

# LOOK N LEARN

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Help Arhaa  
find  
PUNYA  
Treasure

find  
the

Let us unlock the PUNYA TREASURE  
for the coming **NEW YEAR 2024**



"Punya and Paap are like two sides of a coin for all of us living in the world. Our lives get better or worse because of the things we do. When we do good deeds, it's like earning rewards called 'Punya.' But if we do bad things, it leads to 'Paap,' which causes problems.

So, to stay happy and avoid troubles, let's focus on doing good deeds and helping others in any way we can. Today, we're going to plan how to do more good things together that is PUNYA PLANNING!"

‘संसार में रहने वालों के लिए ‘पुण्य’ और ‘पाप’ एक ही सिक्के के दो पहलू हैं। हमारा जीवन हमारे कर्मों पर निर्भर करता है। जब हम अच्छे कर्म करते हैं, तो यह ‘पुण्य’ की तरह होता है, जो एक पुरस्कार होता है। लेकिन अगर हम बुरे काम करते हैं, तो ‘पाप’ होता है, जिससे समस्याएँ आती हैं।

इसलिए, खुश रहने और समस्याओं से बचने के लिए हमें अच्छे कर्म करने और दूसरों की मदद करने पर ध्यान केंद्रित करना चाहिए। आज, हम आपके साथ अधिक अच्छे कर्म करने की योजना बनाएंगे, जिसे ‘पुण्य प्लानिंग’ कहा जाता है।





Let's make 2024 a year where we focus on accumulating more 'Punya' in our lives! Let us see how can we bind Punya?

We can accumulate 'Punya' by doing good deeds like helping those in pain, standing up for the truth, forgiving others, showing self-discipline, practicing penance, and showing respect to our elders, parents, teachers, and even those younger than us. This 'Punya' leads to positive outcomes and paves the way for us to follow our Dharma.

चलो २०२४ को ऐसा बनाएं जब हम अपने जीवन में और अधिक 'पुण्य' जमा करने पर ध्यान केंद्रित करें! 'पुण्य' कैसे जमा कर सकते हैं यह जानें।

हम दूसरों की मदद करके, सच का समर्थन करके, किसी के प्रति क्षमा दिखाकर, आत्म-नियम बनाकर, पश्चाताप करके, और हमारे बड़ों, माता-पिता, शिक्षकों और हमसे छोटे लोगों का सम्मान करके 'पुण्य' जमा सकते हैं। यह पुण्य सकारात्मक परिणामों की ओर बढ़ने का मार्ग खोलता है और हमें हमारे धर्म का पालन करने के लिए मदद करता है।





# Types of Punya

Punya is a ladder to accumulate good karmas. By doing such 9 types of Punya one accumulates auspicious fruits of good luck. we can try doing one or more each single day



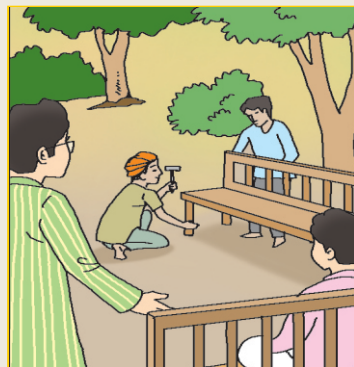
## Anna Punya

To give food to hungry



## Paan Punya

To give water to thirsty



## Layan Punya

Giving shelter to the needy



## Shayan Punya

Giving place for sleeping



## Vastra Punya

Providing clothes to needy



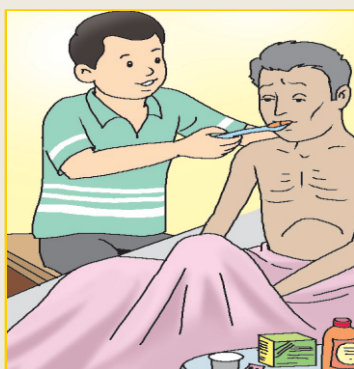
## Manah Punya

To think good of all



## Yachan Punya

To utter good words



## Kaya Punya

To do good deeds



## Namaskar Punya

Modest & Humble behaviour



# 18 types of Paap - actions that results in accumulating negative consequences.

## 1. Violence (Pranatipat)



## 2. Untruth (Mrishavad)



## 3. Theft (Adattadan)



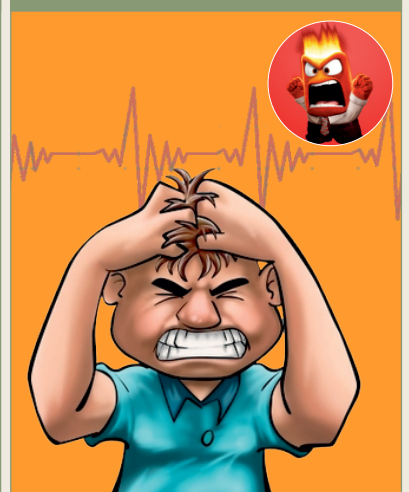
## 4. Unchaste (Maithun)



## 5. Possessiveness (Parigraha)



## 6. Anger (Krodh)



## 7. Arrogance (Maan)



## 8. Deceit (Maya)



## 9. Greed (Lobha)



१८ पाप के प्रकार - ऐसे कार्य जो नकारात्मक परिणाम जमा कर सकती हैं।

### 10. Attachemnt (Raga)



### 11. Hatred (Dvesha)



### 12. Discord (Kalah)



### 13. Accusation

(Abhyakhan)



### 14. Gossip (Paishunya)



### 15. Criticism

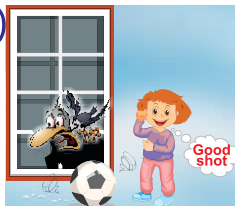
(Par-Parivad)



### 16. Liking-Disliking

(Rai-Arai)

Being pleased with sins



Being displeased with religious activities



### 17. Malice

(Maya-Mrushavad)

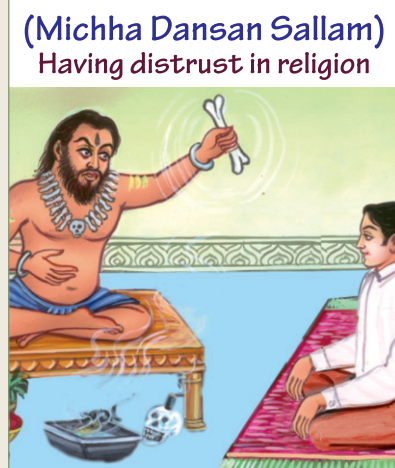
To speak false



### 18. False Faith

(Michha Dansan Sallam)

Having distrust in religion



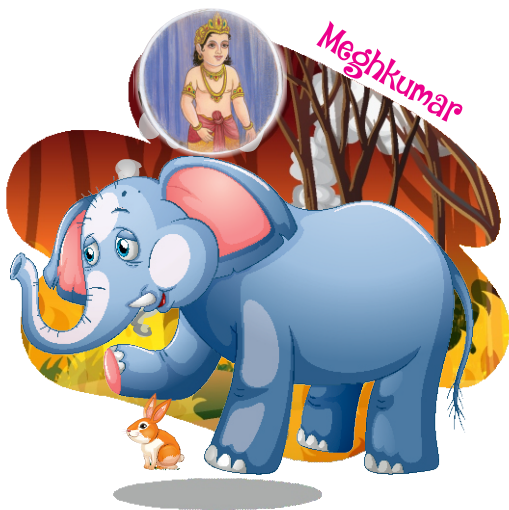
In the rise of Punya, joy dances around you, and behind every joy, there are Punya powers.' These 'Punya powers' hold the empire... but as Punya depletes, it fades away." So Parmatma says, **"Whatever we get or we feel, we get as per our karma".**



पुण्य के उदय में आपके आसपास आनंद होता है, हर एक आनंद के पीछे पुण्य होता है, पुण्य शक्तियों पर टिका साम्राज्य होता है... पुण्य स्वतन्त्र होते ही यह समाप्त हो जाता है। परमात्मा कहते हैं... 'हम जो कुछ प्राप्त करते हैं या महसूस करते हैं, वह हमारे कर्मों के अनुसार ही होता है।'

"Hey kids! Did you know that Punya isn't just for Human's? It's for all living beings! Other living beings have their own way of earning 'Punya'.

Animals like Meghkumar the elephant and Nandmaniyar the frog also did good deeds to bind Punya. In Devlok, Devta's may not do Dharma like us, but they celebrate Tirthankars' Kalyanaks and serve selflessly, earning Punya for future lives. So, Punya is for everyone, leading to good karma. Stay kind and do good things!



बच्चों! क्या तुम जानते हो कि पुण्य सिर्फ मानवों के लिए ही नहीं है? यह सभी जीवों के लिए है! सभी जीव अपने-अपने तरीके से पुण्य का बंध करते हैं।

मेघकुमार हाथी और नंदमनियार मेंढक जैसे पशु भी अच्छे कर्म करके पुण्य का बंध करते हैं। देवलोक में, देवताएँ हमारी तरह धर्म नहीं कर सकते, लेकिन वे तीर्थंकरों के कल्याणकों का आयोजन करते हैं और स्वेच्छा से सेवा करती हैं, जिससे वे आने वाले भवों के लिए पुण्य का बंध करते हैं। इसलिए, पुण्य सभी के लिए है, जो अच्छे कर्म की ओर बढ़ता है। दयालु रहें और अच्छे कर्म करें!





Draw a smiling face  
for **Punya Planning**  
and a crying face  
for **Paap Planning**  
in the circle given below



Soham likes Plucking flowers  
and crushing the petals



Vinay gets angry  
every time when his  
parents switches the T.V. off.



Manav gave food packets  
to the needy people  
at the time of flood



Mansi gave her confession  
to her Guru



Roham hits the dog  
with a stick

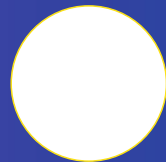


Vandan has stolen  
Vivek's Compass box

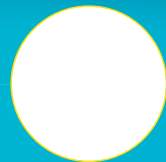




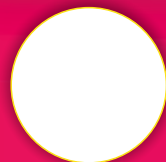
Rama keeps 30 mins  
Maun everyday



Bhavna gets Jealous of Meena as  
Meena scores more in exams



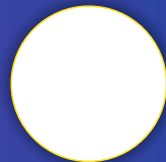
Shravan says  
Jai Jinendra to all  
before leaving for school



Sonu pushes his friend in order  
to climb first in the school bus



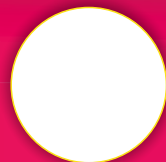
Rohan copies the answers  
from Ria during exams



Tejas does Chauvihar  
and avoids ratri bhojan



Soham does meditation  
for 30 mins everyday



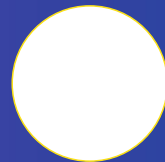
Vansh performs  
9 Vandana everyday



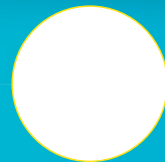




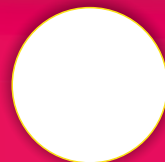
Dev does not share his things with siblings



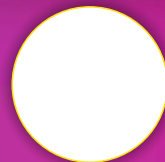
Bhomin laughs loudly when anyone falls down



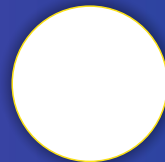
Jainam always walks with jatna so that he doesnot harm any jivs



Namita always checks her footwear before wearing so that she may not hurt any smallest creature (jiv)



Ankit behaves rudely with domestic helpers



Rohan takes his friends book without permission



Arham covers his mouth with a Muhapatti while speaking



Soham does not respect his elders





# परम गुरु वाणी

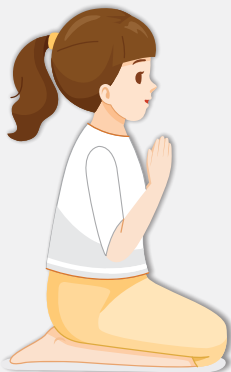
How to bind  
Utkrust punya bandh?

उत्कृष्ट पुण्य का  
बंध कैसे करें?

**Param Gurudev says...**

By offering food, water, clothing, patra and more to a Pujya Sadhu-Sadhviji that is by giving Supatra daan, creates an exceptional bond of 'Utkrust Punya.'"

किसी पंच महाव्रत धारी संत-सतीजी को आहार, जल, वस्त्र, पात्र आदि अर्पण करने से सुपात्र दान से उत्कृष्ट पुण्य बंध होता है।



# "Efforts to transform bad luck into good fortune."



How to convert uday of paap

TO PUNYA?



## ACTIONS

If you accidentally hurt someone's feelings by saying something mean...



## TRANSFORM TO PUNYA

Apologize to the person and say something nice to make them feel better. Learn to speak kindly.

If you accidentally break your friend's toy...



Say sorry to your friend and try to help them fix it or share one of your toys. Learn to be responsible.

If you take something that doesn't belong to you...



Return it to the owner and say sorry. Ask if you can share it or play together. Learn to be honest.

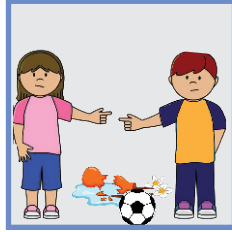
I saw someone struggling with their schoolwork...



I offered to help them understand, being helpful and kind.

*Remember, the key is to make things right.  
Seek inner peace through 9 self-reflection*

If you tell a lie to avoid getting into trouble...



Tell the truth and accept responsibility for your actions. Learn to be honest and face challenges bravely.

If you take extra or more candies or toys than your share without asking...



Share with others, ask for permission, and be fair when dividing things. Learn to be considerate and share nicely.

If you avoid helping with household chores...



Help with chores willingly, like setting the table or cleaning up your room. Learn to be responsible and helpful.

If you tease or make fun of someone...



Apologize to the person and make them feel better by saying something nice. Learn to be kind and caring.

If you throw away food without finishing it...



Eat your food and try not to waste it. Learn to appreciate and not be wasteful.



Make it "good" by being kind, responsible, brave, honest

Embrace compassion and kindness in all actions.

When someone hurts you or said something unkind to you, and you feel bad about that...



In response to the hurt, decide to forgive the person and chose to respond with kindness..

If you hurt yourself while playing or doing something...



Be brave and don't cry too much. You can tell yourself, "I'm tough!" and continue playing. Learn to be strong.

You were unkind to someone who was different from you...



Learn to accept and embrace the differences.

If you see someone being left out and feeling sad...



Go and talk to that person, invite them to play with you, and make a new friend. Learn to be kind.

Parmatma says...

॥ देहदुःख महाफलं ॥

समभाव से सहन किया गया शारीरिक कष्ट  
बहुत ही फलदायी होता है।

The physical pain endured **WITH EQUANIMITY**  
is very fruitful



We experience 10 blessings from the rise of good deeds, which are very auspicious.

पूण्य के उदय से, हमें १० बोल का अनुभव होता है, जो बहुत ही शुभ होते हैं...

1

We get birth as a Human

मनुष्य भव मिलता है

2

We get Aarya kshetra

आर्य क्षेत्र मिलता है

3

One gets a noble family

उत्तम कुल मिलता है

4

Has a long life

लंबी आयु होती है

5

Gets complete five senses

पाँच इंद्रिया परिपूर्ण मिलती है

6

Has a healthy body

शरीर निरोगी होता है

7

One attains the company of holy saints

साधु-संत का जोग मिलता है

8

One hears Parmatma's vani

जिनवाणी सूनने मिलती है

9

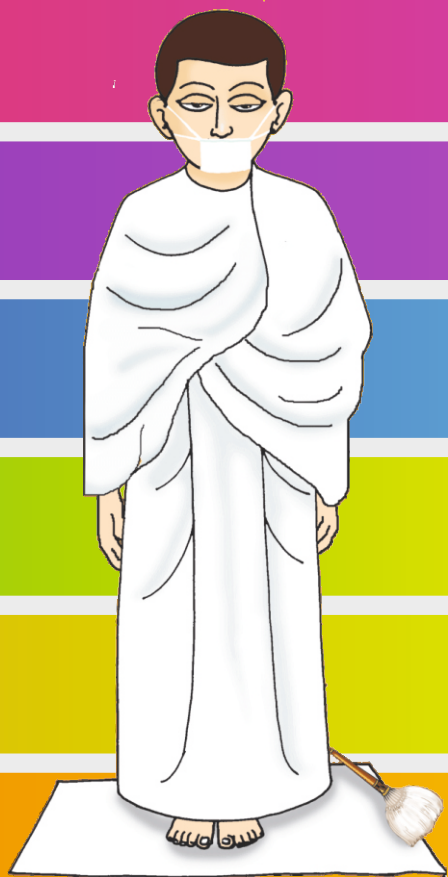
One places trust in the words of Parmatma

जिनवाणी पर श्रद्धा होती है

10

One develops the bhaav of taking Diksha

दिक्षा लेने का पुरुषार्थ होता है



What is the easiest way to accumulate positive karma?

पुण्य बंध करने का सबसे सरल मार्ग क्या है?



### Namaskar Punya

नमस्कार पुण्य

Treating everyone  
with respect

सभी के साथ  
आदर्श व्यवहार करना

### Mann Punya

मन पुण्य

Having positive  
feelings for everyone

Vachan Punya  
सभी के लिए  
अच्छे भाव करना

### Vachan Punya

वचन पुण्य

Speaking with humility  
with everyone, avoiding  
harshness in speech

सभी के साथ नम्रता  
से बोलना, वाणी में  
कठोरता नहीं नहीं देना

Parmatma says...



॥ गवविहे पुण्णे, पण्णत्ते, तं जहा-अण्णपुण्णे, पाणपुण्णे, वत्थपुण्णे,  
लेणपुण्णे, सयणपुण्णे, मणपुण्णे, वइपुण्णे, कायपुण्णे, णमोक्कारपुण्णे । ॥

अर्थ

९ प्रकार के पुण्य होते हैं, अर्थात् पुण्य कमाने वाली ९ प्रकार की प्रवृत्तियाँ होती हैं, यह इस प्रकार है... १) अन्न पुण्य २) पान पुण्य ३) वस्त्र पुण्य ४) लयन (भवन) पुण्य ५) शयन पुण्य ६) मन पुण्य ७) वचन पुण्य ८) काय पुण्य ९) नमस्कार पुण्य

*There are nine types of Punya, meaning there are nine types of activities that lead to earning of Punya, they are... 1)Anna Punya 2)Paan Punya 3)Layan Punya 4)Shayan Punya 5)Vastra Punya 6)Manah Punya 7)Vachan Punya 8)Kaya Punya 9)Namaskar Punya*

*The path of the 9 punya, guided by Parmatma, leads to virtues that illuminate our journey and bring blessings to our lives.*

*May this path inspire goodness and fulfillment.*



# MY NEW YEAR RESOLUTION -2024

## NEW YEAR new HOPE

May Parmatma guide your path, filling your days with peace, love & kindness in 2024."

### BE KIND EVERY DAY:

Try to do one kind thing  
for someone else each day.



### SAY "THANK YOU" MORE OFTEN:

Make it a habit to express  
gratitude when someone  
does something nice for you.



### READ RELIGIOUS BOOKS EVERY DAY FOR AT LEAST 10 MINUTES:

Explore spirituality by reading.



### TAKE BREAKS FROM SCREENS:

Spend more time playing  
outside or doing activities  
that don't involve screens.





## TRY TO EAT SATVIK HOME MADE FOOD AS MUCH AS POSSIBLE:

Experiment with different fruits,  
vegetables, or other healthy snacks.



## PRACTICE DEEP BREATHS:

When things get stressful, take a moment  
to breathe deeply and calm your mind.



## HELP WITH CHORES:

Contribute to the household by  
helping with simple chores like setting  
the table or picking up toys.



## BE A GOOD FRIEND:

Make an effort to be a good  
friend by listening, sharing,  
and being supportive.



## SMILE EVERY DAY:

Start each day with a smile, and share  
your positive energy with those around you.



Practice mindfulness to connect with the present  moments

# Tick the correct option & cross the wrong

Loud



Quiet



Litter



Clean



Exclude friend



Include friend



Sibling love



Sibling fight



Mean



Kind



Divide



Unite



Cruel



Compassionate



Happy



Angry



Argue



Agree



Mess up



Wind up



Inspired by Rashtrasant Param Gurudev Shree Namramuni Maharaj saheb  
 In Sanidhya of Param Mahasatijis

*So many Friends on Social Media So many likes, Followers...*

**But do you still feel Lonely??**



*Is Technology A Wonder or a Worry?*

To Find out....Drop in at Parasdham to check



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*An exhibition on Technology*

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