

LOOK N LEARN

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Avoiding Vigay is not a Sacrifice, it's Eternal Joy!



Do you know, which festival is celebrated during Spring and Autumn months? It's a 9 day festival and comes twice a year.

1st festival starts from 7th day of the bright Chaitra month and ends on the last day of bright Chaitra month that is Purnima. 2nd festival starts from 7th day of bright Ashwin month and ends on the last day of Ashwin month that is again on Purnima.

आप जानते हो की कौन सा त्यौहार बसंत और शरद ऋतु में आता है? यह ९ दिन का पर्व साल में २ बार आता है।

पहला पर्व चैत्र वद महिने की सप्तमी से शुरू हो कर पूर्णिमा को समाप्त होता है और दूसरा पर्व आशोवद महिने की सप्तमी से शुरू होकर पूर्णिमा को समाप्त होता है।



Chaitra Month
(चैत्र महिना)

Aashwin Month
(अश्विन महिना)

Any guesses?
Keep reading for hints...



Hint: 1

जैनिद्धम वैज्ञानिक सिद्धांतोपर आधारित है, जब चैत्र और अश्विन इन दो महिनो में ऋतुएं बदलती हैं तब हमारे शरीर में दोष, रोग उत्पन्न हो सकते हैं। इस त्यौहार से हमारा स्वास्थ्य स्वस्थ रहता है। ९ दिन के इस त्यौहार को रसपरित्याग तप भी कहते हैं। यह रसेन्द्रिय पर विजयी होने का त्यौहार है। आहार की लोलुपता और पसंद नापसंद रखने की इच्छा यह मनुष्य का सामान्य स्वभाव है, इस पर काबू पाना यानि यह पावन त्यौहार।

Jainism is based on scientific facts, when the season changes in the Chaitra and Aashwin months, the body is likely to suffer from health issues. Hence performing rituals of this festival helps the body to be fit and fine. This festival is also known as Rasparityag tapp. It's a festival to conquer rasendriya, a craving for delicious food. Liking and disliking for a particular food item is a natural human tendency.

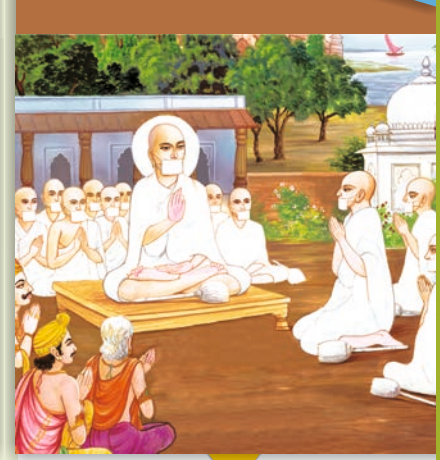
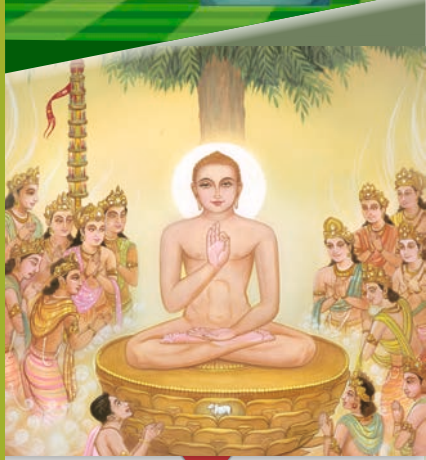


इस त्यौहार का मुख्य हेतु ...
हमारे स्वाद पर नियंत्रण करना है।

**The festival is all about
conquering our taste buds.**



Hint:2



पहला पद...First Padd...

“नमो अरिहंताणं”

“हे अरिहंत परमात्मा!
आहार के प्रति मेरी
आसक्ति कम हो
ऐसी कृपा बरसाओ”

“Namo Arihantanam”

“Oh Arihant Parmatma!
please bless me so that...
I can reduce my
attachment towards
food”

1

दूसरा पद...Second Padd...

“नमो सिद्धाणं”

“हे सिद्ध परमात्मा! मेरा
जीवन निष्पाप और
निःस्वार्थ बने
ऐसी कृपा बरसाओ”

“Namo Siddhanam”

“Oh Siddha Parmatma!
please bless me so
that... I can live sinless
and selfless life”

2

तिसरा पद...Third Padd...

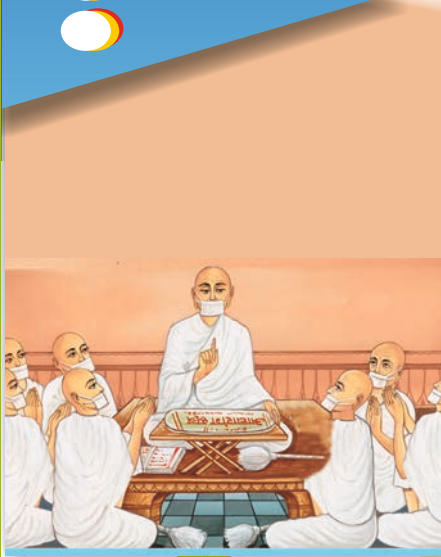
“नमो आचरियाणं”

“हे आचार्य भगवंत! स्व
पर नियंत्रण रखु
ऐसी कृपा बरसाओ”

“Namo Aayariyanam”

“Oh Aacharya Bhagwant!
please bless me so
that... I can control
myself”

3



चौथा पद...Fourth Padd...

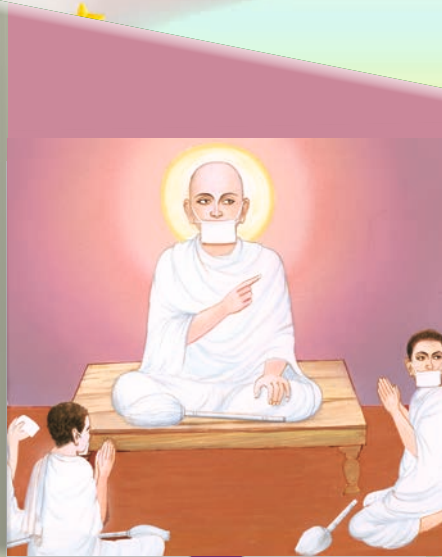
“नमो उवज्झायाणं”

“हे उपाध्याय भगवंत! मेरे अंदर का ज्ञान प्रगट हो ऐसी कृपा बरसाओ”

“Namo Uvajzayanam”

“Oh Upadhyay Bhagwant! please bless me so that... Right Knowledge emerges from within.”

4



पांचवां पद...Fifth Padd...

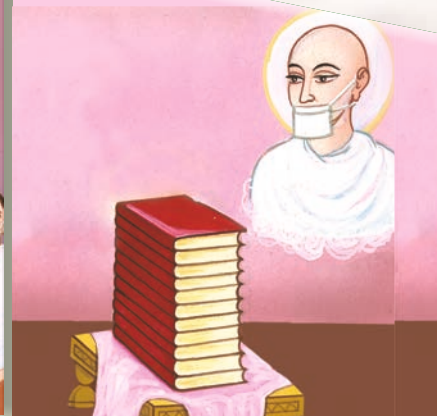
“नमो लोए सव्व साहूणं”

“हे साधु भगवंत! मैं मोक्ष मार्ग के लिए पुरुषार्थ करूं ऐसी कृपा बरसाओ”

“Namo Loe Savva Sahunam”

“Oh Sadhu Bhagwant! please bless me so that... I strive hard to follow the path of Moksh.”

5



छठा पद...Sixth Padd

“नमो नाणस्स”

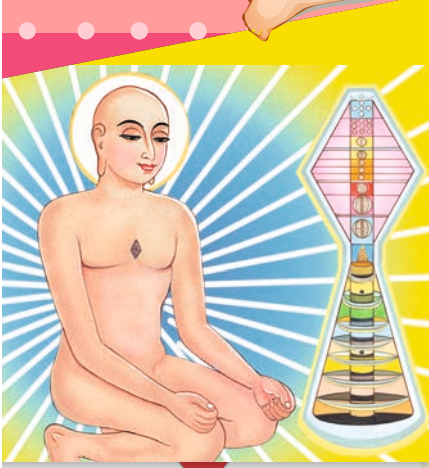
“हे परमात्मा! आप जैसा सम्यक् ज्ञान प्रगट हो ऐसी कृपा बरसाओ”

“Namo Nannass...”

“Oh Parmatma! please bless me so that... I acquire Right knowledge like You.”

6

GUESS



सातवाँ पद...Seventh Padd...

“नमो दंसणस्स”

“हे परमात्मा! आपके जैसा
सम्यक् दर्शन प्रगट हो ऐसी
कृपा बरसाओ”

“Namo Dansanass”

“Oh Parmatma!
please bless me so that...
I get Right Vision
like You”

7



आठवाँ पद...Eight Padd...

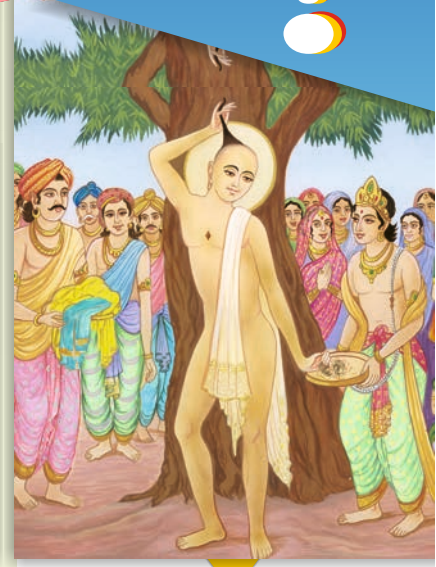
“नमो चरितस्स”

“हे परमात्मा! आप के जैसे
सद्गुण प्रगट हो ऐसी कृपा
बरसाओ”

“Namo Charitassa”

“Oh Parmatma!
please bless me so that...
I get Virtues
like You”

8



नववाँ पद...Ninth Padd...

“नमो तवस्स”

“हे परमात्मा! आप के
जैसा तपस्वी बनूं ऐसी कृपा
बरसाओ”

“Namo Tavass”

“Oh Parmatma!
please bless me so that...
I become an ascetic
like You”

9



During this festival we **AVOID** the following food items...



Say no to Curd



Say no to Sugar



Say no to Ghee



Say no to Jaggery



Say no to Milk and Milk Products



Hint:3

We also avoid consuming fruits and vegetables during this festival

Any Guesses?





Then what do we eat?

During this festival we say **YES** to the following food items...

- ❖ हिंण कालीमिर्च का उकाला
- ❖ कड़ू करीयातु
- ❖ दाल का पानी
- ❖ मूँग का पानी
- ❖ राणी की राब
- ❖ Asafoetida-pepper water
- ❖ Kadu kariyatu
- ❖ Soaked dal water
- ❖ Moong water
- ❖ Nachni raab



- ❖ Bajra rotla
- ❖ Wheat kakhra
- ❖ Udad daal
- ❖ Chanadal roti
- ❖ Rice khichu
- ❖ Dhokla
- ❖ Moongdal chila
- ❖ Chanadal pudla
- ❖ बाजरे की रोटी
- ❖ गेहु के खारखरे
- ❖ उडद दाल
- ❖ चना दाल की रोटी
- ❖ चावल का खिचु
- ❖ ढोकला
- ❖ मूँग दाल चिल्ला
- ❖ चना दाल पुडला
- ❖ Chana masala
- ❖ Rice flakes
- ❖ Popcorn (flavorless)
- ❖ चना मसाला
- ❖ कुरमुरा
- ❖ पॉपकॉर्न (निरस)



Any Guesses?



How shall we perform this festival?

यह पावन त्यौहार कैसे मनाया जाता है?

इस तपमें हम बिना मसाले, तेल आदि विणय के बिना भोजन दिन में एक बार, एक जगह बैठकर करते हैं और हम सिर्फ उबाला हुआ पानी ही पीते हैं।

जैसे साँप अपने घर में चानि बिल में सीधा सरककर जाता है, वैसे ही हमारे मुख में यह सात्विक भोजन का प्रवेश होना चाहिए।

In this festival, one eats food without spices, oil or any type of vigay and only once during the day by sitting at one place. We drink only boiled water.

Just like a snake that slides straight into its house(hole), similarly this Satvik food should go straight into our stomach.



Hint:5

We hope now
it's easy to Guess!

10th April 2021



LÔÔK n LEARN

Isn't it!



इस त्यौहार का हिस्सा कौन बन सकता है?

सभी छोटे-बड़े, जैन और अजैन इस त्यौहार का हिस्सा बन सकते हैं।

- ❖ इस तप साधना से अंतराय कर्मों का क्षय होता है।
- ❖ अजैन भी इस साधना को विश्वास और श्रद्धा से करते हैं।
- ❖ धार्मिक और स्वास्थ्य की दृष्टि से यह सबसे श्रेष्ठ त्यौहार है।

Who can be a part of this festival?

All young and old, Jain-Non Jain can be a part of this festival.

- ❖ It is the best aaradhna to shed Antaray Karma.
- ❖ Not only Jains but also Non-Jains perform this penance with faith.
- ❖ From the religious and health point of view it is the best Tapp.

It can be performed on Tithi days as well

यह तप साधना तिथी के दिनों में भी कर सकते हैं



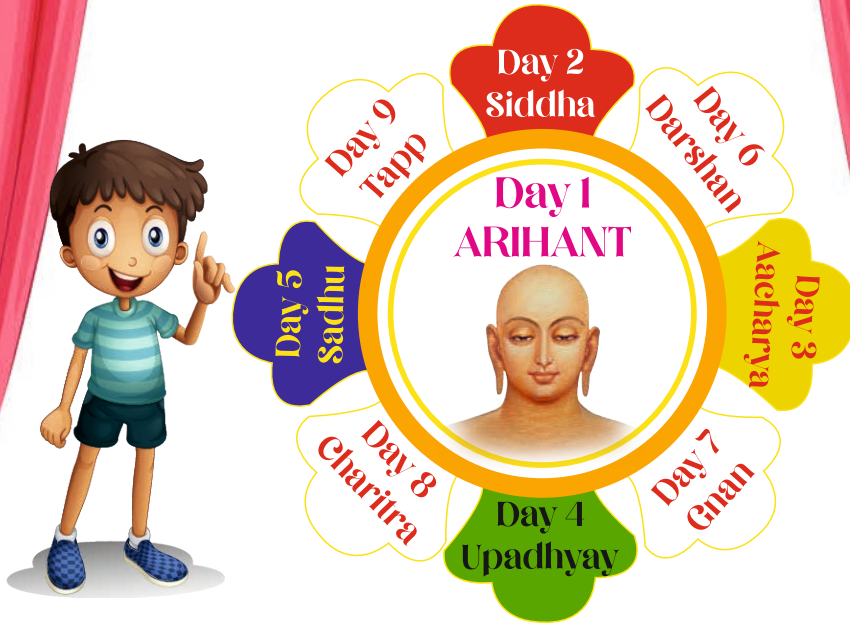
Any Guesses?

**Last but
not the Least!**



Yes, you guessed it right! It's

Aayambil Oli, a golden opportunity!
from 18/4/2021 to 26/4/2021



Aayambil Oli is a very auspicious festival as per the Jain tradition. It signifies the importance of the Navpad. They hold immense importance and significance for a soul who wishes to be free from this endless cycle of birth and death.

The Navpad are...

Dev Tatva

: Arihant Parmatma
Siddha Parmatma

Guru Tatva

: Acharyaji, Upadhyaji, Sadhu- Sadhviji,

Dharma Tatva

: Samyak Darshan (Right Vision),
Samyak Gnan (Right Knowledge),
Samyak Charitra (Right Conduct) and
Samyak Tapp (Right Penance).

A Jain Performs Aayambil to salute these 9 supreme posts of the universe. Aayambil cleanses the body and mind and hence makes one healthy!

Benefits of doing Aayambil

Mental Benefits मानसिक लाभ

- ❖ मन शुभ भाव में रहता है
- ❖ इंद्रियोपर विजय और आहार की आसक्ति कम हो जाती है
- ❖ संकल्प शक्ति बढ़ती है
- ❖ क्रोध पर नियंत्रण ला सकते हैं। क्रोध को वश में करने से मन सहज और शांत होता है
- ❖ मन और शरीर की तारतम्यता बढ़ती है
- ❖ It helps the mind to be in “Shubh Bhaav”
- ❖ Achieves control over senses and gains victory over taste buds
- ❖ Resolution power increases
- ❖ Helps to control anger which in turn keeps the mind relaxed and peaceful
- ❖ Helps us to maintain harmony between body and mind

Spiritual Benefits आध्यात्मिक लाभ

- ❖ अपनी आंतरिक शक्ति बढ़ती है
- ❖ अपने अंतराय कर्म का क्षय होता है
- ❖ अपने मन पर संयम आता है
- ❖ अंतराय कर्म के क्षय से जीवन की बाधाएँ दूर हो जाती हैं
- ❖ उच्च गौत्र कर्म का बंध होता है
- ❖ अनंता जीवों को अभयदान मिलता है
- ❖ Our inner strength increases
- ❖ One can shed Antray Karma
- ❖ Facilitates control of the mind.
- ❖ Reduces obstacles in life as our Antray Karma is shed
- ❖ One can bind Unch Gotra Karma
- ❖ Helps to give Abhaydaan to infinite jivas

Physical benefits of doing Aayambil - शारीरिक लाभ

Elimination of sugar
controls Diabetes
शक्कर के त्याग से मधुमेह को
नियंत्रित करता है।

It improves digestion
पाचन शक्ति बेहतर होती है।

Improves Kidney function
किडनी की कार्यक्षमता बढ़ाता है

Control
Thyroid

थायरॉईड
संतुलित करता है

It helps the liver to
function well
लिवर अच्छे से कार्य करता है

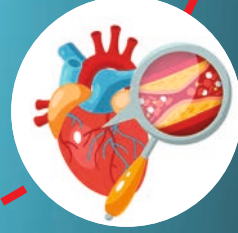
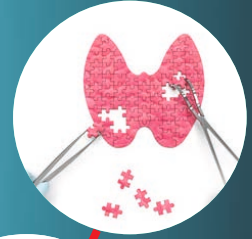
Refraining from ghee
and oil improves Cholesterol
घी और तेल का त्याग
कोलस्ट्रॉल संतुलित करता है

An Aayambil when done regularly,
surely keeps the doctor away!

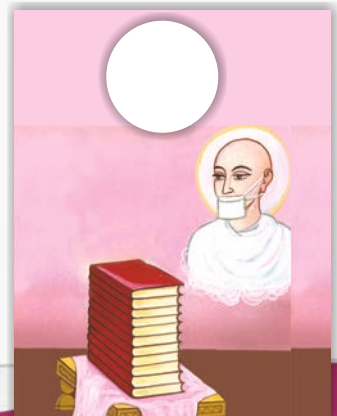
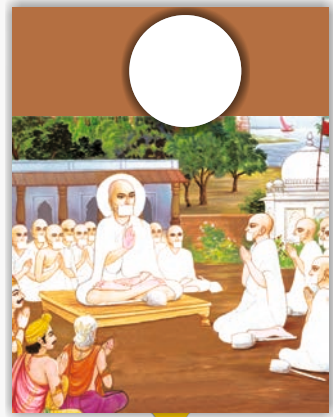
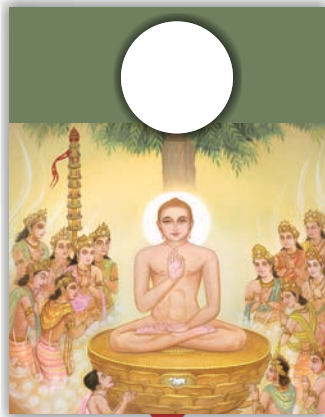
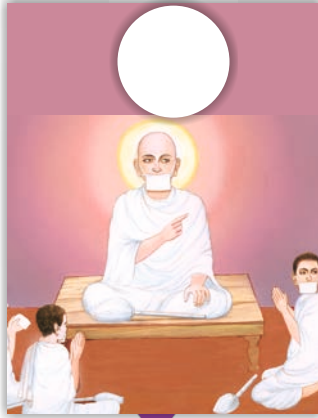
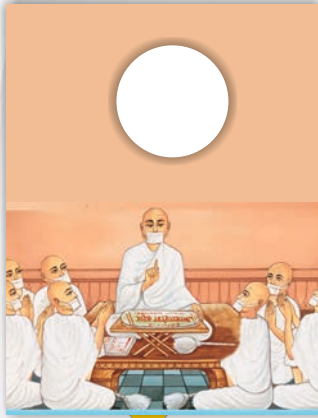
10th April 2021

13

LOOK n LEARN



Identify the pictures and give them appropriate no. according to 9 pad (you can refer page no. 4 to 6 for help)



let us do it!
"9 days, 9 Punya"

We will be taking 1 Niyam per day in this 9 days festival

Tick the circles



Eat Aayambil food once in a day



Eat whatever is cooked at home



Give donations in Aayambil shala



Chant mala of 9 padd for 9 days



Do tapp like Navkarshi, Chauvihar, Maun etc..



Inspire others to do Aayambil



Serve the Aayambil aaradhaks



Avoid eating tasty food or junk food



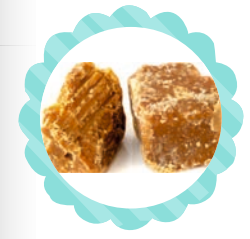
Do seva of Aayambil aaradhaks

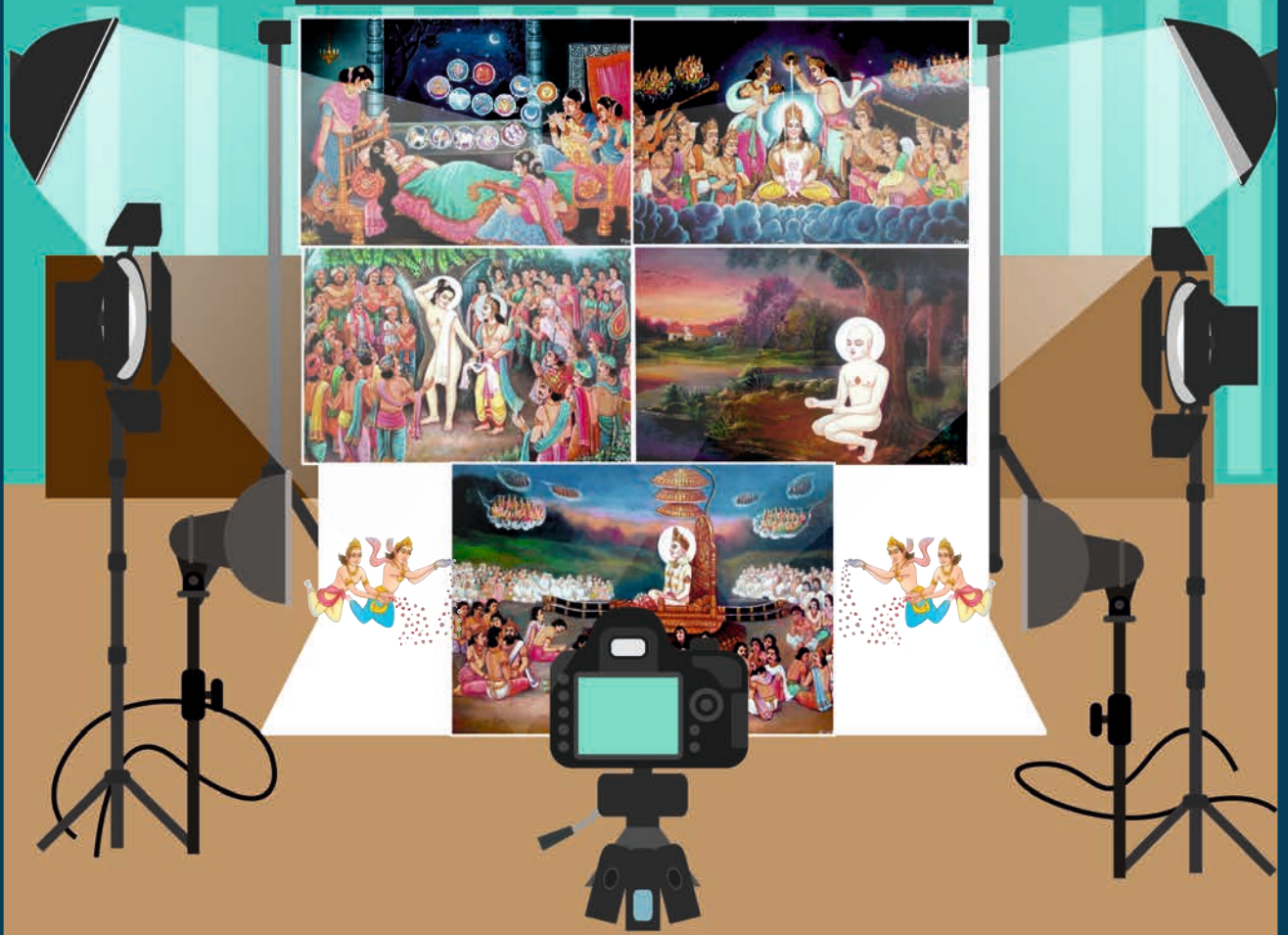



Beyond
'Not Eating'


If I am unable to do Aayambil tapp I will do tyag of one vigay per day.

18/4/21	1 Sun	
19/4/21	2 Mon	
20/4/21	3 Tue	
21/4/21	4 Wed	
22/4/21	5 Thu	
23/4/21	6 Fri	
24/4/21	7 Sat	
25/4/21	8 Sun	
26/4/21	9 Mon	





Parmatma Mahavir Swami, Our Guiding Light!

चार गतिमां भ्रमण करतां करतां, परमात्मा महावीरअे राजा सिध्दार्थ अने राणी त्रिशलाना धरे सुपुत्र तरीके जन्म लीधो। माता त्रिशलाए १४ स्वप्न जोया हतां। तीर्थकरनी माता ने ज १४ स्वप्न आवे छे।

देवाधि देव इन्द्रदेवे मेरु पर्वत उपर परमात्मानो अभिषेक कर्यो त्यारे परमात्माए पगना अंगुठाथी मेरु पर्वत ने हलावीने वीरता देखाडी हती।

परमात्मा पासे संसारना सर्व सुख हता। राज्य, संपत्ति बधुंज हतुं। परंतु परमात्माने परम सुखनी अभिलाषा हती। तेमणे माता पिताना स्वर्गवास बाद मोटा भाई नंदीवर्धन नी आज्ञा लई दीक्षा अंगीकार करी।

परमात्माअे एक वर्ष सुधी रोज एक लाख सोनामहोर नुं दान कर्युं। परमात्माअे पंच मुष्टि लोच करी संचम पंथनो स्वीकार कर्यो।

सर्व सुख सगवडताओनो त्याग करी परमात्माअे वन विहार कर्यो विहार करतां करतां घणां उपसर्गो आव्या परमात्माअे तेने शांतिथी सहन कर्या। ७२ वर्षमां परमात्मा महावीर स्वामी कार्तिक अमावस्य नी मध्यरात्रीअे ८ कर्मोनो क्षय करी मोक्ष मार्गना पथिक बन्या।



A virtual visit to animal sanctuary



AHIMSA IN ACTION

LookN Learn kids got this blessed opportunity to visit Luvin Arms Animal Sanctuary, Colorado USA. Around more than 1500 kids, parents and didis went on a virtual tour to observe Ahimsa in action. The fact that animals have the same feeling as humans was reinforced. The virtue of ahimsa, love, care and compassion was instilled through this interaction. The thought of how could one kill these living beings for mere selfishness arose in many minds.

Below is the list of winners who shared their beautiful experience of the Virtual tour. Congratulations to the winners.



Devansh shah



Mishti merchant



Virti shah

10th April 2021



LOOK N LEARN



Diya shah



Sarvesh sancheti



Kevin kamdar

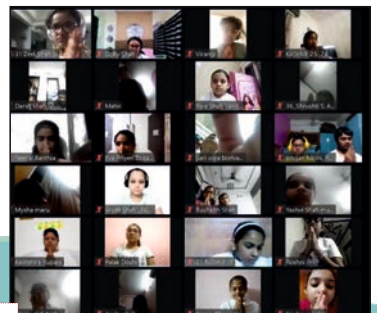
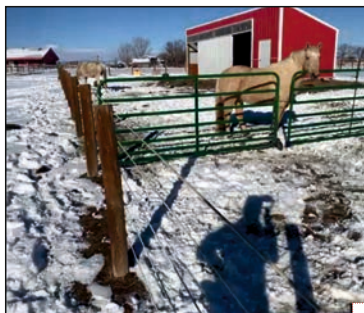
Feedback from LNL kids



Kevin Kamdar, LNL Malad: It was an amazing tour to see such animals rescued by Luvin Arms sanctuary. It was a great work done by them and an inspiration for us. It showed us how animals are treated when they are of no use. We cant imagine what kind of pain and sorrow these animals suffered at the slaughter house or are still suffering while being taken to the slaughter house.

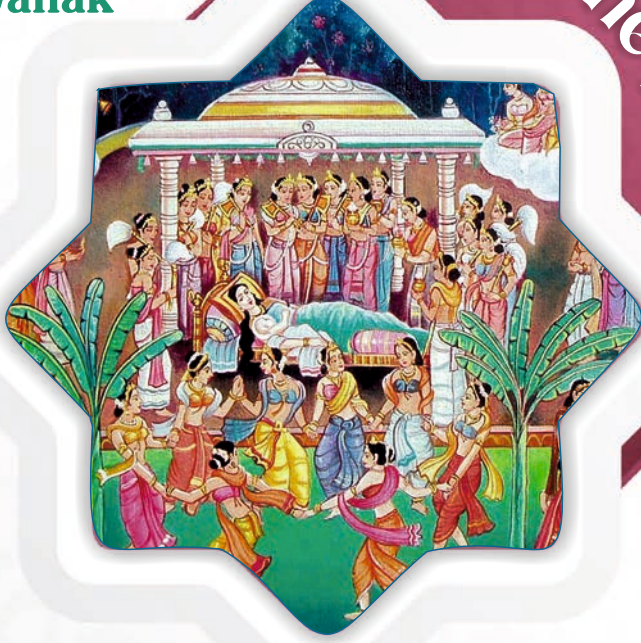
We hereby take a pledge for not using any products made from animals skin, bones, teeth, etc. Lastly, we should stop using plastic bags so that no animals eat it and suffer from it.

Diya shah, LNL Parasdham Ghatkopar: It was an amazing experience of a virtual tour seeing the didi explaining stuff and how she took care of the animals. As the climate was very cold they had put heaters for the animals as it was freezing and it was so heart warming to see. We learnt many new things about animals . Its sad to know that helpless animals are killed just for the purpose of eating. Nibble was a very adorable horse. It was nice to hear the chickens and the rooster they were like a family and took care of each other.



24 - 4 - 2021

Parmatma Shree Mahavir Swami Janma Kalyanak



Festivals
of the Jains

Mahavir Janma Kalyanak is one of the main festivals of Jains. This is the birth anniversary of our Bhagwan Mahavir. We celebrate this festival with great devotion.

According to Jain and Hindu Lunar Calendar Mahavir janma kalyanak falls on the 13th day of the bright half of the month of Chaitra.