



RESPECT

LOOK N LEARN
CHILDREN'S JAIN
MAGAZINE

25th October 2020 Every
Fortnight English, Hindi & Gujarati



Remain
calm



Encourage
others



Stay
positive



Politeness



Embrace
difference



Cooperation



Think
before you
speak

R E S P E C T



नमस्कार महामंत्र में सबसे पहला शब्द नमो है। परमात्मा केहते है कि नम्र और विनयी बनो, विनय धर्म का मूल है।

The first word of our Namaskar Mantra is 'Namo'. Parmatma says to be modest and humble. Modesty is the root of religion.

-Gurubhakt Mehta Parivar

विनय याने क्या? What is Vinay ?

विनय याने नम्रता, आदर, सन्मान भाव। विनय याने अहंकार-शून्यता। विनय याने झुकना। विनय याने छोटे और बड़े के बीच में अंतर की समझ होना।

जैसे घास और पेड़। चाहे कितना भी भयंकर तूफान आ जाये, घास हमेशा झुक जाती है। इसलिए वह सही सलामत रहती है। लेकिन पेड़ बार-बार तूफान आने से गिर जाता है।

Vinay means to be polite, respectful and humble. Vinay means to dissolve ego. Vinay means to bow down, it means to understand the difference between big and small. For example: grass and trees.

The grass is soft and flexible and bends towards the direction of the wind and hence withstands the storm but at the same time the trees are not flexible and they stand against the wind and finally are uprooted.



Cheque or Draft:
Arham Yuva Group

Parasdharm
Vallabh Baug Lane, Tilak Road,
Ghatkopar (E), Mumbai - 77

Subscription for 10 years
India : Rs. 1000/-
Abroad : Rs. 5000/-

विनय 2 प्रकार से होता है

1. बाह्य विनय: किसीके कहने से जो करते है।
2. अंतर विनय: जो अंदर से प्रगट होता है।

विनय किसका करना चाहिए?

विनय जीव और अजीव दानों का करना चाहिए।

Whom should we be Modest with ?

We should be Modest toward living and non-living things.



परिवार जन

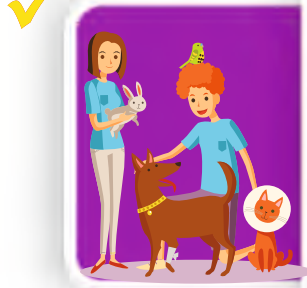
Family

Love and Respect



पशु-पक्षी

Animals-birds



कर्मचारी

Our helpers



अन्न

Food



खिलौने

Toys



किताबे-स्कूल बैग

Books-School bag



पैड-पौधे

Trees



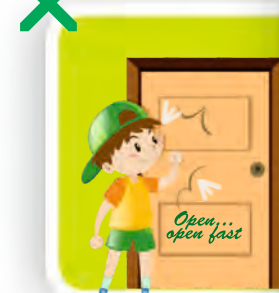
जुते

Shoes



दरवाजा

Door



विनय करने से क्या लाभ मिलता है?
What are the benefits of being Modest?

YOU
WIN!

Say yes to Viray

सहनशीलता बढ़ती है

We become
tolerant

सबके प्रिय पात्र
बन जाते हैं

We become
friendly with all

गुरु की कृपा
प्राप्ति होती है

We can seek the
blessings of
our Guru

सद्गुणों की प्राप्ति
होती है

We attain
good qualities

पाप-कर्म की
निर्जरा होती है

We can get rid
of all our sins

वाणी, वर्तन और
व्यवहार भी
सकारात्मक हो जाते हैं

Creates positivity
in our behaviour

ओरा शुद्ध होती है

Our Aura
becomes pure

स्मरणशक्ति बढ़ जाती है
Memory increases



मन निर्मल होता है

We attain peace
and equanimity
of mind



Say no to...

Aviray

अविनय करने से क्या होता है?

What happens if we are not modest?

YOU
LOSE!



चादशक्ति

घटती है

विकलांग

दशा प्राप्त

होती है

माता-पिता, भाई, बहन,
मित्र-सगे संबंधीयों के प्रेम
से वंचित हो जाते हैं

विद्या प्राप्त

नहीं होती

अहंकार

बढ़ जाता है

our memory
weakens.

We can also
become
handicapped

We are refrained from
the love of our own
parents, brothers, sisters
and all near and dear ones.

We are refrained
from
knowledge.

Ego
increases.



25th October 2020

05

LOOK n LEARN

विनय गुण प्रगटाने के लिए हमें क्या करना चाहिए?

How to generate modesty within us?



Greet
your
guest
respectfully



मेहमान का विनयपूर्वक
अभिवादन करे

खाते समय बिना बात
किये, शांत और प्रसन्न
मन से भोजन करें

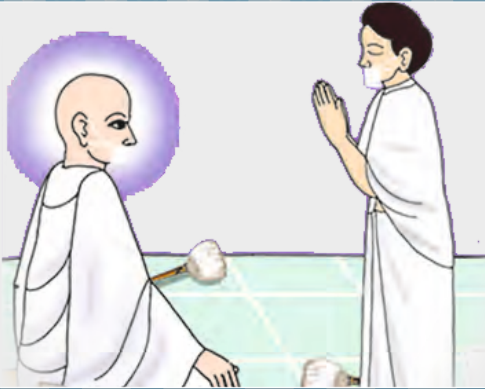
We should eat without
talking and with
peaceful
and happy mind

हमें चलते समय
सुक्ष्म जीवों की
जतना का पालन
करना चाहिए
We should
walk gently

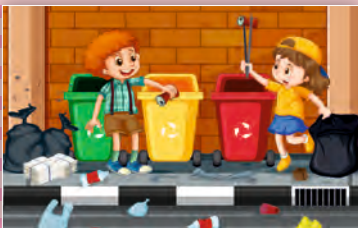


हमें माफी मांगना और माफ
करना आना चाहिए

We should learn to forgive
and seek forgiveness



कचरा उठाकर कूड़ादान में डालें
Put garbage in the dustbin



हमारी चीजे अपनी
जगह पर रखें
We should keep our
things, in its proper place





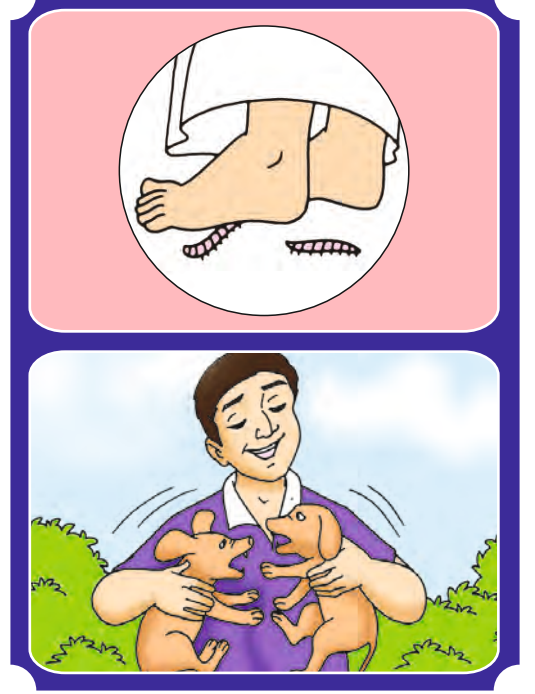
Mind Palace!

Kanthastha Time!

Dear Friends!!! सामायिक तो learn करवीज पडशे...

Lesson - 2 Iriyavahiyam Sootra

- Lesiyaa** - May have rubbed them on the ground.
लेसिया - जमीन साथे मसळ्यां होय,
- Sanghaaiyaa** - May have collided with each other.
संघाईया - एकबीजाना शरीर ने अथडाव्या होय,
- Sanghattiyaa** - May have hurt by touching them.
संघट्टिया - स्पर्श करी खेद पमाडयो होय,
- Pariyaaviyaa** - May have caused pain from all the sides.
परियाविया - परिताप, चारे बाजुथी पीडा आपी होय,
- Kilaamiyaa** - May have hurt or caused injury.
किलामिया - किलामना-ग्लानि उत्पन्न करी होय
- Uddaviyaa** - May have frightened them.
उद्दविया - ध्रास्को पमाडयो होय अथवा भयभीत कर्या होय



लेसिया

संघाईया

संघट्टिया

परियाविया

किलामिया

उद्दविया

Let's learn by tracing...





The **Ego** is like an Iceberg,
melt it in the ocean of deep
Compassion!



So, it disappears and you become a part of the *Divine ocean*

How beautiful a day
can be... when
Kindness
touches it!



Be Kind,
as often as
you can!

25th October 2020

08

LOOK n LEARN

tumble®

So Cute



New Born Baby Products

Wonderkids Metrics Pvt Ltd.

Address : 307, Ashish Udyog Bhavan, B.J. Patel Road,
Opp. SNDT College, Malad West. Mumbai - 400064

Mobile : 9768077759 / 7977045129

This is  Respect



Keeping
the
surrounding
clean



Speak
softly
with
everyone



Helping
the
needy



Say sorry
to all
before
sleeping



Sharing
things
with your
friends

This is  Disrespect



Being
Jealous



Speaking
loudly



Watching TV
& eating



Keeping
things
untidy



Fighting
with
others

Story Time

Sonu Learns his Lesson

Once upon a time there was a boy named Sonu. He lived with his parents.



He was a very smart boy but... very short tempered and rude. He had no friends as he was not polite. No one would like to play with him.





This would make him feel upset and he would stay home alone.



His mother observed his behaviour and gently tried to explain that he needed to stop being rude and lovingly asked him to control his anger but her efforts were all in vain.

He was unable to control his anger.





What to do?

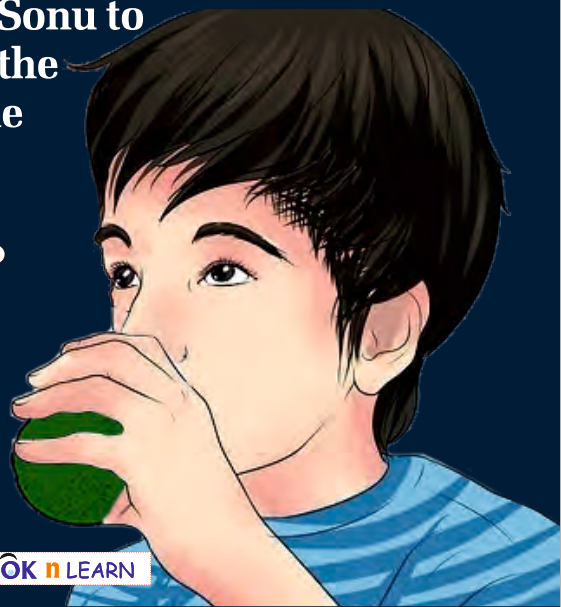


His mother became worried and searched for a solution to make him understand.

Suddenly, an idea flashed in her mind.

She made 2 types of ladoo(indian sweet), one tasted sweet and the other bitter. She requested Sonu to eat both of them! Sonu happily ate the sweet ladoo but as soon as he ate the bitter ladoo he shouted!

**Oh!! these
are so
bitter!**



He spits them out. Seeing his reaction, his mother gently said, I know they are bitter, but they are good for your health, so please eat them".



Sonu replied, "No I cannot eat these bitter ladoos". His mother kindly explained...



"I know that they are bitter, but they are good for health. Still you don't like to eat them?"



Sonu replied, "No! Dear kid's do you behave in the same way?"

Its time to check and change!

Similarly, though you are smart and active but no one likes to play with you as you are so rude and unable to control your anger.



Mother says Sonu, you must always...

Speak Politely...



Speak with a smile...



Give respect to all...



Be friendly with all...



As no one likes bitter words...

Sonu understood his mistake!



**Kid's have you ever understood and accepted your mistake?
When and How? Felt free to write it below.**



Slowly and gradually, his behaviour became better and he started talking politely, respectfully with everyone.



? Do You say Thank you

If Sonu received anything, he learned to say, 'Thank you'



While making a mistake, Sonu learnt to say 'Sorry'.

If Sonu needed anything, he would make a request by using the word, 'Please'



? Do You say Sorry

? Do You say Please

As a result, he has many friends to play with and he has become a happier person.

When Bitter words hit someone, they hurt them! We must use sweet words that are soft and polite! So dear kid's, always be polite and donate a smile to everyone you meet!



Activity Time

Be True to your self!

Dear Kids, on the next page we have given you your family members pictures. From the words given in the box below choose how you talk to them.

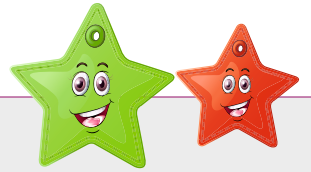
Give a **Green star** to yourself if you talk with that person in a good manner and star yourself **Red star** if you talk in a manner which is not appropriate. See how many **Green stars** you can collect! And yes do not forget to work on the **Red stars** by changing your behavior and by seeking forgiveness from them.



Check yourself, how do you talk with people around you. It may be...
Sweetly, politely, respectfully, calmly, slowly, lovingly, kindly, caring etc
or it may be...

Loudly, scolding, blaming, rage, tease, criticize, aggressive, abuse, angrily,
loud tone, insulting tone, rudely etc.

Give a star in the circle provided



Grandfather

Father

Uncle

Mother

Grandmother

Sibling

Friends

Strangers

Aunty

Doctors

Helpers

Religious Teachers

Teachers

Principal

Neighbour



Giving thanks and expressing gratitude is a powerful way to learn kindness.
The one who expresses Gratitude have ...



Lower stress

Improved relationships with others

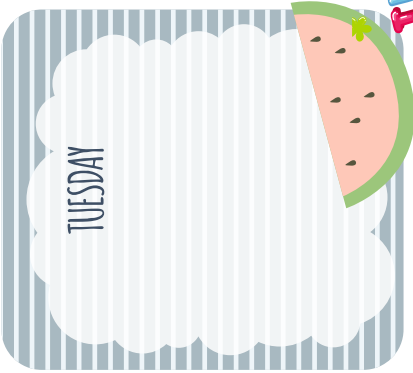
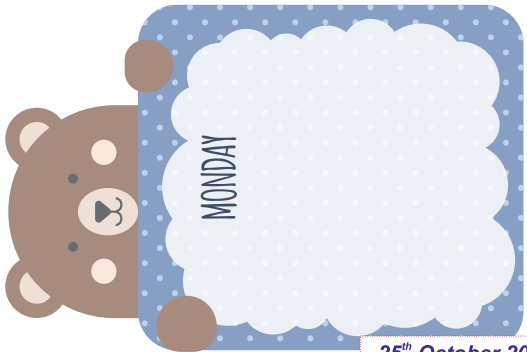
Increased happiness

How you can introduce the concept of Gratitude in your life?

- Show Gratitude for all that you have to Dev, Guru and Dharma.
- Thank to Parmatma for all that you have.
- During the day look out for all the small things that you can be thankful for.
- Eg. the food that you eat, your helpers etc



My Weekly Gratitude Journal



Make a Gratitude journal and every day write one thing you were grateful for...





RESPECT

A tree which has strong roots is always fruitful. Similarly when we have Respect in our roots, we can have multiple fruits of kindness, friendship, forgiveness, compassion etc. in our personality.