

# LOOK N LEARN

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## "MITTI ME SAVVA BHUESU"

Let us be friendly towards all living beings



## Why we should not disturb anyone?

हमें किसी को परेशान क्यों नहीं करना चाहिए?

First answer this  
simple question....

पहले इस सरल  
प्रश्न का उत्तर दें...



Are you always  
**DISTURBED** by others?

क्या आप हमेशा दुसरोँ से परेशान रहते हैं?

**Yes? हाँ?**

Know the reason why... जानिए क्यों...

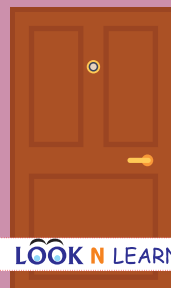
Parmatma says... One who has **DISTURBED** others, gets **DISTURBED**  
परमात्मा कहते हैं... जो दुसरोँ को परेशान करते हैं, वह खुद परेशान होते हैं



Tomorrow  
may lead to...  
distress and  
disturbance



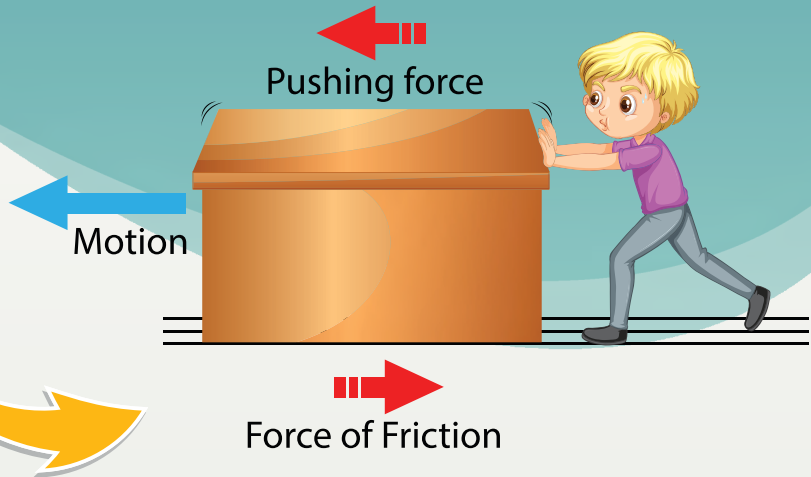
Today's  
harmful  
action...



According to principles of Science...

विज्ञान के सिद्धांतों के अनुसार...

## Frictional Force



## According to principles of Karma कर्म के सिद्धांतों के अनुसार...

Every action has an equal and opposite reaction  
just a boomerang, it comes back to you!

हर क्रिया की बराबर और विपरीत प्रतिक्रिया होती है,  
आप जो कुछ करते हैं... आपको वहीं वापस मिलता है!

Today's  
action...

Tomorrow  
may lead to  
equal reaction...



The one who is alert is a true disciple of Parmatma

जो सतर्क है वहीं परमात्मा का सच्चा शिष्य है!



No



PLEASE,  
DO NOT  
DISTURB!



1

Parmatma says...  
"Never disturb any one.  
Disturbing anyone's  
peace of mind is also called Hinsa!"

परमात्मा कहते हैं...  
दुसरोँ को परेशान ना करेँ...  
दुसरोँ की मन की शांती को  
भंग करना चानी हींसा करना है।



No



2

no



No



3



No



No

No



Do we know the repercussions for  
DISTURBING someone even for a second?

क्या हम किसी को एक पल के लिए भी  
परेशान करने का नतीजा जानते हैं?

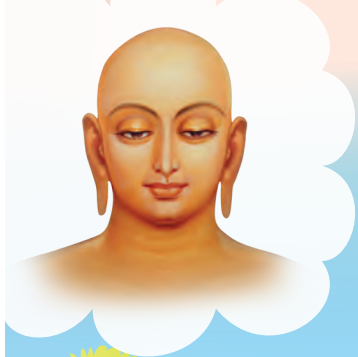
IF



THEN...



Disturbing anyone just for a second, may cost us disturbance for a life time!  
किसी को एक पल के लिए भी परेशान करना, हमें जीवन भर के लिए परेशान कर सकता है!



# Parmatma's message "Be alert... avoid karma"

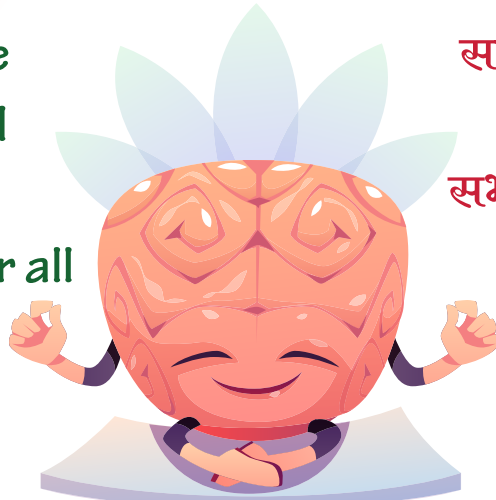


सावधानी हटी, दुर्घटना घटी  
इसलिए आपके द्वारा किए जाने वाले प्रत्येक कार्य में  
अत्यधिक सतर्क रहें  
*Carelessness leads to karma bandh*

So be utmost alert in each and every action you do.

# Try not to disturb any one by means of Mann-Mind(thoughts)

- ✓ Think positive
- ✓ Be good to all
- ✓ Be kind to all
- ✓ Think good for all



- सकारात्मक सोच रखें ✓
- सबका भला करें ✓
- सभी के प्रति दयालु रहें ✓
- सबका भला सोचें ✓



Good thoughts



Wish good for others



Be Peaceful



Positive  
vibes



Shubh Thao  
Aa Sakal  
Vishwa Nu

Pray for  
others



# Try not to disturb any one by means of Vachan-Speech(Words)

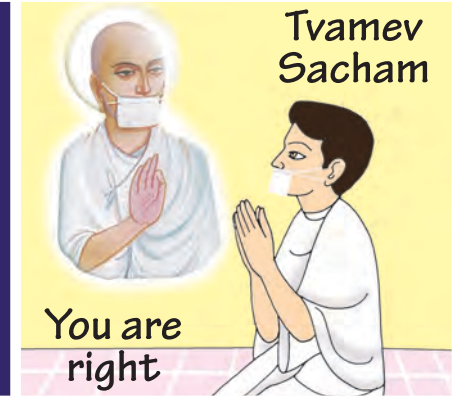
- ✓ Talk politely
- ✓ Talk respectfully
- ✓ Always inspire others
- ✓ Use positive words

- विनम्रता से बात करें ✓
- सम्मानपूर्वक बात करें ✓
- हमेशा दुसरोँ को प्रेरित करें ✓
- सकारात्मक शब्दों का प्रयोग करें ✓



Good speech

I am  
**SORRY**





# Try not to disturb any one by means of Kaaya-Body(action)

- ✓ Serve others
- ✓ Do vaiyavach
- ✓ Volunteer often
- ✓ Do Tapp-Dhyan  
-Sadhana

- दुसरोँ की सेवा करोँ ✓
- वैयावच्च करोँ ✓
- स्वयंसेवक बनोँ ✓
- तप-ध्यान-✓
- साधना करोँ



Pray

Good action



Chant  
Mala



Serve

Help



Feed



Do  
samayik



Chant



We never come to know knowingly or unknowingly how we disturb others... Come let us hear from them ...

जाने-अनजाने में हमें पता ही नहीं चलता हम दूसरों को कैसे परेशान करते हैं... आइए उनसे सुनते हैं...

## A message from street animals

Every meal from you is a surprise for us...

आपसे हर भोजन हमारे लिए आश्चर्य की बात है...

You still cry and crib

WHO IS LUCKY?



We do not get choices like you!

हमारे पास आपकी तरह कोई विकल्प नहीं है!



We have no regrets, we are happy with what we get.

हमें कोई पछतावा नहीं है, हमें जो प्राप्त होता है उससे हम खुश हैं!

Be grateful!



We do not complain or reject, we just accept!

हम शिकायत या अस्वीकार नहीं करते, हम सिर्फ स्वीकार करते हैं!



We don't have a schedule like... breakfast, lunch or dinner



हमारे पास ऐसा कोई शेड्यूल नहीं है... जैसे सुबह का नाश्ता या दिन का भोजन



Even a packet of biscuit or a chapati makes us happy and helps us survive one more day

एक बिस्किट का पैकेट या एक रोटी हमें खुशी और जीवन जीने का आश्वासन देती है

We share the world with you, let us live in harmony!



If you don't like animals, or if you can't feed them, then at least...  
Please don't hurt them!



It Kills me!



Tired and thirsty!



It hurts!  
Do not pluck me!

No please, I'll die!

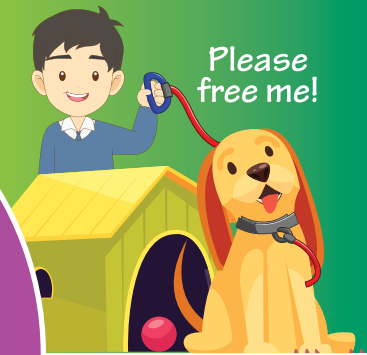


Do they  
see HAPPY?

# Please

Do not **harass** us  
Do not **make fun** of us  
We have **same emotions**  
and **feelings** like you

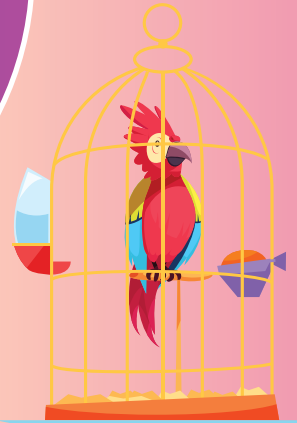
Please  
free me!



I am hungry!



Can we do this  
to any jiv?



It Kills me!



It hurts!



It's a struggle doing this...



Your festivals are a  
**PUNISHMENTS** for us...



We fear the thread  
It cuts/hurts us...



Holi playing harms 6 kaay jiv



The powdered Holi colors usually  
contain toxic chemicals  
which cause skin allergies,  
rashes and even blindness  
in birds and animals.



You are my only friend, I am so lonely will you play with me?  
I wish to be with my friends... Can you rescue me?



Parmatma says...

"**ABHAYADAYAANAM**"

Keep everyone  
fear-free

But **HOW AND WHERE** to volunteer in such jivdaya activities? How to get yourself enrolled in such groups? How to take the first step?



THE ONLY ANSWER TO ALL YOUR QUESTIONS IS JOIN...

**ARHAM YUVA SEVA GROUP!**  
OUR MOTTO : 365 DAYS OF HUMANITY

To join Arham yuva group contact-

 +91 76667 08869

 [www.arham/joinus.com](http://www.arham/joinus.com)

[www.arham.com](http://www.arham.com)



Hurray!  
I am set  
free today...



Machali bachao Abhiyaan!



Arhamaties saved 1000's of fishes and set them free

## ARHAM YUVA SEVA GROUP



[www.arham.org](http://www.arham.org) | Email: [support@arham.org](mailto:support@arham.org) | [f/AYSGIndia](https://www.facebook.com/AYSGIndia)

**OUR MOTTO : 365 DAYS OF HUMANITY**

**55 CENTERS**  
Across India

**5 MILLION+ LIVES**  
Impacted & Supported  
since Inception

**1000+**  
Volunteers



### ON GOING PROJECTS

## WHICH PROJECT WILL YOU SERVE?

#### ARHAM EDUCATIONAL KIT

**29,000+**  
STUDENTS  
SUPPORTED



#### PROBOOK (PROGRESS WITH POSITIVITY)

**6,00,000+**  
BOOKS  
DISTRIBUTED



#### ARHAM ASHRAM SUPPORT

**100+**  
ASHRAMS  
SUPPORTED



#### ARHAM DIALYSIS SAHAY

**18,000+**  
DIALYSIS  
SPONSORED



#### ARHAM TIFFIN SAHAY

**1,50,000+**  
TIFFIN  
SERVED



#### MEGA BLANKET DISTRIBUTION

**50,000+**  
BLANKETS  
DISTRIBUTED



## ARHAM AAHAR

50,000 +  
PEOPLE  
SERVED IN  
A DAY



## GIFT MITHAAI

51,000+  
BOXES GIFTED  
IN DIWALI



## JEEVDAYA (ANIMAL WELFARE )

100+  
PANJRAPOLE SUPPORTED



## ARHAM JAL MANDIR

60+  
CONSTRUCTED



## ARHAM CATARACT SAHAY

1,000+  
PATIENTS  
SPONSORED



## PASTI SE PUSTAK

2,50,000+  
kgs in a month  
COLLECT OLD  
NEWSPAPERS  
(PASTI/ RADDI)



## ROTI MAHA ABHIYAAN

61,00,000+  
ROTIS  
DISTRIBUTED



Meri seva  
Mera Samarpan

## ARHAM GROCERY KIT

11,000 +  
DISTRIBUTED



## MEGA CHAAS VITRAN

8,50,000+  
CHAAS  
GLASSES



## FOOD PACKETS

1,00,000+  
MEALS  
SERVED

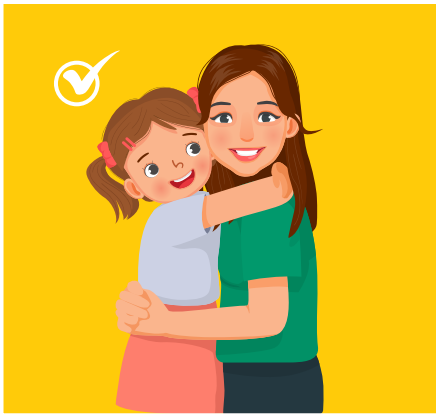
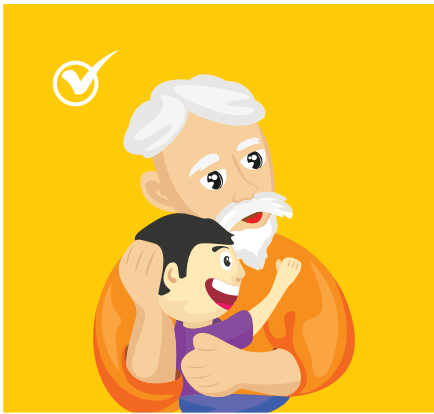
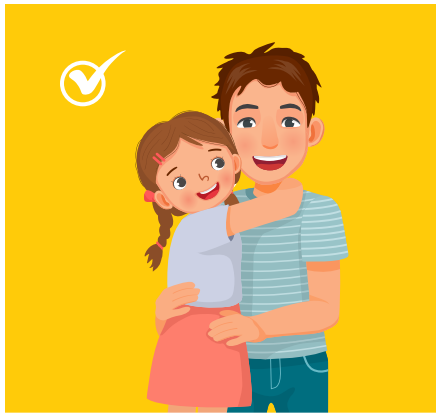


## ARHAM JEEVDAYA

5,70,00+kgs  
FODDER FOR  
ANIMALS







Do you like to be loved?  
 To be respected?  
 To be taken care of?  
 To be understood?



**SO  
DO  
WE...**

**YES!!!**



Please show us some love



Care for us if you can



Show compassion



Understand us



Protect us



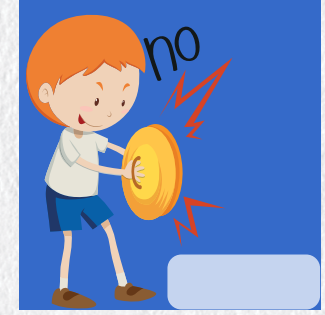
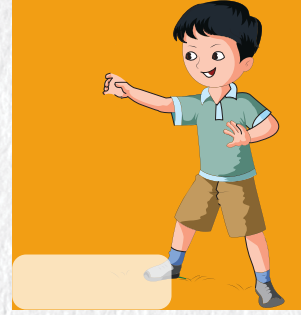
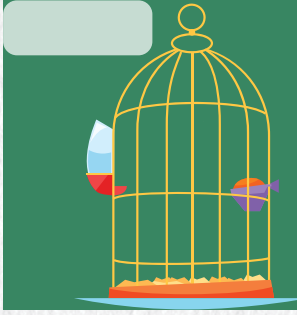
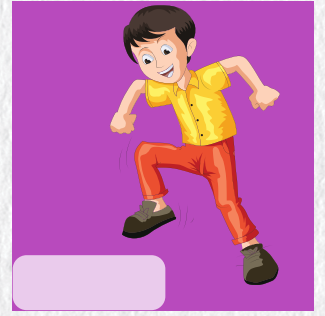
# ACTIVITY TIME!

Hint: Take help from previous pages



# GUESS THE ANIMAL HARASSED?

## Say YES to KINDNESS



## પુરા ખબર

ઘાટકોપર, ચેમ્બુર તથા વિદ્યાવિહાર આમ જનતાને

ચિંતા ન કરો, આપના ઘેર મોંઘેરા મહમાન આવવાના છે ?  
અમો તમને ઘેર બેઠા ફી હો કિલીવરી કરી આપશું.



68 ટાઈપના ઢોકળા  
8 ટાઈપના તળેલા ફરસાણ



કઠી પણ તમે જોયા ન હોય તથા ખાધા ન હોય  
તા. ક. ફોટો તથા ભાવ માટે ફોન કરો, અમો તમને ફોટો  
તથા ભાવ મોકલી આપશું.

ઓર્ડર એક દિવસ પહેલા આપવો જરૂરી

◆ ભુપેન્દ્ર - 9821029053

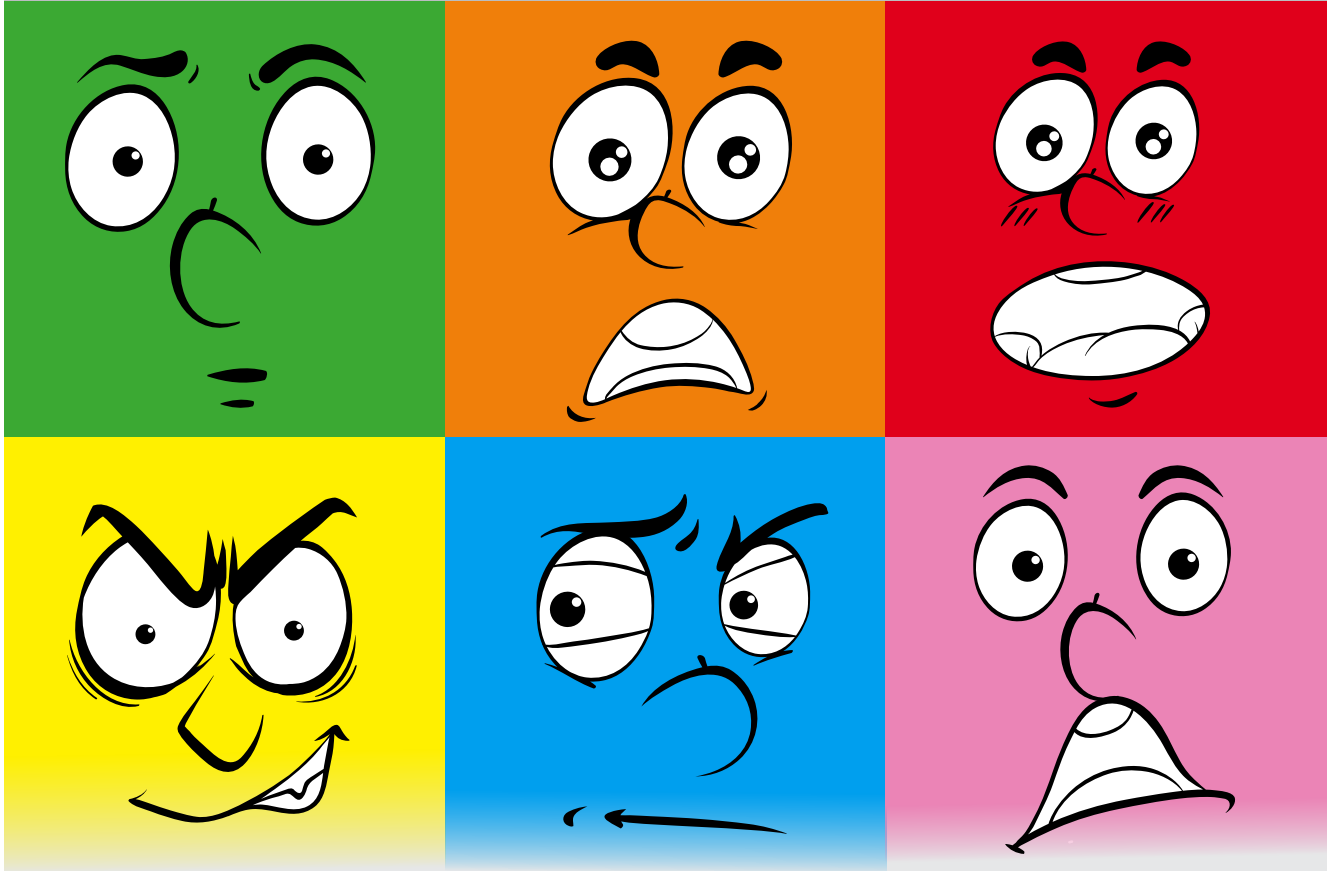
◆ અગર - 9821029084

April 2023

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LOOK N LEARN

# Today's gentle reminder...



Whenever you find yourself angry, anxious or depressed  
Just deep breathe and **LET IT GO...**  
Remind yourself to respond wisely and calmly  
without being disturbed nor disturbing others...

Think of the **result**  
of every **action**  
Focus on being **CALM**



# ॥ कर्म धम्मा ॥

याद रखना, मेरी हर Action...

मेरा Future बना रही है।

Present  
action...

Future reaction  
(may be next birth)!

