

# Akram Youth

August 2017 | English

Dada Bhagwan Parivar

₹ 12



## Factory of Death



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## Editorial

**K**nowingly or unknowingly, every living being is always in search of happiness. All our efforts throughout our life are towards achieving this single goal: to be happy. There is nothing wrong in that. But how many of us are really happy? Are we moving in the right direction in our pursuit of finding happiness?

These days, we see many young boys indulging in smoking or chewing tobacco or drinking, some just for fun and many to relieve so-called stress, unmindful of the consequences he or she will have to face in future. These youngsters initially do not realise that it will be very difficult to return from the path they are taking. The irony is no one realises or listens to anyone before he becomes an addict. By the time they realise this truth, it is too late. The most important consequences of addiction are social, emotional and even financial losses. The very things which he thought will give him happiness become the sole reason for his misery and slavery. Freedom, we all know the meaning of this word. Rather, we all want it in our life. We consider freedom to be one of the most essential attributes of happiness. But we feel pity when some of our friends try to find happiness by trading their freedom. How one can be happy being a slave? It is slavery of a different kind.

Friends, we should have sympathy towards them. This month's Akram Youth is dedicated to those of our friends who are fooled by the myth that smoking, consuming tobacco and alcohol, playing mobile games or any such means give happiness. It rather ruins our and our loved one's lives. In the following pages, we will not only discuss the social evil of addiction in detail but will also get Dadashree's right understanding to break free from the shackles of slavery called addiction and once again enjoy freedom and happiness.

- Dimple Mehta

# Gnani With Youth

**Questioner:** What is addiction? Which habits can you consider as addiction?

**Pujyashri:** 'Ekashnu' means to eat only once a day, seated in a particular place, in a particular posture. 'Beashnu' is when you repeat this twice a day. 'Ashan' means to eat and 'vyasan' is habit for having intoxicating drugs or drinks. When you eat, your meal may consist of 'khichdi' and 'kadhi' instead of 'daal-bhaat' that would do in case of 'ashan'. But to an addict if you would offer some roasted pulses to munch instead of chewing tobacco, he would reject saying his veins would burst without tobacco! Thus, addiction has taken hold. In bad company of friends he is offered to try it and enjoys its taste for the first time; then he is offered tea to sip. Soon it becomes a habit and he asks for more; he gets addicted to it and cannot do without having it! In 'ashan' if he does not get milk, he would do with (mixture of milk and water with herbs) 'ukalo'. If both are not available, he would accept water! He would adjust with whatever food is available;



whereas an addict will not accept an alternate item, as he is bound to his addiction. So also is his mind, 'chit', everything becomes restricted and his addiction grows, it becomes his nature and what was only a 'liking' in the beginning, soon it becomes an unstoppable 'desire'. Most of the items of addiction start with wrong friendship, intoxicating drinks, gambling, and drugs. Then he picks up immoral behavior, all these push him towards lower life forms in his next birth. He moves around in bad company and now

new items of addiction are passed around, thereby he is surrounded by vices and is unable to move out and is pushed further down for rebirth in the lower form. He loses his human quality and takes rebirth in one of the four life forms. The only remedy for getting rid of his addiction and other mistakes is that it should constantly prick him from inside that whatever he had done was wrong and he should pray to Dada Bhagwan to give him the strength to fight against his addiction. Then he should attend 'satsangs' and remain more in such environment. Thus, he should gradually move out from the effects of bad company and finally gain normality with good life.

**Questioner:** Secondly, mobile games, video games, social media are.....

**Pujyashri:** All these are mind boggling; our 'chit' wants to become stable, but it stabilizes on shaky ground by choosing the above; we are seeking enjoyment in these and the 'chit' gets trapped in them and its nimbleness finally becomes steady in such useless resources. He kills many people in games and he takes pride in winning such video games. With such ruthless intentions in this era, where is mankind heading, due to indulgence in such destructive resources constantly? Flow of mankind is towards sixth cosmic

cycle from its present fifth cosmic cycle, so he has to be very cautious and save himself from destructive downfall. But how can this be done? He has amassed truckloads of various illusory attachments 'moh' and wants to enjoy them all, yet he finds no happiness or mental peace in such things. The more you are away from your soul, the more you will be agitated and your restlessness will increase. The more you seek enjoyment, the worse it becomes. It is like sprinkling petrol on fire to douse it and it bursts into flames. He steals, he tells lies, he deceives, and he pretends to study whereas he may be engrossed in his mobile games, or dirty photos, or he may be watching dirty movies. He finds no happiness in anything anywhere. All these adverse means give him further pain and give rise to more sufferings. Now only if he would withdraw his steps and turn back, repent and come towards his soul, remain more time in satsangs, only then would he gain stability and experience real happiness. Other things will make him helpless and keep him in bondage. All types of addictions, bad friends and items of illusionary attachments will constantly make him dependent!

# How did I get Addicted?

We asked many mahatmas, how they got addicted to the bad habits. Here are their responses.



1) When I was small, I used to watch my friends getting addicted, so I slowly started following them in that direction. I used to spend whole day playing with them and I could not understand whether that addiction was good or bad, but on seeing them I also started and joined them!

2) When I was working, my boss used to stay in the next building and he was addicted to chewing 'mava' (a mixture of tobacco and other intoxicating items) Many times he would send me to the shop to fetch those small pouches, and I used to think that since my boss is having it, there could not be any harm in having it and it must be enjoyable. At times I used to share a piece or two with the boss and gradually I started liking it and in a little while it became my addiction. Soon, I started having a full pouch 3-4 times a day and now I have 10-12 times a day. I cannot do without this addiction which has made me its slave.

Similarly, in several homes, family members send their children to fetch items of addiction for them. Their children are unaware of the fact that what they are doing is not correct and wrong belief sets in. Later on, they don't realize how they have themselves become addicts.

3) I used to work in an office in the night shift and the work load was too much, as we were also given work of the day shift also. At that time my co-worker used to chew 'mava'. He told me, "Eat this 'mava'. This will keep you awake and you will be able to work faster and finish the job." From that night I got addicted and gradually enjoyed it. Today I am an addict and can't do without it.

Many times in our office or place of work we see our seniors or old employees' style of work and get impressed. We try to copy their work habits to perform better. They work actively only after smoking cigarettes or eating pan Gutka. So we tend to develop those habits also.

4) At times film actors have to resort to bad habits in real life so that they can perform well as a 'character' in the film. Otherwise, their acting may not look good or real.

5) When we face difficulties in life, no one comes for our support. At that time we are alone. So drinking alcohol helps to counter balance loneliness. This way loneliness causes one to fall into bad habits.

6) Once I was in deep tension. I was unable to overcome that. I then met a school friend and we talked about it. He took me to his home and assured me that he will help me come out of depression. After reaching his home, he took out a bottle of wine and told me to have a drink. He also started drinking. He then told me "whenever I am in stress or feel worried, I drink this wine. It helps me to forget my pain. So you can do the same." I formed this drinking habit from then onwards.

7) It may happen that we may have to stay in a hostel and stay in a room sharing with another person while working or studying in a different city. In that case if our roommate is habituated to toxic intakes we may never come to know when we get infected to that habit.

8) If I have a big brother at home and he regularly intakes a dose of alcohol, it will inspire me and it may never occur to me that it is wrong to do so. So I would start giving him company and gradually make me an alcoholic.



To ease my tension,  
when I  
feel burdened

When my  
friends  
drink

To cheer  
up

When clashes  
happen in  
married  
life

To  
avoid  
loneliness

When I get  
success  
or failure

When I  
am  
loaded  
with lots  
of work

I drink  
because  
my dad  
drinks too

When I go for an  
outing

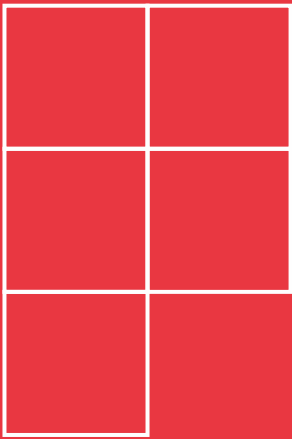
When my mind desires...

Why do I get  
Addicted?



# Let's See how smart you are!

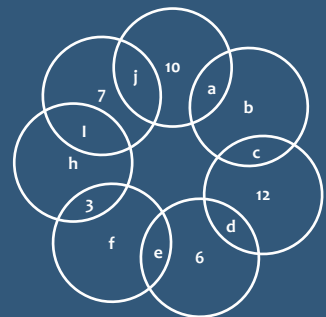
## Puzzle-1



Our local handyman, Hiram Ballpeene, just returned from his reunion at Carpentry College where he stumped everyone with his new plywood puzzle. He showed them a piece of wood composed of five equal squares. First you must make two straight cuts across the panel, dividing it into three pieces. Then fit these pieces together so that they form a perfect square. How did Hiram do it?

## Puzzle-2

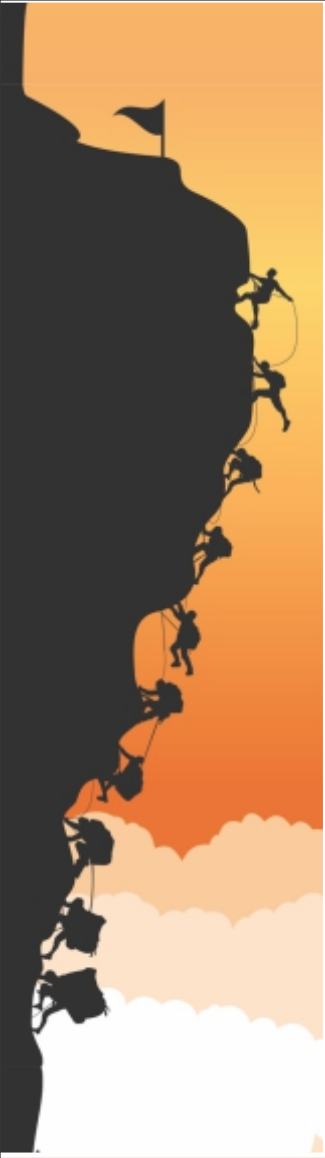
You may find yourself "seeing circles" before you finish this puzzle. The figure above is composed of seven interlocking circles. There are fourteen enclosed areas within the drawing. Replace the letters in the drawing with numbers so that all numbers from 1 to 14 will appear in the drawing. The puzzle involves doing this in such a way that the numbers within any one circle will add up to 21. There's no time limit on this one.



# Am I an Addict ?

Fill out the form below. Tick the thoughts you have for each addiction.  
We can hence derive your zones for each addiction.

Thought	ZONE				
Not even in my dream have I thought that my friends or family members are having any addiction.	Safe				
I have no addiction, but my friends are all addicted and I move around with them	Alert				
I don't have any addiction but elders at home send me to get them items of addiction, which I do.	Alert				
Earlier I was an addict.... But due to pressure from family members as well as due to some disease, at present I am not having any addiction. Still, I have the belief that addiction is not wrong!	Alert				
Only sometimes/ just a little addiction I do, that too with friends, family members, during some good celebration time or at parties when they themselves approach and offer it and I am not able to refuse.	High alert				
When I am tired, when I have won or lost, when I feel lonely, when I am sad, I turn to addiction only under these circumstances.	High alert				
I turn to addiction only when I have to do hard work, or whenever I have to complete anything I have planned.	High alert				
I am an addict but I dissuade others from having any addiction. I want to leave my addiction but unable to do so.	High alert				
I am an addict and also force others to begin addiction!	Danger				
I cannot live without my addiction.	Danger				



I am having a very strong belief that “being addicted is absolutely wrong” because my friends, elders, my contacts are those who do not have any addiction. Therefore even in future my belief will not change. So, I am in the safest zone!

I know that it is bad to have any addiction, but having stayed with friends who are addicted, as well as being associated with people who have some addictions may change my belief about addictions and perhaps in future I may also become an addict!

Our elders and dear ones are our ideals, so what they do cannot be wrong. It has to be right; so whatever addiction they may be having does not seem incorrect. Hence our belief regarding addiction changes to “it is not wrong to have any addiction since even my elders at home are having it” and thereby we ourselves may fall prey to this wrong belief some day!

Under pressure from somebody, my addiction has gone from my system but not from my belief. It is as if the serpent of addiction has left the house although it is very much there.

He believes that he is not an addict, but when he is offered on special occasions by someone, he accepts it. This type of temptation will increase and take him to his downfall.

This stage is more risky than the previous stage. In the former case external factors drive him towards addiction whereas in this case, internally any time he yearns for addiction and he will become a hard addict gradually.

At this stage, his belief towards seeking addiction becomes so strong that its result appears on his body, therefore whilst doing loads of work, day by day his addiction grows and its need also becomes routine.

Here, addiction is his nature and it goes on multiplying. However, his unsupportive belief to come out of his addiction is divisive, so some day his addiction will stop. But at present he is not capable of giving it up.

Due to his persistence for others to start addiction, he is more towards Danger Zone than others.

He himself is addicted and so is his body. He has such a strong belief that in a way it is just impossible to crack. Only the Gnani can help him to come out of this, only he can show him the solution to get rid of his addiction.



## Kramic Way:

It deals in cutting the roots and leaves growing out of seeds of addiction. But as long as seeds are not dealt with properly, new leaves and branches will continue to sprout. So it is very difficult to overcome bad habits or addictions in the Kramic way.

One day we are going to die, so why not enjoy and die  
 Just have 2 pegs of alcohol,  
 You will find world as heaven  
 My habits are very small, won't affect me. Cigarette smoking is the ladder to heaven  
 Those who don't resort to bad habits also suffer from cancer  
 I can concentrate on work only after taking a dose of gutka  
 We are not deep into addiction



### Akram Way:

This way deals in destroying the seeds instead. Once the seeds in the form of wrong beliefs are burnt, there will not be any further growth of leaves or branches. The resultant ones already sprouted beforehand will fall down and wither away on their own accord. This way, annihilation is complete.

Who will benefit, if we don't get addicted  
Must drink alcohol, otherwise will become weak  
Just drink 2 pegs, you will get energized  
Greed for addiction  
Doctor also says that alcohol in small quantity is good for health  
Getting addicted is not a crime  
Hey take 2 puffs and will feel enlarged



# The Kramic and Akram Way



## The Kramic Way

The 'Kramic' way works on changing the results or effects. By applying hard measures, it somehow manages to bring forth the change in results but the 'cause' part remains unaffected. As the 'seeds' are not crushed, new effects are bound to occur again. So as long as the root belief remains alive which causes the addiction, as shown on the previous page, new karmas will be charged and there are all probabilities that he may slip again. He can resort to bad habits if the circumstances crop up.



## The Akram Way

'Akram' is an exceptional and an excellent way. It never deals in changing the results. It attacks the root cause and hits upon it constantly. The general belief system in the society encourages people towards deteriorating levels of life cycle. The surrounding atmosphere is so profound that people accept it and become an addict quite easily. That's how the 'seeds' are planted in their lives in form of opinions. Once this cycle starts, it goes on and on and will continue as long as the seeds in the form of root causes behind addiction are not eliminated.

# to escape from addiction

For example, Ice cubes and glass. Until there are ice cubes in the glass there will be water droplets condensing around the glass. They will continue to condense even if you wipe the glass. Now if you remove the ice cubes the water droplets around the glass will automatically stop forming. From this we can conclude that until and unless the cause is not halted the effect will continue. So if you want to stop the effect you will have to stop the cause.

If you want to drop a bad habit, people around you will advise you to stop it instantly.

However, **Dada's way is different. He says that whenever you fall into practising a bad habit, always do pratikraman and repent for your deeds. A day will come when it will drop by its own accord. Change the opinion, that it is bad for me.**

Dada's new vision has helped a lot of people to come out of bad habits successfully. This is the Akram way as shown by Dada.





# Experience



I took up a job in the diamond business in 1985-86, when I was 11-12 years old. Workers around me used to tempt me to try a piece or two and gradually I became addicted to chewing 'mava'. Soon I was facing such situations that I could not do without 'mava'. When I was fully trapped with my addiction, I realized that it was harmful but I was unable to leave it. I stopped having 'mava' and started chewing tobacco instead. I then started smoking cigarettes, yet I couldn't leave my addiction. Soon physical and financial difficulties

troubled me but the addiction still remained. Even betting Rs.5, 000-10,000/- with friends to give up addiction did not help to give up addiction!

In 18/8/2013 I took Gnan and also attended 'Parayan' in 2014. That time my family members said sarcastically, "Even after taking Gnan, there is no change in your habits. What is the use of you attending 'Shibir' at Adalaj?" That day I spent the whole night much disturbed and whenever my addiction arose, my inner voice would tell me that it was my weakness and from then

on I decided that I should get rid of my weakness: I put into practice Dadashri's 4-steps experiment. Someone advised me that my addiction was wrong and I should never try to justify it but should declare it as my weakness....then one day my daughter said, "Papa, even when you go to Adalaj you carry 'mava' pouches with you. You should stop this bad habit now". Suddenly it clicked; on reaching Adalaj, I halted briefly at Trimandir gate and threw away all pouches and **prayed to Dada and Niruma "I am surrendering my 'weakness' at your feet!"** Since then, I have not even had a thought about addiction!

Name – Arjanbhai Malviya

**W**hen I was 20 and working, several men at my job were addicted to tobacco and 'mava'. Since I had to deal with them, within a few days I also started chewing tobacco. At that time everybody would encourage me saying it was 'manly' to do so, thereby my belief in their words became strong; soon, chewing tobacco and 'mava' became a necessity in my life and a routine habit. Later on, the thought of addiction is wrong and should be stopped did not bother me. Even when a thought of it would occur, I would brush it aside and tell myself that there was nothing wrong in doing so. Thus,

10 years passed away and my addiction remained.

I took Gnan on 25/5/2008. A year later I realized that my addiction was wrong and I decided to quit this habit. Yet it remained. However, it used to prick me within that it should stop. Then, I came across Dada's 4-steps whereby each time I chewed tobacco or 'mava' I applied these: 1) I would tell Jigger "Addiction is bad"; 2) Why is it bad; 3) Each time you have it, repent for this habit; 4) Never try to cover up for this weakness. With these 4-steps, I continued my addiction. In 2012 I met one Aptputra (celibate brother) who scolded me that I was carrying pouch of 'mava' in my pocket and complaining that I was unable to get rid of addiction. This was not right. He said that I had to make a strong resolution and surrender my wrong habits at the feet of Dada and ask Him to give me power to overcome my addiction which I may give up forever. While I was listening to this short satsang, it gripped me tremendously and I immediately took a firm decision to leave this addiction. When I returned home that night after the satsang, I took out the pouches of tobacco and 'mava' from my pocket and placed them in front of Dada's photo. **With all my heart I made a strong determination and prayed for lots of 'shakti' to enable me get rid of my addiction. Since**

**then I am cured of my addiction. With our strong heartily taken determination and Dada's 'vachanbal' (power of His words) we can become free from any wrong belief which we may have fallen prey to.**

**Name – Jigarbhai Patel**

**O**n passing tenth standard with good marks, I got admission at a school in Dhoraji. There I rented a room and lived alone. However, I got involved with wrong friends, due to which by the time I was in 11th standard, I had my first taste of two-three pieces of Supari(betelnut).

Soon, I was chewing it regularly and my mind was constantly roaming to the Paanwala's stall to buy it. In 12th Science I failed miserably. I was in bad company of friends and consuming alcohol, tobacco, and smoking cigarettes. While in standard 12, I had tried to come out from addiction; I could do so for 15 days but took it up again with the popular belief “Instead of strong tobacco chew Mawa which is less harmful; better still, smoke cigarettes which are mild.” Thus, with wrong friends and my own beliefs, I became a full-fledged addict!

I joined a college in Mumbai, for Fashion Designing. At that time I was

20 years old. I always carried a packet of cigarettes. There I started going to bars. There came a time when I stocked alcohol at home. After graduation, I got a job in Mumbai as a fashion designer. Now I started splurging and my entire salary was spent eating out at fancy restaurants and having drinks at 5-star hotels.

Around that time I took Gnan from Pujoyashree, at Yogi Sabhagrih, Dadar. Thereafter, my addiction continued for nearly 5 years as I was not linked with “Satsang”. In 2013, I left Mumbai and shifted to Surat.

There, one day, I came across a hoarding announcing Pujoyashree's satsang in Surat, and I attended it. Soon I started watching Puja Deepak bhai's satsang on YouTube. At that time, **I had a dream. In that dream Dada appeared and performed “Brahmacharya(Celibacy blessing) Vidhi for me”. That was the turning point in my life: I had a great sense of awareness on my addictions; they vanished one by one, the same way as they had entered!**

First I gave up Mawa, by doing Pratikraman (repenting and asking forgiveness for my sins). A month later, I gave up smoking, and lastly alcohol also quit after I did Pratikraman. Today I am free from every addiction, due to the awareness of Gnan, and tremendous mercy from the Gnani.

**Name – Dhavalbhai Vaghasiya**

# GOLDEN KEYS



## 1- Firm Determination

**“First step is to understand that it is wrong to incur bad habits.** It must be absolutely clear in mind. Once there is such an understanding, with firm determination to get rid of it, one can be freed from it.”

Many of my friends gathered once on an occasion. Most of them were smoking cigarettes. They offered me also but I refused. So they started teasing me. They insisted me to have one puff and see what happens. Despite my unwillingness I smoked one puff. I thought it was a mistake on my part and must analyze how it happened and what made me so weak. Then I decided to remain firm under any circumstances or pressures and form a strong opinion not to resort to such bad habits.

**“All evil deeds stop once you know their end results. Action erupts from knowledge itself”**

Dada Bhagwan says, “once you know the perils of actions you perform, then you will refrain from doing them.” It is the end result in sight that will check us. Have we ever drunk poison? (No.....never) Because we know the end result and so we do not drink poison. So we must evaluate the risks involved in all such habits, be it mental, physical or social. Be aware of the dangers involved. They are displayed on the leaves of the tree in the topic 'Akram-Kramic'.

Any kind of toxic intake is bad and harmful for our own health. It always spoils some part of our body and makes it weak.

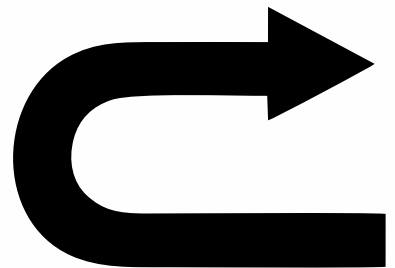
## 2-Dangers



.....

You all must have used a pencil. What have all of you done if ever there was a mistake? Erased it with Rubber, isn't it? Similarly, whenever a mistake occurs, you must repent heartily in front of your mentor, Guru or whosoever God you believe in and seek forgiveness for the act. **“O God - I want to get rid of this habit. I never want this again. Please give me strength enough to be free from it. I am fully determined not to resort to such an act in future”**

## 3-Repent



# 4-Don't protect



The duration of such habit prolongs once it is given protection in any form. We may be a straight and simple type of person but if friends in our group resort to bad habits and we accept them as such and like their talks, then there is a possibility one day we will become one of them. First, we like their talks and then gradually we will have an urge to see what they are doing and how they enjoy. Then one day we start taking one small gulp and then it can form a habit. So never protect your bad habits and don't ever show your acceptance for those who are addicted.

**If we don't reject their views, then by and by our strong opinion against those bad habits will get weaker, and the possibilities of us falling in that trap will increase.**



# Let's get rid of addiction

**T**his topic on Akram Youth will take 8 to 10 minutes of you to read. But do you know, by this time around 150 people approx have fallen to death due to effect of bad habits such as drugs, alcohol, and smoke! People never spare a thought about how this life is bestowed on him in human form and aimlessly plays into the hands of evils by resorting to bad habits. He simply goes on and on and never stops.

If ever one wants to be free from addictions, one should leave the company of such friends who are into the evil deeds. He must find other good friends and associate himself with Satsang groups. Otherwise, it would be difficult to come out of this viciousness. If we apply these 4 golden keys given by Pujya Dada Bhagwan in our life we can certainly overcome bad habits and become addiction free.

Now to make more and more people attain freedom from addiction, all you have to do is open the link below and share your experience on how you got rid of addiction and the bliss you experienced afterwards. We want others to read your story and get some inspiration for themselves. After all we are all fighting for one cause which is "Spreading Happiness."



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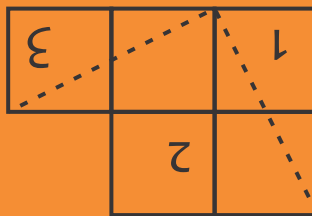
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## SOLUTION-2

Substitute the following numbers

for letters: a = 2, b = 11, c = 8, d = 1, e = 14, f = 4, h = 13, i = 5, and j = 9.



Cut along the dotted lines  
and rearrange as shown.

## SOLUTION-1



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