

Akram Youth

June 2023 English

Dada Bhagwan Parivar

Vacation

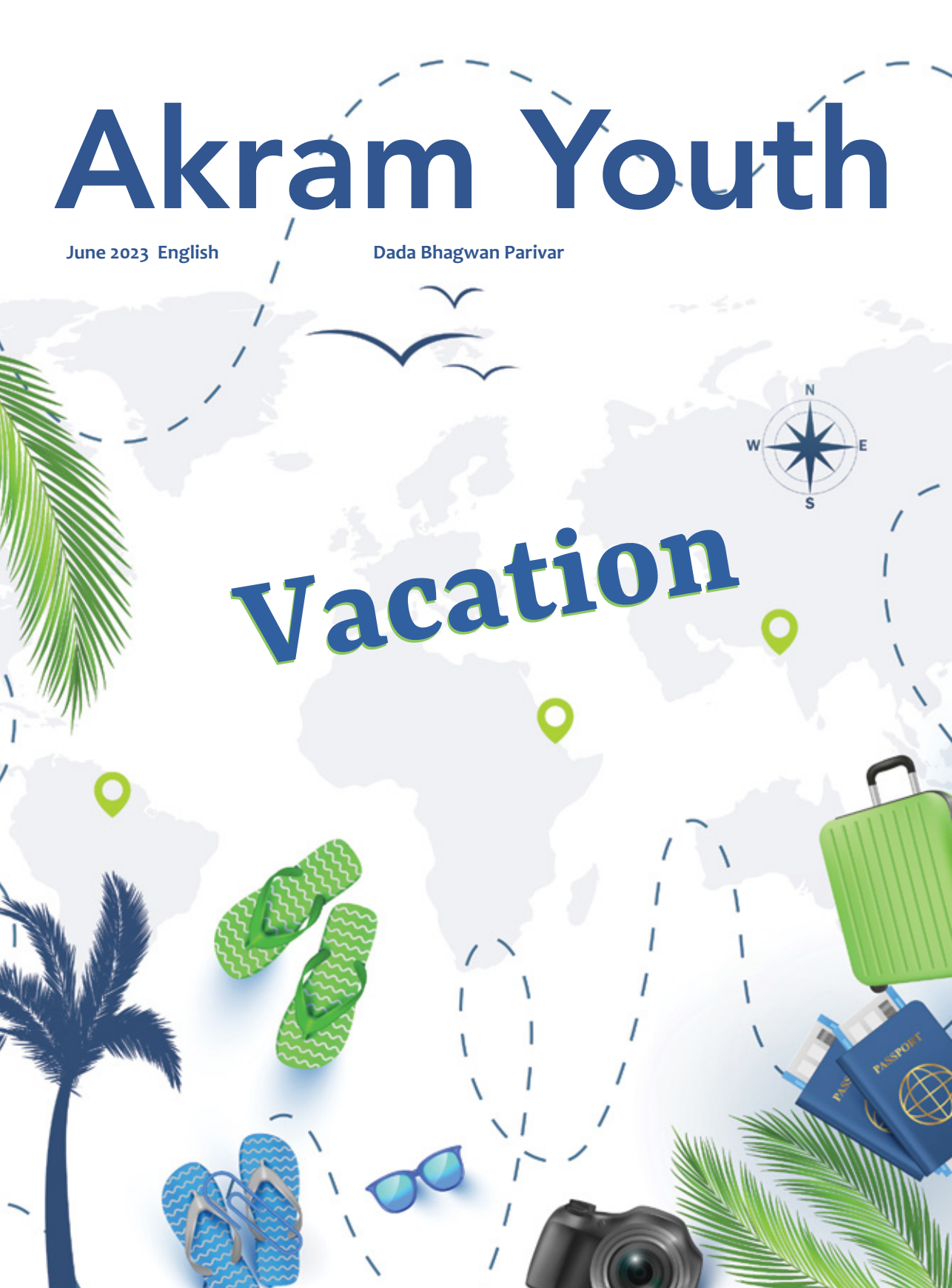


Table of Contents

03 Surprise !

14 Mother's Day !

05 The Science of Rituals

16 Star Gazing

08 Farm Trip

18 The Land of My Country...

11 Game Time !

20 The Last Day

12 Welcome to Real Games !

23 Poem

June 2023

Year: 11. Issue: 02

Cont. Issue: 122

Contact:

Gnani Ni Chhayama (GNC),
Trimandir Sankul,
Simandhar City,
Ahmedabad Kalol Highway,
Adalaj, Dist. Gandhinagar,
Gujarat-382421
Phone: (079) 39830100

email: akramyouth@dadabhagwan.org
website: youth.dadabhagwan.org
store.dadabhagwan.org/akram-youth

Editor - Dimple Mehta

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

5 Years Subscription

India : ₹ 1000

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

© 2023, Dada Bhagwan Foundation.
All Rights Reserved

Surprise!

“Haley, breakfast is ready! Saturday’s special is strawberry pancakes !”

Hearing her mom’s yell, Haley ran to the breakfast table and took a seat. Today she was in a different kind of mood. That’s because her vacation was going to start from tomorrow and her parents had planned a surprise trip.

“Someone tell me what the plan is. Where are we going ? For how many days ? With whom ?” Haley said as she sat down at the table.

Haley started daydreaming about her vacation. ‘I’ve pretty much seen Canada, Europe and Africa. Could it be Australia or Singapore ? Mom has packed a lot of summer clothes. Maybe we’re going to the beach !’

That night, Haley was tossing and

turning in bed. She thought to herself, ‘My parents must be asleep. Maybe I can find a clue in their room.’ So she went and stood outside her parent’s room. But they were talking to each other.

“Such a big decision... Haley will accept it, won’t she ?” Haley became confused hearing her parents.

Finally, the day of the trip had arrived. They reached the airport. Showing Haley the boarding passes, her father said, “Haley, the destination of our trip is...” Seeing the boarding passes, Haley became wide-eyed.

“Ahmedabad !?”

“Yes, last time you went to India you were so small.” Her mother said lovingly.

“But mom ! Just one time... I had so many plans... This shatters all my dreams!” Haley sat down with a look of disgust on her face. Just then, the announcement for boarding was made and they all boarded the plane.

“Haley, this magazine has the details of the tourist locations in India. Why don’t you decide where you want to go ?” Her mother said as she handed Haley the magazine.

“But mom... What is there worth seeing in India ? It’s crowded and hot everywhere... And everything must be dirty !”



“India is changing Haley... Just see when you go there !” Her father said as he placed the cabin luggage in the overhead bin. “Do you know ? The person sitting next to me is from America and he is going to India to study spirituality !”

Haley was listening with a look of disgust on her face, but her father kept talking.

“Not only in spirituality, but India is

also progressing in business and politics as well. Many large companies are now dependent on India for software, materials, and production. Many Indians are now making a big name for themselves in foreign countries in various fields !”

“Okay dad.” Haley said as she put Bluetooth earbuds in her ears, opened her diary, and wrote,

Summer 2023 – Shocking Surprise! A Trip to India!

Dear Friends,

You must be thinking, ‘Why is there a story instead of an Editorial ?’ Surprise! Because just like Haley, your vacation must have started as well. The following is a special vacation issue. In this issue, you will see and learn something different than a normal issue. Not only that, but the activities in this issue will also help you pass your vacation time nicely. So let’s see who Haley meets in India and what she does.

The Science of Rituals

“How much longer ? The train is an hour late, and on top of that, it’s so hot.” Haley said with disgust. Just then, a car pulled up.

“Welcome to our hometown !” It was a familiar voice. It was Haley’s cousin Yash in the car. Her grandmother got out from the back seat of the car and hugged her. “I have been yearning to see you. You’ve grown so much Haley !”

Haley’s mom motioned for her to bow down to her grandmother. She did so reluctantly. They loaded their luggage in the car and went home. Haley was amazed at how big her grandmother’s house was. The first thing she asked was, “Dad, what’s the Wi-Fi password ?”

Yash replied, “We don’t have Wi-Fi here, but I can connect you to my hotspot which has full 5G speeds. You can use as much data as you like !” Once she connected to the internet, Haley was in a good mood. Everyone freshened up and gathered at the dining table.

“Wow, fresh okra. In America, we get okra that is a week old.” Said Haley’s mother.

“Here we get fresh vegetables every day, that’s why they taste sweet.” Said Haley’s grandmother.

“Why is that ?” Asked Yash.

“Because okra kept in the

fridge take longer to fully develop. Even mangos become sweet in the heat of summer. Taste how sweet this mango juice is.” Her grandmother said.

“Did you understand Haley ? In our India there is some heat and some penance. Therefore we become sweet.” Yash said jokingly. Everyone laughed except for Haley.

“I am hungry. Can I have a spoon and fork...?” Asked Haley. “Today we will eat with our hands dear.” Said her mother.

“Why ?”

“Haley, there is a science behind that as well. **There are electric pulses in our fingers. If we eat with our hands, then that power will enter our body and help in digestion.**” Added her father.

“It looks like there is a science behind everything in India!” Haley said sarcastically.

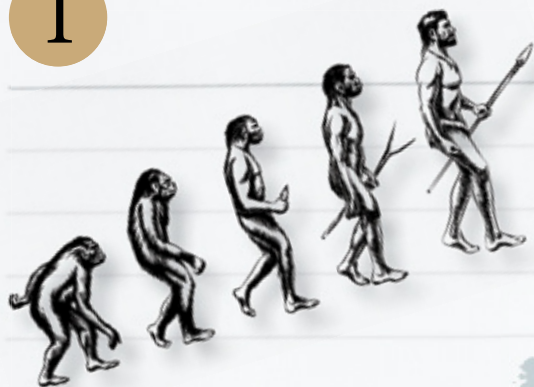
“Of course ! In India, there is a science behind the food, the lifestyle and the religion.” Said her father.

“Really ? Uncle, I want to understand all that. Will you explain it to me ?” Said Yash. After they finished eating, they had a long talk about India. Haley noted in her diary the points that she liked. Before she knew it she began enjoying the trip.

Friends, let’s see the points that Haley wrote in her diary !



1



Darwin's 'theory of evolution' explains physical evolution... But after becoming a human, one's spiritual evolution begins !



In Western countries there has been materialistic progress, but Indians are ahead in spirituality ! Indians understand rebirth, liberation, and the theory of karma.

That is why Indians have a lot more bearing power... They get right back up whether it is an earthquake or a flood !

2

In India there is a festival to celebrate every relation... A sister ties a rakhadi to her brother for his protection. That is the festival of Raksha Bandhan !



The custom of taking blessings from one's guru. That festival is called Gurupurnima. On this day, we bow to our guru and perform Guru Dakshina (show respect and thanks for what he has taught us) !

3



Ganpatiji has solved each and every layer of the puzzle of the intellect ! That is why we pray to him at the beginning of every event !

4

What is the logic behind offering Lord Krishna basil leaves, offering Mahadevji bael leaves and offering Ganpatiji laddoos ? The secret is hidden in Ayurveda. Because they all have medicinal benefits !



5



I want to know who they really are... Brahma, Vishnu, and Mahesh ?
Actually they represent the three Gunas (physiological qualities of the physical body) – Sattva, Rajas, Tamas !
By praying to them, these qualities blossom.
By praying to them with this understanding, we get the intended result !



Farm Trip

The next day, they all got into the car and went to a farm in the nearby village.

“Haley, I heard you have an interest in cooking. Today let’s cook something in the farm.” Haley liked the sound of that.

“I hate cooking. I only like eating!” Said Yash.

“Is that so ? Then today you will make the food. Grandmother, there are nice mangos in this farm. Let’s make mango salsa. I mean, Yash will make it, and we will make nachos. What do you say ?”

“Absolutely. But what if we make Indian nachos, meaning healthy, crunchy, millet and fenugreek puri ? We’ll bake them.” “Sure! Where’s the oven ?” Asked Haley. Her grandmother smiled and said, “Without an oven, on this grill. I’ll show you.”

“Okay. Then Yash, let’s go get some mangos and vegetables.”

“Oh no ! What have I gotten myself into ?” Yash said as he reluctantly joined the cooking activity! Haley showed him each and every step and they started making the mango salsa. Haley and her grandmother prepared the chips. Yash started eating while it was being made.

“Yummy. This is the first

time I have had such fresh salsa and tasty chips !” Yash said while he ate.

Just then, some of the farmers came to collect the payment for the mangos and vegetables. Haley’s grandmother said to them, “We’ll take care of that later. First have some food. These kids have made an American dish.”

Yash thought, ‘Why did these people have to come now ? I am so hungry and this food is so tasty !’ Yash didn’t want to have to give them a portion of the food. So Yash took his grandmother aside and told her, “But grandmother, if we offer them some food, then what will we have ?”

“Yash dear, if there is less, then we should adjust. But we shouldn’t spoil our intent while feeding others! Our cultural values say that no one should leave our home hungry.” As she placed a plate full of chips and a bowl full of salsa in Haley’s hands, her grandmother said, “Haley, go and offer these to our guests.” Haley and Yash both stood there looking at their grandmother with astonishment!

Everyone enjoyed the food and couldn’t stop praising it. Haley and Yash experienced a different type of joy. Along with the recipe, Haley wrote this in her diary,

“True happiness is in giving to others without spoiling one’s intent.”

Friends, I have written the recipe for mango salsa and baked chips below. You should also try making this recipe one day during your vacation. Then lovingly feed your family and guests. Don’t forget to capture the joy on their face and yours with a camera !

Mango Salsa:

Ingredients:

- Ripe mangos – 2 to 3
- Red (or mixed) color capsicum – 1
- Fresh coriander – 2 tablespoons
- Onion – 1 small
- Baked corn kernels – ½ cup
- Chaat masalo (spices) – for taste
- Jalapenos – to make it spicy
- Lemon juice – for taste



Method:

- Cut small pieces of mango and put them in a bowl.
- Add very small pieces of capsicum, onion and coriander and mix.
- Add the baked corn kernels.
- Based on your taste preference, add jalapenos, salt, lemon juice and spices.
- Leave it in the fridge for 5 minutes.
- Then serve it with crunchy millet and fenugreek puri.

Millet and Fenugreek Chips:

Ingredients:

- Millet flour – 1.5 cups
- Wheat flour – 1 tablespoons
- Small pieces of fenugreek – ½ cup
- Small pieces of coriander – 2 tablespoons
- Ginger-chili paste – 2 teaspoons (optional)
- Cumin – 1 teaspoon
- Ajwain – 1 teaspoon
- Sesame – ¼ cup
- Turmeric – ½ teaspoon
- Red chili – ½ teaspoon



Method:

- Mix the ingredients along with some oil and prepare the flour for the crunchy puri. Let it sit for 30 minutes.
- Then take some oil in the palm of your hand, roll up a small ball of flour, and press it between both hands.
- Press them into round puris.
- Use a knife or fork to make a bunch of holes in it.
- Make the chips by breaking each puri into 4 pieces. (You can also make them into the shape of a diamond)
- Fill a big pot with either sand or salt and cover it with baking paper. Put the pot on the stove to heat up.
- Take a baking tray or an aluminum plate and cover it with a thin layer of oil. Then place the pieces of puri on it. Apply some oil to each piece of puri.



Game Time!

“Haley, you play games on your phone all day. Come, let me show you some new games.” Yash said as he grabbed Haley’s phone and placed a carrom board in front of her.

“Carrom ? I play this on my Wi every day ! And I get top scores too !”

“Then you will enjoy this. Yash is a state-level champion. It will be competitive !” Haley’s father said as he entered the room.

Haley and Yash sat down to play carrom. The entire family gathered around to watch the game. Haley enjoyed at first, but soon she started missing her target. Whereas Yash continued scoring and won the game !

“Did you have fun ?” Asked Yash. Haley didn’t answer. She was sad.

“It’s just a game dear. You shouldn’t be disappointed !” Her father explained.

“Dad, I am one of the best at online carrom. I don’t know why I played so poorly ?”

“Dear, the situation remains the same in an online game, but when you play on a real carrom board, the powder runs out, the pieces get worn out, and the you feel the wind from the fan, so the game is always changing. In a physical game you can practically understand friction, angles,

force, and action-reaction, which you wouldn’t understand in an online game. All you need to do is practice this game.”

“Okay. Yash, let’s play one more game !” Haley said with excitement.

“This is called sportsmanship !” Her father said as he patted her on the back.

The game began. Yash showed Haley some tricks. Haley began playing with proper focus. The game became very competitive. Kids from the neighborhood also came to join in. Haley had a lot of fun !

“Good, now Haley won’t ruin her eyes by spending the entire day on her phone ! I have never seen her enjoy a game this much.” Haley’s mother whispered in her father’s ear.

“True. Playing with live people is much more fun than playing on the computer.” Replied Haley’s father.

Then Haley made a group with her new friends and they played all types of Indian games such as pacheta (five stones), pagathiya (hopscotch), satodiyu (seven stones), aandhado paato (blindfold), ubhi kho (tag), langdi (one-legged tag), lakhoti (marbles), and chopat (dice). Haley really enjoyed playing with a live group and commenting on winning and losing. She also learned a lot. That day Haley wrote in her personal diary,

Welcome to real games!

Goodbye video games!

Friends, this is a board game called Isto or Ludo. You should play it with your family and friends like Haley and Yash! You will have fun.

Isto game: The basic rules of this game have been given below. You can play by cutting out the picture of the board and sticking it on a piece of cardboard.



Rules:

- Up to 4 players can play at one time. There are 4 game pieces of different colors in each corner.
- You need 4 coins to play. Take the coins in your hand and toss them on the ground. However many coins are heads, move your game piece that many spaces forward.
 - If 1, 2 or 3 coins are heads, then the count is 1, 2 or 3.
 - If all 4 coins are heads, then the count is 4.
 - If all 4 coins are tails, then the count is 8.
- Each player can move out of the starting position only if they have a count of 1, 4 or 8. Each game piece moves counter-clockwise around the square track.
- When a player gets a count of 4 or 8, they get a bonus turn.
- If a player gets a count of 4 or 8 three times in a row, then their game piece goes back to the starting position.
- If one player's game piece lands on another's, then the other person's game piece goes back to the first space and the current player gets another turn.
- The spaces that has a cross are safe spaces. If another player's game piece lands on yours, then you don't have to go back to the first space.
- From the space with an arrow, the game piece can enter the inner square, but only if another player's game piece has been sent back to the first space. Until then, the game piece must continue moving around in the outer square.
- The game piece will move clockwise in the inner square and eventually reach the center. Whoever gets all of their game pieces in the center first, wins.

Mother's Day!

First thing in the morning, Haley sat with her grandmother to get oil massaged into her hair. "Grandmother, tomorrow is Mother's Day. What surprise should I give mom?"

"What's Mother's Day?" Her grandmother asked.

"You don't know? Mother's Day is a day for mothers. On this day we wish our mother, give her cards and flowers, visit her if we don't live together, and spend time with her."

Her grandmother said, "Oh! You only keep one day out of the year for your mom? The one who kept you in her womb for nine months, who raised you, who took care of you when you were sick, who fed you three times a day, who fulfilled all your needs, who worries about you every day, you only have one day to dedicate to her?"

You are so indebted to her. If you serve your parents for the rest of your life, it still won't be enough. Can you repay all that by just giving her a card?"

"Then what do you do?" Asked Haley.

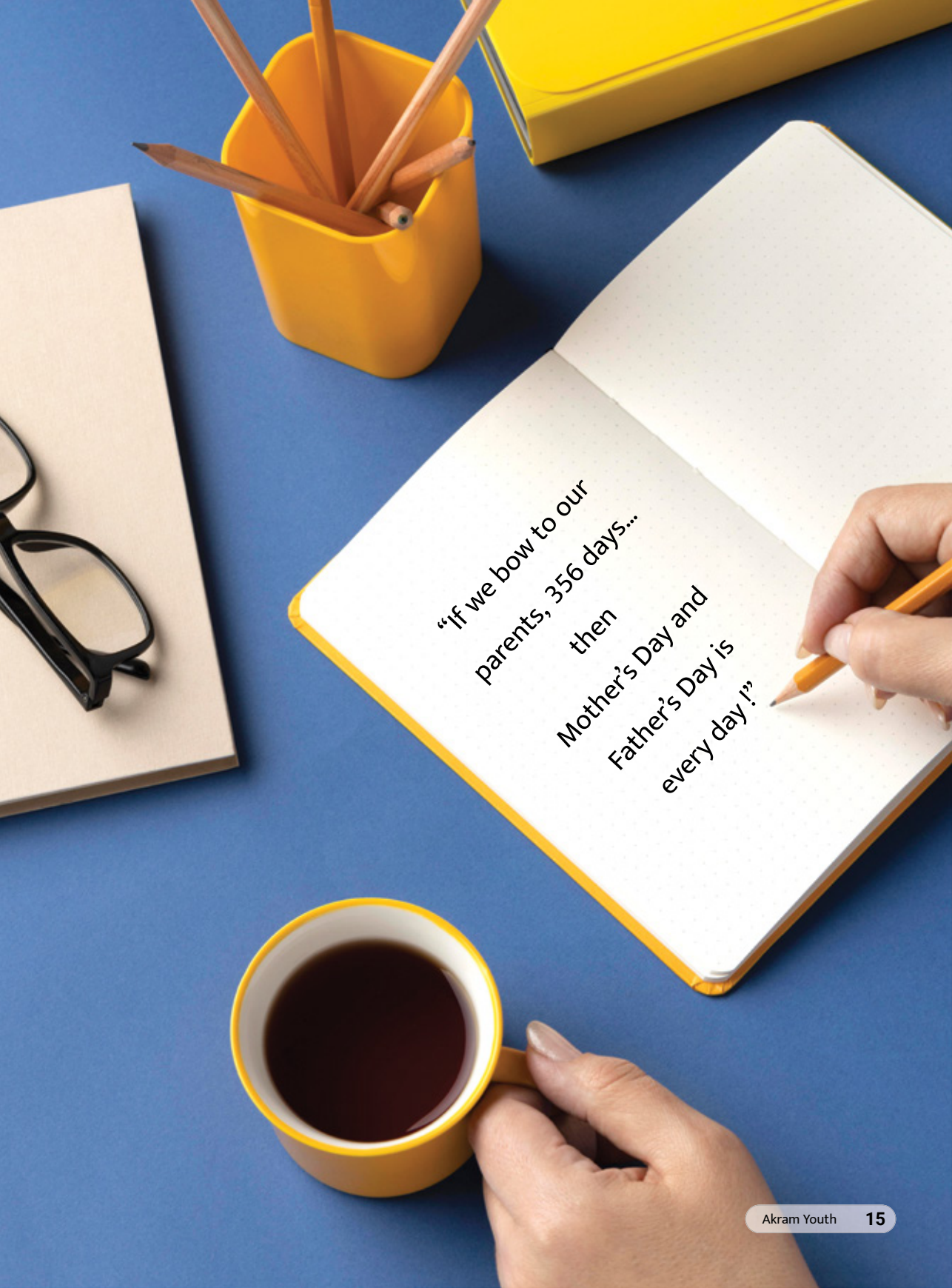
"I do what grandmother taught me. She says that in India, Mother's Day is 356 days a year. So every morning after I wake up, I bow to my parents. Both Mother's Day and Father's Day are celebrated." Said Yash.

Haley became lost in her thoughts. Then she saw her parents enter the room. She ran to them, bowed down to both of them and then hugged her mother, "Happy Mother's Day mom... From now on I will wish you every day."

Her mother was surprised to hear this. She smiled and hugged Haley.

That night, Haley wrote in her diary,





"If we bow to our
parents, 356 days...
then
Mother's Day and
Father's Day is
every day!"

Star Gazing

At night everyone slept outside on the terrace.

“Mom, we have never slept outside like this in America. The sky looks so clear from here.” Haley opened the star gazing app on her phone and looked up at the sky. She spotted a constellation.

“Libra... Mom, how were these constellations named ?” Haley asked.

“A constellation is a group of stars that form a recognizable shape. The name is given based on the shape. Look in the app. If you connect these seven stars, it makes a weighing scale. So it is called Libra.” Her mom explained.

“Interesting. Let me search for another constellation.”

Friends, Haley then found many constellations. Let’s also find some. But not through a phone app, through the following activity.

Activity:

1. Some constellations are shown below. Connect the dots.
2. Then match those constellations with the shapes given.
3. Write the name of the constellation in the empty space.



01 _____



02 _____



03 _____



04 _____



05 _____



06 _____



07 _____



08 _____



09 _____



10 _____



11 _____



12 _____

The Land of My Country

One day they all went to a nearby temple. It was very peaceful inside. Upon entering, Haley was taken aback by the smell of saffron, sandalwood, and camphor. The Lord was decorated with a beautiful garland of roses and jasmines. Yash rang the bell. Everyone did darshan and came outside.

“Dad, why does it feel so peaceful in the temple?”

“Because there are pure vibrations in a temple. Also because the decorated Lord, the garland of flowers, the fragrance, and the sound of the bell cause our eyes, nose, ears, and chit to become focused here. That is why we feel peaceful.” Her father said as he put on his shoes.

“What are these people doing?”

“They are doing puja of basil.” Her father said.

“Why?”

This time Yash gave the answer. “In Ayurveda, basil is the best medicine. It is used as an antioxidant to cure diseases such as fever, cold, malaria, and tuberculosis. Basil leaves are helpful in increasing one’s immunity and removing toxins from the body. Its fragrance purifies the environment and it also kills the germs in the air. That is why it is a custom to keep a basil plant at the entrance of every home and to do puja of it.” Haley listened intently.

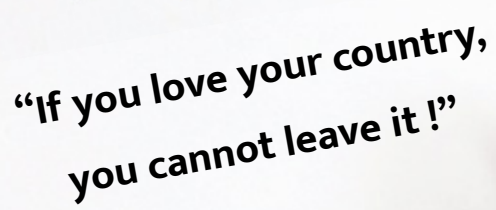
“Well done Yash! But where did you get all this knowledge?” Haley’s uncle asked.

“Uncle, agriculture is my subject. Last year I published a research paper on herbal medicine with my professor. On the basis of that paper I got a scholarship to a university in the US.” Said Yash.

“Amazing ! Then when are you coming to the US?”

“How can one do research on the agricultural development of this land in another country? I have a different plan. I will go there to learn the technology and the method. But only after building a foundation here. That way I can come back and apply my knowledge here. There are many good colleges nearby and to make the knowledge practical, I have grandmother’s farm !” Yash replied with humility. Hearing this, Haley again became lost in her thoughts. That night she wrote in her diary,





The Last Day

“What happened dear ?” Haley’s mother asked, seeing Haley looking sad.

“Mom, I don’t feel like going back.” She said as she started crying.

“You were the one saying that you don’t want to go to India. What happened ?” Haley’s parents said in unison !

“I was wrong. India is not at all like I thought it was. I liked everything here. The people, the culture, the science behind it, everything. Dad, you were saying that people come from abroad to study here. Then can’t I come here to study ?” Haley asked innocently.

“Haley dear, today you lightened the burden that we were feeling in our hearts. We were thinking of spending more time in India. We were just worried about you. But today you yourself gave the green signal !”

Haley started dancing with joy upon hearing this. Seeing her, Yash, her grandmother and her parents became happy!

“Come visit me every year during your vacation.” Haley’s grandmother said as she placed her hand on Haley’s head. “Now get ready. You don’t want to be late for your flight.”

“But only on one condition! You have to come to the US next year for my graduation. You have to spend a lot of time with me and teach me new Indian recipes! Agreed?” Her grandmother smiled and agreed.

“And Yash! You are my career counselor. You will guide me, won’t you ?”

“Well, not for free! As Guru Dakshina, you have to come to India every year and play carrom with me! Promise ?” Yash lovingly asked.

“Promise !” Haley said as she broke out into tears. Her grandmother consoled her with a hug.

Everyone left the airport teary-eyed. Once Haley boarded the plane, she wrote in her diary,



Summer 2023
A sweet and memorable
surprise trip !
I love India!

Friends, one diary page is given below. Now it is your turn to note down your vacation memories in your personal diary. Just like Haley, you can write down one event from your vacation and keep it as a memory.





Youth Centers

We have more than 50 Youth centers across the world



IN GUJARAT



IN INDIA



ABROAD



To find your Youth Center, Visit here...

<https://youth.dadabhagwan.org/about-us/centers/>



Poem



Vacation padi gayaani badhaane kevi hash che...
Kaho jaraa aa vakhatno plan shu khaas che...?

Ke tv, movie, internet maa j mukaam che ?
Sadupayog na thaay to vacationnu shu kaam che ?

Aa vakhate navi dhamaal, navi vichaar kariye...
Screenni bahar pan, pravrutti be-chaar kariye...

Bat-dhado, gilli dandaa ke kotithi ramiye...
Bhulaai gayeli ramatone, fari jivant kariye...

Kaa pachi chaalo chaklionaa ghar banaavie...
Bhari daano paani, emne majaa karaviye...

Kahe che je vhaallaa Gnani e hridaaygat kariye...
Thodaa vidhi vaanchan, thodi mammine madad kariye...

Aa vakhate vacationne judi rite saakaar kariye...
Badhane game evo, aapno aakaar ghadiye...



By Dada's Youth



June 2023

Year: 11, Issue: 02

Cont. Issue: 122



“I have seen what is going to happen.
In 2005, India will have become the
center of the world! In 1971, that is
what I have written in a book. I am not
saying so because India is my country.
I am saying it exactly as it is, with
complete detachment.”

- Dadashri

Send your suggestions and feedback at: akramyouth@dadabhagwan.org
Printed and Published by Dimple Mehta on behalf of Mahavideh Foundation-Owner.
Printed at : Amba Offset, B-99, GIDC, Sector-25, Gandhinagar – 382025.