

# Akram Youth

April 2022 English

Dada Bhagwan Parivar



## Mind

The Boat to Go to Liberation

# Table of Contents

04 What is the Mind?

06 How Can One Recognize the Mind?

07 Mathematics of the Mind

08 The Mind is Like a Monkey

10 Gnani With Youth

12 War of Thoughts

14 Things Worth Knowing About the Mind...

16 Overthinking

18 Through the Gnani's Scientific Vision

20 The Gnani, a Living Wonder

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## April 2022

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# Editorial



Friends,

While studying, I feel like going to play. While eating, I feel like watching TV. I feel like playing games on my mobile phone or watching YouTube videos all day. I don't feel like talking to anyone. And so on... This must have happened to everyone at some point. And after we got this feeling, we must have done so many such things by following our mind, regardless of whether it was beneficial for us or in opposition to our goal. In those situations, it feels like the mind is in full control of us. Saints like Kabir have said, "Those who follow their mind lose everything."

From the Vedas, to philosophy and modern psychology, the mind has been described in great detail. Their conclusion is that the mind is man's primary support for his entire life. If you want to achieve something, then the best way is to steady your mind or control it. But you will be amazed to know that the reality is completely different from these prevailing beliefs.

What is the mind, which has so much influence on human life? Do you now feel like understanding the science of the mind? Then come, in this issue of Akram Youth, let's recognize the true form of the mind and learn the skills to deal with it. Read it before you change your mind...

- Dimplebhai Mehta

# What is the Mind? +

**There are many sayings that are used in everyday life for the mind. For example:**

- A strong mind can achieve anything
- Suppress the mind
- Have a noble mind
- Appease the mind
- A broken mind, pearl or glass cannot be fixed
- I changed my mind



**Then, have these questions ever arisen?**

- What is the mind?
- Where is it located?
- What is its function?

The mind is a part of our internal functioning mechanism. The internal functioning mechanism is made up of four parts.

- (1) The mind
- (2) The intellect
- (3) The chit
- (4) The ego.

So let's understand what the mind is.

The Subtle Mind

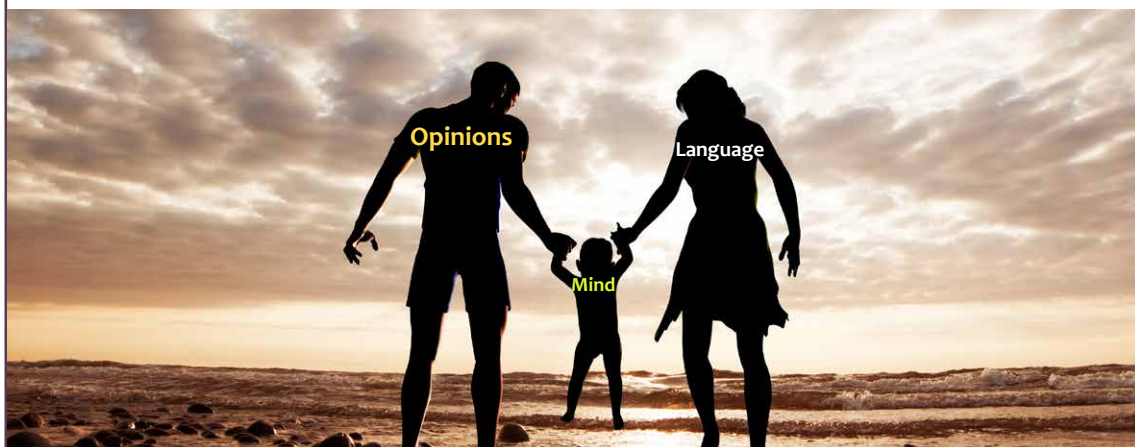
The Gross Mind

## The Types of Mind

The Gross Mind	The Subtle Mind
Also known as the effective mind.	Also known as the causal mind.
Location: The heart. In the form of petals.	Location: Center of the forehead, 2.5 inches above the eyebrows.
In the form of discharge.	Charges karma.

When we say, “My heart doesn’t agree with this,” or if something frightens us and we say, “My heart became restless,” that is the gross mind.

## How Is the Mind Created?



Language is the mother of the mind and opinions are the father of the mind. When these two come together, the mind is created. Meaning, if we feel within, ‘This is good’, and if we say that verbally, then that opinion becomes clear and the mind arises at that time.

If either opinion or language is not there, the mind will not be created.

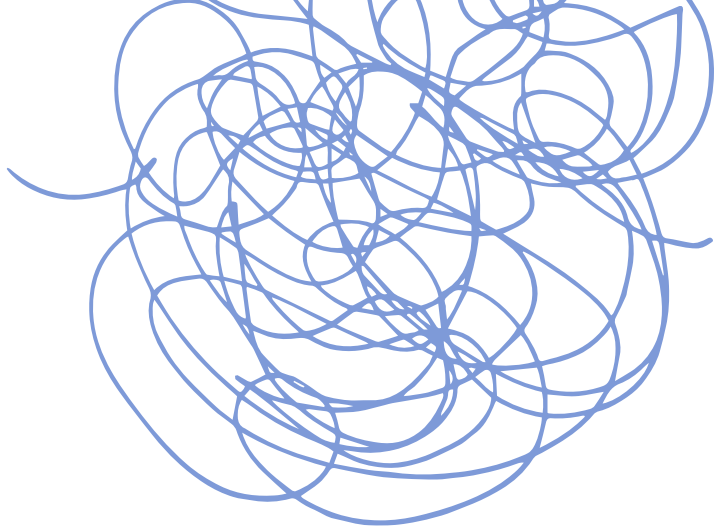


# How Can One Recognize the Mind?

**The mind is in the form of tubers. Just as tubers burst, the thoughts burst in the mind.**

If someone has a big tuber for eating meat, then those thoughts will keep arising. And if someone has a big tuber of greed, then thoughts of business and money will keep arising. If someone has a big tuber of pride, then he will continuously have thoughts of how to make an impression. If a person has a big tuber of sexuality, then he will have sexual thoughts all day long. So, depending on the tuber, the thoughts arise accordingly.

If we were to make a note of what thoughts we have, by plotting them on a graph, then after a month, we would know what thoughts we have the most during the day. Then what thoughts we have second most, third most, fourth



**If we can recognize these big tubers, then we can understand the entire form of the mind.**

most. These are the four or five biggest tubers that we have. The others are significantly smaller. If we can recognize these big tubers, then we can understand the entire form of the mind.

**So let's do an activity.**

From today onwards, for one month, let's note down all the good and bad thoughts that arise in our mind in a personal diary.

Now, let's separate these thoughts into categories to determine which thoughts arise the most. Are they about studying, eating, making an impression, friends or something else? Based on what thoughts arise the most, we can recognize whether it is a tuber of illusory attachment, pride, greed or sexuality that is at work.



# Mathematics of the Mind

Mathematics is considered a difficult subject amongst youth, right? However, the mathematics of the mind that Dada has revealed is very simple and useful. Let's look at an simple example of that today.

One man told Dada that he was having bad thoughts about his nephew Somchand.

To balance out this negative score, Dadashri gave him a good technique.

Somchand is a very bad person. (-10)

Somchand is a very good person. (+10)

He gets angry a lot! (-10)

He has a very good nature. (+10)

He isn't useful for anything! (-10)

He helps a lot. (+10)

**Isn't this a powerful formula!** By using this you can even out a negative score with a positive score. Friends, just like that person, negative thoughts are bothering Manthan as well. However, he doesn't know Dadashri's formula. So let's help him even his score.

1. This computer teacher doesn't know anything! (-10)

(+10)

2. Raj is the teacher's pet. That's why he was made the class monitor! (-10)

(+10)

3. Who? Navin? Forget about him, he's good for nothing! (-10)

(+10)

4. I don't like Soham's attitude one bit. What does he think of himself? (-10)

(+10)

## The Mind is Like a Monkey

Guru Vallabhdas possessed knowledge that no one else in his village had. His student Mihirkumar was very eager to learn it. But he didn't know how to bring this topic up with his Guru.

One evening, Mihirkumar approached his guru and humbly said, "Greetings Guruji, I have been meaning to ask you something for a long time. If you allow me, I would like to ask it today." Guruji replied, "Yes, Mihirkumar, say it without hesitating."

With excitement and bit of fear Mihir said, "Guruji! You have the knowledge to control the mind. I want to learn that as well!"

"Kumar, it is not easy to attain that knowledge. You need time and effort to for that," replied the guru, testing the student's readiness.



**"Guruji! You have the knowledge to control the mind. I want to learn that as well!"**

"I am willing to do whatever you say, Guruji. But please teach me this knowledge," said Kumar with conviction.

Guruji replied with compassion, "Alright, then you will have to stay close to me, in my service for one year so that I can judge your worthiness."

"Okay, Guruji!"

Mihirkumar spent an entire year in the same hut as Guruji. He woke up early in the morning as per his guru's instructions. He took baths in the cold river water. He did yoga and meditation as part of his daily routine. He looked after the cows in the ashram. Along with that, he took care of the smallest of Guruji's needs. A year passed. Mihirkumar asked Guruji, "Guruji, today I have completed one year. Now will you teach me this knowledge?"

Guruji whispered the knowledge in Mihirkumar's ear. "Listen carefully. From today onwards, you are to meditate for two hours every day. And while meditating, you shouldn't have



any thoughts of monkeys in your mind. By doing this, you will gain the powers to control the mind.”

Mihirkumar bowed down to his guru with extreme excitement and left.

Then, whenever Mihirkumar would sit down to meditate, he would remember what his guru had told him, “You should not have any thoughts of monkeys.” As soon as he remembered this, his eyes would open and he would have thoughts of, ‘Are there any monkeys in the nearby trees?’ When he would meditate with his eyes closed, he would see monkeys in his chit. One day, two days, a week passed by like this. The more he decided not to think about monkeys, the more those thoughts came. Eventually, he went back to his guru and told him about his dilemma.

He pleaded and said, “Guruji, I am tired. Stop these thoughts of mine! These monkeys are not leaving my mind.”

“That is not under your control.”

“Why Guruji?”

“If you had the ability to control your thoughts, then you would only have good thoughts. You wouldn’t have any bad thoughts. Isn’t that so? But what happens is, good thoughts and bad thoughts come on their own.”

“Yes, that happens!”

Guru Vallabhdasji said with a smile, “This



**“You should not have any thoughts of monkeys.”**

is exactly what you were supposed to learn Mihirkumar. The nature of the mind is such that when you try to control it in a certain matter, it will start jumping around like a monkey. The mind is not to be controlled by force. It is to be controlled by giving it a satisfactory solution.

“That seems so difficult, Guruji. Instead, why don’t you remove this monkey like mind of mine?”

“No Mihirkumar! A person cannot survive without a mind. The mind is not a monkey, but a boat. It will go in whichever direction you steer it.”

“How so?”

“The mind is like a pamphlet which continuously gives information. If you really want to control the mind, then see it as being separate and know the information that it is giving. Don’t listen to it. If you can understand this, then you can control the mind.”

# Gnani With Youth

**Questioner:** When I sit down to study, my mind is not in it, and I have negative thoughts about studying. So, what should I do about that?

**Pujyashree:** Nothing. You should set it all over again. The mind will show things! But we shouldn't listen to the mind. We should proceed in accordance with our goal. You will need to study, won't you? Or will it be okay if you don't study?

**Questioner:** I will have to study.

**Pujyashree:** Then how can you listen to the mind? You should tell it, "Get out. Be quiet! Start studying." Make a strong resolve. Ask for energies from Dada.

**Chant Asim Jay Jaykar for ten minutes loudly. Visually contemplate on Dada Bhagwan. Then your energies to concentrate will increase.**



So you shouldn't listen to the mind. And chant Asim Jay Jaykar for ten minutes loudly. Visually contemplate on Dada Bhagwan. Then your energies to concentrate will increase and you will be able to study nicely. If you are educated, then it will help you in doing Dada's seva work! You are going to do Dada's work in the future, right?

**Questioner:** Yes.

**Pujyashree:** So then study well from now on. By studying, your understanding, your intellect, and your expertise will grow. By studying, your energies increase and you can immediately find solutions to the problems that arise. Problems will arise in the future as well. But the energies to solve them right away will arise. So you should study with concentration. This is the time for you to study.

We shouldn't listen to the mind.  
We should proceed according to our goal.





# War of Thoughts



Do you find that you are often doing something and the thoughts within are completely different? Do you lose your peace of mind because of that?

A person goes to his friend's housewarming party.

**Says:** Your dream to own a big house has finally come true!

**Thinks:** I wish I had a house like this! I only have a four-bedroom flat.

Rameshbhai, you are older than me.... but I will no longer tolerate you making fun of me every day because of my glasses!

**Says:**

**Thinks:** I shouldn't have gotten upset at Rameshbhai like this. He is older than me but like a friend, so he will certainly make fun of me a little!

A child is stealing money from his mother's purse.

**Says:** I have to treat my friends today. It's a matter of my reputation.

**Thinks:** It is very wrong of me to deceitfully take money like this. Mother will be so hurt if she finds out!



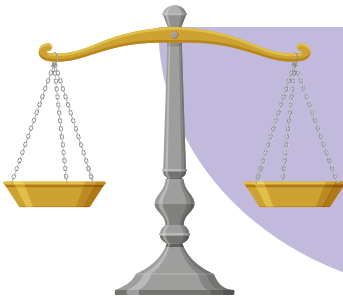


What is the mind? It is the ready stock brought from the last life. It is exactly what was yours in the last life. Based on the circumstances you faced at that time, faith set in accordingly. This worldly life is an evolutionary path. On that path, matter-space-time-intent are continuously changing. It is a path, so if you were on the eleventh mile in your last life and you saw a dessert, then you thought, 'If I had a room to live in, it would suffice. Even if the roof were made of metal sheets, it would do.' Then you decided, 'If I had some income, it would suffice, as long as the expenses were covered.' So you decided on this.

And now you have come here to the sixteenth mile. Everything is available in abundance here, everything that you need. You see people enjoying here. But you have brought with you that which you had asked for in the past life, and based on today's knowledge you feel, 'I should enjoy.' However, you only have one room. You got what you had asked for. So you wonder why you got this. It bothers you. So you get things based on what you had decided. And based on the new knowledge, you decide on new things. So, there is friction between the new knowledge and the old knowledge. There is friction between the faith you previously had and the faith you now have. And this is what we call the restlessness of the mind!

# Things Worth Knowing About The Mind...

**The mind should be divine.** A divine mind is one that obliges others. The other person may have cheated you and may be calling you a fool. However, when he is in trouble, only a person with a divine mind will help him. A person with a divine mind binds a celestial life-form.



**What is the nature of the mind?** If you show the mind someone who is less happy than you, then the mind will feel happy.

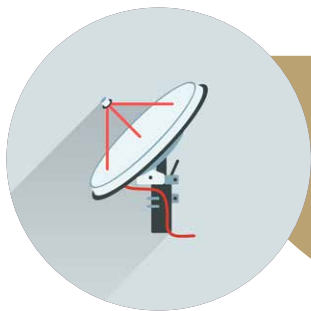
**What people refer to as the subconscious and the conscious mind** is all the gross mind. Not even a single sub-atomic particle of the subtle mind can be known by anyone. Only the Gnani Purush can do so, because it can only be understood through Gnan.



**Disease of the mind** causes disease in the body.



The one who has unity with the mind is bound. What is bondage? **To be bound by the mind.**

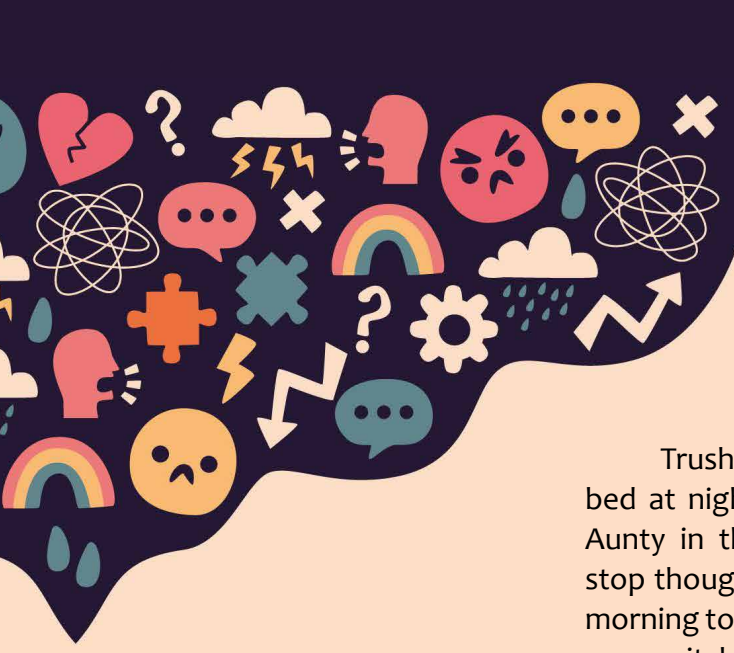


**The mind works like a radar.** If you try to destroy the mind, you will become absent-minded. Don't try to remove it. When the mind shows fear, go into the cave of the pure Soul.

**Willpower:** Based on willpower, we can predict what future work will get done and what won't. So, leave the work that you don't have willpower for and hold onto the work that you have willpower for. That work will surely get done sooner or later! Willpower arises in you by seeing a person who has willpower, and work will only get done if you have willpower. No matter the difficulties one is facing, if he has willpower, then he can overcome them. He will not say things like, 'What will happen to me?'



**Entertainment:** There are two types of entertainment. The type that will take you to a lower life-form. For example, watching movies and other things that instill bad values in you. Then there is entertainment which instills good values in you. Where there are talks of religion or talks of meditation, those take one to a higher life-form. They instill good values, but they are still called entertainment.



# Over Thinking

Trusha was tossing and turning in her bed at night. Ever since she spoke with Nita Aunty in the morning, she was having non-stop thoughts. She had been watching T.V. all morning to get away from those thoughts. She was switching between channels at the same rate as the thoughts in her mind. Her mother entered from the kitchen.

“Trusha, my dear! I am in a bit of a rush! Please help me in the kitchen.”

“Mom, you know that my left arm has been hurting for last two days.”

“I have told you so many times not to play so much tennis...”

“Come on mom. I’m not a lefty. I’m right-handed. How can my left arm hurt because of tennis? I know why my arm is hurting.”

“Why?” her mom asked.

“Never mind.” She quickly turned off the T.V. and went to lie down on her bed. She put a pillow over her head so that she would not have to hear anything and tried to fall asleep. The echoes of what Nita Aunty had said began ringing in her ears and she quickly sat up. That morning Trusha had called her doctor friend Nidhi. Nidhi’s mom, Nita aunty had told her,

“Trusha dear, Nidhi has just come back from the emergency room and has gone for a shower.”



**She was switching between channels at the same rate as the thoughts in her mind.**

“Oh, emergency room? Suddenly?” Trusha asked.

“Yes, the uncle who lives next door suffered a paralysis last night. His left arm had been hurting for one week. Had Nidhi known about it then, she would have given him medication and he would have been saved! Never mind, I will have her call you when she is free.”

Trusha was shocked when she heard this. She googled the connection between arm pain and paralysis. That is when the whirl wind of thoughts started in her mind.

“My left arm has also been hurting for a while now. I can’t figure out the reason for it. I hope I don’t suffer a paralysis. No, no, nothing like that will happen. But why isn’t healing with pain killers? And Nidhi isn’t available right now. Whom should I ask? It’s not worth saying anything to mom! I hope it is nothing serious. I am worrying unnecessarily. But... I also got the news of that uncle just now. Could it be a coincidence?”

Trusha binge watched Netflix for hours in order to stop the thoughts. Even then, her mind was restless. She tried taking a nap in the afternoon, but she couldn’t fall asleep. In the evening, she thought of going for a walk. While walking, she ran into a friend who started talking about the uncle’s paralysis. Trusha ran home. She had no appetite due to her fear. She went to sleep without eating anything. She was tossing and turning in her bed even now.

She went to the doctor the next day. He said, “You must have slept on your left arm.” No one seemed too concerned about it. However, Trusha was repeatedly having thoughts about paralysis in her mind. After seeing her in a bad mood for days, her mother took her to the mall. There, Trusha fainted all of a sudden. She was immediately admitted to the hospital.

Dr. Sahil looked at the reports and said, “Okay! It is a case of hypochondriasis.” (A mental affliction caused by fear of having a serious illness.) He gave her medication and told her that she would get better. The next day, when only her mother was with her at the hospital, the doctor came to visit her. He noticed that Trusha was watching Netflix again.

“How are you young lady? Oh, are you binge watching? Trusha hid her phone in embarrassment.

All of a sudden, it started pouring heavily outside. Her mother quickly closed the windows and sat next to Trusha.

Dr. Sahil said, “It’s interesting how we shut the windows and stay inside when there is a storm. Then we don’t feel scared. So, when there is a whirl wind of thoughts in our mind and we feel scared, then can’t we take shelter in our home?”

Trusha became interested in what Dr. Sahil said. Before she could think any further, Dr. Sahil took his phone out and said, “Even I enjoy watching

old Indian commercials. I saw a new one just yesterday. Here, let me show you.” Then Dr. Sahil showed Trusha and her mom some videos on YouTube one after the other. They all burst out laughing. Trusha felt much better.

“So, Trusha, what will you buy from this?”

“Buy?” Trusha was surprised.

“Of course. You saw so many commercials. Now you should at least buy something!”

“It’s not like that. We should just watch the commercials. If I try to buy

everything I see in the commercials, I will go broke!”

“Exactly Trusha. We watch the commercial and let it go. We don’t take it seriously. Similarly, our mind is just showing us thoughts. So why are we taking them seriously? Why aren’t you watching then and then letting them go?”

“But how?” wondered Trusha.

“Let me show you a nice video,” said the doctor.

## Through the Gnani's Scientific Vision



**Questioner:** Many types of thoughts keep coming to the mind. The mind is not becoming shunya (zero, nonexistent). Thoughts keep on coming.

**Dadashri:** In terms of thoughts, the fact is, the mind informs you. ‘This is good, this is scary... this is like this..., this is like that.’ In that way, it is performing its function. Otherwise, if it does not inform you about a dangerous place, it will be considered at fault for that. Take from it what you find useful and leave the rest aside. The mind is simply performing its function.

If ‘we’ are coming here by taxi from Santacruz, and if ‘we’ see an accident on the way, ‘our’ mind will also tell ‘us’, ‘You can get into an accident up ahead.’ I would say, ‘Brother, I have made a note of it. Your statement is correct. ‘We’ should remain alert.’ Then if another thought comes saying, ‘There is nothing that can cause you to get into an accident.’ You should say, ‘I have

“The mind has a habit of nagging. You should not take it into consideration. If a madman is walking behind you, what can he do to you? Consider it to be like that.

made a note of it.’ Then it will talk about something else. It is not that it wants to hurt you. The nature of the mind is not to remain ‘seated’ on a single topic. Have you ever investigated whether the mind remains ‘seated’ on a single topic?

**Questioner:** It keeps moving around.

**Dadashri:** If you remain ‘seated’ on a single topic, it will too. But if you say, ‘I have noted your point.’ Then it will move on to the next topic. And if you say, ‘Yes, what you are saying is correct. What will happen now?’ Then it will go on for hours. We can tell what types of thoughts are coming. If the mind says, ‘What would happen if your mother-in-law were to die today?’ You should say, ‘I understand.’ Then if it says, ‘What would happen if you were to die?’ You should say, ‘I understand that too. Now talk about something else.’ It may even say, ‘If you die tomorrow, what will happen to all these people?’ You should say, ‘I have made a note of it.’

This mind is such that it will even talk about getting married at this old age. There is no telling when it will say what. But what is the reason to get angry after listening to it? It may even tell you about widowhood, ‘What will you do if you become a widow?’ Then you should say, ‘Brother, I accept widowhood. Now talk about something else!’ The mind has a habit of nagging. You should not take it into consideration. If a madman is walking behind you, what can he do to you? Consider it to be like that.

Thoughts come automatically. You just have to see what thoughts are coming, that’s all. Nothing else. The mind does not have any insistence on speaking a certain way. If you become awkward, then it is awkward. So you should tell it, ‘I have noted its (the mind’s) contents.’ Yes, or else it will say, ‘You have no respect for me.’ You should respect it first, then the mind will not give you any trouble.

Seeing the video, Trusha got the answers to all of her questions.



# The Gnani, a Living Wonder



## Dada's Mind

If 'we' take a nap at 2:30 in the afternoon and get up at 3:30, 'our' mind will tell 'us', 'Do you have to get up now? You just went to bed.' But it will not get its way. 'Get out. Go somewhere else if you want to complain.' 'We' don't listen to the mind. Even if it says 'no', 'we' do not listen to it. To be regular means to be regular. You listen to the mind, don't you? Otherwise, who is there to question 'us'? You all have someone to question you, but who is there to question 'us'? If 'we' say, 'Go there at six o'clock today and cancel the satsang,' then it will be cancelled. But 'we' do not let that happen.

Many times things happen that 'we' do not like. 'We' don't like the food. But whatever comes is correct. What does the mind say at that time? 'Tell them again this evening.' 'We' say, 'No. Nothing should be said. Eat whatever is made. Are you asking 'us' to beg? Just eat whatever is made. Be quiet!' Otherwise, who is there to question 'us'? 'We' can order whatever 'we' want. And if 'we' were to order ice-cream right now, no one would question, 'Why is Dadaji doing this?'



# A Tirthankar's Mind



What is a Tirthankar's mind like? Don't Patels stand and greet each other at events by saying 'Ram Ram? The first person comes, he says 'Ram Ram' and moves on. The second person comes, he says 'Ram Ram' and moves on. Not a single thought stands still, not even for a moment. A thought comes and goes, then another comes and goes, but it does not stop even for a moment.

Lord Mahavir also had a mind, but what was that mind like? Isn't there a minute hand in this clock as well as a second hand? There is also a hand that counts the smallest fraction of time. Just as this hand moves, so does Lord Mahavir's mind. It never stops.

# Summer CAMP

**Intent**  
Teaching values useful in life,  
Helpful in making  
friends with values  
Happy atmosphere,  
Positive outlook,  
Personality development

**Activities**  
Multimedia  
shows, Stories,  
Presentation, Games,  
Happy environment,  
Bhakti, satsang

2022

**GNC**  
Gnani ni Chhayama



## Youth Boys

17 to 21 yrs

29<sup>th</sup> Apr - 1<sup>st</sup> May

₹ 600/-

Register via Akonnect App  
OR visit below link:  
<https://gncevents.akonnect.org/>

☎ 8155007480



## Youth Girls

17 to 21 yrs

13<sup>th</sup> - 15<sup>th</sup> May

₹ 450/-

To Register contact your Local  
YMHT Coordinator  
OR call on below number

☎ 079-35002154



📍 Gigantic Hall, Below Trimandir, Simandhar City, Ahmedabad - Kalol Highway, Adalaj 382421.

# Summer Camp 2022

Center	Group A -13 to 16 Boys		Group B-13 to 16 Girls	
	Date	Contact	Date	Contact
Ahmedabad	15 May & 21,22 May	9724445847	11, 12 June	9879037078
Ankleshwar	NA	NA	4, 5 June	9054030470
Baroda	28, 29 May	8980772697	30 April, 1 May	9428765032
Bharuch	NA	NA	17, 18 May	9428754984
Bhavnagar	15 May	9687978381	NA	NA
Bhuj	5 June	9726201653	1, 2 May	9429821882
Dahod	29 May	9428904747	NA	NA
Gandhidham	3 May	7016282664	NA	NA
Jetpur	29 May	9898024036	4, 5 June	9662196150
Jamnagar	22 May	9428315109	28, 29 May	9723147318
Mehsana	8 May	8140724124	NA	NA
Morbi	NA	NA	1 May	9638490023
Mumbai	21, 22, 23 May	9820597129	TBA	9321513393
Rajkot	21, 22 May	8238990150	28, 29 May	7990967612
Surat	21, 22 May	7359988465	28, 29 May	9601291024
Surendranagar	22 May	9998177813	NA	NA
Simandhar City	28, 29 May	8155007480	4, 5 May	079-35002154

## Group E - 17 to 21 Girls

Simandhar City	13, 14, 15 May	Friday, Saturday, Sunday
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## Group F - 17 to 21 Boys

Simandhar City	29 April to 1 May	Friday, Saturday, Sunday
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- (1) To take part in the Summer Camp, it is necessary to register at your nearest center. The registration charge is non-refundable.
- (2) For registration, the dates will be as per the age-wise and standard-wise groups. Registration will close 7 days before the start of each Summer Camp. After that, there will be a late fee.
- (3) Registration for the Simandhar City Summer Camp can be done at the Store of Happiness from 10am to 12pm and 4pm to 7pm up to 5 days before the start of the camp. Registration will start on April 5th. Contact: 079-35002154

**April 2022**

**Year: 9, Issue: 12**

**Cont. Issue: 108**



Chaarni chokdie chakraave chadaavyo  
sansaar...  
E chaar man, buddhi, chit aane ahankaar...

Chaalo emaathi manni karie aaje vaat...  
Abhipraay che pitaa manna bhaashaa che  
maat...

Aaamtem maankdaa jem man maare raakhe  
gulaat...  
Na faave ene dhyey tarafni saral sidhi  
vaat...

Manoranjanthi manobal ghadta thaya cho  
nablo...  
Gnanine jota manobal vadhe kaam thaay  
saghlaa...

Pamphlet jevu man tamne khaali kare che  
jaan...  
Joi, jaani java do, na laage vichaar baan...

Dada paase to chaale nahi, man ubhe kari  
pranaam...  
'Chup' kahi besaadi de, raakhe taabaamaa  
aam...

Sevak tarike eni paase kalyaannaa kaam  
karaaviye...  
Nahi ke aapne manna nachaaviyaa naach  
naachie...