

# Akram Youth

June 2021 English

Dada Bhagwan Parivar

This Gap Can  
Be Closed

Generation Gap  
Part-1



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## June 2021

Year: 9. Issue: 2

Cont. Issue: 98

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Printer & Published by  
Dimplebhai Mehta on behalf of  
Mahavideh Foundation  
Simandhar City, Adalaj - 382421.  
Taluka & Dist - Gandhinagar

**Owned by :** Mahavideh Foundation  
Simandhar City, Adalaj - 382421.  
Taluka & Dist - Gandhinagar

**Published at :** Mahavideh Foundation  
Simandhar City, Adalaj - 382421.  
Taluka & Dist - Gandhinagar

Printed at : Amba Multiprint  
B-99, GIDC, Sector-25,  
Gandhinagar – 382025. Gujarat.  
Total 24 Pages with Cover page

## Subscription

Yearly Subscription

India :200 Rupees

USA: 15 Dollars

UK: 12 Pounds

5 Years Subscription

India : 800 Rupees

USA: 60 Dollars

UK: 50 Pounds

In India, D.D. / M.O. should be drawn  
in favour of "Mahavideh Foundation"  
payable at Ahmedabad.

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# Editorial

**Dear Friends,**

We have all experienced that as soon as today's youth enter their teenage years, they start having a difference of opinion with their parents. Parents take so many adjustments without thinking about their own convenience, to raise their children, provide for their education and make them capable of leading their own lives. These same parents are being looked upon as old-fashioned and as people who nag by the youth. In this way, there is a sudden change in the relationship, and parents are knowingly or unknowingly hurt by their children's disrespectful behavior. Sometimes the youth even hurt their parents by conversing less with them.

We are impressed by today's modern life, whereas our parent's childhood and youth were spent differently due to the difference in economic and social circumstances. It is natural that this would have had an impact on their lifestyle. Due to this disparity, we always observe that there is a difference in the lifestyle and thinking of the youth and their parents, which is known as the generation gap. As a result of this generation gap, there are clashes in this beautiful and loving relationship, which if not solved in a timely manner, can lead to a bigger gap.

With true understanding and insight, this gap can definitely be eliminated. In this edition of Akram Youth, we have discussed the solutions to the difficulties that arise between parents and youth. This will be really helpful in maintaining a loving and warm relationship between youth and their parents.

The scripture writers and the



Gnanis have given the designation of 'Living Gods' to our parents. Let us all get ready to fulfill that by cultivating the true understanding...

-Dimple Mehta



# This Gap Can Be Closed

It was the first day of school after summer vacation. Sunil Sir arrived in the class amidst lots of commotion .

“Good morning everyone! We have a new project.” All the students expressed their boredom.

“Don’t worry. This is a fun project. You just have to write a little bit about yourself.” Saying this, Sir handed out the paper to everyone.

Arun glanced at all the questions. “What was your favorite part of summer vacation? Which books did you read?” ...

He thought, “Wow, this is an easy project. This will not take a lot of time.” As he kept reading, he reached the last

question, “What did you and your parents do together that was fun?”

Arun was shocked. He was not able to recall any time that he had spent with his parents. He felt that he did not like anything that his parents liked.

On their way home from school, Pratik said, “Hey, this project is very easy, isn’t it? The most difficult part is to write about just one occasion that was the most fun among all such occasions with our parents.”

Arun asked, “Do you have a lot of such occasions?”

“Yes, definitely. I have to leave now as we are having dinner and fam-

ily game night.” Pratik replied as he left.

Arun thought that he **should do something to improve his relationship with his parents**. He wanted to do something with his parents that day. He made a list of games that he wanted to play such as cricket, football, baseball, etc.

He told his parents that night, “Mom-Dad, let’s do something new today. Let’s play a game. Will you play with me?” His parents happily agreed. They were eager to know about Arun’s plan.

“I have prepared for us to play cricket. Mom, you are the baller, Dad is the fielder, and I will do the batting. Will that work?” He asked.

“Yes, let’s start Arun. Together, mom and I will defeat you!” Dad said with excitement.

Then started the excitement of the cricket match. The environment was filled will laughter and happiness.

As Arun was ready to hit a sixer, his dad got an important phone call, so that fun-filled evening suddenly came to an end. His dad said, “Sorry, there is an emergency at my office, so I have to go there. I will definitely play tomorrow.”

Tonight was very memorable. In spite of that, Arun was in a bad mood when he went to bed. He was sad that his plan was not successful.

“Let’s play basketball today,” Arun mentioned as they were having dinner the next night. But he saw that his mom and dad were not that excited.

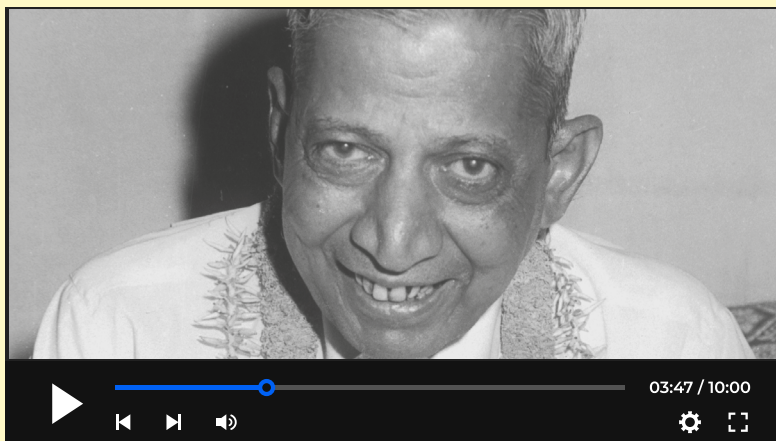
“Arun, your dad and I are very tired today, but we promise that as soon as we are fresh, we will play basketball. Can we play a board game tonight?”

Arun got mad upon hearing this and he told his mom angrily, “You never take interest in my work and never appreciate me. I don’t want to play anything with you!” Saying this he stomped away to his room angrily and slammed the door. He was not able to sleep as he was having negative thoughts about his parents in his mind. Fed up, he got up and walked towards the kitchen to drink water. As he was walking, he stopped as he heard his mom and dad talking.

“I felt really bad today, but it’s been a while since I have played basketball. I don’t have that kind of strength anymore.” His dad said.

“I also felt really bad, but while making dinner tonight, my knees were really hurting.” His mom said.

Hearing this, Arun was filled with remorse. He felt bad that he pressured his parents without thinking about their situation. He started repenting and at that same time, Pratik sent him a video about how to maintain a good relationship with your parents.



**Questioner:** I want to take care of my parents and strengthen my relationship with them, but I end up seeing their faults. What should I do?

**Dadashri:** Children who see faults in their parents will never be happy. They may have material wealth, but they will never be happy spiritually. You must never see faults in your parents. How can you forget what they have done for you? You do not forget someone's kindness even when they offer you a cold drink on a hot day, so how can you forget your parents' kindness? Did you understand? Hmm... So, you should be grateful for their kindness. Care for them in the best possible way. You should take care of them very much. If they say something disagreeable to you, what should you do? Just overlook it. They are your elders. Do you think they deserve disrespect?

**Questioner:** No, but what if it happens by mistake?

**Dadashri:** Why do you not fall by mistake? You manage to be careful in that situation. Besides, if you slip acci-

dentally, your father will understand, but if you make a mistake on purpose, then he will question you. Is that right or wrong? So, as far as possible try your best not to make a mistake. If it happens outside your control, they will understand and will know that you are not capable of doing it. Keep them happy.

Do they not try to keep you happy? Don't they desire for your happiness?

**Questioner:** Yes, but Dada, I feel that they have got into a habit of nagging.

**Dadashri:** Yes, then it is your own fault. You must do pratikraman for hurting them. They should not be hurt. You should tell yourself that, you are here to keep them happy. Ask yourself what you did that made them unhappy.

Whatever comes your way is precise and it is as per our destiny. Whatever mother we got is good. Even if she is dark-skinned, still our mother is good. The reason is whichever mother we get in our destiny is good. Destiny has given her to you. Can you ever replace your mother?

Dada's words touched Arun and suddenly he realized that his parents have always taken care of him without seeing his faults. With the hope of improving his relations with his mom and dad, he woke up early the next morning and started making plans of how to spend quality time with them that night.

That night Arun again sat with his mom and dad and said, "Today's

**Dada's words touched Arun and suddenly he realized that his parents have always taken care of him without seeing his faults.**

family night will be different. Until now I was deciding the activity, but today, you decide the activity." Arun's parents were surprised to see this transformation in their son. So, they decided to cook together that night.

Although Arun was not excited about this choice of activity, he remembered Dada's words and said, "Okay, I will help cut the vegetables and clean."

With this changed approach and an open heart, Arun joined by helping cook his dad's favorite vegetable dish. He always thought that only playing is fun, but today he understood that there is fun in helping with household chores as well! He was happy to see his parents enjoying the household chores as well.

After having this experience for the past few days, Arun was able to answer the difficult question "What did you and your parents do together that was fun?" The answer was quite easy now. After acquiring this new understanding, it became easier for him to balance his interests and his parent's interests. He was able to write the answer as:

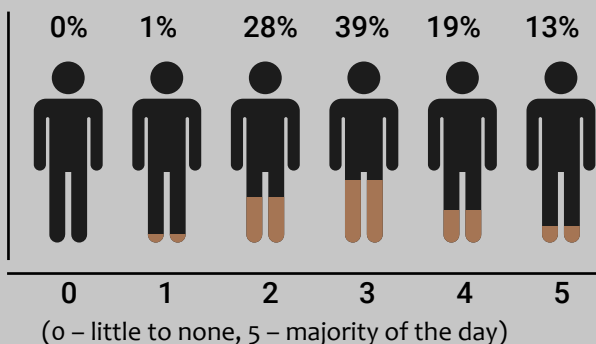
**"Whatever my parents and I do together is fun!"**



# Survey

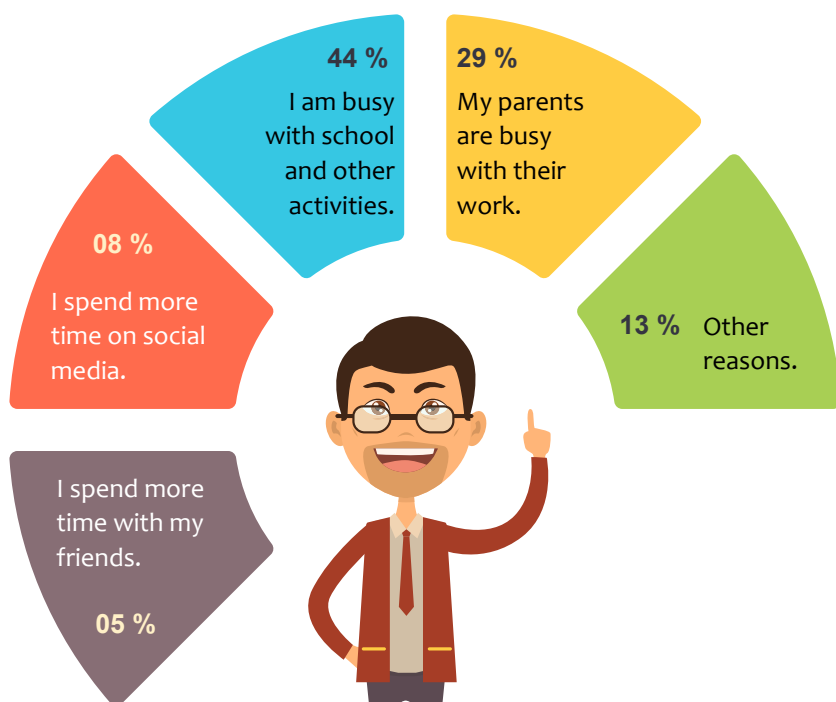
As we understood from the previous article, our parents play an important role in our progress and happiness. In this context, let's look at a survey that was taken of 75 **Akram Youth readers** living in different parts of the world about how much time they spend with their parents.

How much time do you spend with your parents in a day?  
Time spent with your parents in a day – 0 to 5



We also asked them what the reasons are that they are not able to spend enough time with their parents. They had to choose one from the given choices. We got the following answers:

**What are the reasons that you are not able to spend enough time with your parents?**



The majority of youth gave a 3 rating for the time they spend with their parents (As shown in the first graph). And we can see that the reason for this is that they have not given importance to spending time with their parents. Let's understand why it is necessary to spend time with our parents.





# Akram Pedia

Name : Ayush Mehta  
Age : 21 yrs

Hi friends! I am Ayush!

I started going to college a few months ago and ever since then, my life has become extremely busy.

It was around 11:00 AM on a Sunday morning. I had just woken up since I had went to sleep late the night before due to a party. At that time, my friend Vishal called to invite me to a party he was throwing for his new penthouse next week. I was overjoyed to hear this and I ran to my parents to give them the good news. However, they were not happy to hear it. My exams were approaching so they were hesitant to send me to the party.

‘Why are these people so worried about me! I am not a small kid anymore...’ These thoughts were bothering me. I was sad and sitting in my room. Out of frustration, I decided to join the weekly satsang thinking that I might feel better after that. And, that’s exactly what happened. When I logged into the meeting, Dada’s speech was being read...



**Questioner:** Every man needs emotional support. At home, as long as the father is with his child, the child feels safe. Otherwise, the child experiences fear.

**Dadashri:** Emotional support itself is security. Everyone needs security. If he does not get that security at home, then he searches for it outside. If the son has security from his parents, then his life goes smoothly. If that support is gone, he searches for it outside. So, everyone needs security. If they get married, then they get security. In the absence of security, one becomes restless. As long as one does not become fearless, he searches for security. Security is indeed company.

I felt at peace upon hearing only a few words of Dada, but there were still many questions in my mind. Am I running after the security of my friends? Is that wrong? Before I could think any further, an experience-sharing session started. I was surprised to see that my cousin sister Jhanvi had joined the on-line satsang to share her experience. I started listening with curiosity.



## Jhanvi's Experience

Last year when I went to college, I made a lot of friends. I used to miss classes and spend a lot of time with them. My mom and dad advised me that I should pay attention to my studies rather than waste time with my friends. However, I didn't pay any attention to their advice. Really speaking, college life is for having fun, isn't it? I did not feel the importance of anything other than spending time with my friends. All this started having a negative impact on my studies.

Amidst all of this, one day, I fell sick from eating outside food and I had to be admitted to the hospital. I had food poisoning and became really sick.

I thought that my friends would take care of me and help me with my college work. But this big misunderstanding of mine broke when I saw that my friends rarely replied to my messages because they had other priorities. Forget the college work, they didn't even come and sit by me at the hospital. I vomited a lot and had body aches, and my parents took care of me day and night.

After this incident I understood that I had made a big mistake. I was so engrossed in enjoying life with my friends that I did not understand that what my parents were saying was for my own good. I felt very remorseful for what I had done.

I asked for forgiveness from my parents at the hospital. My parents behaved as if nothing had happened, as for them, they had already forgiven me.

I did not understand that what I was doing was wrong. Jhanvi really saved me.

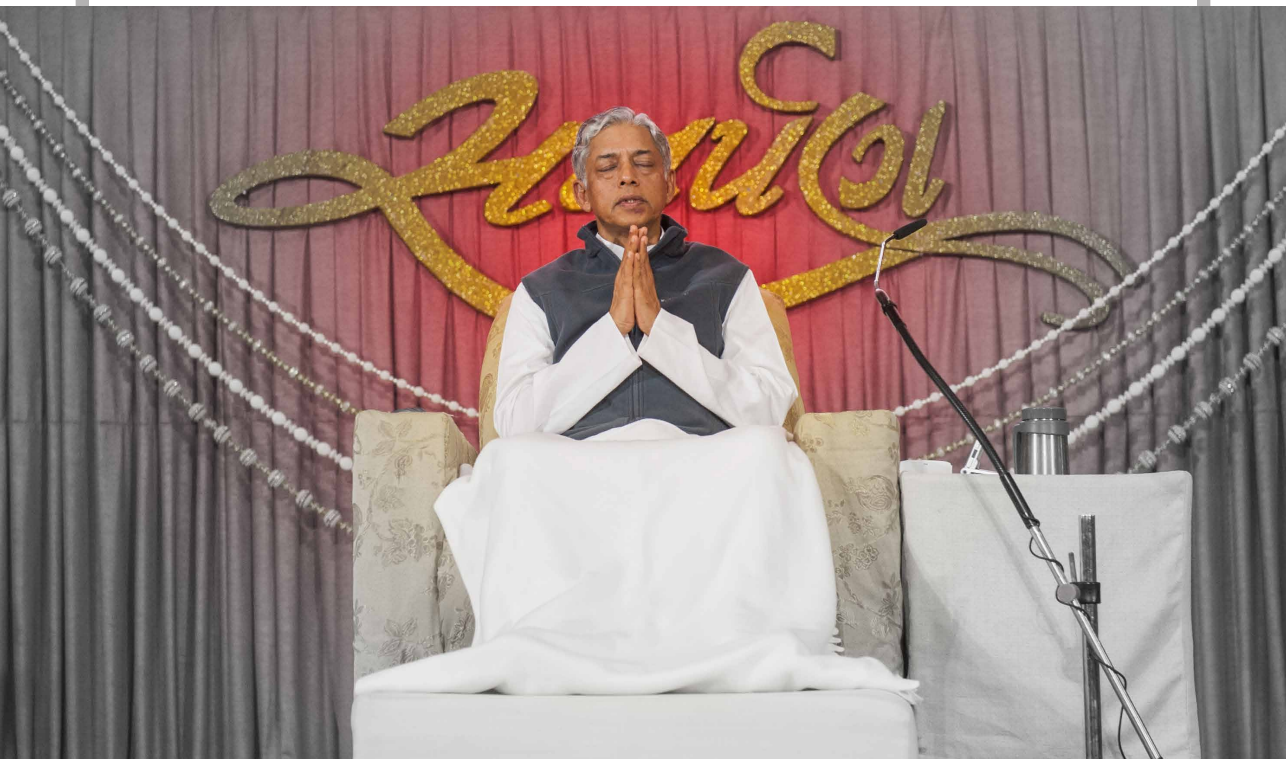


Ayush: I do not know what happened after the satsang because Jhanvi's experience left an impression on me.

I started remembering all the incidents where I had been disrespectful to my parents. I had also made false excuses to not do household chores so that I could enjoy with my friends. I did not understand that what I was doing was wrong. Jhanvi really saved me.

I immediately went to my parents and asked for their forgiveness.

**After that the atmosphere in our home became like heaven.  
We formed a strong bond of oneness amongst ourselves.**



## Gnani With Youth

**Questioner:** Pujiyashree, Dadashri has said in an Aptavani, “**Every person needs security. If they do not get it from their parents, they search for it from outside. So, it is good if they get it from home**”. What is Dadashri saying here? If parent’s security is important, how can we get out of that?

**Pujiyashree:** Our elders have said that a girl should remain submissive to her parents at a younger age. After growing up, she should remain submissive to her husband, and after that, in old age, she should remain submissive to her son. That is one type of cultural value. Parents always take care of their daughters. They protect her, save her and take care of her very much. They raise her and give her a lot of cultural values. However, due to karmic accounts, sometimes clashes occur. Because of that, you should not reject your parents. And, the importance of parent’s security is so great that you should never misuse

it. Whereas some outside person, like a boyfriend may talk sweet with you or a neighbor may talk nicely with you and then they may also abuse you. Whereas parents will never harm you. No matter what kind of parents they are, they will give you happiness and peace even if they are in pain. So, children do get security from their parents starting from childhood and whatever cultural values they get until the age of 5 or 7, it stays with them throughout their life. Understand?

**Questioner:** When we look for security from outside, what should we keep in mind? It happens like that sometimes, so what should we set in our mind at that time?

**Pujyashree:** Actually, all girls have clashes with their mothers. Things are good with the father, but there are clashes with the mother. Boys will have clashes with their fathers and not with their mothers. They will have love for their mothers. This is the account of the non-Self complex. What should we understand in this?

If your mother tells you something harsh, you should understand her point of view. She is telling you for your benefit. These days girls want to act according to their own will and they want to enjoy. They want to indulge in illusory attachments. So, they think that the mother is a speed breaker. The mother will say, “Dear, we can do this and not that.”

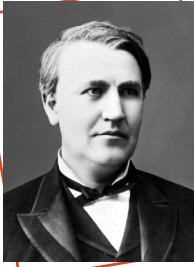
You will say, “Only my girlfriends are going to the picnic.” But if you check secretly, there will be 4-5 boyfriends as well, who will sneak in and will try to enjoy in a different way. At that time, you may not know that they are abusing you, but you may get into trouble. However, your mother knows that boys take advantage of girls, so she stops you from going to that party. If your mother is telling you such things, you should understand and be careful.

**Questioner:** It’s not like that. I live here alone.

**Pujyashree:** Yes, but if you get hurt by your mother or if you get into some trouble, then you are looking for security from other people. If you say that your mother is not agreeing, then you will look for security from outside. You should call your mother every other day. You will find many good friends if you join in some of Dada’s work and seva.

You should understand that if you go outside to get security from someone, it is okay if you have the account of getting married with him. Everything else is known as wandering security. So, you have to be careful everywhere, okay?





# Story of, Thomas Edison

One day, as the 7-year-old Thomas came home from school, he gave a letter to his mother. He told her, "My teacher gave this letter to me and told me to only give it to you."

His mother's eyes welled up with tears as she read the letter out loud to her child, "Your son is a genius. This school is too small for him and does not have skilled teachers for training him. Please teach him yourself."

**"Your son is a genius. This school is too small for him and does not have skilled teachers for training him. Please teach him yourself."**



Edison's mother made a school at home and created a nice syllabus for him.

Many years passed and now Edison had become the greatest scientist of the century.

One day, sifting through some old family belongings, Edison found the letter that his teacher had written to his mother. On the letter was written, "Your son is mentally handicapped. We won't be able to keep him in our school anymore. We are canceling his registration from the school."

Nancy Edison's courage and her unbreakable confidence in her son's ability made him a genius of his century. By having true and firm love like Edison's mother, the impossible can also be made possible.

A mother is the first teacher of a child. A mother's conduct, speech and actions certainly create the foundation for the child's passion and future success.

# Pujyashree With Parents...



**Questioner:** Jai Sat Chit Anand Pujyashree. We want to know... You spent years serving your father. During that time, what kind of understanding or benevolent intent did you have within?

**Pujyashree:** Actually, I just kept in mind that, ‘I want to take care of him such that he should not face any difficulty and I want to take adjustments such that he does not feel hurt.’ Then, I did not think about my convenience. I would take every adjustment for his convenience. He should be happy. He should not face any difficulties. I would take all necessary adjustments. For his food needs, I learnt to cook chapatis, rice, lentils and vegetables, so that he would be happy and not have any difficulty.

After my mother passed away, I wanted to take care of him in every way so that he would not face any difficulty. If he was sick, I would give him medicine and as I started taking care of him more, he also started taking care of me more.

When I used to go for business work, if someone called home, he would attend to that phone call. He would take care of my business accounts. He started taking care of my business at home as if he was my personal assistant. From my side, I also took care so that he did not face any difficulty and did not have any complaints.

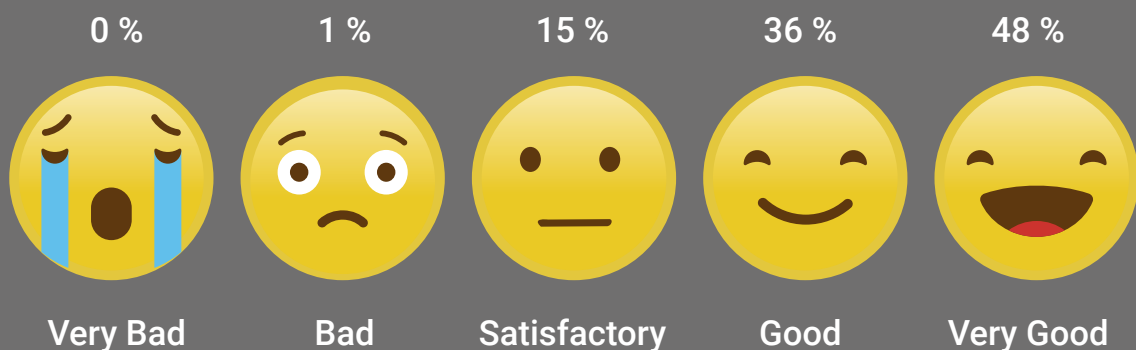
I reduced satsang from my side, reduced my out-of-town trips and started taking care of him. Then eventually he started saying, “Go to satsang, I don’t have any problem.” He would send me and I stayed in America for 4 months. He would say, “You go, I will take care of everything.” We had hired people to help with the business and a maid at home for household chores. She would cook 2 times a day. Everything was well set. When I was in America for 4 months, he took care of my business as well as the home. He happily gave me permission to do Dada’s work.

So, if we take care of them, they will take care of us twice as much. Such are our parents. They take care of us from the beginning. From our side, our expectations, our conditions, we should not think, “Why don’t you do this or that?” We should adjust to them in every way. Then we will definitely get their blessings.



# Survey

We observed that the majority of YMHT do spend enough time in a day with their parents. However, what was the quality of that time?



Some youth have rated the time spent with their parents as satisfactory or bad. This is due to clashes because of having different interests than their parents or because they remained addicted to their devices and due to a lack of understanding about the importance of parents.

On the other hand, more than 80% of Akram youth have rated the time spent with their parents as very good.

Come, let's find some ways which will help us increase the rating of the quality of time we spend to 100%!



# Treasure Hunt

Let's spend time by playing the "Treasure Hunt" game at home with our parents.

## Clue #5

Who am I?

I am a piece of silverware, that can reflect things upside down. I am what you use to eat your mom's delicious food.

## Clue #4

Who am I?

Although I have a spine, I don't have a face. Although I have a cover, I'm not a bed. I'm what you and your parents spend hours reading before bed.

## Clue #3

Who am I?

I'm hard to swallow. I am often hated. I'm what your parents use to help nurse you back to health.

## Clue #2

Who am I?

I get sold in a box but I'm not cereal. I come as a pair but I'm not glasses. Like your parents, I was there when you took your first steps.

## Clue #1

Who am I?

I am intangible. I am something many people look for. I am what your parents give you unconditionally.

Answers: 1. Love. 2. Shoes 3. Medicine  
4. Book 5. Spoon

- As shown above, write down the riddles on a piece of paper.
- Fold the paper and as shown in the picture above, give it a clue#.
- Give clue #1 to the player.
- Hide clues #2 through #5 in places in the house which match with the answers. (For example, hide #2 in a closet or bookcase where you keep books)
- Place clue #3 in a medicine box.
- Place clue #4 in a shoe or a shoe rack.
- Place clue #5 in the kitchen or the spoon stand.
- Players can play this game alone, in a pair or in a group. The quantity of clue papers will have to be according to the number of players.
- The one who finds all the clues first is declared the winner.
- (Optional) The winner can be given a gift that is made at home or a prize.

# Improve Relations In This Manner

Whatever we have achieved in our life is only due to our parents. The love and wisdom that they have engraved in us, we are not able to see it with our eyes, but we can never forget that. Here are some tips that will help us improve our relationship with our parents.

Never think that you are alone! Your parents are always with you.



“Parents know everything.”

We all have heard this and will have to humbly accept that we do not have a solution for every situation that we face in our lives. Our parents’ experiences give us protection against making wrong decisions in our lives. We should accept their opinions with an open mind.

**Show appreciation and love to your parents.**

- We are indebted to our parents and we should understand their importance.
- Show them love. Give or mail them a card on their birthday. Give them a gift or prepare their favorite dish. This will make their day.

Ask for forgiveness by doing Pratikraman, which is the master key for avoiding all clashes.



A lot of times we get upset with our parents or we disappoint them. This could happen by lying, breaking promises or by uttering harsh words.

- The spiritual science of Alochana (accepting our mistake), Pratikraman and Pratyakhyan (making a firm decision to not repeat the mistake) greatly helps in improving any relationship.

**Pray and watch  
satsang together.**



The most effective and simple solution against everyday issues is prayer. If we heartily pray for anyone then there will definitely be positive changes in the other person's life.

- The atmosphere in our home improves and becomes pure by praying, chanting Asim Jay JayKar and doing Aarti together.
- Our awareness increases and we get the keys to avoid clashes from the Gnani by watching satsang DVD's at home or by going to a local satsang center with our parents.
- Our spiritual level becomes elevated by living with spiritual people who have dedicated their life for moksha and by listening to them.

**Spend time with parents**



Our relationship will develop by spending time and talking with our parents.

- Everyday family meetings and chit-chat

During dinner or over the phone, discuss any situation that happened or any future plans with your parents.

- Eat together

Eat together as much as possible and stay away from electronic devices during that time. By doing this, interactions will increase and family bonds will strengthen.

## Help with household chores



By helping with household chores, their workload will decrease. Along with that, we can understand the other person's point of view and their needs.

- By helping with household chores, we are appreciating and providing support to our parents who are working hard for us.
- We also get the benefit of exercise by helping with household chores.

## Have fun and exercise together



- Exercising and laughing together; these two activities are the best means to strengthen a relationship.
- Exercise and laughter increases endorphins (chemicals that increase positivity) and brings everyone into a good mood.
- Put on your favorite workout video or do yoga with your parents every day and keep them happy.

**Play games:** By playing board games, cards or outdoor games with your parents, it will bring back old memories and create new ones as well.

**Look for common interests with each other:** Look for things that interest your parents and have fun by doing those activities with them. By doing this, you will be able to take part in their favorite activities and see their point of view, which you were not able to previously see. For example, if your parents like outdoor activities, then you can go hiking or go for a long bike ride with them.



# Experience



I feel really good whenever my parents keep their work aside and spend time with me. Spending time with them... doing little activities like eating ice cream with them, telling them jokes and laughing at simple things.

Sometimes I feel that they nag me or get angry at me. I understand that this is for my own good but my mind does not accept that as it is. So, I get angry and talk back to them.

As I am getting older, I understand the importance of maintaining my relationship with them because the society around us is mostly bad company and filled with negativity. Parents are the only people who know what is right and can give us proper guidance.

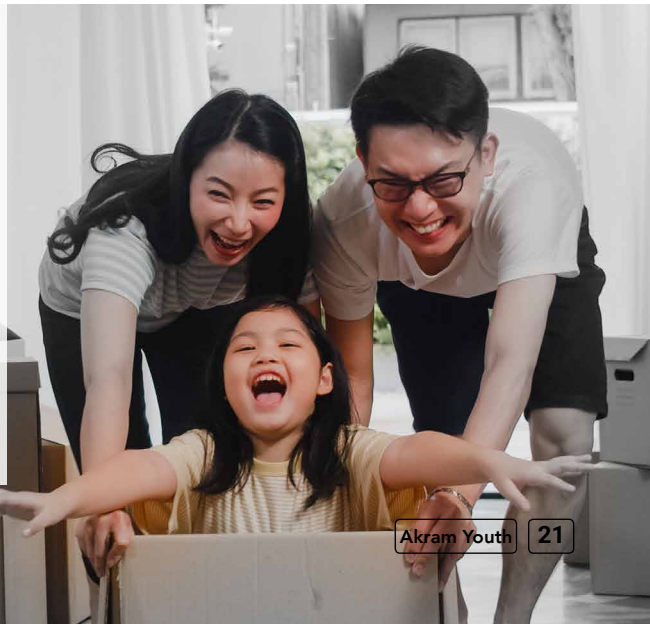
I get happiness by doing small activities with them. Whenever we go out on a vacation as a family, I feel happy and secure. I appreciate everything that they do for me.

- Anjasi Gosalia (Dubai, U.A.E.)



When I was young, I had difficulties mingling with people. Along with that, I was also very emotional. I used to get upset by minor and silly things. However, I had a very strong and deep relationship with my parents. Whenever I was sad or whenever I had negative thoughts, they were always ready to listen. They used to help me apply Dada's Gnan. Due to this, it became very easy for me to come out of that. As time has passed, I am able to control my emotions much better now.

- Harsidhhi Mehta (Mumbai)



I feel  
very light.

I learn how  
to adjust.

How do you feel when you  
spend time with your parents?  
What do you learn?

I get to learn and  
I become a better  
and stronger person.

There is  
transparency in  
my relationships.

### Your feelings regarding your relationship with your parents.

They are  
my lifeline.

After understanding  
Dada's Gnan, my  
relationship with  
my mother  
became stronger.

Their love is  
unconditional.

The more we stay  
together, my  
understanding  
improves and  
clashes decrease.

They are the  
most optimistic  
people.

My relationship  
with them is  
unbreakable.

They are a blessing.  
They make extraordinary  
efforts to fulfill  
my wishes.

It is very important  
for the youth of  
today to maintain a  
relationship with their  
parents. Because of  
this, I can understand  
my faults.

They always  
support me.



# #Poem

Maja to Kari, Pan Ketli Mummy-Papa Saathe Kari...?  
Ane Aakha Divasma, Ketli Emani SaatheVaat Kari...?

Shu Banavyu Poochyu, Poochyu Ketli Mahenatthi Banavyu?  
Kyaarai Kahyu Maa ne? Aaj Mane Jamvanu bahu Bhavyu...

Ke Pachi Ramya Sathe Mooki, Papa Saathe Besi Lidhu Be Ghadi...?  
Ke Pachi Ramya Saathe Besi, Chess-Patta-Carom ne Cricket...?

Ekj Chat Niche Jivo, Chata Arasparas Antar Ketlu Che...?  
Desh Duniya Che Internet Par, Juvo Ghar-Gharma Antar Ketlu Che...

Prem na Badle Prem, Seva na Badle Seva ni Apni Faraj Nathi...?  
Khoblo Bhari Prasraaviye Khushali, Vyvahaar Shuddh Raakhi...?



**June 2021**

**Year: 9. Issue: 2**

**Cont. Issue: 98**



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Printed and Published by Dimple Mehta on behalf of Mahavideh Foundation-Owner.  
Printed at : Amba Offset, B-99, GIDC, Sector-25, Gandhinagar – 382025.