop.

Akram Science Says:



Suppose...

- Orange peel = Your complaints
- Balloon = Your parent's heart

Just as how the acid in an orange peel can pop a balloon, in the same way our complaints can break the hearts of our mum and dad. Our parents do so much for us, yet when we complain, it causes them great pain!



So, let us decide to always remain happy, and not break the hearts of our parents with complaints.



“Roti and gravy again? I said I wanted to eat noodles,” said Aaryan, pouting at his plate of food.

“Sorry, dear. I didn’t have time today. I will make it for you on Sunday,” said Aaryan’s mom,

gently. But Aaryan was annoyed. Aaryan’s list of complaints kept getting longer everyday.

One day, Aaryan’s grandmother placed a jar in Aaryan’s room. It was labeled ‘Complaint Jar.’ Aaryan was surprised upon seeing this. He found a note next to it that said, ‘Every time you complain, put a coin in this jar.’ Aaryan’s grandmother also gave him a small pouch filled with coins.



Within three days, the jar was already half full. Aaryan’s grandmother said, “Aaryan’s jar is getting heavy, and so are his parents’ hearts!” Aaryan didn’t understand what his grandmother was saying.

That night, Aaryan was doing his homework in the living room. Suddenly, he heard his own voice, “You never get me what I want! You never listen to me!”

When he looked around, he found out that his voice was coming from his grandmother’s phone. Aaryan’s grandmother had recorded Aaryan’s voice. Aaryan was shocked after hearing himself. He timidly asked, “Grandmother, is this how I talk? I feel hurt just by listening to it.”

Aaryan’s grandmother replied while affectionately stroking his head, “Then how must your parents feel? They do so much for you. Do you know how much it hurts their hearts when you complain?” Aaryan didn’t say anything at all.

The next day, Aaryan changed the jar’s name from the ‘Complaint Jar’ to ‘Thank You Jar’. Instead of complaining, he now says ‘thank you’. If he gets food

that he doesn’t like, then he will write a note saying, ‘Mummy was tired today, but she still made food. Thank you, Mummy.’ He then puts this note into the ‘Thank You Jar’. Now Aaryan stays happy — and so do his parents!



Experiment 4



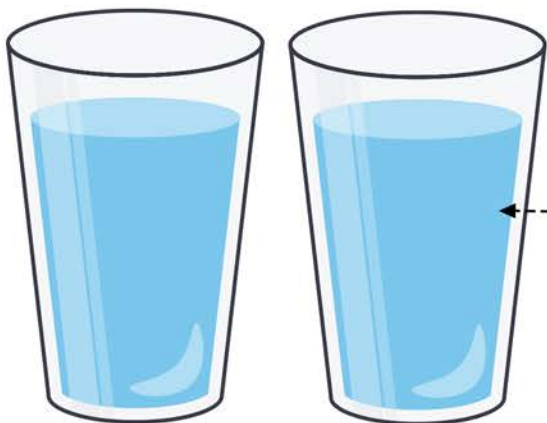
Requirements:

- 2 transparent glass cups
- Water
- Salt
- Food colouring
- Spoon

Process:

1.

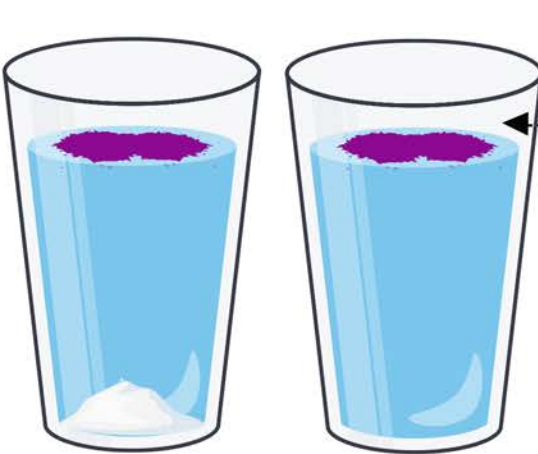
Fill both the glasses with equal amounts of water.



2.

Add salt in one of the glasses and stir it with a spoon. The other glass will have plain water.





3. Add a few drops of food colouring in both the glasses and observe.



Did the food colouring mix well in both the glasses?

Answer:
The food colouring will mix immediately in the plain water, but in the salt water, the food colouring will float on the water surface and take much longer to mix.

Akram Science Says:



Suppose...

- Glass with the plain water = You
- Food colouring = Education
- Salt = TV, internet, and other things we watch that fill up our *chit* (that which takes 'photos' within and sees previously registered scenes) with rubbish.

The food colouring mixes immediately in plain water. In the same way, if your *chit* is pure, then whatever you learn, the *chit* grasps it and will remember it.

But if you mix TV, internet, etc. in the form of salt in your *chit*, then just like how the food colouring floated in the salt water and didn't mix, whatever you learn will also stay at the surface level. You won't be able to grasp it properly.



If your *chit* is pure, then whatever you learn, the *chit* grasps it and will remember it.

How Do You

Increase Grasping?

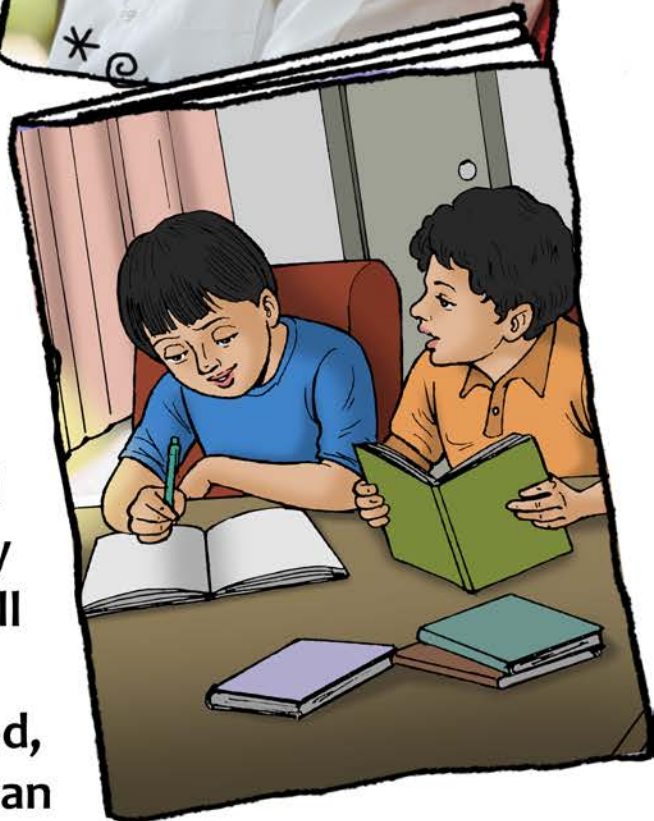
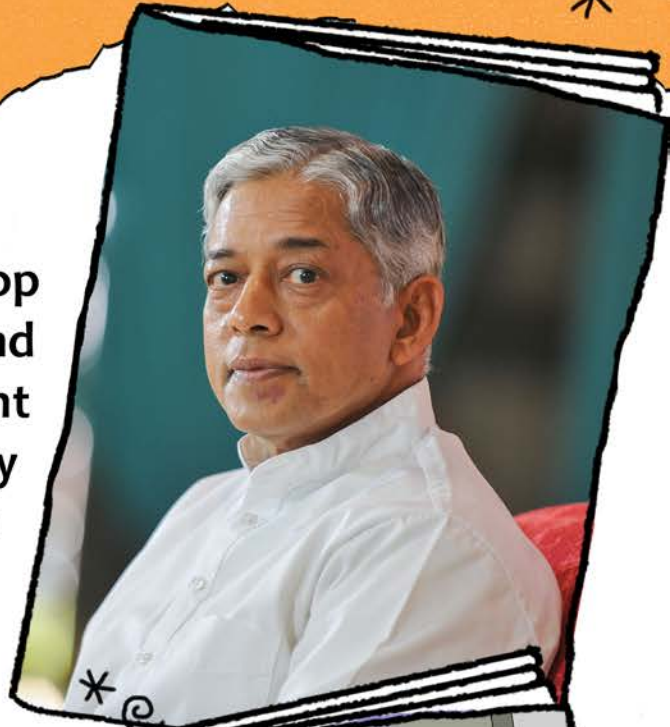
Power in Learning

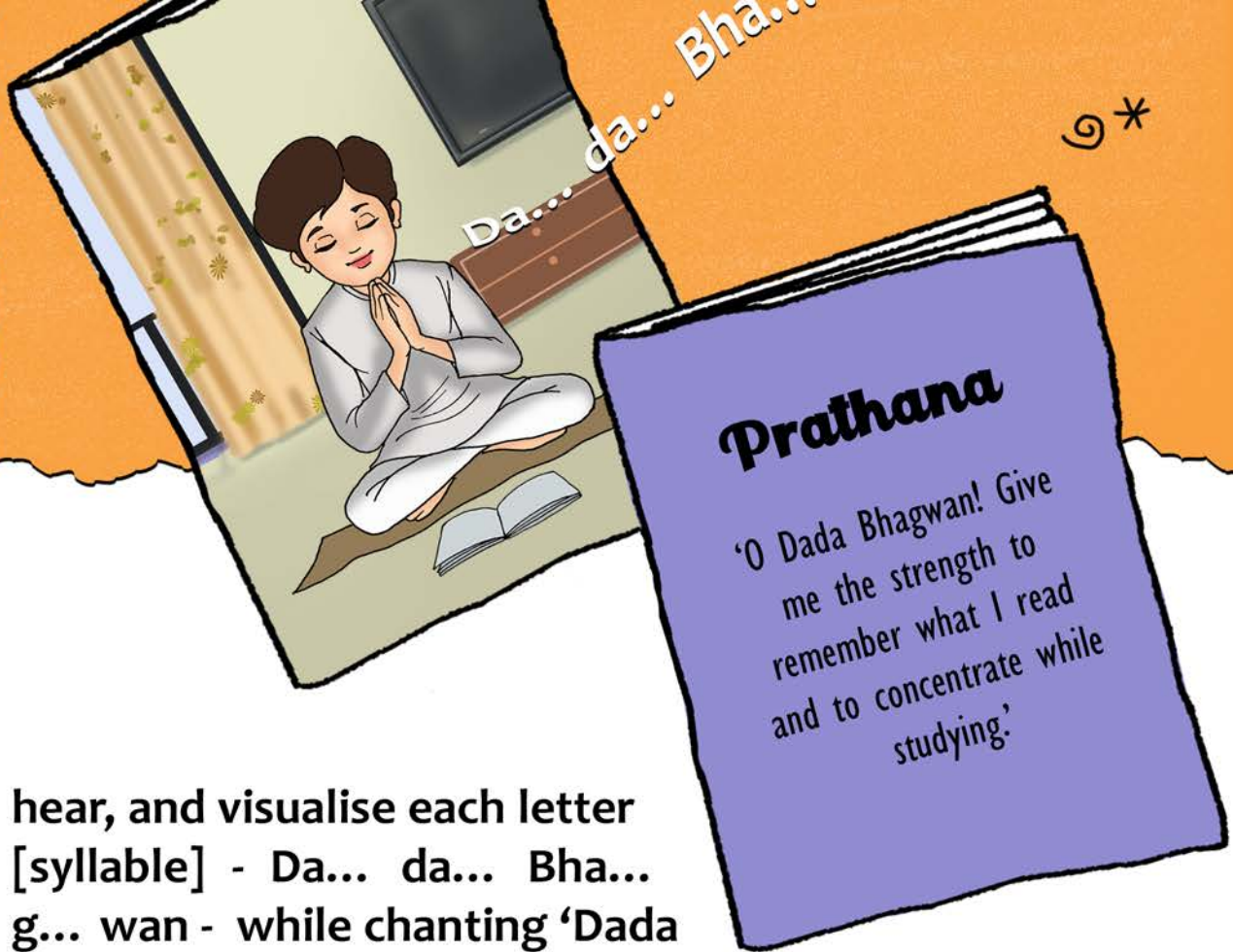
Pujyashree:

First, you should develop interest in learning, and [understand] how important it is. Your first priority should be education. If you gain interest, then your memory will increase a lot.

Second, if you chant 'Dada Bhagwan Na Aseem Jay Jay Kar Ho,' then your chit will become pure. A pure chit is able to grasp tremendously. Your concentration power will increase, and your memory power in your studies will reach new heights.

With your eyes closed, speak so that your ears can





hear, and visualise each letter [syllable] - Da... da... Bha... g... wan - while chanting 'Dada Bhagwan Na Aseem Jay Jay Kar Ho' for ten minutes. Your power will increase immensely.

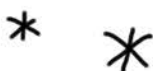
Many people have experienced that before studying, when they chant 'Aseem Jay Jay Kar' in this manner for ten minutes and ask for strength, 'O Dada Bhagwan! Give me the strength to remember what I read and to concentrate while studying,' the result is such that if someone was getting 58% marks, then they will get 78%. The result will increase by 20%.

If you want to improve your grades, then try doing this. You will get good results.

Prayer Before Studying

Click Here:

<https://kids.dadabhagwan.org/knowledge-house/book-world/English/My+Prayer+Book/>



Experiment 5

Warning: Please conduct this experiment in the presence of your parents.

Requirements:

- One small candle
- Matchsticks
- Baking soda
- Vinegar
- One glass
- One small plate

Process:



1.

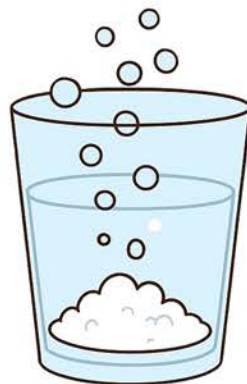
Place the candle on the small plate and light it.

2.

Put some baking soda in the glass. Slowly add vinegar to it.



5. Carbon dioxide (CO_2) will be formed in the glass.



4. Bring the glass close to the candle and tilt it.



Observation:



What happened to the lit candle?

Answer:

The CO_2 from the glass escaped and extinguished the lit candle.

Akram Science Says:



Suppose...

- Candle = You
- The flame of the candle = Your anger
- Mixture of baking soda and vinegar = *Pratikraman*

Many times we get annoyed with the people around us. Anger can be represented by the candle flame. Anger can feel like a fire is burning within. If you use a 'fire extinguisher' in the form of *pratikraman*, then the fire will be extinguished.



So, now we should keep this 'fire extinguisher' with us always, so that we don't get burned or burn the people around us.

How Many Types of Anger Are There ?



Anger can happen in three ways: through the mind, speech or action.

What is anger through the mind ?

You received poor grades. Come back after doing this extra homework.

Why is she like this? She is always giving extra homework.



What is anger through speech?

Your fifteen minutes of using the phone are over, now stop using it.

No! Everyone uses it for hours. You're the only one who doesn't let me use it.



What is anger through action?

Why did you throw water at me? My clothes are all wet!

You pushed me and it accidentally fell on you.



How to Do Pratikraman



If you have hurt the other person by getting angry, then do *pratikraman* by remembering the God residing in that person, or by remembering Dada Bhagwan.

‘O Dada Bhagwan (or remember the God that you pray to)! I have made this mistake; I got angry with this person. I am asking for forgiveness. I am sorry and I will not make this mistake again.’

Pratikraman Meter



Date:	Have I hurt anyone or gotten angry at anyone today?	Did I do pratikraman?
1		
2		
3		

AALOO CHILLY



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

Click Here : <https://shorturl.at/zyqqd>

Chilly had broken off his friendship with Aaloo and had left, crying and heartbroken. Then Aaloo started telling Parsley about his childhood and how he came to be best friends with Chilly. When Aaloo was young, everyone would tease him and call him 'Colourful Crybaby' because of his unusual colour. When Aaloo had tried skating for the very first time, everyone teased him a lot. Feeling sad, he had run away to the lake. Now, let's see what happened next...



I was sitting by the lake staring at my reflection, lost in thought, ‘I wish I looked like everyone else! Then none of this would have happened to me.’

Just then I heard a voice, "Hey Big Guy, do you recognise me? It's me, Chilly..." I looked up and saw Chilly floating on his back in the water, enjoying himself. I had briefly met Chilly a few years ago during a wildfire in the jungle. But I didn't know him that well at that time.



He told me, “I’m going to be a great singer when I grow up. Everyone in the entire jungle will be lining up to get my autograph. If you want one, then let me know. I’ll give it to you right now.”

Without hesitation, I handed him my book. He said, “Hey Big Guy, at least tell me your name first!”

I immediately replied, “Colourful Crybaby.”

He burst into laughter and said, “What a name! Why are you called the ‘Colourful Crybaby’? I’m way more colourful than you! If you’re the ‘Colourful Crybaby’, then I’ll be the ‘Colourful Crooner’”



Seeing my sad face, Chilly flew over and sat on my shoulder. He said gently, “Don’t worry, Aaloo. You just continue skating. If anyone troubles you, then I’ll take care of it.”

Surprised, I asked, “But... how do you know my name?”

Chilly replied, “I know everything. You’re colourful, I’m colourful — we’re alike! So, will you be my best friend?”

Best friend? I didn’t have a single friend in the entire jungle, and here was Chilly asking me straight up to be his best friend!

The very next day, Chilly dragged me to the

skating rink and said, “Aaloo, you’re my best friend, and I want to tell you a secret. If someone teases you today, then just give them a big smile. And if anyone troubles you, then I’ll take care of it!”

I thought to myself, ‘How could such a little bird handle it?’ I hesitated, “But...”

Before I could finish, he interrupted, “Hey! Don’t you know how to smile? Stay right there — I’ll teach you!” Then he gave the biggest, goofiest smile I had ever seen.



Chilly looked like a cartoon and it made me burst out laughing! He flapped his wings proudly and said, “Hey, Aaloo! Now you’ve learned how to smile. My job here is done. Bye!” And with that, he flew away.

Baby Aaloo has returned to the skating rink. But will he really be able to smile when the other baby elephants tease him again? And how will tiny Chilly protect him?



WELCOME TO AKRAM LAB

This is no ordinary lab. Here, the fun and joyful scientific experiments teach us the true value of living life. Do you want to learn through scientific experiments how to understand friendship, ask for forgiveness, stay happy and how to study well? Then put on your lab coat, become a scientist, and get ready to discover and explore!

