

January 2026

AKRAM Express



Editorial

Friends,
Has your friend ever shared their favourite toy or chocolate with you? When someone shares their favourite things with us, it makes us very happy. However, the person who shares it is even happier than us.

It is not just things that can be shared. If someone is alone, then we can share our time with them. If someone does not know something, then we can share our knowledge with them. Let us find out in this issue what *Gnanis* say about sharing. What did Titu share, and what did Anuja gain from sharing? What happened next after Theo and Friends met Idli Amma? And did Chilly finally get what he wanted? Read on and find out...

- Dimple Mehta

Sharing IS Caring

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Theo and Friends had gone to visit Coimbatore (a city in the South Indian state of Tamil Nadu). It was morning. After visiting the waterfalls, they were on their way back. Rizo was feeling extremely hungry. He took out a Five Star Chocolate bar from his bag and ate the entire bar in a single bite. Theo, Zoey, and Giffy just stared at him. Everyone was hungry, but Rizo didn't even ask if anyone else wanted some. Zoey knew Rizo had more chocolates in his bag. She waited, expecting he would offer.

Instead, he said, "Friends, I'm saving a few chocolates in my bag so that I can eat them when I get hungry," and closed the bag. Everyone just kept looking at him silently.

Zoey said, "Since we're all hungry, we're going to



have breakfast at Idli Amma's magical kitchen!" Everyone headed there thinking it would be a café. But it wasn't a café — it was a kitchen run by a 90-year-old elderly lady. On the way there, Zoey told everyone about Idli Amma: "Her real name is Kamalathal. But the people in her village lovingly call her 'Idli Amma' (Idli Mother). She serves delicious idlis (steamed rice and lentil cakes) with sambar (lentil curry) and chutney for just one rupee. That's how she got the name 'Idli Amma'".

Rizo's ears perked up, "Just one rupee?! That's cheaper than a Five Star Chocolate!"

Zoey continued, "Her reason for charging so little is so that poor labourers can get a proper meal and no one has to go hungry. She's been doing this every day for the past thirty years. Idli Amma herself lives a very simple life. But even without anyone's help, she wakes up early every morning, makes around 600 idlis, and lovingly serves them to everyone. Many people have





told her to raise the price, but she always says no. She knows that as long as the idlis are just one rupee, laborers can eat to their heart's content."

While chatting, they reached Idli Amma's home. The delicious smell of sambar and chutney was in the air.

Theo's stomach growled so loudly that even the birds fell silent for a moment.

There was a long line outside the house. 90-year-old Amma, with a sparkle in her eyes and stamina in her hands, was giving idlis to everyone.

When she saw Theo and his friends, she welcomed them warmly and asked them to sit down and eat. Rizo asked Idli Amma, "Amma, don't you get tired doing all this work?"

Amma replied lovingly, "No, no... never. I find happiness in giving happiness to others — and from that, I get the strength to keep working!"

She fills other people's stomachs before thinking of filling her own—and that's what fills her heart!

Hearing her story, Theo and his friends were deeply moved. They thanked Idli Amma and set off on their way.

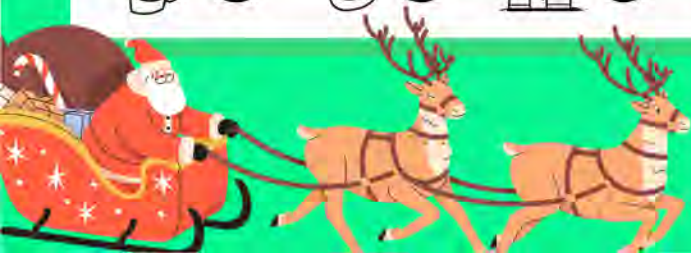
On the way back, Rizo said, "Now that we've had idlis, don't we need dessert?"

Saying this, he took out the Five Star Chocolate bars from his bag and gave one to each friend.



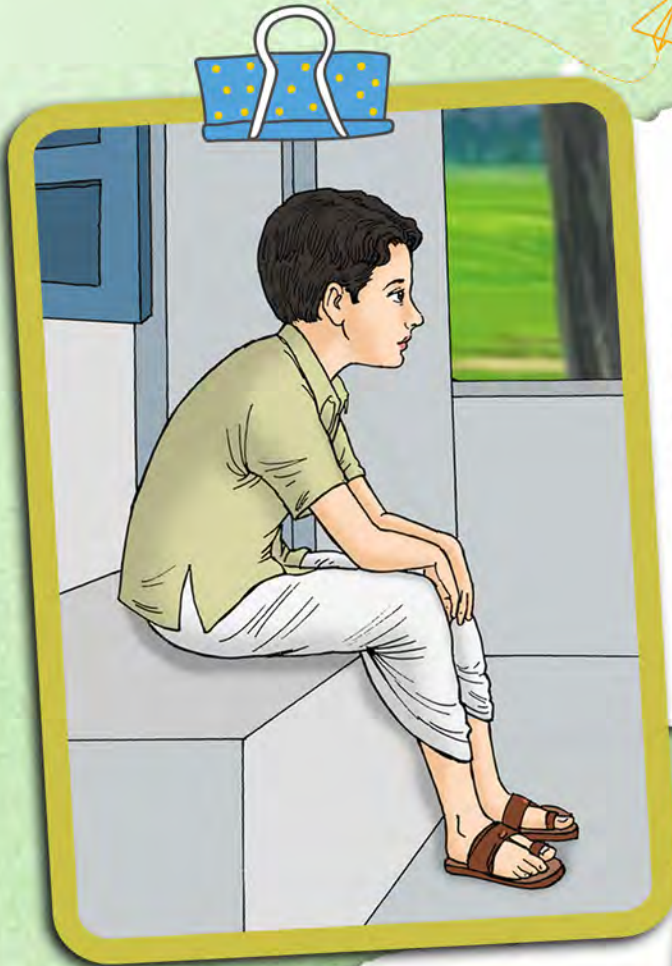
Let's Play...

How many of each item below can you find inside the big picture?
Write down the number in the circle beside the item.



Absolutely

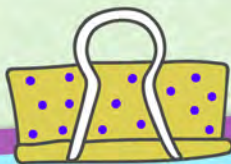
New and Different!



During Dadashri's childhood in Bhadran, there was an empty plot opposite his house.

The Land was not being used, so Dadashri thought, 'Let me plant some vegetables here.' Dadashri was quite young, but he knew how to sow vegetable seeds and nurture them with manure and water, to make them grow.





Dadashri planted bottle gourds and corn. After a short time, big bottle gourds and corn sprouted.

Dadashri didn't keep these vegetables for his own family, but distributed them among the neighbours. Thus, from a young age, Dadashri experienced happiness by giving happiness to others.



Photo Day

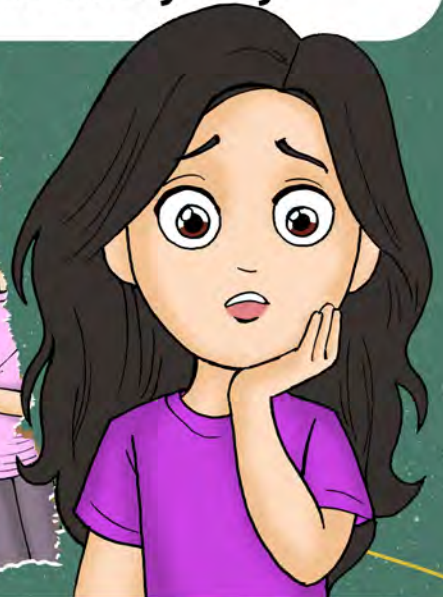


Kavya has many friends, but I don't have any. My name is Anuja, and Kavya is my older sister and also my best friend. Kavya lets me use all her things. Not just me, but also her friends.

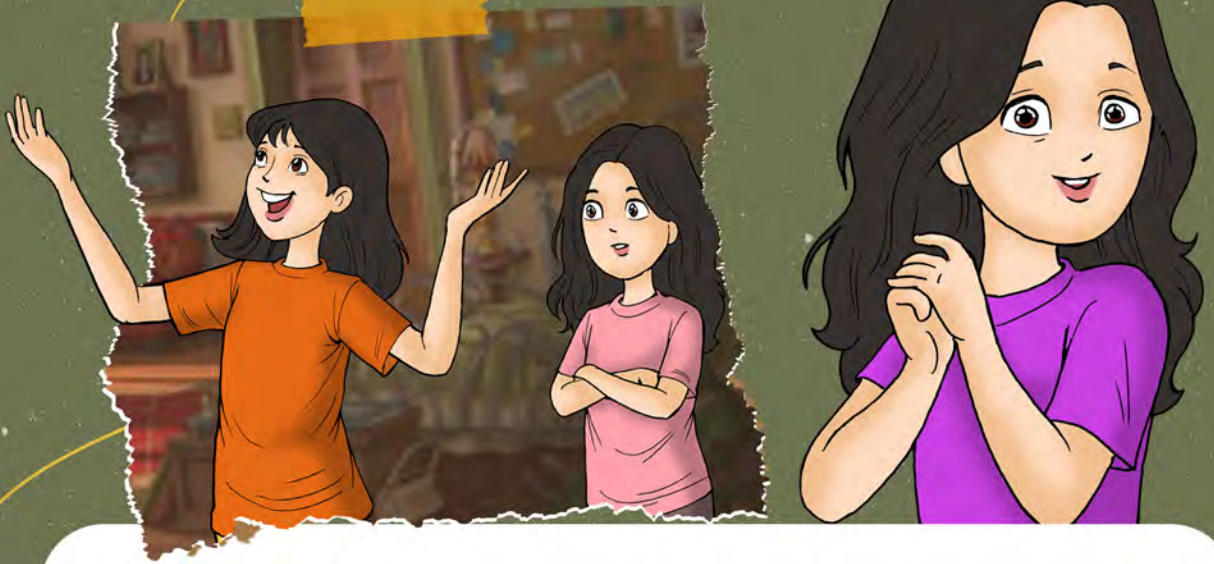




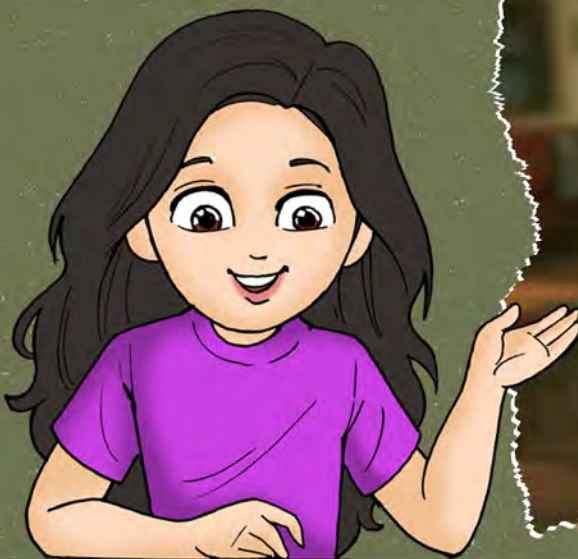
When I was in fourth grade and Kavya was in fifth grade, our aunt brought a bracelet kit for both of us. It had all kinds of tools to make bracelets. It was so nice that I thought I would make and wear a new bracelet every day.



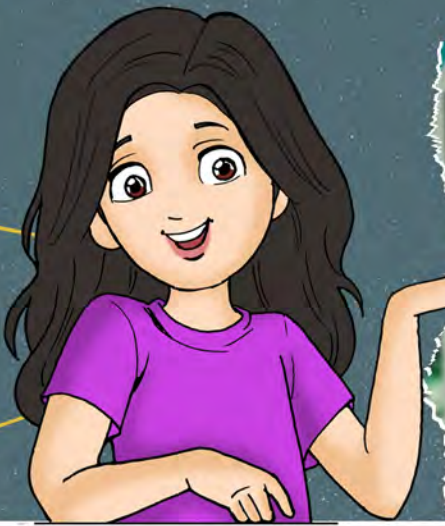
And do you know what Kavya did? She invited all her friends. Everyone made bracelets together. Kavya gave each of her friends a bracelet and kept only one for herself. Who does that?



I feel that if I share my things with others, then I will have less. But Kavya says that sharing her things with others is what makes it fun. She doesn't like doing things alone at all.



She tells me, "Sharing fun with others makes it more fun and helps you make more friends." I don't really understand how that happens.



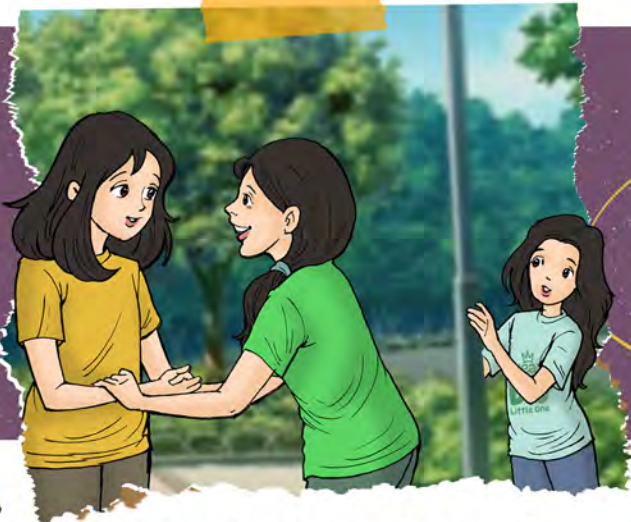
But I do understand how to be special. For 'Photo Day', Kavya and I bought nice T-shirts to look the most special out of everyone. I was sure that in fifth grade, no one else would have such a cool T-shirt like mine.



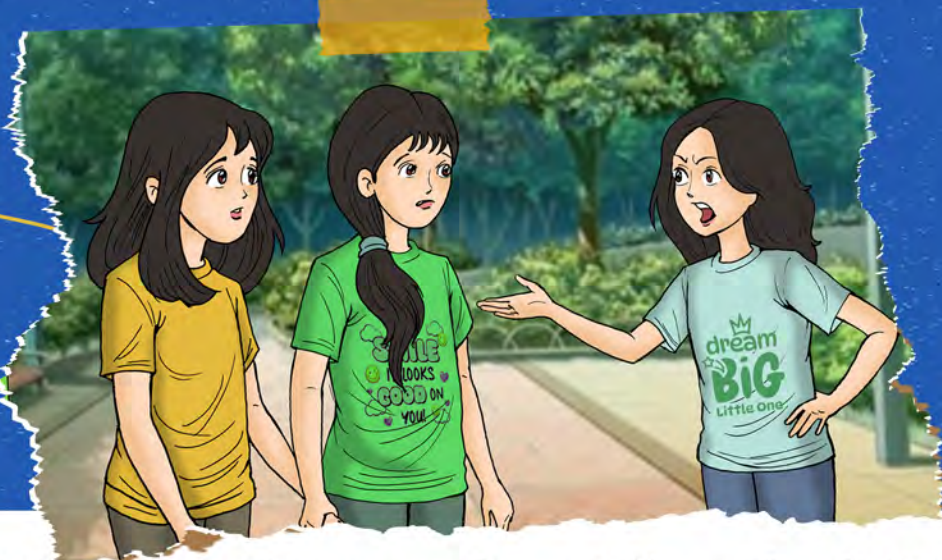
The photo session was after recess. I couldn't wait for recess to end. But at the photo session, all my excitement disappeared. How did that happen?



Before recess, I hadn't seen Aditi in class. During the photo session, I saw that Aditi was wearing the same T-shirt as Kavya. When it was my turn to get my photo taken, I had to force a smile. After school, I saw Kavya at the school gate from far away. What was she wearing?



Where was her T-shirt? Before I could go to her, Aditi reached her first. They were talking about something. Aditi was saying "Thank you" to Kavya.



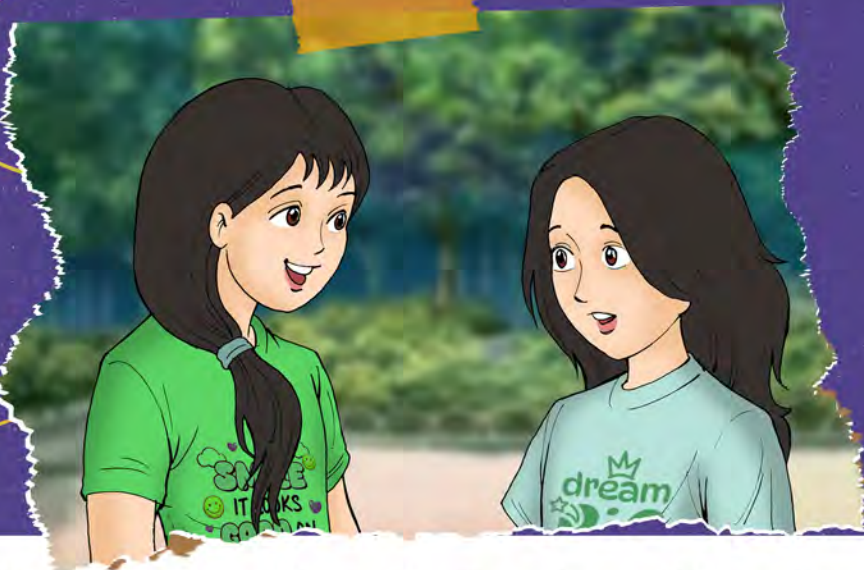
I hurried there and angrily asked Kavya, “Where is your T-shirt?”

Aditi spoke up, “She gave it to me. You both...”

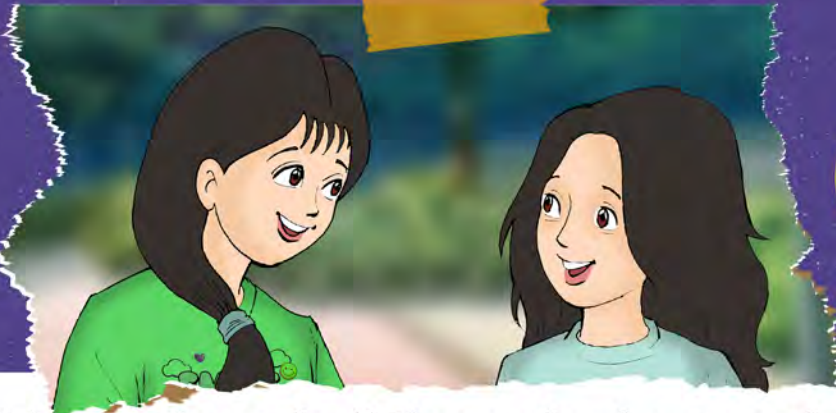
“Kavya is my sister,” I snapped without even looking at Aditi.



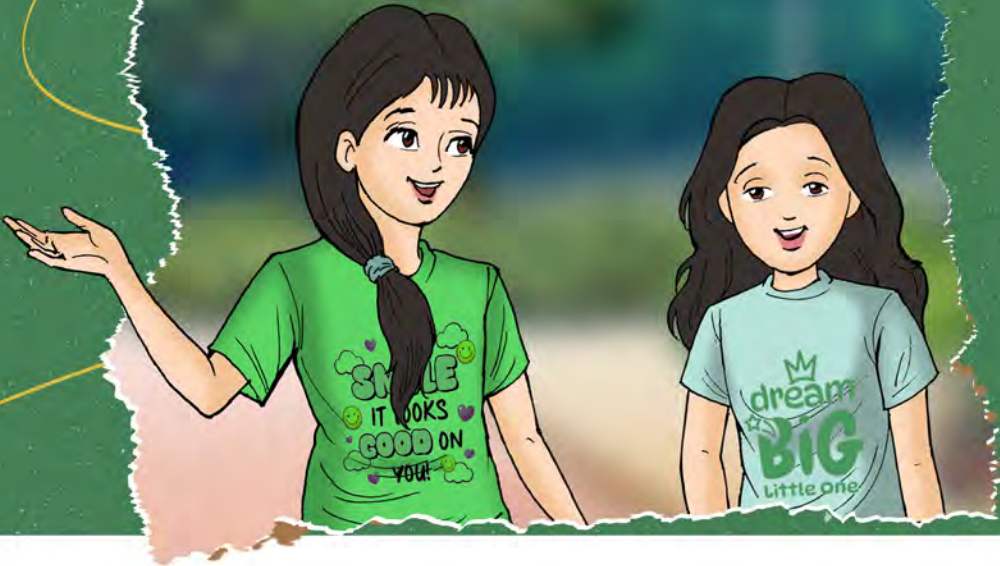
Kavya said, “Anuja, I’m running late. I’ll tell you everything when we get home. Bye, Aditi.” And with that, Kavya left.



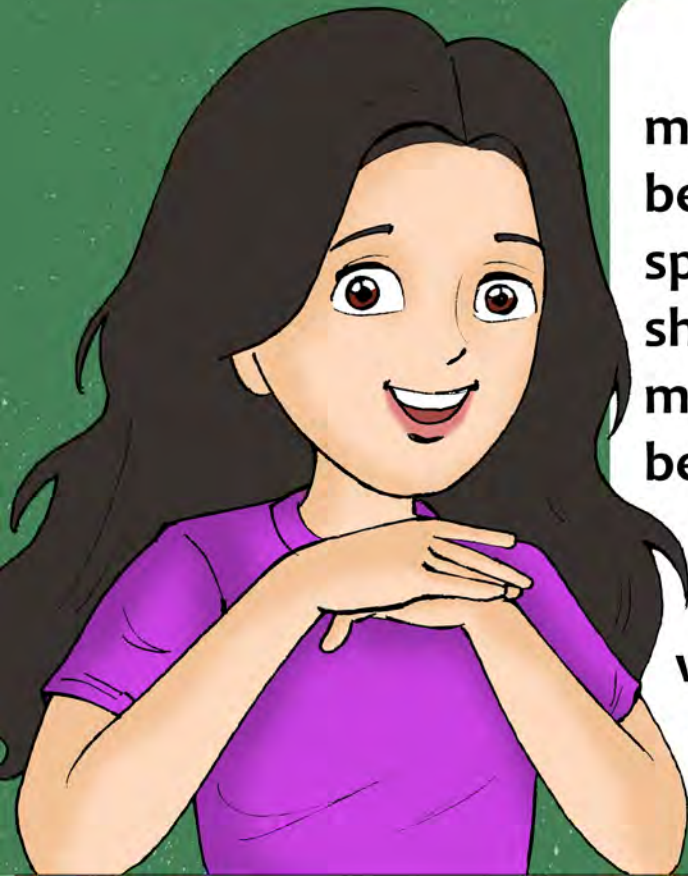
Aditi told me the whole story, “I had worn a nice shirt today. But while having a snack during recess, some food accidentally spilled on my shirt. I immediately went to the bathroom to clean it, but the stain didn’t come off. A stained shirt on Photo Day! Tears came to my eyes. Just then, Kavya came into the bathroom.”



Aditi continued, “She asked me why I was crying and then immediately gave me her T-shirt and wore my stained shirt herself. She said her photo session had got done before recess.”




Aditi praised Kavya a lot. Seeing Aditi so happy made me really happy. Aditi also talked a lot about other things with me and invited me to her home. I don't know why, but I felt really good inside!




I never used to share my things with others because I wanted to be special. But today, Kavya shared her things, and I made a new friend because of that. Today, I realised how much more fun it is when we share things with others.


Gnani Says...



People only stay in their own happiness. The idea of 'If I give happiness, then I will be happy' is fading away. [However,] the moment you give something to someone else, your own happiness begins. [Yet] people learn to take from others! People think that, 'If I give something, then I will have less.'



Questioner: When my friend needs something, I give it to her. However, she never gives me her things. My other friend tells me not to give things to her. So what should I do?





Niruma: If you feel like giving, then give. Your mind is big [noble, generous], so just keep it big. What is the need to make your mind small [selfish and stingy]? It takes many lifetimes for the mind to grow big and noble. It does not take long to become *sankuchit*-minded (small-minded) but it takes a long time to become noble-minded. (Sankuchit, or small-minded is when a person thinks of themselves only and not others.)



You have been naturally gifted with a noble mind, so do not spoil it. Do not listen to what others say. It is not as if you are handing over your diamonds, pearls and precious jewellery and getting looted. Whether it is a pencil, an eraser, or a hair clip — go ahead and give it.





Far away in a forest, under a lush green tree, lived a small green bumblebee in a mushroom-shaped house. His name was Jugu. Jugu's house was very neat and clean. He had decorated his home with lots of different items which he had made using a variety of coloured clay. In one corner there was a clay train. In another corner he had clay chocolates, clay ice cream cones, and tiny clay drums. On the wall was a big photo of Jugu holding a trophy. On the trophy, in small letters, it was written: Best Artist. Whenever Jugu's eyes fell on that photo while coming and going, he would smile to himself.





Most of all, Jugu loved his own company. He was happy with his daily routine.

As usual, that evening, Jugu took his red-coloured tea and berry cake, went outside the house, and sat on his favourite chair. Suddenly, a strong wind began to blow. The sky turned black. With thunder and lightning, heavy rain began to pour. Jugu had to rush back into the house.

At the same time, in another corner of the forest, a spider named Titu had gone out for a walk with his family. Amidst the pouring rain, Titu got separated from his family and ended up in a part of the forest completely unfamiliar to him. Titu became scared. Where to go? What to do? He had no idea. Just then, he saw some light in the distance coming from a mushroom-shaped house. Thinking he might get some help, Titu





went there and knocked on the door.

Jugu was startled. No one ever came to his house. So, who had come during such a storm? When he opened the door, Titu was standing there holding a leaf above his head.



“Hi, I’m Titu. I got separated from my family in the rain. Can I stay here for a little while?”

Seeing Titu’s condition, Jugu didn’t have the heart to say no. “Alright, but only for one night,” Jugu said and invited Titu inside.

There was a berry cake on the table. Jugu didn’t want to share the cake with Titu, so he immediately put the cake in the fridge. The next morning, Titu thanked Jugu and left. He was very hungry.


He looked around for something to eat, gathered a little food, and went to sit on a rock. Just as he was about to put a piece of food into his mouth, he paused. Until today, he had never eaten





alone. He had always eaten while sitting with his family. Even at school, he shared his lunch with his friends. He did not like eating alone.


As Titu put a morsel of food into his mouth, Monu suddenly appeared. Seeing the delicious food, Monu's mouth started watering.

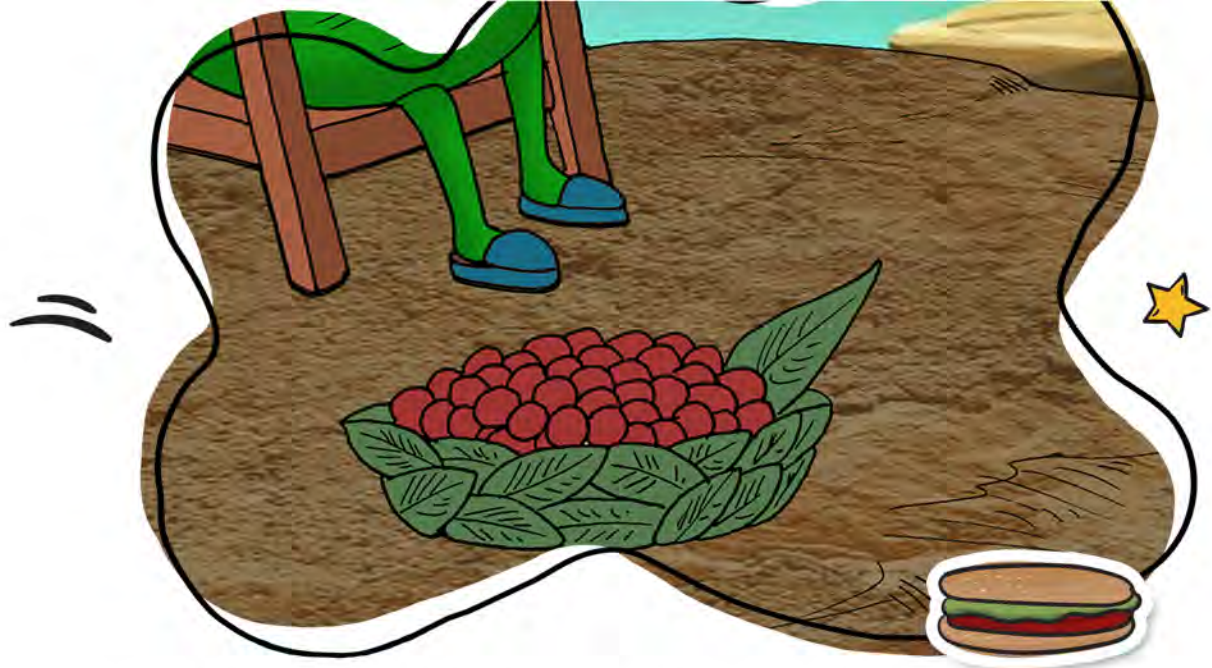


"Hi, will you join me? I have plenty of food," said Titu.

Monu was hungry. He immediately sat down to eat with Titu. Both of them ate while chatting away happily. They had met for the first time, yet they became fast friends as if they had known each other for a long time.

Jugu saw all this from his window. It reminded him of something from many years ago. On that day, Jugu had also sat on a rock eating honey cake. At that time, Sonu the Honeybee had asked for a piece of cake, and Jugu



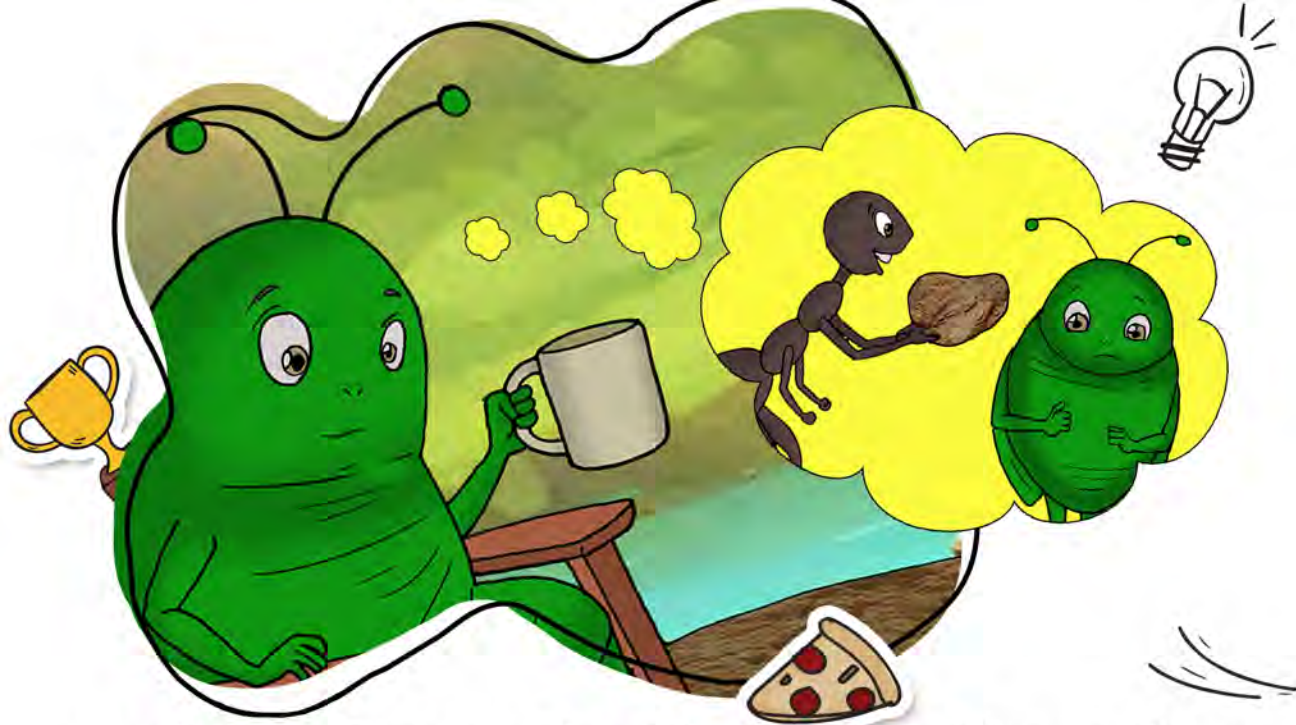


had chased her away. Seeing Titu and Monu laughing and eating together, Jugu thought to himself, 'Titu is so foolish! He was hungry since last night, yet he shared his food!'

In the evening, Jugu took out his favourite chair and sat down to drink tea. His eyes fell on a small basket made of leaves. Inside were some grapes and a leaf with a note that read, 'This is for you, Jugu. Thank you for letting me stay at your house yesterday.'

Jugu was very surprised. He didn't remember anyone ever giving him a gift before, nor had he ever given anything to anyone. But after that day, Titu started bringing something for Jugu every day and leaving it at his doorstep. Jugu began looking forward to the gifts every day. Not only that, but he also started enjoying watching the fun at Titu's house. With the help of nearby friends, Titu had built a small house on top of a rock. Every evening, he and his friends would gather there to have a





good time. One evening, Titu was teaching maths to his friends.

Seeing this, Jugu remembered the first day when Monu had enthusiastically asked him, “Jugu, you make such beautiful clay items. Will you teach me?” Jugu had made an excuse and said no. He thought that if he taught others his art, he wouldn’t win prizes anymore. So, he never shared his skills or his creations with anyone.

However, Titu had no problem sharing his skills. In fact, he told all his friends, “Today, I’ll teach maths. Tomorrow, Sunny will explain about the stars to us. Then Monu will teach everyone how to blow a conch shell.” Titu’s eyes fell on Jugu, who was watching them quietly. Titu asked loudly, “Jugu, do you want to join us?”

Jugu immediately turned away. But he heard Monu’s soft voice, “Titu, don’t ask him. He won’t teach anything. He thinks that if he shares his





knowledge with others, then he'll lose his own knowledge. He doesn't even realise that when we share what we know with others, it doesn't decrease but it increases! And sharing is so much fun. He must never have experienced this type of joy before!"

Monu's words struck Jugu deeply. Without saying anything, Jugu went inside. For the first time, he felt that by not sharing with his friends, he was losing something. Feeling sad, he went to sleep.

The next morning, loud noises woke him up. Looking out the window, he saw that Titu's family had come to take Titu home.



"We searched for you everywhere, Titu! And you are having so much fun here! You've made so many friends," said Titu's sister, Tina.

Titu's new friends Sonu, Monu, and Sunny were happy that Titu had found his family. However, they were also sad that he would be leaving. However, you shouldn't just say "bye-bye" to a friend while feeling sad! So Sonu, Monu, and Sunny organised a 'Farewell Party' for Titu.

At Titu's request, they invited Jugu to the party too, but they were sure that Jugu wouldn't come.

Everyone was very surprised when Jugu showed up to the party. Jugu had brought cake for everyone. Everyone went silent as soon as he arrived. Seeing everyone so quiet, Jugu became





serious for a moment. He wondered, 'I haven't made a mistake, have I?'



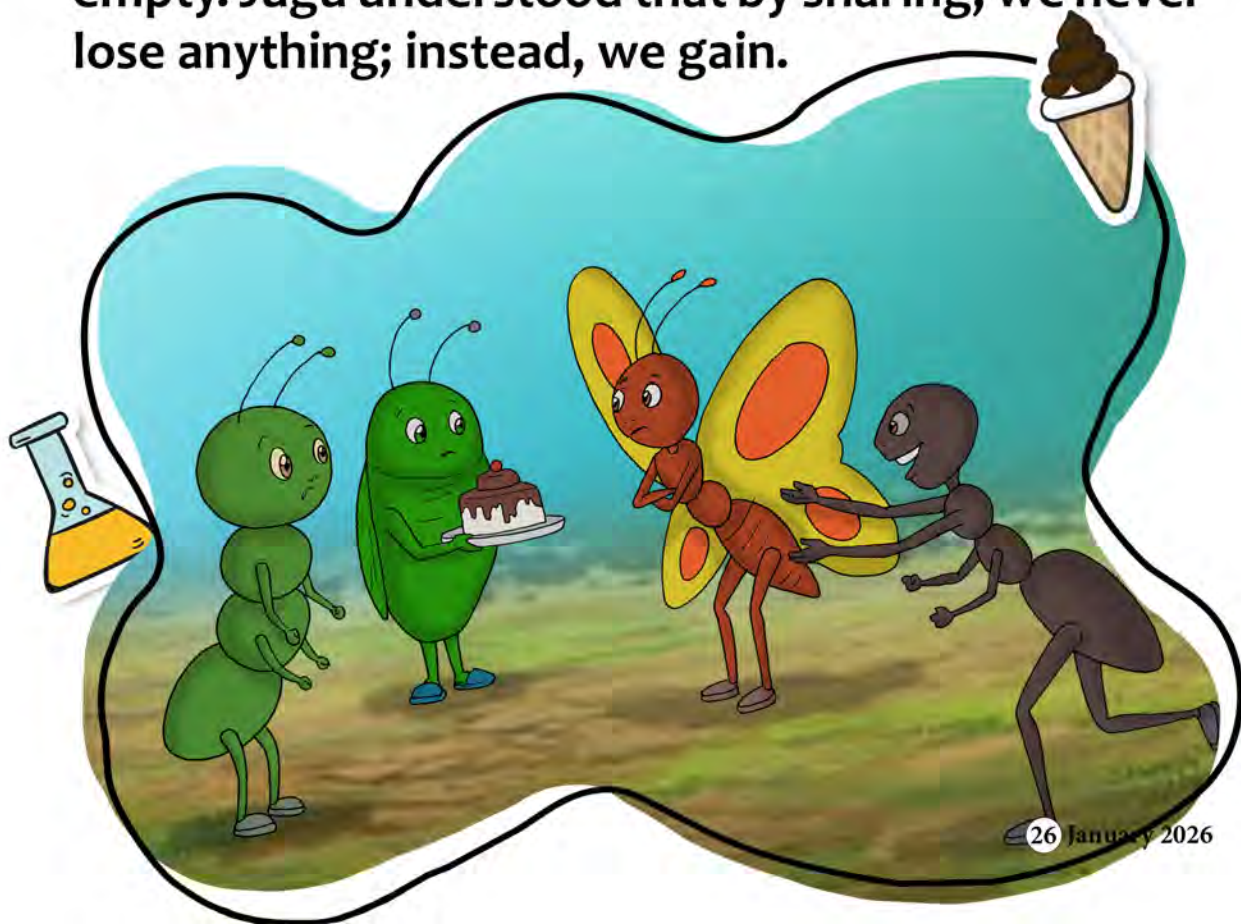
Just as Jugu had that thought, Titu said loudly, "Jugu, I'm so happy you came to say 'bye' to me." Hearing this, Jugu felt at ease.

"I brought cake for all of you," Jugu said softly. Hearing this, water started dripping from Sonu's mouth, and everyone burst out laughing.

That evening, Jugu had a great time at the party. He realised that sharing cake with everyone was much more fun than eating it alone. When the party ended, Jugu said to everyone, "Titu is leaving tomorrow. But will you all come to my house? I'll teach you how to make things out of clay."



And from that day on, Jugu's house was never empty. Jugu understood that by sharing, we never lose anything; instead, we gain.



Let's Play

Krisha is at the shop and buys a gift for Trusha. Work out what Krisha bought.





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

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

After Chilly and Aaloo's fight, Chilly was nowhere to be found. While searching for him, Aaloo reached the riverside. There, seeing Parsley swimming in the water, Aaloo got irritated. Here's what happened next...

Seeing Parsley swimming in the water, I asked him, annoyed, "Parsley, instead of looking for Chilly, what are you doing here?"

Parsley replied, "Aaloo, don't you get it? I'm waiting here for my future best friend! Just like how you met Chilly here, I'll find my best friend right here too!"

Honestly, I really think Parsley's brain has got a screw loose. Everyone was tired and desperately looking for Chilly, and Parsley was dreaming about meeting his future best friend! Who does this?

Chilly's mom told me to go home. She was confident that Chilly would return home once it got dark. She even tempted Parsley with a Chilly Shake and sent him home.



But I didn't want to go home. My best friend had got upset and disappeared because of me. And honestly, I was starting to get really worried about Chilly.

Upon reaching home, as soon as I saw Mom, I ran to her and said, "Mom, Chilly..."

Mom said, "Don't worry, I'll make you some fresh *laddus*."

What was going on with everyone today? Chilly was missing. On one side, Parsley was out looking for a best friend for himself, and on the other side, Mom was talking about *laddus*. I snapped, "Mom! Chilly is missing and you're talking about *laddus*? I'm not even hungry anymore!"

Then Mom said, "Huh? Chilly's missing?"

"Yes, Mom! I searched the whole jungle, but couldn't find him anywhere!"



She looked at me like I was speaking another language, and then said, “Chilly’s missing?!”

Now my frustration was through the roof. “If I knew where he was, then would I even be saying that he’s missing?”

Then Mom said, “Oh! Chilly’s right there, sleeping on your bed. He ate all your *laddus*. I told him, ‘Stop, your stomach’s going to burst.’ But he wouldn’t stop. He kept saying, ‘I’m going to punish Aaloo. I’ll eat all his *laddus*. Then he’ll understand! I’m his best friend, yet he still took Koko’s side. Let him go hungry today - then he’ll know how it feels!’ He just kept ranting and eating. I asked him, ‘Did you and Aaloo have a fight?’



“He said, ‘Aunty, I told Aaloo that our friendship is over. But as soon as I said that, Aaloo started crying. And you know me - when he cries, I feel bad. No matter how wrong he was, if he cries because of me, then how would I like that? So I have decided not to end the friendship. I’m going to eat all the laddus, and then also argue with him. Don’t stop me today!’”

He ate so many *laddus* that he couldn’t even get up from here. So I picked him up and put him down on your bed. And the moment I put him down — he fell asleep. It’s been an hour, and he’s snoring so loudly that your dad got annoyed and went outside.”

They had searched everywhere for Chilly, and he was right here at Aaloo’s place?! What will happen next? Will Chilly listen to what Aaloo has to say?

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.

Phone - 9924344481

Click Here : <https://linktr.ee/gnanmandirgurukul>



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