

Inspired by Rashtrasant Param Gurudev
Shree Namramuni Maharaj Saheb

LOOK N LEARN CHILDREN'S JAIN MAGAZINE

107

Page by page, Wisdom for every age



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Paryushan

The Festival that
makes our
Soul Shine!

8th sept to 15 sept 2026



Welcome to

Parvadhiraaj

Paryushan!

Mahaparv

Siddham Says

"Hi friends! Have you ever noticed something special?"



During **Diwali**, people decorate their homes.



During **Birthdays**, we celebrate with gifts.



But during **Paryushan**, we celebrate something very different...

We celebrate our own soul!"

Why Do We Celebrate Parvadhiraaj Paryushan Every Year?

Siddham :
Let me ask
you something...

What is one thing
that many of us are
really attached to?



Our mobile
phones!

Have you noticed how mobile
phones get upgraded almost
every year?



Each new version comes with updated
software, better features, and fixes for
old glitches.



These updates help the phone work
better and run more smoothly.



But have you ever thought about this?

If our phones need updates every year,
shouldn't we **update ourselves too**?

Just like phones can develop bugs and glitches,
we can also pick up some "**vices glitches**" during the year:



Anger



Jealousy



Pride



Dishonesty



That's why we celebrate **Parvadhiraaj maha Paryushan** every year. Paryushan is like a special annual software update for our **Aatma (Soul)**.

During Paryushan, we try to:

- ✓ Practice forgiveness
- ✓ Be Respectful
- ✓ Show kindness to others
- ✓ Exercise self-control
- ✓ Always speak the truth

At the same time,
we strive to
let go of :

- ✗ Anger ✗ Greed
- ✗ Jealousy ✗ Pride



Just as a software update fixes problems and improves a phone, Parvadhiraaj maha Paryushan helps us improve our thoughts, words, and actions. Every year, we get a chance to become a better version of ourselves.



That is why Parvadhiraaj maha Paryushan is called the Celebration of the Soul.

Bhagwan Mahavir taught that these 8 days are a sacred opportunity to purify our thoughts, words and actions. When our intentions become pure, our soul shines brighter.



Come...
let's discover one
pillar at a time!

Siddham's Challenge

Let's all become true Shravaks and Shravikas!
But wait...



What is a Shravak?

A Shravak (boy) and a Shravika (girl) are followers who try to walk on the path shown by Bhagwan Mahavir while living in sansaar.

A Shravak's life stands on
four beautiful pillars:



Daan



Sheel



Tapp



Bhaav



Daan

Siddham Says...

"Giving with love doesn't make us poor it makes our soul rich!"



What is Daan ?

Daan means giving without expecting anything in return. When we give with pure feelings (Shubh Bhaav), we help others and reduce our own bad karmas.

Daan is giving useful things to others with love, such as food, clothes, toys, and medicines etc



Gyan Daan

Sharing spiritual knowledge, study materials, and values with others is one of the supatradan forms of giving the gift of knowledge!

Examples:

Teaching a Jain prayer.
Sharing a good story.
Helping someone learn.



Abhay Daan

Making someone feel safe and fearless.

Examples:

Helping an injured animal.
Feeding birds or animals.
Helping someone in need.



Supatra Daan

One of the highest forms of Supatra Daan is offering Aahaar (food), water, or other necessities to Sadhu Bhagwants and Sadhvijis.



Siddham's Challenge

This Paryushan, I'll do at least one act of Daan every day with compassion and no expectation.



Sheel



Siddham Says

"People may forget what you own...
But they always remember
how you behave."



What is Sheel ?

Sheel means **Charitra** (good character).
It is choosing the right thing
even when no one is watching.

Sheel means...



Speaking
politely



Respecting
elders



Being
honest



Controlling
anger



Following
discipline

Beautiful behaviour makes a **beautiful soul**.

Siddham's Challenge

Today I will protect my Sheel
by speaking only **kind words**
and not saying bad words



Siddham
Says

Tapp

“Tapp means making yourself stronger
by giving up something
that weakens your soul.”

Upvas, Aayambil, Ekasana is wonderful... But
children can also perform many beautiful forms of Tapp.

Avgunn Upvas

Today I will fast from anger,
complaining or fighting.



Digital Upvas

Spend time away
from screens.



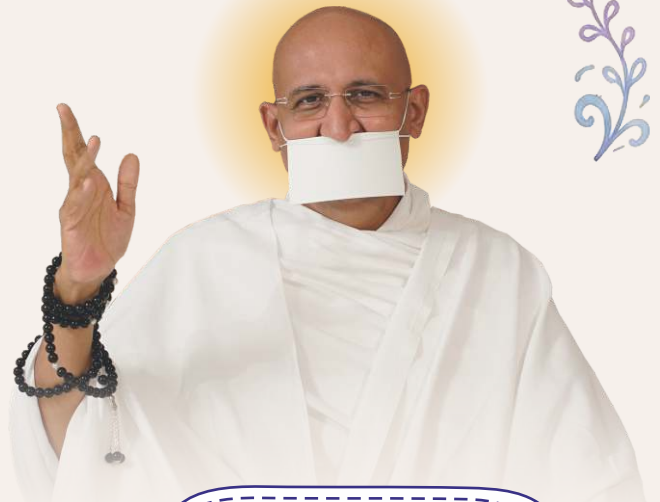
Pravachan Tapp

Listen to a Sadhu
or Sadhviji's
pravachan with
full attention.



Siddham Asks Gurudev...

"Param Gurudev, we children also want to do Tapasya this Paryushan. But we're too young for long fasts. What can we do?"



Param Gurudev smiled and said,
**"Start with
Mushthi Pachkhan."**

Once you're done eating... or drinking,
make a fist and chant

**"Namo
Arihantanam."**



When it's time
to eat again,
make a fist and chant

**"Namo
Siddhanam,"**

then open your fist
and eat mindfully.



Gurudev explained,
"Mushthi Pachkhan helps you:"



Stop unnecessary
munching.



Build
self-control.



Remember Bhagwan
before every meal.

**"Small
promises
build big
Saiyam."**



Siddham says
Let's all become
Baal Tapasvi



Bhaav

What is Bhaav ?

Bhaav is the intention behind every thought, word, and action.

As your Bhaav, so your Karma.
As your Karma, so your Future.



Three Types of Bhaav

Ashubh Bhaav

Anger, jealousy, ego, greed.



Binds Paap Karma

Shubh Bhaav

Kindness, respect, gratitude.



Binds Punya Karma

Shuddh Bhaav

Pure thoughts free from attachment and hatred.



Leads towards Moksh

Why Should We Have Good Bhaav ?

Shubh Bhaav

Creates Punya Karma
Makes us positive and happy
Builds good relationships



Shuddh Bhaav

Purifies the soul
Brings inner peace
Leads us towards Siddh gati



Siddham's Paryushan Promise

This Paryushan, before every action I'll ask myself...

"Is my Bhaav Ashubh, Shubh or Shuddh ?"



Michhami Dukkadam



Siddham Says...

"Have you ever carried a heavy school bag all day?
Every step makes you feel its weight.
Anger is just like that when you keep carrying it in your heart, the weight keeps getting heavier.
Let go of the anger, and feel your heart become lighter."



Michhami Dukkadam

It means:

"If I have hurt you knowingly or unknowingly through my thoughts, words or actions,
I sincerely ask for your forgiveness."

Why Should We Forgive?

When we keep anger inside...

When we keep anger inside, our mind keeps carrying the burden. We replay hurtful moments, feel stressed and restless, and forget how to feel light and peaceful.



But when we forgive...

Our heart becomes peaceful.
Our mind becomes lighter.
We can concentrate and remember things better because our mind isn't occupied by resentment.



Forgiveness doesn't make us weak.
It makes us free.

Siddham's Promise

"This Paryushan...
I will forgive with my heart,
ask for forgiveness with humility,
and fill my soul with peace."



"Forgive & Forget"

From *Drashya*
to *Drashti*

Kids... every picture tells a story,
But your vision decides its glory.
Anyone can simply look and see...
But how would Param Gurudev's drashti see?



Look at this image with pure inner sight... And let your drashti become bright like Param Gurudev's. "Answer in one thoughtful phrase"

Link for answer : <https://forms.gle/ELi7E7bbzrhf3g4R8>



The BEST 3 entries, published here! Congratulations to our little stars!
And to everyone who participated keep trying, keep learning, and keep growing!
Remember, every effort counts, and every participation is a
step towards becoming better.

Answers :

1. True, happiness come from accepting ourselves, embracing our uniqueness and never compering overselves with others. **Nidhi P. Sanghvi, Age : 10**
2. True vision recognizes the inner strength within every soul. **Dhruv A. Sanghvi, Age : 7**
3. It says don't judge yourself or anyone from outside, because you don't know but you are completely different in the inside. **Mishka S. Shah, Age : 12**

Gatha:

धम्मो मंगलमुक्किट्ठं,
अहिंसा संजमो तवो ।
देवा वि तं णमंसन्ति,
जस्स धम्मे सया मणो ॥

- Shree Dashvaikalik Sutra Adhyayan 1

Meaning :

- ♥ The greatest blessing in life is Dharma.
- ♣ The heart of Dharma is Ahimsa (Non-violence), Saiyam (Self-control), and Tapp (Austerity).
- ★ Even the Dev (heavenly beings) bow with respect to the person whose mind is always devoted to these virtues.



What does this mean for us ?

Ahimsa



Be kind to every living being. Don't hurt anyone through your thoughts, words, or actions.

Saiyam



Learn to control your mind and habits. Be patient, speak politely, and avoid unnecessary cravings.

Tapp



Become stronger from within. Practice small acts of discipline like Mushthi Pachkhan, Digital Upvas, or giving up a bad habit.



Did You Know ?

Even the Dev bow to those who live with Ahimsa, Saiyam, and Tapp. Imagine how powerful these three qualities are! This Paryushan, let's try to become little Shravaks and Shravikas by practising them every day.





DIVINE DARSHANAM

COME EXPERIENCE
THE **DIVINE VIBRATIONS** NOW ON



VENUE
PARASDHAM,
GHATKOPAR,
MUMBAI



TIMINGS

EVERYDAY
4:00 PM -
6:30 PM



DAILY TASKS
Fun learning
every day!



EXCITING PRIZES
Amazing prizes
to be won!



SPECIAL PRIZES
Grand prizes
await you!



ONCE A WEEK DIY!
Create, Learn
& Enjoy!



EVERY THURSDAY
PARAM CONNECTION
Special time with
Divine inspiration!



COME, CONNECT & GROW
WITH **DIVINE ENERGY!**
LET'S MAKE EVERY
MOMENT DIVINE!

Global Guru Purnima

450 kids,
22 Look N Learn Centres,
200 parents, and 170 Didis
came together to celebrate
Unseen Hands in the divine
presence of Param Gurudev.

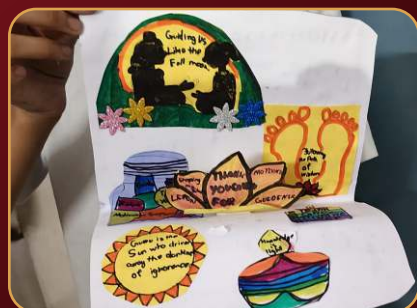


Children welcomed Gurudev with a beautiful dance,
and the special "Chhote Guru with Param Guru" interaction.





They lovingly offered their a heartfelt Thank You Song,
Agam Gathas and Nana Tapp as gifts to Gurudev.



A day filled with Bhakti,
joy, Guru Krupa, and
unforgettable memories!

KIDS' SPECIAL

DRAVYA TAPP

1ST SEPTEMBER TO 15TH SEPTEMBER 2026

A beautiful opportunity for our children to experience Tapp, discipline and self-control during Parvadhira Maha Paryushan.

How does it work?

It's simple and easy!

Is it easy?

Yes, it is!

Children will increase their Dravya by 1 each day for the first 8 days, and then decrease it by 1 each day for the next 7 days.



Let's encourage our little ones to take this beautiful spiritual journey with joy, discipline and bhaav.

One small step each day... towards greater self-control and a more meaningful Paryushan.

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ADMISSIONS OPEN

LOOK N LEARN JAIN GYAN DHAM

PARENT-TODDLER CLASS

Age Group- 1.5 to 3 years

A joyful learning journey for parent and toddlers filled with fun, values, bonding, creativity, and early learning experiences.



Interactive Activities



Creative Learning



Music & Movement



Value-Based Fun Sessions



Parent-Child Bonding



Give your little one a beautiful start with
learning rooted in **joy** and **sanskar**



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