

A cartoon illustration of a young boy and a young girl. The boy, on the left, has blonde hair and is wearing a red, white, and green striped shirt and blue shorts. He is smiling and waving with his right hand. The girl, on the right, has black hair in pigtails and is wearing a red dress with a white collar. She is holding a black tablet computer and pointing at the screen with her right index finger. Both children are smiling. The background is white with colorful confetti (red, yellow, blue, green) scattered around them.

Inspired by Rashtrasant Param Gurudev Shree Namramuni Maharaj Saheb



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Maintain peace

This illustration shows a family of six sitting around a table. A man in a yellow shirt is standing and looking angry, pointing his finger. A woman in a red shirt is sitting and looking sad. A young boy in a red shirt is sitting and looking happy. A young girl in a blue shirt is sitting and looking happy. A young girl in a red shirt is sitting and looking sad. A young girl in a blue shirt is sitting and looking happy. The table is set with plates of food, bowls of salad, and glasses. The background is a simple room with a blue wall and a yellow floor.

Maintain peace



Eat to live, dont live to eat



भोजन करते समय
सभी गैजेट् से दुर रहे

Switch off all the gadgets
while having your meals



बासी या अगले दिन
का बचा हुआ भोजन न खाए

Never eat stale
or leftover food
on the next day



बैठ कर भोजन करे

Sit and eat food
at one place



सड़क कीनारे स्टोल या होटल मे
जहाँ मांसाहारी मिले
ऐसे स्थान पर भोजन न करे

Do not eat at roadside
stalls & restaurants
where non-veg food is also served



Be helpful
before and after meals

Remember about those who
are not getting food



खुद खाने से पहले दूसरो
को भोजन प्रदान करे

Share and eat.
Offer food to others
before eating



दूसरो की मदद करे
Help the needy

Remember about those who
are not getting food



भोजन समाप्त होने पर
कृतज्ञता व्यक्त करे

Show gratitude
as you finish your meal



छोटे संवर तप करे और सभी
समय खाने से बचें

**Practice small Samvar Tapp and
avoid eating all the time**



बीज नीकालकर ४८ मीनट
के बाद फल खाएं ताकी वे अचेत हो जाए

**Eat fruits after removing the seeds &
keep it aside for 48 minutes,
so that it becomes non-living**