

Serial No. 03



*The knowledge of
32 Aagams
in your phone*



Inspired by Rashtrasant Param Gurudev Shree Namramuni Maharaj Saheb



Jatna towards every creature, Gain no pain in **future**

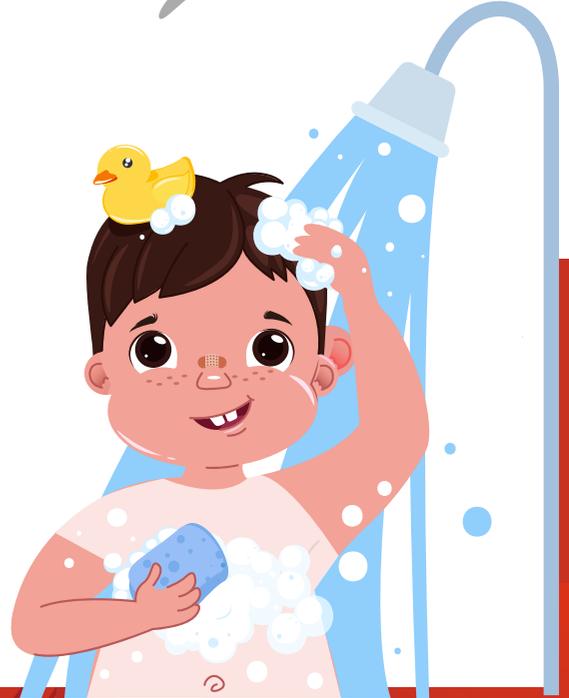
Jatna,
My 1st step
towards...
Manavta



To Follow Jatna in my life, I will keep
the following points in my mind...

DO NOT WASTE

SAVE



When I brush my teeth in the morning, I will keep the water tap close and I will take a glass of water to gargle. While taking bath, I will use less water.



Jatna towards every creature, Gain no pain in future



I will be careful while eating and if I drop, then I will clean it immediately so that small insects like ant won't get hurt.



Jatna towards every creature, Gain no pain in future

CHECK



Many times small insects
hide in shoes or sandals,
To avoid hurting them...
I will check my shoes
or sandals before wearing.



Jatna towards every creature, Gain no pain in future



I will not stamp on sand hills,
nor break ant hills or beehives
While walking I will not stamp
on flowers or leaves fallen
from tree. Nor I will pluck them.
I will not use real flowers
for decorations



Jatna towards every creature, Gain no pain in future



While riding a bicycle,
scooter or car, I will be
carefully that I
don't hurt animal like dog,
cat, mouse etc.



Jatna towards every creature, Gain no pain in future

CLEAN



I will keep my home & surroundings clean to avoid formation of Moss, fungus, or dwelling of small insects like cockroach, spiders etc.



Jatna towards every creature, Gain no pain in future

SWITCH OFF



Before switching on the fan,
I will check if there are no
birds or insects in the room.

If they are present, I will let
them go out of the room first.



Jatna towards every creature, Gain no pain in future

BE ALERT



I will check before opening and closing the window sill and doors, That no insect or small animals like Lizard etc stuck in between there and die.



Jatna towards every creature, Gain no pain in future

Jatna Song

Look N Learn Ke Flowers...

Look N Learn ke Flowers,

Sweet little Flowers,

Guruji ki aagya , nahi kissiko marna,

Bolo bolo bolo bolo nahi kissiko marna.

Kandmul nahi khana, nahi kissiko satana,

Gaadi jab chalana , sambhal ke chalana (2)

Peep peep peep, peep peep peep,

Bolo bolo bolo bolo bolo nahi kissiko marna!

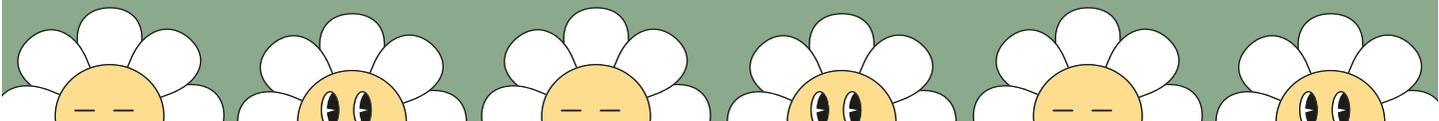
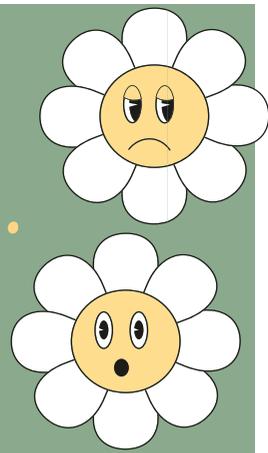
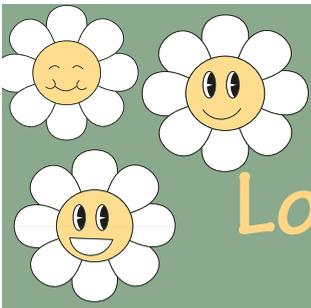
Shower mai nahi nahana phool nahi todana,

Raaste pe jab chalna, dekh dekh ke chalana,

Chup chup chup chup chup chup (2)

Look N Learn ke Flowers,

Sweet little Flowers.



Jatna Song

**FLOWER
POWER**

Look N Learn Ke Flowers...

Would you like to SING the rhyme?

You can play it in your mobile.

Please **click** on the

given  below to hear it

**TO PLAY
CLICK
HERE**

