

*4 Sati che non stop...*

*Shubh karma bandh thi  
thase bhav no full stop!*

*Let's go kids...*

*Good deeds to Bind*

*Feel Peace in Mind.*



LOOK N LEARN  
CHILDREN'S JAIN  
MAGAZINE

25<sup>th</sup> May 2019 Every Fortnight |  
English, Hindi & Gujarati





## *What are good deeds (Punya)?*

Punya is that which purifies the soul, brings happiness and comforts to your soul and whose results are pleasant for the soul.



## *One binds Punya...*

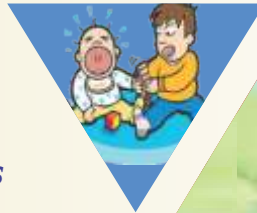
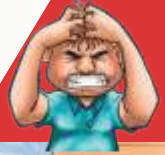
- ☞ By helping other living beings,
- ☞ By giving them comfort,
- ☞ By being kind, philanthropic, truthful,
- ☞ By having right conduct,
- ☞ By forgiveness,
- ☞ By following penance, rules, vows, promises,
- ☞ By showing respect and other such good qualities –

Similarly, by respecting and taking care of Parents and by offering seva to Sadhu-Sadhviji also one achieves Punya.

Your gati is determined by the Karmas you bind. Increase in Punya results in Devgati or Manushya gati.

*These 9 types of Punya helps to shred 18 types of sins*

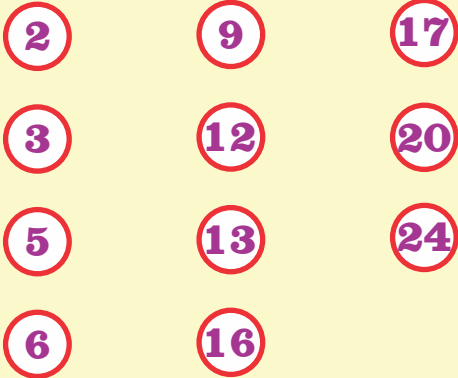
- ☞ *Pranatipat - Violence*
- ☞ *Mrushavad - To Lie*
- ☞ *Adatadaan - To Steal*
- ☞ *Maithun - Unchastity*
- ☞ *Parigrah - Possessions*
- ☞ *Krodh - Anger*
- ☞ *Maan - Pride*
- ☞ *Maya - Deceit*
- ☞ *Lobh - Greed*
- ☞ *Raag - Attachment*
- ☞ *Dwesh - Hatred*
- ☞ *Kalah - Conflict*
- ☞ *Abhyakhyan - Blaming falsely*
- ☞ *Paishunya - To Gossip*
- ☞ *Parparivad - Back Biting*
- ☞ *Rai Arai - Interest in pleasures and disinterests in religious matter*
- ☞ *Mayamosha - Betray*
- ☞ *Miccha Dansam Salam - Wrong belief*



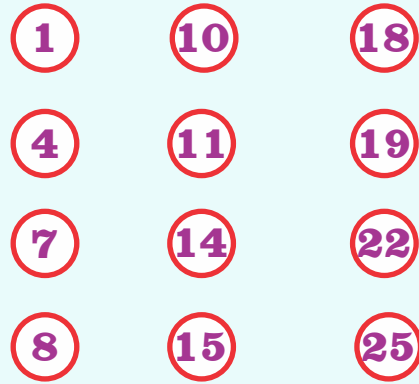
As a ray of light falls and destroys darkness, similarly the light of Punya dissolves the darkness of sins

## Voting Pole - pg no : 3-5

Paap - you will loose marks



Punya - you will score marks



## Deal No Deal - pg no : 6-7



Pruthvi  
kaay

Aap kaay



Devta

Vayu Kaay



Vanaspati  
kaay

Beindriya



Teindriya

Tiryanch



Chaurindriya

Naraki



Manushya

Teu kaay



Search your Divine Alphabets from A to Z...

<b>A</b> rihant -		<b>N</b> amaskar mantra -	
<b>B</b> owing down -		<b>O</b> mniscience -	
<b>C</b> harity -		<b>P</b> arshwanath bhagwan-	
<b>D</b> hyan -		<b>Q</b> ueen Trishla-	
<b>E</b> vening prayer -		<b>R</b> ajoharan-	
<b>F</b> riendship -		<b>S</b> amavasaran-	
<b>G</b> uru -		<b>T</b> irth -	
<b>H</b> elp -		<b>U</b> pvaas-	
<b>I</b> ndra -		<b>V</b> andana-	
<b>J</b> ai Jinendra-		<b>W</b> orship-	
<b>K</b> nowledge-		(engraving done in dharmasthanaks)	
<b>L</b> och-		<b>X</b> ylography-	
<b>M</b> ala-		<b>Y</b> atra-	
		(to concentrating on auspicious meditation)	
		<b>Z</b> anenam-	

## 9 Types of Punya

Any living being can accumulate Punya with help of any of the 9 causes (nimitt) . Punya is a ladder to accumulate good karmas. By doing such 9 types of Punya one accumulates auspicious fruits of good luck.



**Anna Punya**  
To give food to hungry



**Shayan Punya**  
Giving place for sleeping to needy



**Vachan Punya**  
To utter good words



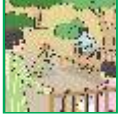
**Paan Punya**  
To give water to thirsty



**Vastra Punya**  
Providing clothes to needy



**Kaya Punya**  
To do good deeds



**Layan Punya**  
Giving shelter to the needy



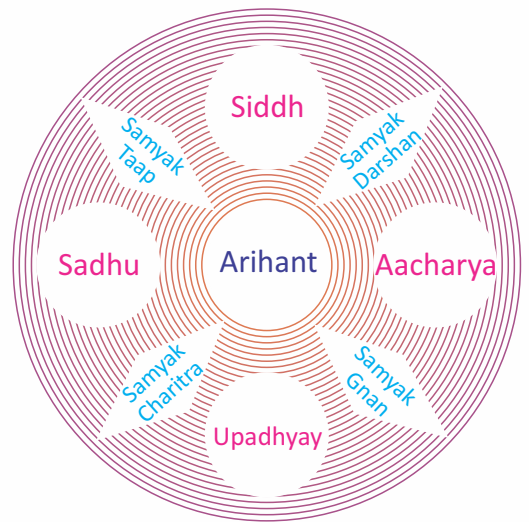
**Manah Punya**  
To think good of all



**Namaskar Punya**  
Modest & Humble behaviour

## These 9 Punya are symbols of the 9 Padd

9 Punya	9 Padd
Anna punya	Arihant
Paan punya	Siddh
Vattha punya	Aacharya
Layan punya	Upadhyay
Shayan punya	Sadhu
Mann punya	Samyak Darshan
Vachan punya	Samyak Gnan
Kaay punya	Samyak Charitra
Namaskar punya	Samyak Taap

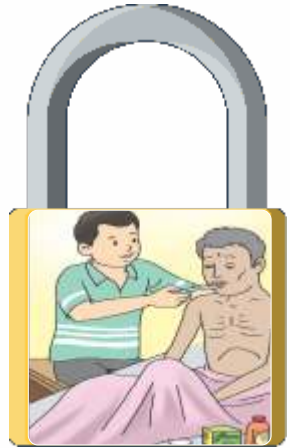
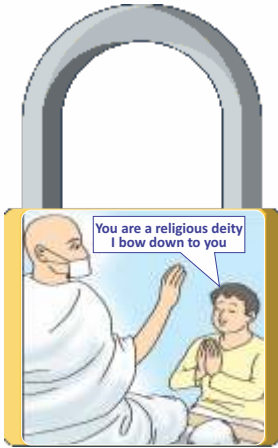
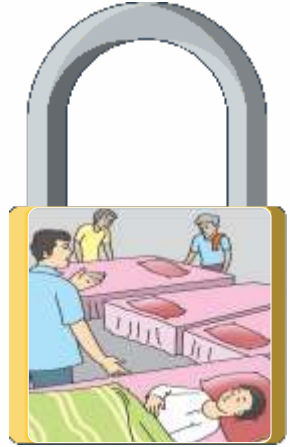


## Lock and Key Game instructions

**Things you will need:** 9 Locks, 9 Keys, glue, scissor.

Cut and stick the Punya stickers on lock and Padd sticker on key. Refer the table given above. Stick the correct Punya and its Pad on the same lock and key. Lock all the locks and mix the keys, Make 2 or more teams with same no. of participants . Give 1 minute time to each team to play and finish the game. Players have to match the Punya with the Pad. The right Punya lock will open with right Pad key. The team that gets all lock open or maximum no. of locks open in 1 minute is the winner.

# Lock and Key Game





# Only the right key fits!

**Sayan Punya**  
Giving place  
for sleeping  
to needy

**Layan Punya**  
Giving shelter  
to the needy

**Paan Punya**  
To give water  
to thirsty

**Anna Punya**  
To give food  
to hungry

**Kaya Punya**  
To do  
good deeds

**Vachan Punya**  
To utter  
good words

**Manah Punya**  
To think  
good of all

**Vastra Punya**  
Providing clothes  
to needy

**Namaskar Punya**  
Modest and  
Humble  
behaviour





## Things given:

- Game board
- Panchparmesthi Virtue cards
- Panchparmesthi Virtue tokens
- You will also need dice and spiddles



2-4

Players

## Before starting:

- Cut the Panchparmesthi Virtue cards and put them in any box (Punya bank)
- Cut the Panchparmesthi Virtue tokens and put them in the same box (Punya bank)

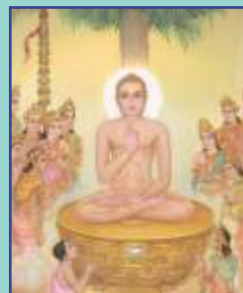
## How to start:

- All the players roll the dice. The player with the highest number plays first.



## Procedure:

- A player rolls the dice. If the player gets 3 on the dice he reaches on Arihant card. The player has to recognise the Padd and chant the mantra, that is “Namō Arihantanam” .
- If the player chants the Padd correctly he gets to keep the Panchparmesthi Arihant Virtue cards from the bank and also to move forward on the board.
- If the player chants the Padd incorrectly he won't be able to move forward. The next player gets a chance.
- If the player lands on “P” card that is if the dice rolls 2 or 5 he lands on Punya cards that is P1 or P5. For this he has to refer to the action given on the board. He has to do the action.
- If the player successfully does the action he gets 5 Panchparmesthi Virtue tokens of each colour from the bank. Count the virtues of each Padd given at the back and sum up the total. So you score 108 each time
- The player with maximum no. of Panchparmesthi Virtue cards and tokens and at the end of the game wins!





**PUNYA**

When you arrive on "P" cards do the following action and receive tokens and points from Punya Bank...

(P5) Vastra Punya - Do action of giving clothes to someone.

(P6) Manah Punya - Chant "Shubh Thao aa Sakal Vishwanu" 3 times.

(P7) Vachan Punya - Appreciate all the players with their good qualities

(P8) Kaay Punya - Do Vandana 3 times.

(P9) Namaskar Punya - Chant Namaskar Mantra.



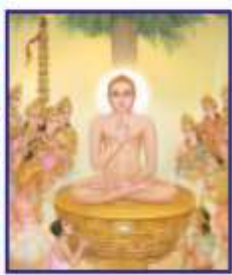




## PUNYA

When you arrive on "P" cards do the following action and receive tokens and points from Punya Bank...

- P1) Anna Punya - Do action of serving food to someone / feed birds-animal.
- P2) Paan Punya - Do action of giving water to all the players.
- P3) Layan Punya - Do action of giving place to sit/give appropriate place to all players to sit.
- P4) Shayan Punya - Do action of giving place to sleep.



**Sadhana are like investments  
with maximum returns.**

**Let's try them....**

## Daily Sadhana

**Morning**

**3 Vandana to Dev, Guru  
and Dharma**



**Lunch  
time**

**Hold your plate in your hands,  
Chant 3 Namskar mantra, and  
do bhav to offer food to  
sadhu sadhviji**



**Night**

**Before sleeping say Iriyavahiyam  
sootra and seek forgiveness  
by saying sorry to all Jivas**

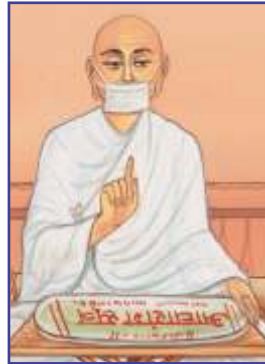
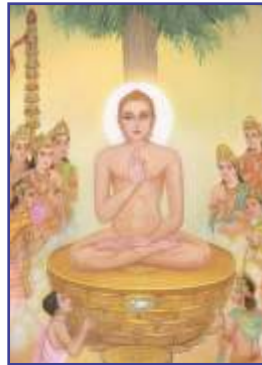
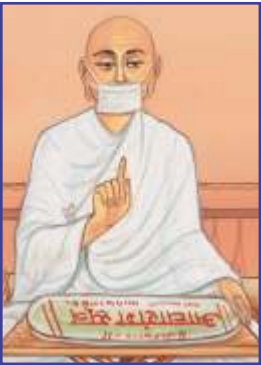
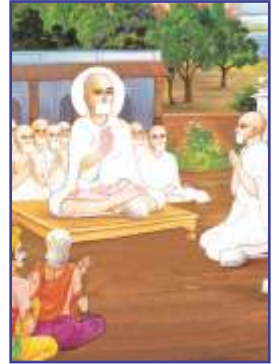
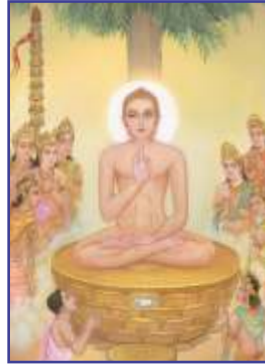
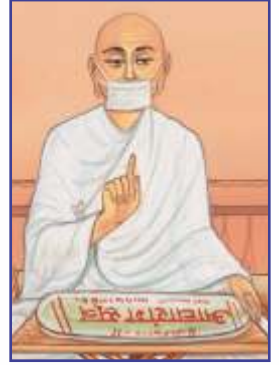
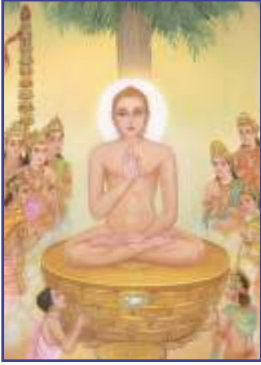


**By doing Sadhana, we shed infinite karmas**

**-Gurubhakt Mehta Parivaar**



# Panchparameshti Cards



# Panchpameshti Cards

Namo  
Uvajjhayanam

Namo  
Ayariyanam

Namo  
Siddhanam

Namo  
Arihantanam

Namo  
Ayariyanam

Namo  
Siddhanam

Namo  
Arihantanam

Namo Loe  
Savva Sahunam

Namo  
Siddhanam

Namo  
Arihantanam

Namo Loe  
Savva Sahunam

Namo  
Uvajjhayanam

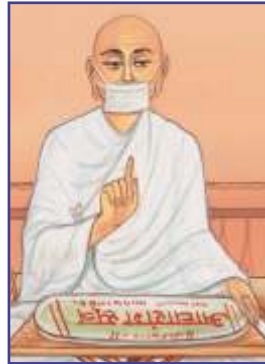
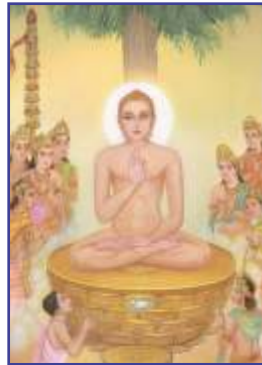
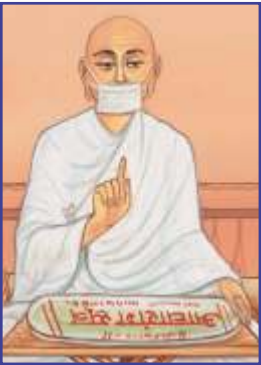
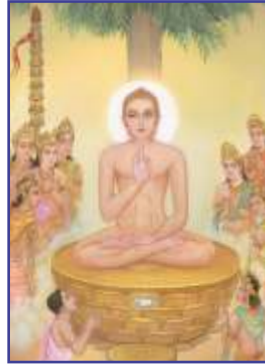
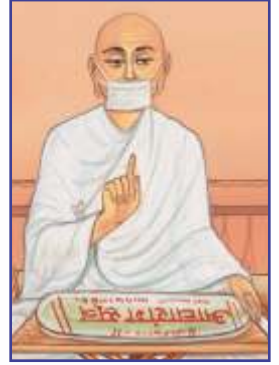
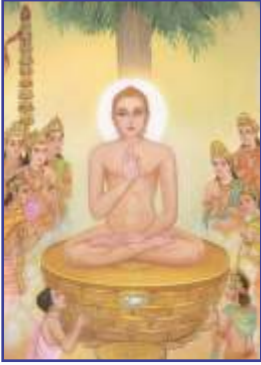


Namo Loe  
Savva Sahunam

Namo  
Uvajjhayanam

Namo  
Ayariyanam

# Panchparameshti Cards



# Panchpameshti Cards

**Namo  
Uvajjhayanam**

**Namo  
Ayariyanam**

**Namo  
Siddhanam**

**Namo  
Arihantanam**

**Namo  
Ayariyanam**

**Namo  
Siddhanam**

**Namo  
Arihantanam**

**Namo Loe  
Savva Sahunam**

**Namo  
Siddhanam**

**Namo  
Arihantanam**

**Namo Loe  
Savva Sahunam**

**Namo  
Uvajjhayanam**



**Namo Loe  
Savva Sahunam**

**Namo  
Uvajjhayanam**

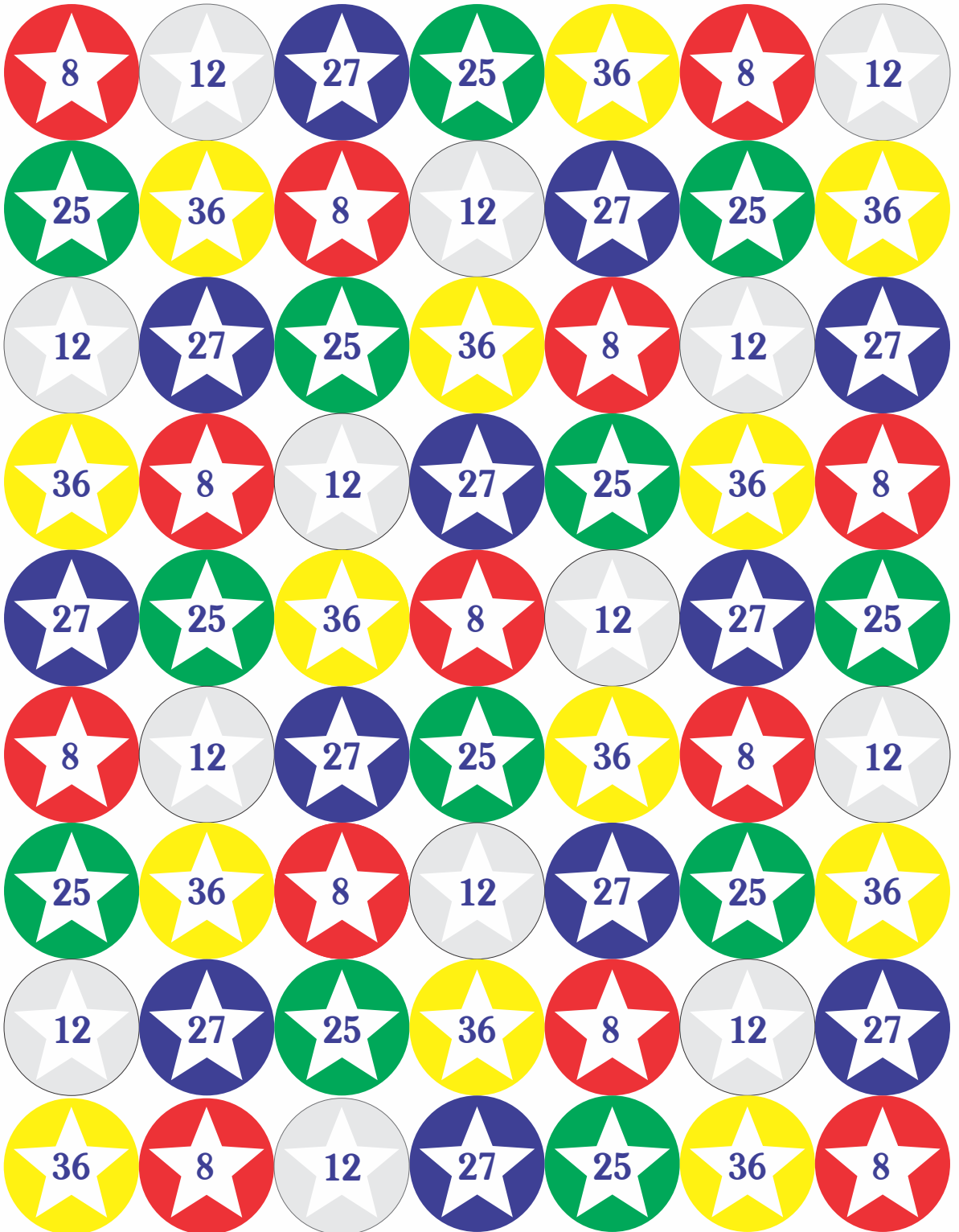
**Namo  
Ayariyanam**



# Panchparameshti Virtue Tokens



# Panchparameshti Virtue Tokens

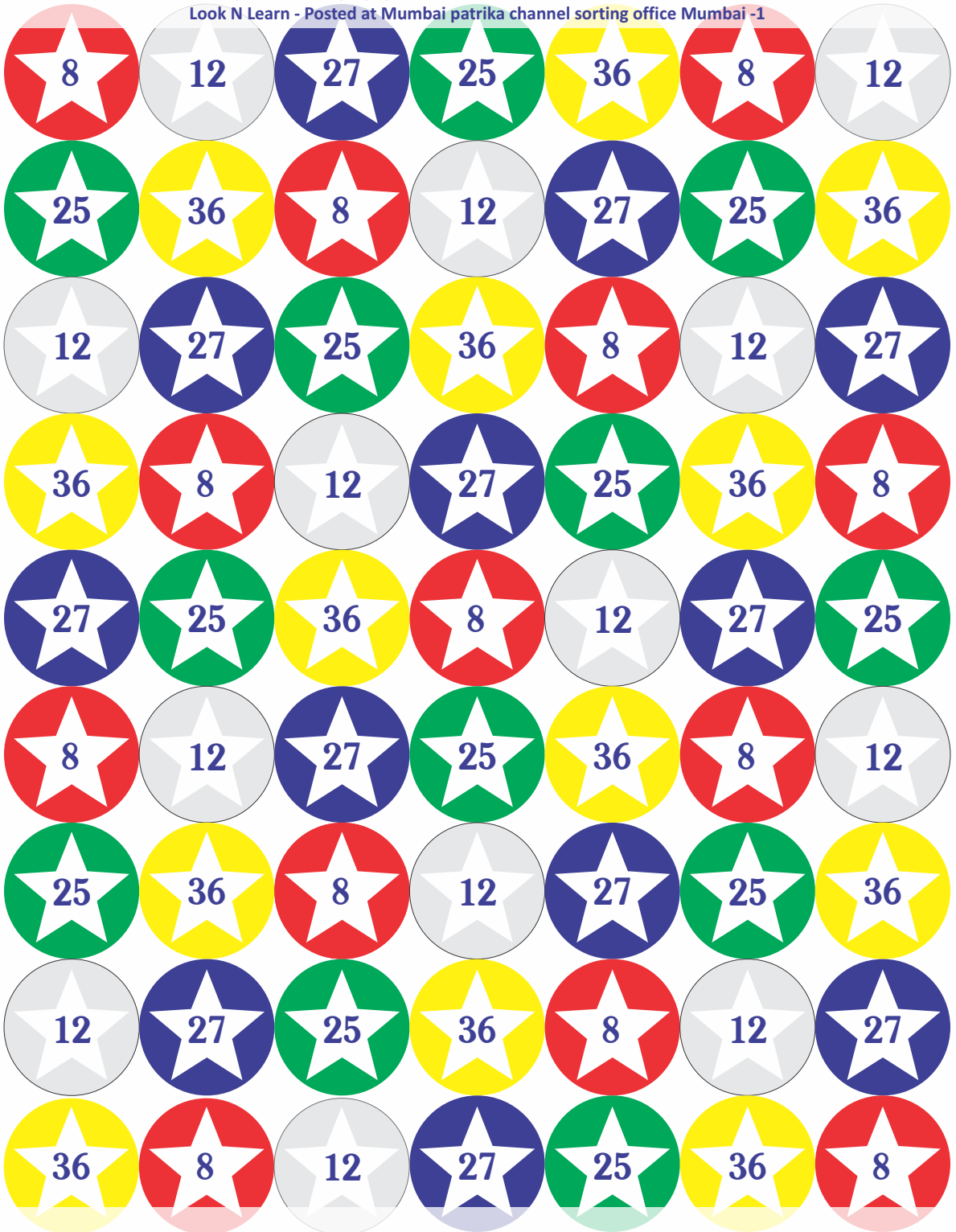


# Panchparameshti Virtue Tokens



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Look N Learn - Posted at Mumbai patrika channel sorting office Mumbai -1



Publisher, Printer and Owner Ashok R. Sheth, Printed at : Accurate Graphics Pvt. Ltd.,  
15-A, Samrat Mill Compound, L.B.S Marg, Vikhroli (W), Mumbai - 400 079.

Publish at Mumbai : 20, Vanik Nivas, Kama Lane, Ghatkopar (W), Mumbai - 86. Editor : Ashok R. Sheth