

Every day, we wake up surrounded by so many wonderful things - our family, our school, our books, our toys, and our friends, We have warm food to eat, a safe home to live in, and people who care for us.

We have so much! But sometimes... even with all these blessings, we still feel upset, or we say, “I don’t have enough,” or “I want more.” And without even realizing it, our smile starts to disappear.

Happiness doesn’t come from having more. It comes from being grateful and showing Gratitude for what we already have!

Gratitude means saying or feeling “Thank You” within our heart. When we notice the small things - like a hug from mom, a kind friend, a delicious meal, or a cozy bed etc we should feel grateful.

And each time we do, our smile becomes brighter and brighter!”

Let us help you see how blessed you truly are. By the end, you might discover something magical... The missing smile you were looking for was inside you all along. So turn the page, little reader...Let’s begin this happy journey together!



Story Time!



"The Boy who lost his Smile"



Rohan was a cheerful boy. He had a big pencil box, colourful crayons, a bicycle, and a room full of toys etc. But one morning, Rohan woke up feeling upset. His smile had disappeared! He searched everywhere. Under the bed- no smile. Inside the cupboard - no smile. In the kitchen - no smile, even in his school bag - he couldn't find his lost smile!

Rohan told his grandmother, "Dadi, I have everything... then why don't I feel happy?" Dadi smiled and handed him a small notebook. "Write three things you are thankful for," she said.

Rohan wrote: My family, My school, My best friend... As he wrote, something magical happened... his smile slowly returned!

Dadi said, "See, when we remember our blessings, happiness comes back. And from that day, whenever Rohan felt sad, he opened his gratitude notebook and his smile never got lost again.



Gratitude brings your smile home.



COMPLAIN

We often complain – “I don’t have this,” “Why me?”, “It’s not fair!” But take a moment...

Many children sleep under the sky



I am grateful for my bed and a safe roof.



Many children sleep hungry



I am grateful that I get food to eat.



Not everyone has an easy life



I am grateful for my parents and the comfortable life I have.



Many children
long for
love and care



I am grateful
for my family who
loves &
guide me.



Many children
wish for books
and learning



I am grateful for my
school & teachers
who teach
me every day.



Some kids
feel lonely



I am grateful for my
friends who laugh,
share, &
play with me.



Some children
don't have
enough clothes



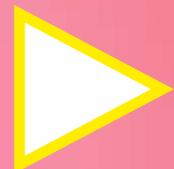
I am grateful for
clean clothes
to wear.



We all have problems, but what makes them feel big? Param Gurudev Shree Namramuni Maharaj Saheb reveals a unique perspective that can transform the way you see your own pain and that of others.

Sometimes, it's not the situation that changes... it's what you choose to see. Watch now and discover a peace you never knew existed.

**TO PLAY
CLICK HERE**



The day Vidhi learned Gratitude



Vidhi had stopped eating her lunch these days. She was bored of the healthy home-cooked roti and sabji her mother packed for her. She wanted junk food like burgers, noodles, and pizza instead.

Every afternoon, she brought her tiffin back home unfinished. One day, while returning from school, Vidhi saw a little boy sitting by the road, crying.

Concerned, she went to him and asked gently, “Why are you crying?” The boy wiped his tears and said, “I haven’t eaten anything for two days... I am very hungry. I just want some food.”

Vidhi felt a pinch in her heart. She opened her tiffin and asked softly, “Would you like to eat some roti and sabji?” The boy’s face lit up instantly. “Yes, please!” he said with bright, grateful eyes.





Vidhi handed him the food. He ate every bite happily and then looked up with a smile. “You are very lucky,” he said. “You get healthy food every day... and parents who cook for you. Thank you so much.”

Vidhi stood quietly, thinking. She realized how wrong she had been - complaining about the food lovingly cooked by her mother, wasting it, and wishing for junk instead.

That day changed her heart. From the next morning, Vidhi ate all the food her mother packed, happily and gratefully. She thanked her mother every day for cooking with love.

And she also carried a little extra food in her tiffin - so she could share it with the little boy on her way back home.



**Vidhi learned a lesson she would never forget:
When the heart is thankful, every bite becomes delicious.**

Gratitude Pledge

- I promise to stop complaining.
- I will thank before I ask.
- I will care for those who have less.
- I will smile more, help more, and share more.
- I will appreciate the small things every day.

Gratitude prayer...

- I am thankful for everything.
- I see good in every day.
- I choose to smile and help others.
- I have more than enough.
- Gratitude makes my heart glow.

Gratitude Game – “Circle of Thanks”

How to Play:

Kids stand in a circle while music plays. They pass a soft ball around the circle. When the ball reaches you, **say one thing you are grateful for** and quickly pass it on. When the music stops, the child holding the ball steps out, and the game continues with the rest. A fun, energetic way to share gratitude.

Note: You can play this game with your family, friends, classmates, or even your siblings - anywhere, anytime!



Reflect & Realise Activity

1. Write down a list of some things

You remember asking for very stubbornly because you really wanted them.

Eg. Any fav. toy, dress, outing etc...



2. Now from that same list,

Write down the things you still use or that still matter to you today.



What we learn:

1. We realise that many things we want out of stubbornness don't stay important for long.
2. This activity helps us see the difference between temporary wishes and true needs.
3. It teaches us to be grateful for what we already have and to think before we demand something new, and to choose things that really add value to our life.
4. Most importantly, it reminds us that happiness comes from gratitude, not from getting more things. We often lose interest once we have it.

What do you learn from this?

Write in short what you understood.







A truly proud moment for India and Jin Shasan!



Nurtured and guided by the divine vision of **Rashtrasant Param Gurudev Shree Namramuni Maharaj Saheb**, two young **Look N Learn Jain Gyan Dham** students -



Divyam Shah –10yrs. & Bhadra Tolia – 11yrs.

10 Yrs. old from Look N Learn Jain Gyan Dham get honored as **Youngest Student Ambassadors of the Sustainable Development Council at United Nations Conference Center, Bangkok.**

It brought together global leaders to discuss holistic solutions towards good health and accelerate global progress towards United Health Coverage (UHC) under the UN's 2030 Agenda for Sustainable Development Goals (SDGs).



Bhadra Tolia and Divyam Shah from Look N Learn Jain Gyan Dham and Parag Shah from Arham Yuva Seva Group, were among the six people participating from India and took the global stage at the summit themed '**Advancing Health Equity, Sustainability, and Well-Being for All**'. The summit witnessed delegates and visitors from across the world to explore innovative pathways toward a healthier, more compassionate planet and was organized at the **United Nations Conference Center (UNCC) Bangkok**.

Talking about mental obesity which poses as a significant challenge today and leads to anxiety, distraction, and emotional fatigue, the student delegates highlighted how the mind is like a beautiful garden that requires deseeding from time to time.

Drawing from the wisdom of Jain philosophy and the practices they learned through **Look N Learn Jain Gyan Dham**, Bhadra and Divyam presented 3 effective 'weed cutting' tools for overcoming mental obesity

In their address, the young delegates emphasised how **Look N Learn Jain Gyan Dham**, is helping thousands of students worldwide integrate moral education, healthy habits, and mental well-being practices from the tender age of 3.

Parag Shah, representing the **Arham Yuva Seva Group**, also highlighted how the organization helps bridge gaps for those trapped by circumstances beyond choices.

Look N Learn Jain Gyan Dham initiative continues to impact over **100,000 lives** globally through its curriculum, which blends moral education with meditation, non-violence, and sustainable living. Similarly, the **Arham Yuva Seva Group**, which has 65 centres worldwide, remains committed to empowering underserved communities through humanitarian work. Both organisations are inspired by the vision and leadership of **Rashtrasant Param Gurudev Shree Namramuni Maharaj Saheb**, whose values guide their missions for a more compassionate world.



To join the global Look N Learn initiative, **Contact: +91 86574 84478**

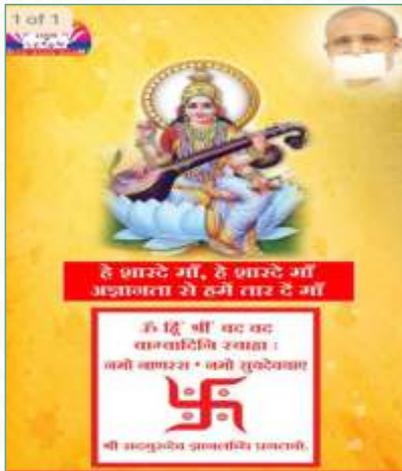
Kids from **Look N Learn Jain Gyan Dham** celebrated the auspicious occasion of **Gyan Pancham** in the **Divine Sanidhya of Rashtrasant Param Gurudev Shree Namramuni Maharaj Saheb.**



Many kids often said, “I study everything but forget during exams,” or “I feel nervous before my papers.”

To help them overcome this fear, a special Gnan Pujan was held at Girnar Parasdham, on 26th November 2025, children celebrated **Gyan Panchami** with Aho Bhaav, Bhakti and Devotion. They prayed to awaken their inner knowledge and let go of fear, confusion, and forgetfulness. Even those who couldn't come to Girnar, joined online and received the blessings. 1,000 of kids of **Look N Learn Jain Gyan Dham** from across the globe participated.

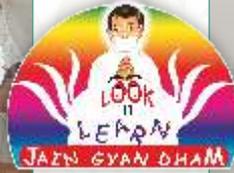
Here's a glimpse of those beautiful, devotional moments!

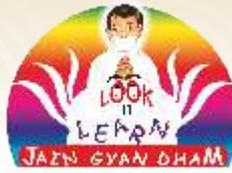












The Thankfulness Treasure Hunt

Find and Appreciate:



Instructions:

Walk around your home /school etc. Find each item on the list. Write or draw what you discover.

Look carefully – blessings are hidden everywhere!

Thank you, you make me smile.

Your toy/fav. food/books etc.

Thank you, you keep me warm.

Thank you, you help me play.

Thank you, you always care for me.

Thank you, you smell so nice.

Thank you, you help my family.



Thank you, you make me feel special.

Thank you, you help me eat.

Thank you, you help me study.

Thank you, you keep me safe.

Thank you, you help me stay healthy.

Thank you, you make my day easier.

Thank you, you teach me something new.

Thank you, you are fun to use.

Thank you, you help me get ready every morning.

Thank you, you help me rest.

