

October 2025

AKRAM Express



Akram Express
is now available
in audio
format...
Only Gujarati

Guess Who **Sulks?**

Editorial

Friends,

Every superhero has a superpower. They use their superpower when they want to do something they like. Whereas, when we want to do something we like and it does not work out, which 'superpower' do we use? We sulk!

Superheroes use their powers to help others. However, when we sulk, it does not help us or anyone else. It only causes damage upon damage!

In this issue, we will find out what happens when we sulk. Why did Rishi decide never to sulk? What gift did Lily get for not sulking? And also, what happened next in Aaloo and Chilly's world? Let's read on to find out!

- Dimple Mehta



Akram Express

October, 2025
Year 17, Issue : 03
Conti. Issue No.: 193
Published Monthly

Contact at:
Balvignan Department
Trimandir Sankul,
Simandhar city,
Ahmedabad-Kalol Highway, Adalaj,
Dist. Gandhinagar-382421, Gujarat.
Phone: 9328661166/77
Email: akramexpress@dadabhagwan.org
Website: kids.dadabhagwan.org

Editor: Dimple Mehta
Published by Mahavideh Foundation
Simandhar City, Adalaj - 382421.
Taluka & Dist.- Gandhinagar.

© 2025, Dada Bhagwan Foundation
All Rights Reserved

Price Per Copy: NIL



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

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

Chilly had fought with Aaloo. Parsley stepped in between, which upset Chilly even more. In the end, Chilly broke off his friendship with Aaloo and left. Both Aaloo and Chilly were heartbroken about this, while Parsley was angry at how Chilly had behaved. Now, what will Aaloo do next?

Before I could say anything, Koko said, “Sorry, Aaloo. Wherever I go, everything goes wrong!” And she left, sobbing.

Parsley started up again, “Aaloo, Chilly is a horrible best friend. You need to find a new best friend. Look at what he is doing just because he lost once! I’m placing an advert in the newspaper for a best friend - do you want to place one too?” Suddenly Parsley lit up as if a brilliant idea had just popped into his head. He came close to me, fluttering his eyes, and started speaking in a sweet tone, “Dear... Brother Aaloo... Let's do one thing: you and I should become best friends.”



Before I could say anything, he added, “I’m the best singer and you’re the best dancer. Wow! We’ll be such an awesome pair!” Giffy started sobbing loudly. I wasn’t sure whether he was crying because of Parsley’s proposal, or because Parsley called himself the best singer.

I felt dizzy watching Parsley fly around me. I picked him up with my trunk, set him on a branch and said, “Chilly and I are best friends, and no matter what happens, we’ll always remain best friends...”

Parsley started to ask, “But he...”

I interrupted, “He is my best friend. Since childhood he has been my best friend, and he always will be.”



When he heard this, Theo couldn't stop himself from asking, "Aaloo, even after he behaved like this with you?" They were looking at Chilly's current behaviour. But I remember what Chilly did for me when we were younger!

I told them how we became best friends.

"I was different from everyone when I was born. All the other elephants were grey, and I was like this... and on top of that I had a different tail. Wherever I went, everyone made fun of me. One day, I got fed-up of all the jokes and burst out crying. From that day on I was known as the 'Colourful Crybaby.' No one called me by the name Aaloo.



“I used to stay home as much as possible. I didn’t like going anywhere. But when I first heard about a skating class at school, I really wanted to skate. I gathered my courage and joined the class. There, too, everyone teased me: ‘Watch out, Crybaby! If you fall, then make sure all your colour doesn’t stain the ground!’ ‘Now the Colourful Crybaby will skate! Make sure you choose skates that match your colour!’

“I ran away from everyone and went to the lake. Looking at my reflection in the water, I started wondering, ‘Why am I different from everyone else...’”

What did Chilly do that, even after such bad behaviour, Aaloo didn’t say a single bad word about him? How did Aaloo, who was once teased by everyone in his childhood, become everyone’s favourite today?



“Okay, fine! You can be the main dancer. Come on, just say ‘yes’. We don’t have much time left. We still have to do a lot of practice,” Akul tried to persuade Rishi.

Just two weeks ago, Akul, Sahil and Rishi of the Shalimar Neighbourhood had decided to dance to the song ‘Deva Shree Ganesha’ during the welcoming ceremony for Lord Ganesh (Indian deity). But twelve times in two weeks, Rishi had gotten upset by something and threatened to quit the dance. Akul had somehow kept on persuading him.

“Hey Rishi, why are you getting upset at every small thing! We have to put on a great performance so that everyone in the neighbourhood will be amazed by us,” said Sahil, nodding his head in a hip-hop style.

“Yes, and we also have ‘The Vivek Gosai’ YouTube video. So say it with me, ‘Ganpati Bapa...’” There was enthusiasm in Akul’s voice.

“Moriya!!!” shouted Sahil, but Rishi sat still with a pouty face.

“You guys are doing everything based on your liking. You chose the song and you also chose dance steps that suit you! And also the main dancer is Akul. I want to be the main dancer!” moaned Rishi.

“Why are you always sitting around with your face inflated like a balloon? One day all the air will come out,” said Sahil in frustration.

Rishi walked away in anger. After this, Sahil got even more angry, “Akul, how long will we keep having to keep having to give in to him? He knows we can’t do the dance without him. That’s why he’s playing up, and now he also wants to be



the main dancer even though he knows that you're a better dancer than him!"

"Hey, don't worry. If giving in to him makes the dance better, what's the harm? We don't have a lot of time left. How long can he sulk for, really?" Akul tried to calm Sahil down and then he agreed to Rishi's demand and made him the main dancer.

Now it was time to learn the last step of the dance. Akul played the YouTube video and showed Rishi the step, "Look, Rishi, first you go to the right and lift your right leg. Then turn around and..."

"Enough, enough... This is all too difficult for me. I won't be able to do it," said Rishi in frustration.



“We’ll all practice and then you’ll get it. Come on, let’s practice a bit more,” said Akul.

But Rishi didn’t believe him. “You don’t want me in the dance, and that’s why you’re setting such difficult steps! I don’t want to dance with you lot.”

Akul became irritated, “What are you saying? We wouldn’t have agreed to your demands if we didn’t want you in the dance. Why are you always threatening to quit? If you want to quit, then just quit.”

“Okay, fine, I’m leaving. The two of you can do your dance,” sneered Rishi before he left.

Rishi knew that the dance couldn’t be performed without him because three dancers were required in all the steps. But Akul and Sahil were now fed-up of having to convince him all the time.



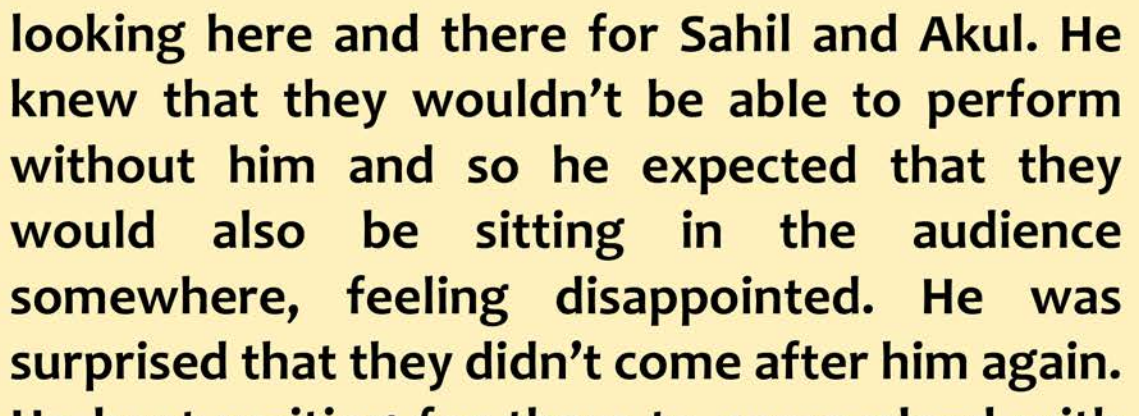
“Now what will we do?” asked Sahil.

"Maybe we should change the dance steps," suggested Akul.

“But we don’t have enough time! The welcoming ceremony for Lord Ganesh’s arrival is just around the corner. What will we do?” asked Sahil.

Truly, Sahil and Akul didn’t realise how soon the ceremonious day would arrive. In a flash, the day had arrived. Rishi was sitting in the audience,



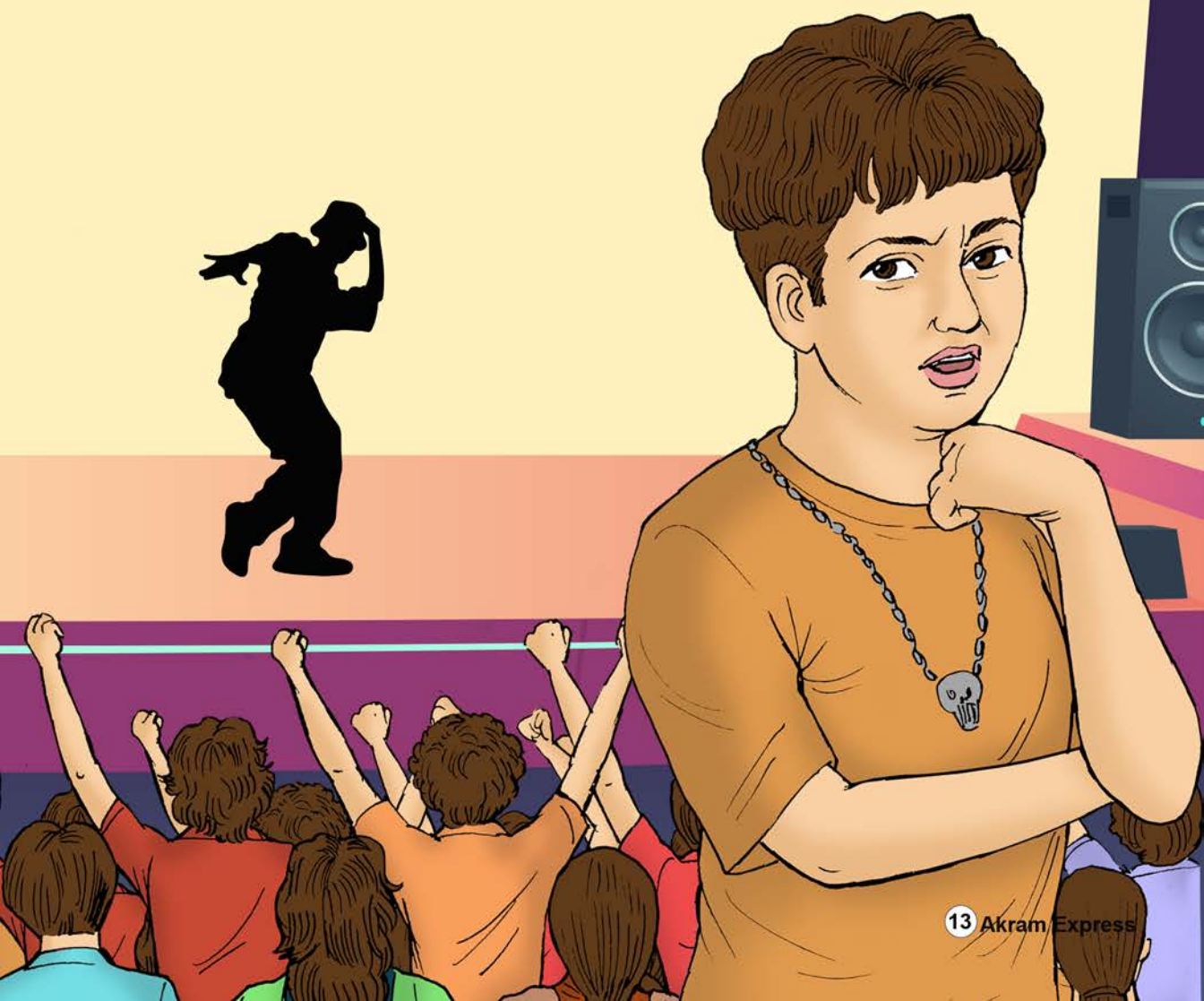


looking here and there for Sahil and Akul. He knew that they wouldn't be able to perform without him and so he expected that they would also be sitting in the audience somewhere, feeling disappointed. He was surprised that they didn't come after him again. He kept waiting for them to come plead with him and then he expected to join the dance again. But now he was shocked when he saw Akul and Sahil on the stage. "Dancing without me!" exclaimed Rishi. Not only were they going to perform ...without Rishi, but another boy had also taken Rishi's spot. Rishi felt dizzy even



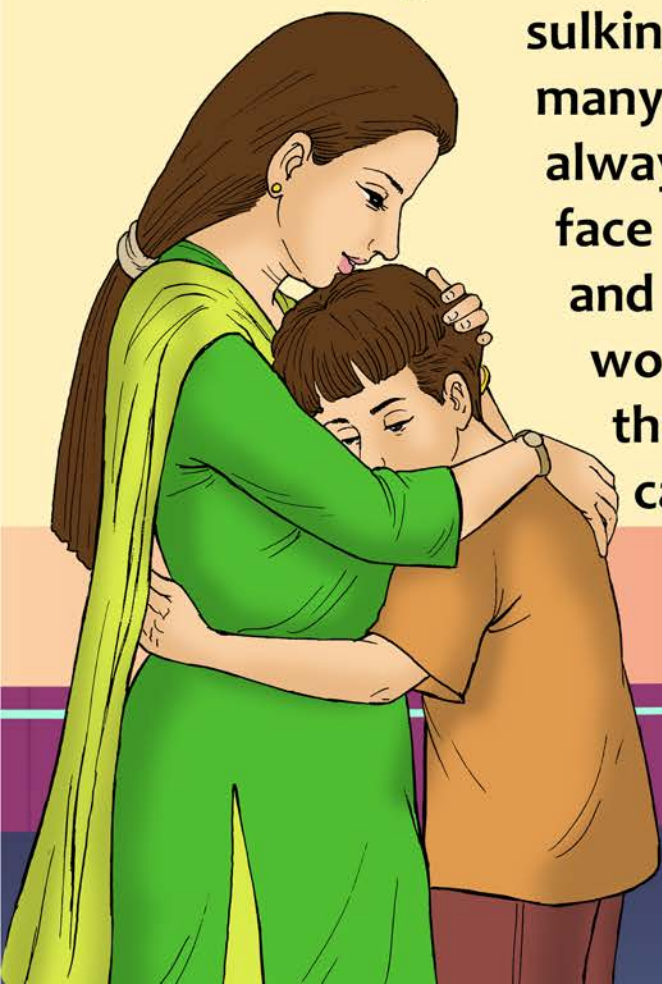
though he was sitting down. The dance started, and Rishi was stunned seeing the three of them dance. They had found such a good dancer who had learnt all the steps in such a short amount of time! Rishi couldn't believe it. But that day, Rishi received one shock after another. After the dance was over, he saw Vivek Gosai go on stage. Rishi rubbed his eyes multiple times. The YouTuber Vivek Gosai was here!

Vivek Gosai went on stage, congratulated



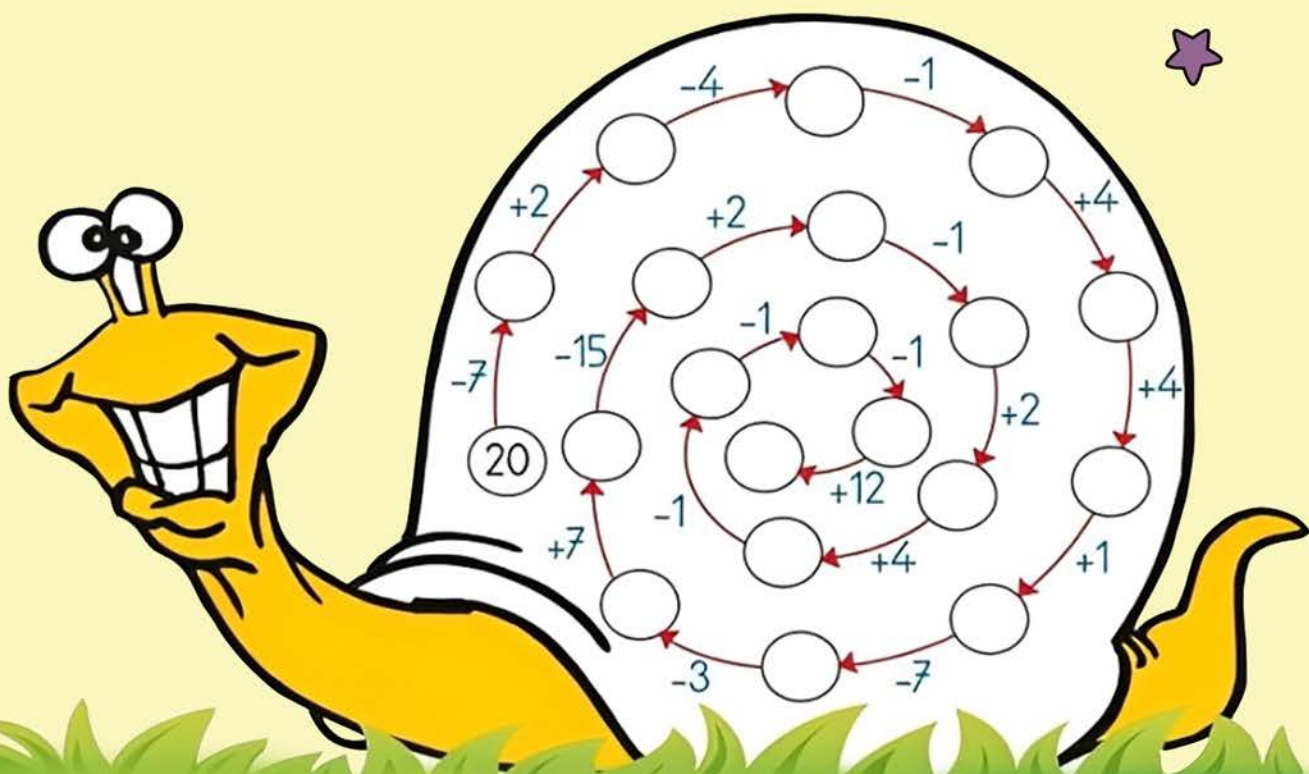
the children and invited them to dance on one of his TV shows. Sahil, Akul, and the third child's family, who were sitting in the audience, stood up from their seats and applauded loudly. Sahil and Akul's younger sisters showed their excitement by cheering loudly. Sahil and Akul's happiness knew no bounds.

On the other hand, Rishi's mother was quietly looking at him. She was sad upon seeing Rishi's sorrow. Rishi placed his head on his mother's shoulder and said, "If I was on the stage today, then I too could've gotten a chance to dance on TV." That day, Rishi understood how harmful sulking is. Sahil had told him many times that he was always sitting around with his face inflated like a balloon, and that one day all the air would come out. And on that day, truly, all the air came out.



Let's Play...

Find the number that goes in each empty circle below.



20

18

15

8

5

19

13

10

6

17

16

12

9

4

14

11

7

2

1

3

Let's Play...

Find these items
inside the picture
below.





Gnanis Say...

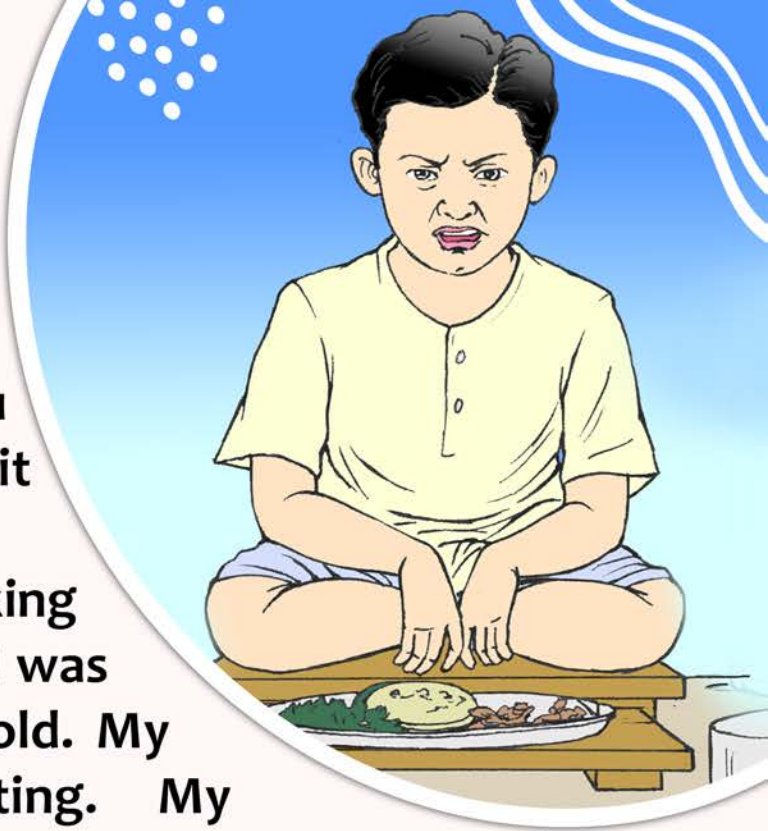
A truly intelligent person will not sulk with anyone. Sulking leads to a loss. If one day, you sulk, have a tantrum, and don't eat at night, then what would everyone do? Would they all stay awake? When the time comes, everyone will fall asleep. So, only you are at a loss. Any pleasure you get from sulking will also disappear.

It is like this: if I sulk with the conductor or driver of a train, then for a short time he may say, "Hey, please sit down. What is the point of arguing right now? Just sit down!" But if I continue sulking and say, "I will not sit, absolutely not!" then will he not immediately go ahead and start the train? Will the world come to a halt? The world will

simply continue; you should adjust with it accordingly.

I remember sulking once or twice when I was five or seven years old. My cousins were visiting. My mother gave us something, but I felt like I got less. It was some delicious food and I felt I had been given less. So I said, "I do not want to eat," and sulked. If I was given something and I felt it was not enough, then I would sulk. The food [I received] remained there and my cousins ate and left. My share was left there. Afterwards, even that got eaten by someone. At night, when I looked for it, I could not find it. I asked, "Where did the food go?" I was told, "It is finished." Then I said, "Oh! This is the loss I have suffered for sulking."

I did the calculations and realised that there is only loss in this. Therefore, I should not sulk again.



**Coming
Soon**



Choco Tutti-Frutti Roll

Tutti-Frutti
1/4 cup



Cocoa Powder
2 teaspoons



Condensed
Milk 1/2 cup



Crushed Marie
biscuits - 1 cup



- Steps:**
1. Mix the crushed biscuits, cocoa powder, and condensed milk and form a dough.
 2. Roll out the dough flat and spread tutti-frutti on top.
 3. Roll up the flat dough into a log. Then put it in the refrigerator for about 30 minutes.
 4. Cut the log into slices - Colourful Choco Tutti - Frutti roll is ready !



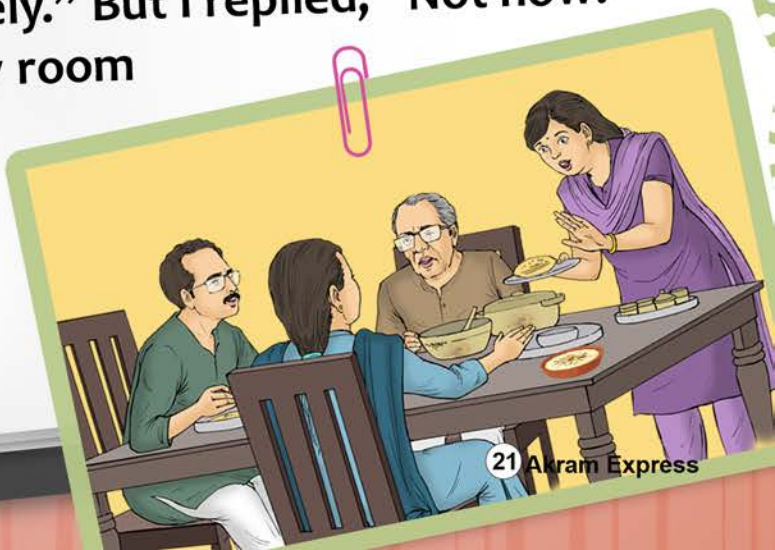
Niruma Shares

Her Experience



Once, I had night duty at the medical college. I came home after working non-stop for thirty-six hours. I did not have time to even sit for two minutes. I was extremely hungry and my mind was exhausted.

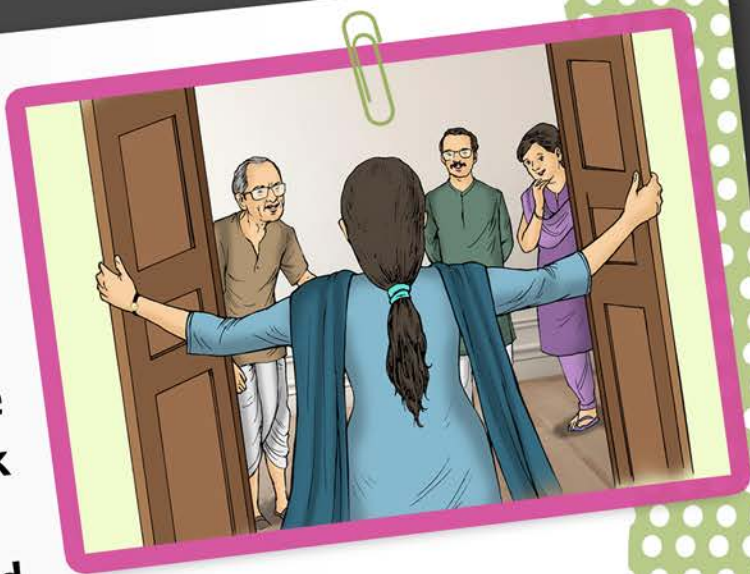
I had a bath and then sat down to eat. That day, they had made *shrikhand* (sweet yoghurt dessert). My sister-in-law served it. I tasted it, but I did not like it. I told my sister-in-law, "You know there should always be cream in my *shrikhand*. You went and made mine without cream like everyone else's. I don't want to eat it." My sister-in-law said, "I will add the cream immediately." But I replied, "Not now!" and I went to my room and closed the door. Everyone in the house gathered and



thought, 'Now what will we do? How will we persuade her? She will not come out until tomorrow. She will not eat or drink anything.'

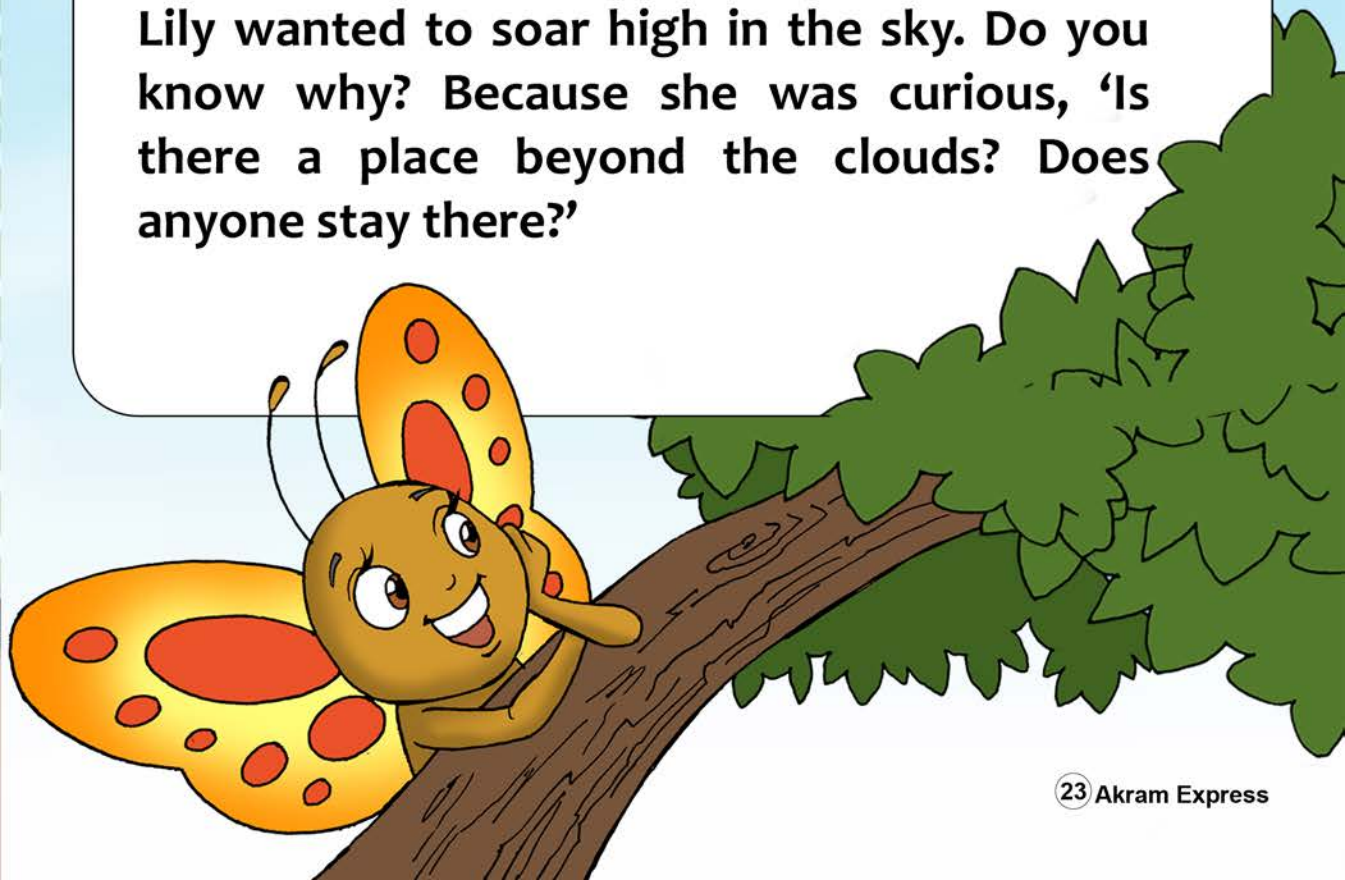
As soon as I closed the door, the next minute I thought, 'Oh dear! What have I done? Was it really anyone's fault?' So, immediately I opened the door and came out. Smiling, I sat at the table. Everyone was relieved. After that I have never sulked again.

Dada had said, "Niruben has stayed with 'us' for all these years, but she has never sulked with 'us'." I said to Dada, "Dada, how can I sulk with you? I do not like being away from you for even a minute. If I sulk and go away from you for even a minute, then what would happen to me?! It would be a great loss to me. So that is why I never sulk, Dada."

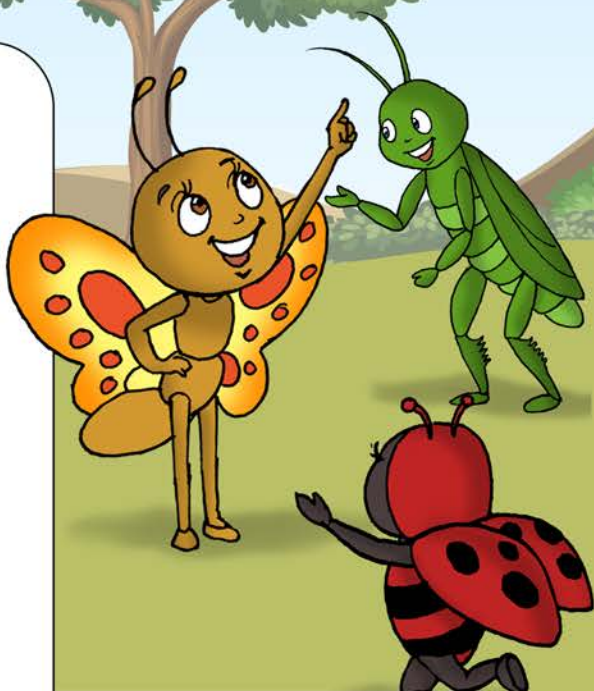




Lily, who lived in Greenland, had only one dream: to acquire big wings! But how big are a butterfly's wings and how high can it fly? Lily wanted to soar high in the sky. Do you know why? Because she was curious, 'Is there a place beyond the clouds? Does anyone stay there?'



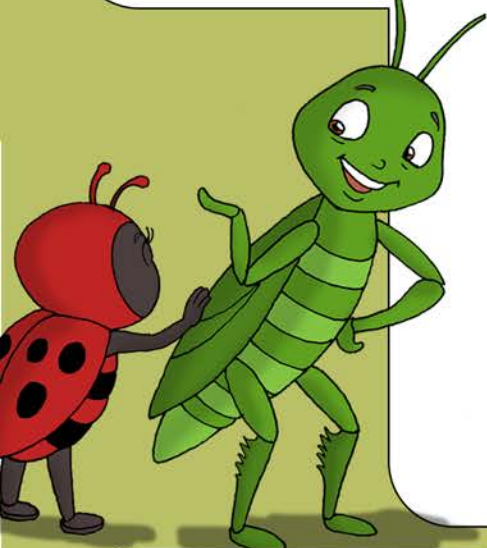
“Hey, Miss Lily! Did you get your wings that you've dreamed about?” asked Grassy, Lily's friend. “Hey, Grassy, my dream will come true. Together, we'll make big wings and fly beyond the clouds!” said Lily, looking up at the sky.



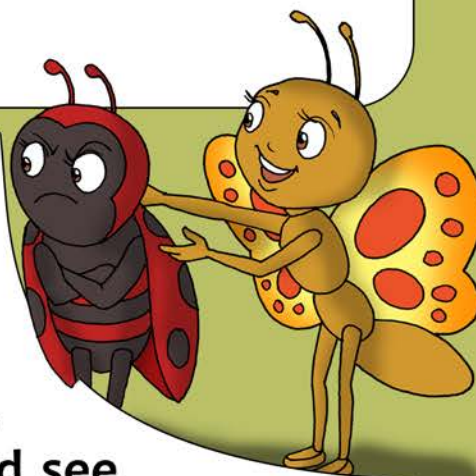
“Yes, yes, Lily, we'll make them!” said Rosie.

“The suck-up has spoken!” Grassy teased.

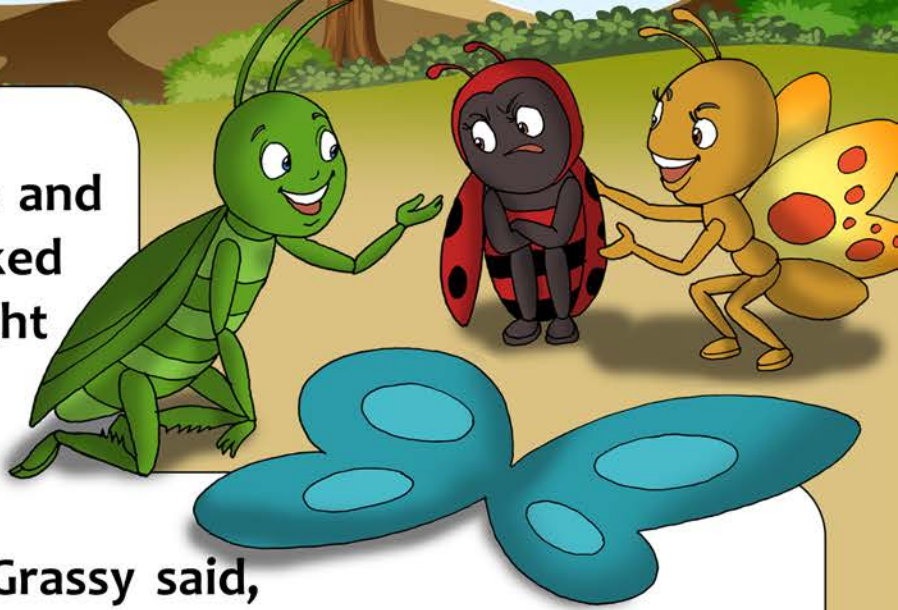
Rosie, feeling hurt, said, “Grassy, don't talk to me anymore!”



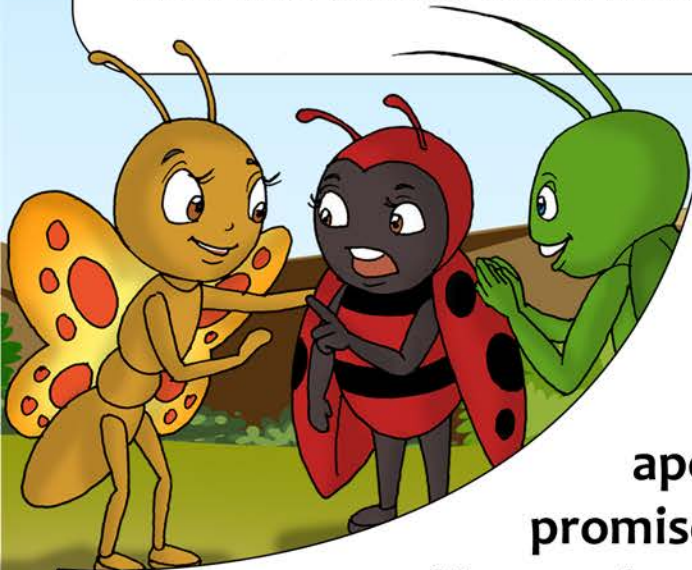
“Oh, Rosie, why are you getting upset at such small things! Once we've actually made these wings, then we'll be able to go and see the world beyond the clouds!” Lily comforted Rosie and then explained the process of how to make the big wings.



Lily, Rosie and Grassy worked day and night to make the wings, and finally they were ready. Grassy said, "The wings are ready, but I wonder if they will bear Rosie's weight?"

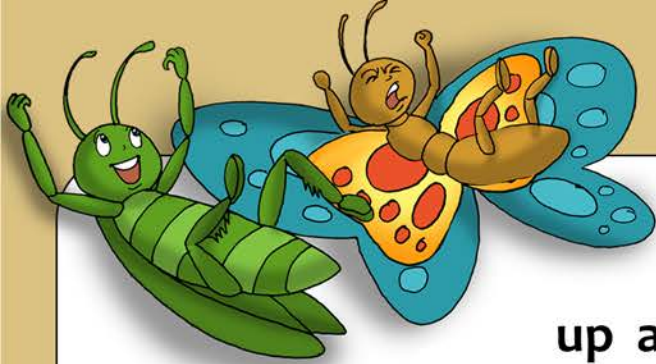


Rosie sulked and said, "I am not going anywhere with Grassy." Lily looked sternly at Grassy and then tried to console Rosie, "Rosie, Grassy just likes to make fun of things. Don't feel bad about what he says."



"Lily, you'll only understand when you get hurt," said Rosie in frustration. Only after Grassy apologised to Rosie and promised never to make fun of her again, did she agree to come.

The three of them got ready to fly. They climbed onto the branch of a tree. Lily put on the wings. Grassy and Rosie sat on Lily's shoulders behind the big wings.




“1, 2, 3...” Lily looked up at the sky and lifted the wings to fly. But all three of them fell down with a thud. Because they fell on the grass, Rosie and Grassy didn’t get hurt, but Lily was hurt due to the weight of the wings.

Despite being injured, Lily was actually more hurt by her dream getting crushed. After dropping off Lily to her house, Rosie and Grassy set off together to return to their own homes.



It was dark. Both of them were walking slowly. Suddenly, they saw a white, sparkling fairy with big wings. They were stunned seeing such a beautiful fairy. For a second, they both thought they were dreaming. The fairy said, “I’m a fairy of the clouds. I’ve come to visit Greenland. It’s time for me to go home. Do you want to come with me to my home beyond the clouds?”





Rosie and Grassy were filled with awe and immediately agreed. The fairy sprinkled sparkling fairy dust on both of them, and they started floating up without any wings. The fairy was ahead, and Rosie and Grassy followed her. In a blink of an eye, they reached Fairyland. They were amazed to see such a beautiful world. Just then, Rosie remembered that they had forgotten to tell Lily, and she froze.



“Grassy, we didn’t tell Lily!” whispered Rosie.

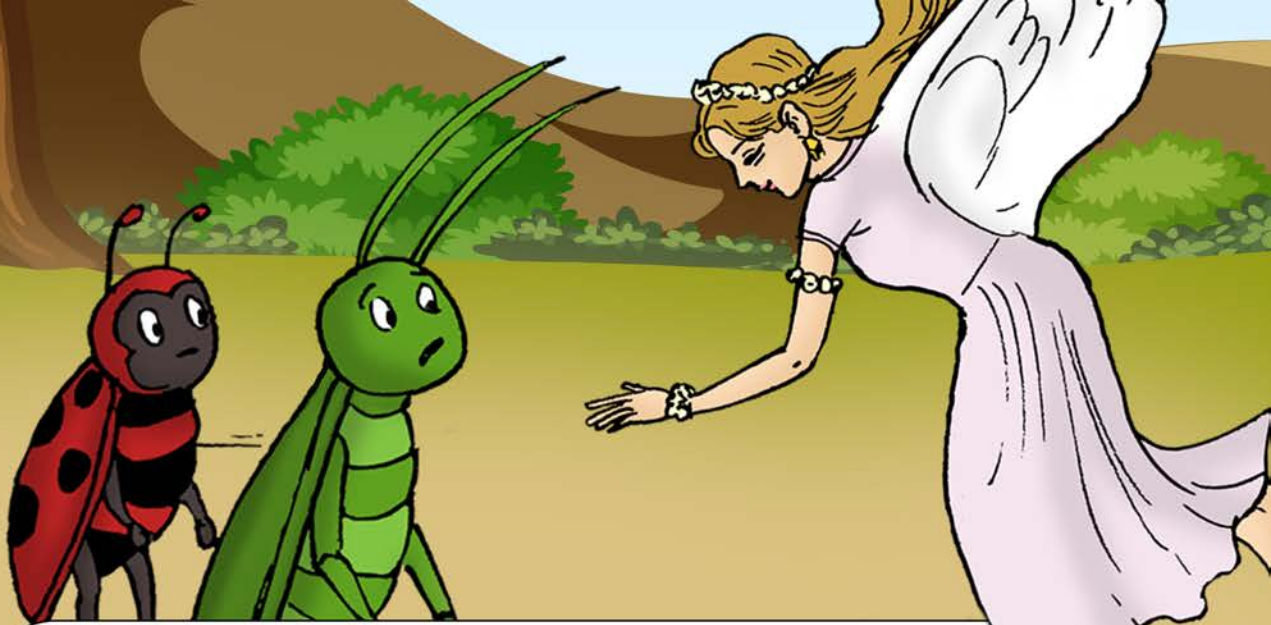
“But we didn’t have time to tell her,” said Grassy.

The fairy heard them, “Do you have a friend who you forgot to bring?”

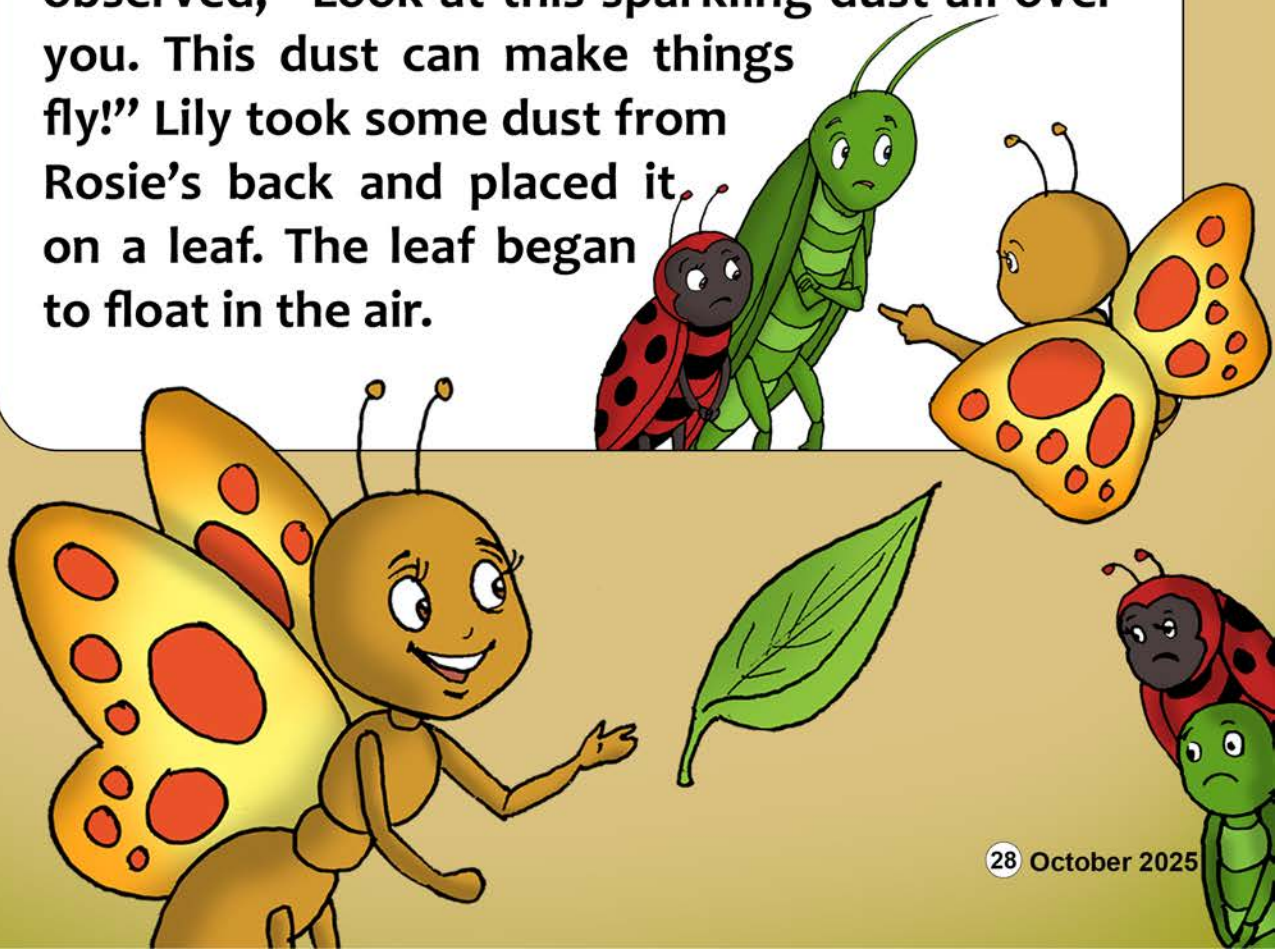


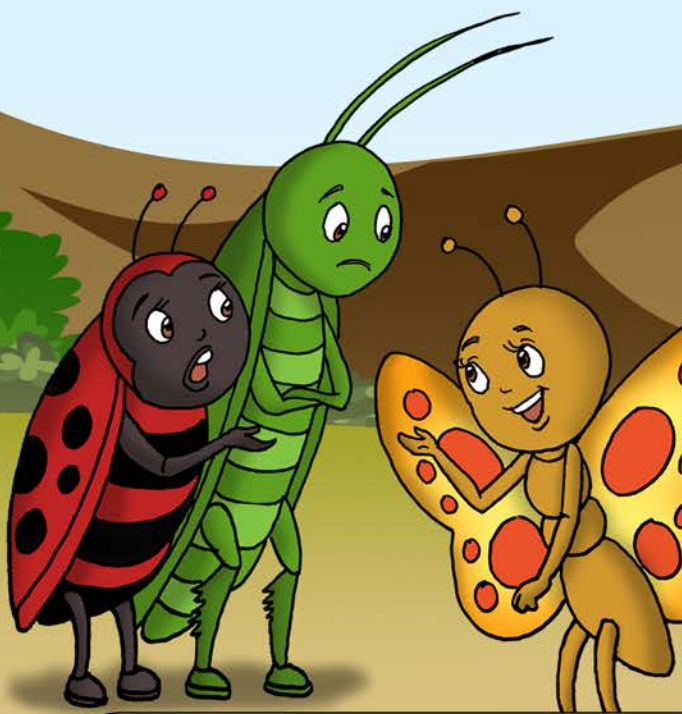
“Yes, it was her wish to see this world. It was her idea to make big wings in order to fly here. But those wings didn’t work, and now we’re here without her,” replied Rosie, with regret.





The fairy patiently heard Rosie out. Then after showing them around Fairyland, she dropped them back to Greenland and flew back. They both decided that they wouldn't tell Lily anything. But the next day Lily observed, "Look at this sparkling dust all over you. This dust can make things fly!" Lily took some dust from Rosie's back and placed it on a leaf. The leaf began to float in the air.



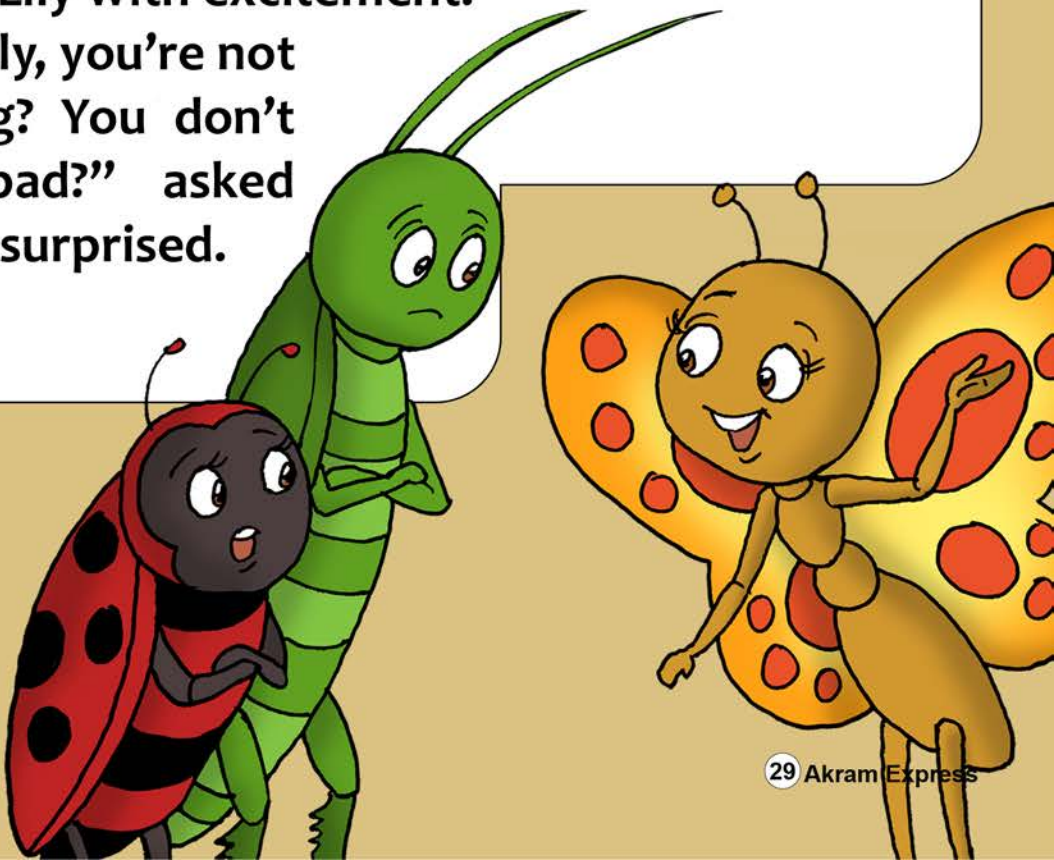


“Sorry, Lily. We thought you might sulk so we didn’t want to tell you that yesterday we met a fairy. She

sprinkled this sparkling dust on us and took us to Fairyland,” said Rosie.

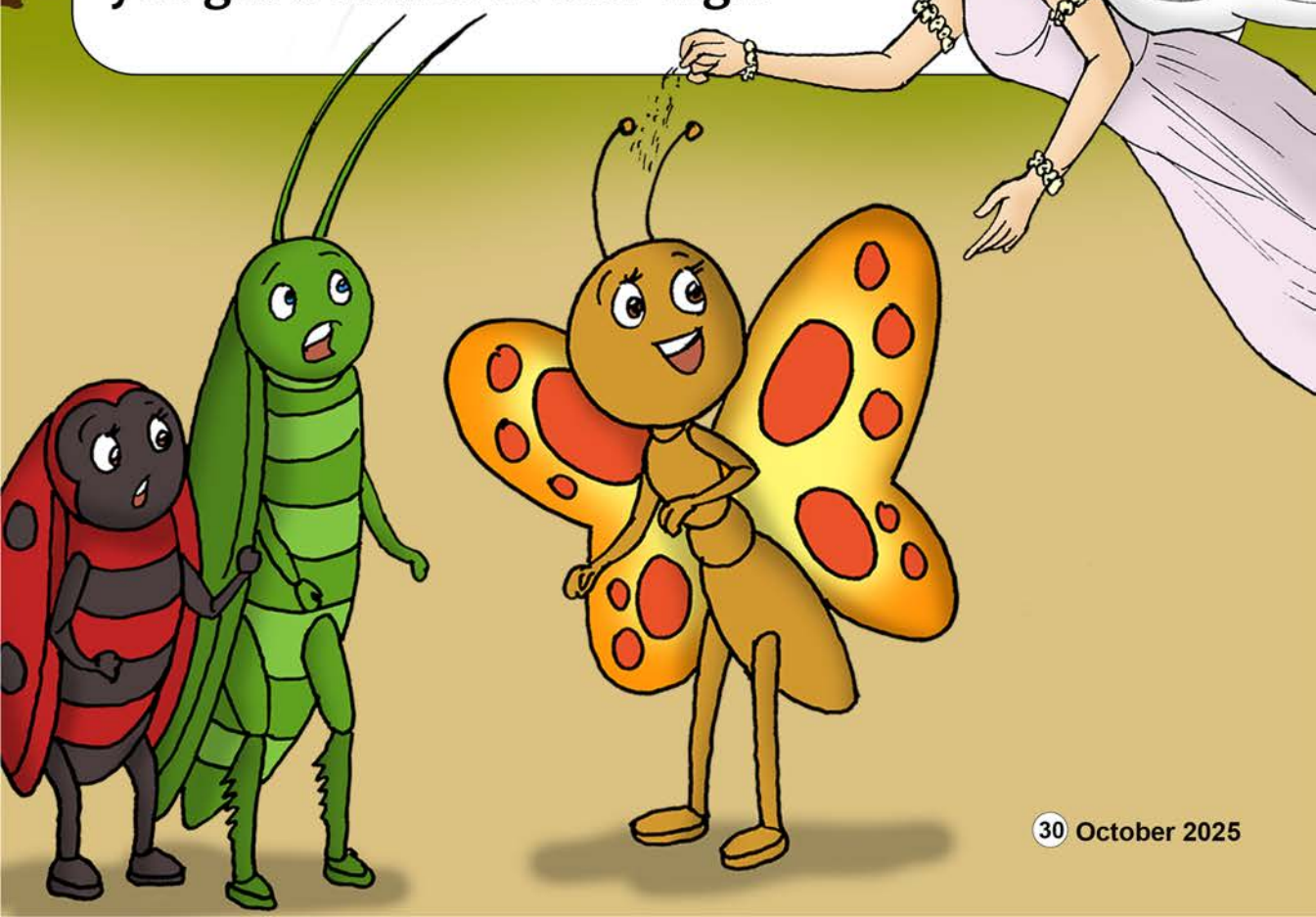
“What is the need to sulk? I’m happy for you that you got to visit Fairyland. Come, come... Now tell me, what was Fairyland like?” asked Lily with excitement.

“Lily, you’re not sulking? You don’t feel bad?” asked Rosie, surprised.



“No, what benefit is there from sulking? If I sulk, then my happiness disappears. Only silly people sulk. I’m smart. It’s not like the fairy from last night will come back if I sulk,” said Lily with a laugh.

“But maybe she’ll come because you didn’t sulk...” As soon as Rosie said this, the fairy appeared and sprinkled the sparkling fairy dust on Lily. She said, “Your wings will be so strong now that you’ll be able to visit Fairyland whenever you wish, and you’ll also be able to bring your friends on your wings as well! You never sulk, so that is why you get a chance to soar high.”

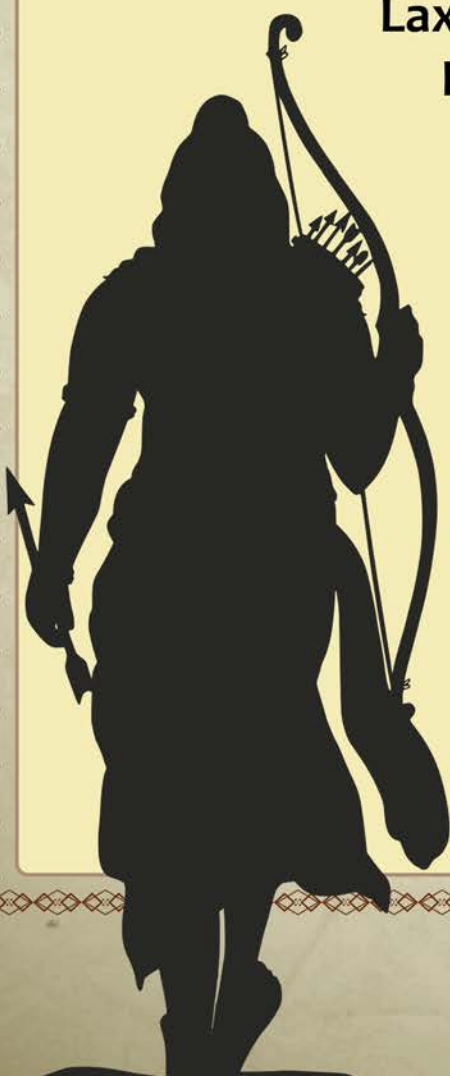


And Finally...

Ravan was lying wounded on the battlefield, taking his last breaths. When Lord Ram learned this, tears came to his eyes. Laxman was surprised to see this. Laxman thought to himself, 'Shouldn't one be happy when the enemy is dying?'

Laxman boldly asked Lord Ram, "Why are there tears in your eyes?"

Lord Ram said, "Ravan is a storehouse of many virtues. Leaving aside the fact that he kidnapped Sita, he has so many qualities that are worthy of praise. Right now, Ravan's mind must be in so much pain! Laxman, go there at once



and pay your respects to such a great man like Ravan.”

Laxman immediately went to Ravan. He told Ravan what his brother, Lord Ram, had said. He ended by saying, “Ravan, you are truly great, that Lord Ram is crying over your death.”

Ravan replied, “Lord Ram is the truly great one - the one who praises even his enemy’s virtues! Now I understand why the entire world bows down to Him!”

Laxman was stunned. For a moment he couldn’t grasp who was the truly great one - Lord Ram, Ravan or both.

