

LOOK N LEARN CHILDREN'S JAIN MAGAZINE

25th March 2020 Every Fortnight | English, Hindi & Gujarati



Do animals and insects have feelings?



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A note from the Editor:



We thank you for your interest in Look n Learn Magazine!

LOOK N LEARN
 Children's Jain
 MAGAZINE

This fortnight magazine works on building a strong, positive, compassionate and a successful individual! Please contact us for your valuable feedback, gifting this magazine, any complaints, suggestions or change of address.

Subscription for 10 years: India - 1,000/-
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AMAZING FACTS

बच्चों, क्या आप जानते हैं, हमारे तीसरे तीर्थंकर श्री संभवनाथ स्वामीने तीर्थंकर नामकर्म का बंध कैसे किया?

संभवनाथ भगवान अपने पिछले भव में घातकी खंड द्वीप के ऐरावत क्षेत्र में क्षेमपुरी नगरी के विपुलवाहन राजा थे। वे न्याय एवं करुणा की मूर्ति थे। एक बार राज्य में भयंकर दुष्काल हुआ। अपनी प्रजा, स्वधर्मी भाइयों और साधु-संतों को भूख - प्यास से बेहाल देखकर राजा ने राज्य का धान्य-भांडर सभी के लिए खुला कर दिया। खुद भूखे रहकर अन्य को भोजन करवाकर ही उन्हें संतोष होता था। अनेक बार खुद भूखे रहकर अपनी प्रजा को भोजन करवाया। राजा होते हुए भी वे प्यासे कंठों से प्रभु की प्रार्थना करते थे। इस प्रकार की उत्कृष्ट सेवा एवं दान भावना के कारण, राजा विपुलवाहन ने तीर्थंकर नामकर्म का उपार्जन किया और हमारे तीसरे तीर्थंकर बनें।

Kids, do you know that how our third Tirthankar Shree Sambhavnath Swami acquired Tirthankar naam gotra karma?

Shree Sambhavnath Swami, in his previous birth, was king Vipulvahan, the king of Kshempuri city in the Airavat area of Ghatkikhand dweep. He was soft hearted and a compassionate ruler. Once when there was a devastating drought and people were deprived of food, the king happily opened up his treasure of food grains for common people, fellow men and ascetics. All the others were given priority over his own self. If no food was left for him to be served, He would be contented with the pleasure of serving others. During the drought there were many occasions when the king remained unfed and thirsty praying for the welfare of the people. As a result of this sublime feeling of compassion, king Vipulvahan acquired purity of soul and earned the Tirthankar naam gotra karma and He became our third Tirthankar.

- Gurubhakt Mehta Parivaar



हम हररोज अनेक क्रियाएँ करते हैं और हमसे जाने-अनजाने में बहुत सारे जीवों की हिंसा हो जाती है। उन सभी जीवों की आत्मा हमारे आत्मा जैसी ही है। जब हमें लग जाता है या कोई मारता है तो हमें दर्द होता है ना? उसी तरह पशु, पक्षी, पृथ्वी, पानी, अग्नि, वायु और वनस्पति के जीवों को दुःख की, वेदना की अनुभूति होती है। फर्क सिर्फ इतना ही है कि वे हमारी तरह वेदना को शब्दों में व्यक्त नहीं कर सकते।

परमात्मा कहते हैं कि विश्व के सभी जीवों के प्रति हमें मैत्रीभाव रखना चाहिए। क्या हम हमारे प्रियजन या मित्रों को वेदना देते हैं? नहीं ना...?

Everyday, knowingly or unknowingly we hurt and harm many living beings during the various activities of our daily routine. The soul in every living being is the same. So, when someone hurts us, we feel the pain, similarly even animals, birds, earth, water, air, wind, fire and vegetation feel the pain. The only difference is they can't express their pain in words like us.

Parmatma has said that we should be friendly with every being in this world. How can we ever think of hurt our near and dear ones ? We surely cannot! Right!



तो हमारा वर्तन सभी जीवों के प्रति कैसा होना चाहिए?



जब हम चलते-फिरते खाना खाते हैं, तो अन्न के दाने जमीन पर गिर जाते हैं, जिससे आकर्षित होकर अनेक चीटीयाँ वहाँ आ जाती हैं और फिर नौकर आकर झाड़ु-पोछा करे तो वो सारी चीटीयाँ मर जाती हैं। इसलिए खाते वक्त कोई भी चीज नीचे नहीं गिराए और अगर गिर भी जाये तो उसे तुरंत उठा ले।

If we eat while walking, many crumbs fall down and then many ants come near it. After that when our servant comes and sweeps and mops the floor, all these ants die. So let us try not eat food while walking and be careful not to drop it down while eating. Even if it does fall, we must pick it up and clean immediately.



इसी तरह अगर झूठी थाली वाँश बेसीन में रखे तो उसमें भी अनेक चीटीयाँ या अनेक जीवों की हिंसा होती है। इसलिए हमारे धर्म में खाना खाकर थाली धोकर पीने की परंपरा है।

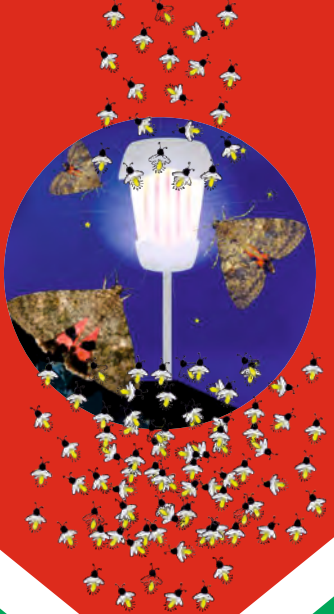
Similarly if we keep the soiled plate in the wash basin without washing, we cause harm to many insects and microorganisms that are attracted and so there is a ritual of washing the plate and drinking that water, in our religion.



अगर घर में साफ- सफाई न हो तो घर में अनेक जीवों की उत्पत्ति होती है, जैसे मच्छर, मकखी (कोकरोच, मकडी) इ.। जब हम घर की रोजाना सफाई करते हैं तो हमें ऐसे जीवों से छुटकारा पाने के लिए जंतुनाशक दवाईयों का इस्तेमाल नहीं करना पड़ता है।


If we don't clean our house regularly, then many insects like cockroaches, flies and spider-webs are born. If we clean the house regularly, we don't have to use insecticides to get rid of such insects.

Then how should we behave with every other living beings?




चातुर्मास में अनेक जीवों की उत्पत्ति होती है। ग्राँसहॉपर जैसे अनेक जीव शाम को हमारे घर में आ जाते हैं। सावधानी हेतु, हमें सारे दरवाजे, खिडकी बंद कर फिर ही लाईट चालु करनी चाहिए, क्योंकि ये सारे जीव लाइट से आकर्षित होकर हमारे घर में आते हैं।

Monsoon brings along with it many tiny bugs and insects. They are the carriers of germs which could get transferred to food items as well. So as a precaution we must cover our food, close all the doors and windows and then switch on the lights because all such insects get attracted to the light and enter our house.



अगर कभी पतंगिया या चीडियाँ उडकर हमारे घर में आ जाये, तो पंखा चालु नहीं करना चाहिए, अगर पंखा चालु हो तो उसे तुरंत बंद करें, जिससे यह जीव पंखेके बीचमें आकर कट न जाये।

Switch off the fan immediately if you see a butterfly or bird suddenly entering your room. They might hurt their wings and get injured.



इन सभी जीवों की रक्षा कर हमे अनंता पाप कर्मबंधसे बच सकते हैं।

We must protect the smallest possible living being and this can save us from many uncountable paap karmas.



Little Talks
with
Little Heart

Sky Is The Limit

Dear kids, the bird falcon is not an ordinary bird like pigeon, sparrow, crow etc, but is an extra ordinary bird who flies very high and it also expects its little ones to become extra ordinary. Do you know how falcon trains its young ones? It expects that its young ones should not be like other birds but they should become best, strongest and courageous.

Just few days after falcon gives birth to its young ones, it carries them on its wings and begins to fly high in the sky, as high as aeroplanes fly.

After reaching high up in the sky it becomes stable. The training of the baby birds starts here.



Falcon wants to make its baby birds understand that they are not ordinary birds like the pigeon or sparrow who simply sit and chirp on the building roof, but their aim is to touch the sky.



After reaching high up in the sky, falcon leaves the babies. When babies are going down, they don't realise what is happening with them.

Dear kids, have you ever felt the same sometimes, when your parents, teachers or well-wishers scold you or behave strictly with you and you don't understand why they are behaving like this?

I have done nothing. It's not my mistake? It must have happened with you many times, hasn't it?

Do you know, then what happened to those baby falcons?

While coming down, baby bird's wings start opening and when they are very near to the ground they open the wings fully and they start fluttering with the wings.

Now kids, do you realise, strictness of Param Gurudev Shree, parents, teachers mould your personality in reality which is very essential to become successful in life.



But kids, story does not end here. When baby falcon is coming down from such a height and since its wings are not strong enough to fly, it begins to feel that it is the last journey of life and at the same moment mother falcon catches it and takes it safely to the nest.

The mother falcon continues to give training to its babies till they learn to fly properly.

So kids, parents may be very strict with you, but they will always be there for you to help you and support you.



**Never fear problems,
Learn to face them.**



Fly high, take risk, have faith in Dev, Guru and Dharma.
Your virtues are your roots that will help you stand strong.

LET'S CHECK... (Try to write down.)

Have you ever felt like those chicks?

❁ Have you ever faced an incident when your parents or Guru were strict with you?

❁ How did you feel at that time?

❁ How did you react?

❁ At last did, you realize that it was for all your benefit?

❁ What did you learn from it?



As you sow so shall you reap

Dhritarashtra, king of Hastinapur, in his previous birth was a cruel king, who one day saw a swan surrounded by hundred young swans. He ordered to poke the eyes of the swan bird and kill all the hundred young swans just for pleasure. As a result, in next birth he was born blind and all his 100 sons were killed in the war.

What goes around Comes back around

आगम गाथा

जयं चरे जयं चिष्टे, जय मासे जयं सभे
जयं भुंजंतौ भासंतौ, पावकम्मं न बंधई ॥

अर्थ

जतनापूर्वक- उपयोग सहित चालतार, उभा रहेतार,
बेसतार, भोजन करतार अने बोलतार साधक पापकर्मनो
बंध करता नथी.



A sadhak walks, stands, eats and talks
with utmost alertness. By doing so he
voids binding negative sinful karmas.



Dear kids,

Did you know that Gratitude shields you from negativity. It makes you happier, rewires your brain, eliminates stress, heals you from wounds, boosts self esteem and improves your relationships.

**Say Thank
you to all!**



This week let's show Gratitude to all those who help us in our daily chores. We will be thank ful to all living and Non living things

Let's be grateful to our mother who helps us throughout the day.

Let's be grateful to our father who takes care of our all needs.

Let's be grateful to our siblings, friends for loving and supporting us.

Let's be grateful to our teachers for teaching us.

Let's be grateful to our lift man for helping us go up and down.

Let's be grateful to our domestic helper for keeping our home clean.

Let's be grateful to our bus driver or fellow passengers to help us travel.

Let's be grateful to our bag, purse etc to carry our belongings.

Let's be grateful to our bed because it gives us space and comfort while we sleep.

Find the Names of Tirthankars

Clue: With the help of the letters in each hexagon let's guess the correct name of Tirthankars.



Q Y H H
A T M I D
R F N N U K
A G T W J U
H V A B

_____ SWAMI

_____ SWAMI

_____ SWAMI

_____ SWAMI

Q Y H A
A A I D
R T S W K
N G H N
N B

M V H A
A T S I D
R O G H N
U B I

_____ SWAMI

_____ SWAMI

Answers
Mahavir swami, Kuntunath swami, Abhinandan swami, Aranath swami,
Sumatinath swami, Dharmnath swami, Suvidhinath swami

Together we can!



SOHAM MAHILA MANDAL



Soham Mahila Mandal Senior Parasdharm, Ghatkopar extended their seva towards 150 people in Rajawadi hospital including 30 new born babies, 30 kids and 70 patients with general diseases and their relatives to provide them blankets, towels, socks and food items like apples, bournvita, biscuits, moong dal, sev mamra.



Mind Palace! Kanthastha Time!

Lesson - 2 Iriyavahiyam Sootra

Egindiya - The living beings having one sense, i.e. the sense of touch (e.g. earth, water, fire, air and plants).

एगिंदिया - एक इंद्रियवाळा जीव (फक्त काया होय) जेवा के पृथ्वी, पाणी, अग्नि, वायु अने वनस्पति

Beindiya - The living beings with two senses, i.e. body and tongue (e.g. worms, conch, shell, earthworms, etc).

बेइंदिया - बे इंद्रियवाळा जीव (काया अने जीभ होय) जेवा के कीडा, पौरा, छीप, शंख, करमियां वगरे

Teindiya - The living beings with three senses, i.e. touch, taste and smell (e.g. ants, lice etc).

तेइंदिया - त्रण इंद्रियवाळा जीव (काया, जीभ अने नाक होय) जेवा के कीडी, मांकड, जू, लीख वगरे



Let's learn by tracing...

विराहिया



एगिंदिया



बेइंदिया

तेइंदिया



tumble®
So Cute
New Born Baby Products

Wonderkids Metrics Pvt Ltd.
Address : 307, Ashish Udyog Bhavan, B.J. Patel Road,
Opp. SNTD College, Malad West. Mumbai - 400064
Mob : 9768077759 / 7977045129



Mark the activity you do on each day

Activity chart

	M	T	W	T	F	S	S	M
1. Compliment others	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Share things	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Be polite while you talk	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Avoid laziness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Cheer someone	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Greet all with a smile	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Say Jai Jinendra as you wakeup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Show Gratitude for all you have	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Stand up for your friends	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Help someone	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. Have a positive attitude	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. Admit your mistakes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. Speak truth	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. Do Vandana	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. Listen without interrupting	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. Be thoughtful	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18. Take turns	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19. Don't be bossy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20. Don't gossip	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
21. Don't force others to do things	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
22. Donate the needy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
23. Help your grandparents	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
24. Stop yourself from being mean	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

राष्ट्रसंत परम गुरुदेव श्री नम्रमुनि महाराज साहेबना
२९मौ संयम जीवनी अनुमोदना अवसर: १०-०२-२०२०



Children at Look n Learn Jain Gyan Dham experienced one day "Saiyam Jivan" on occasion of Diksha Jayanti on 29th Feb of Param Gurudev Shree.



Skit of Bahurupiya



Tratak Dhyam



Kids exploring
saiyam lifestyle



Iriyasamiti-Art of
walking game



Pradakshina arpan to
Param Gurudev shree



Vandana to Dev,
Guru, Dharma



Saiyam Bhakti-
Housie game



Experiencing
Gochari



Paramotsav
celebration

भावन अवसर पर बधाई एवम् बंदन



Look n Learn encompasses all spheres of life



Bhakti bhaav of didis



Game on Panch Mahavrat



Suvarna Jayanti Subhecccha



Rajoharan Maru bane Sharan



Lifestyle of Saiyami



Rajoharan kare Karmo nu haran



Vandana by Shakrastav Sootra



Experience of Vihar



Skit by kids

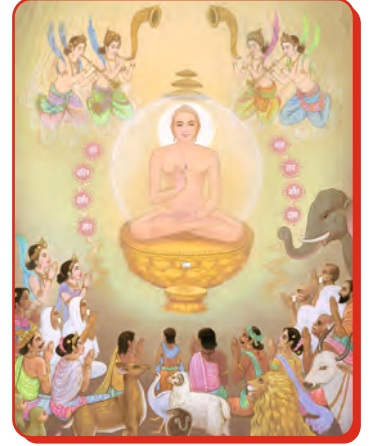
भक्तामर गाथा

स्वर्गापवर्गगममार्ग-विमार्गणेषुः, सद्धर्मतत्त्वकथनैक-पटुस्त्रिलोक्याः।

दिव्यःध्वनिर्भवति ते विशदार्थसर्व, भाषास्वभाव-परिणामगुणैः प्रयोज्यः॥३५॥

अर्थ

हे भगवान! आपकी दिव्यध्वनि, सब जीवों को स्वर्ग और मोक्ष बताने में सक्षम है। समस्त प्राणियों को सत्य धर्म का रहस्य समझाने में कुशल है। गंभीर अर्थवाली होकर भी अत्यन्त स्पष्ट है और जगत् के सभी जीवों के लिए उनकी अपनी-अपनी भाषा के अनुरूप बोध देने की शक्ति है उसमें।



शब्दार्थ

स्वर्ग	: स्वर्ग के	दिव्य-ध्वनि	: दिव्यध्वनि
अपवर्ग	: मोक्षमार्ग	भवति	: होती है
गम	: जानेवाले	ते	: आपकी
मार्ग	: मार्ग	विशदार्थ	: स्पष्ट अर्थ वाली
विमार्गणेषुः	: अपवेषन करने में	सर्व-	: समस्त
	अभिष्ट	भाषा	: भाषाओं में
सद्धर्म	: समीचीन धर्म के	स्वभाव-	: स्वभाव में
तत्त्व	: तत्त्व को	परिणाम	: परिणीत होने के
कथनैक पटुस	: कथन करने में	गुणै	: गुणों से
	अत्यंत समर्थ हैं	प्रयोज्यः	: युक्त ऐसी
त्रिलोक्याः	: तीनों लोकों के		
	प्राणियों को		



दिव्य ध्वनी प्रतिहार्य काव्य