

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

Jatna,  
My 1<sup>st</sup> step  
towards...  
Manavta



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



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.



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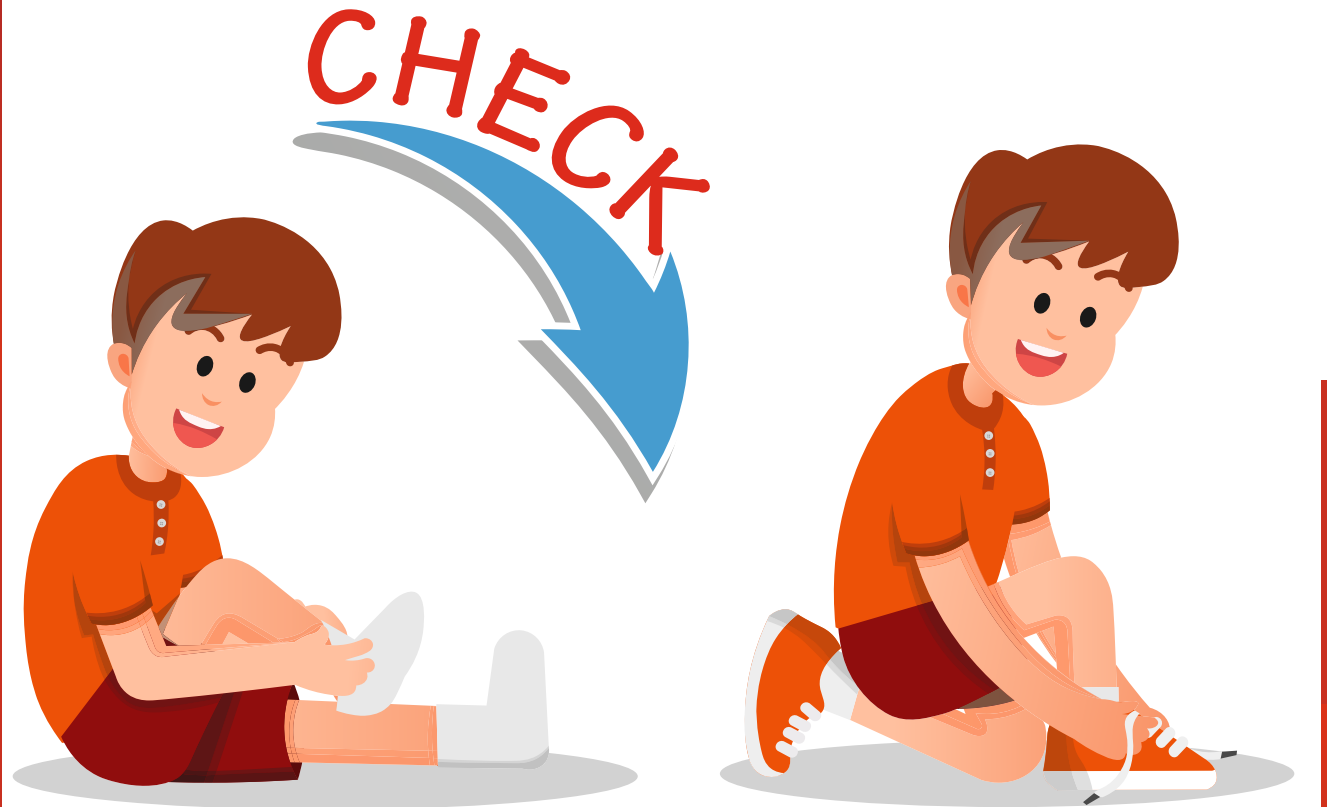


I will be careful while eating and if I drop, then I will clean it immediately so that small insects like ant won't get hurt.



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



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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



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



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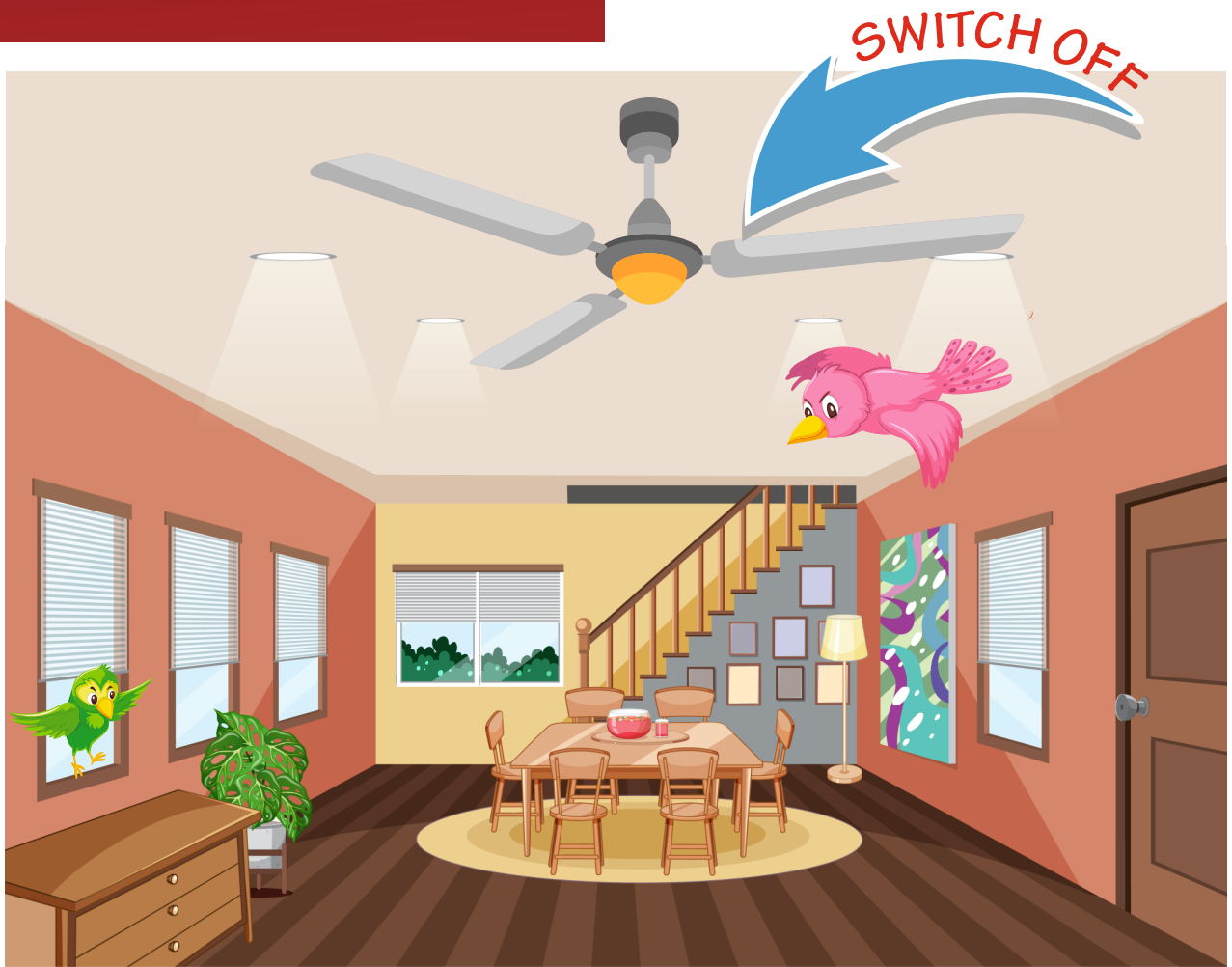


I will keep my home & surroundings clean to avoid formation of Moss, fungus, or dwelling of small insects like cockroach, spiders etc.



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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.



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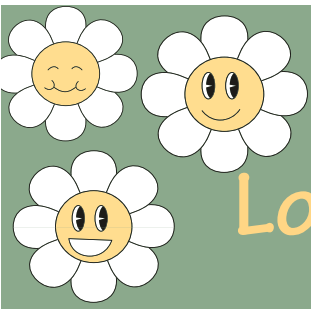
BE ALERT



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.

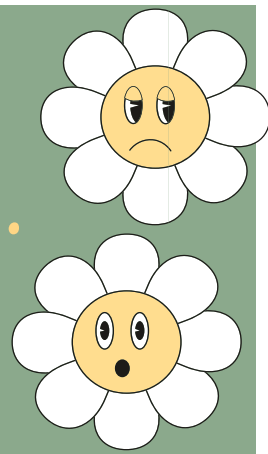


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## Jatna Song

### 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**

