

Dada Bhagwan Parivar's

August 2023

Price per copy : ₹ 20/-

AKRAM Express



Break up *Make up*

Editorial

Friends,

“Kitta! I’m not talking to you anymore!” Have you ever heard these words? You won’t have just heard of them, but you’ve probably said them as well. You might have argued with a friend and stopped talking to them. But when you say, “Buccha! Let’s make up!” to the same friend some time later, then what great joy it brings! So, if there’s happiness in making up, then why stop talking to each other in the first place?

Should there be ‘kitta-buccha’ or ‘break up and make up’ in a friendship? What is a true friendship like? What are real friends like? Are Aaloo and Chilly true friends?

What was the one thing that Darsh learnt about being a true friend? How can we be a good friend? In this issue, let’s get the answers to all these questions by learning from stories, fun activities, and from what the Gnanis have said.

Akram Express

Vol.: 15, Issue : 1

Conti. Issue No.: 167

August 2023

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Editor: Dimple Mehta

Printer & Published by
Dimple Mehta on behalf of
Mahavideh Foundation
Simandhar City, Adalaj - 382421.
Taluka & Dist - Gandhinagar

Owned by and Published from
Mahavideh Foundation
Simandhar City, Adalaj - 382421.
Taluka & Dist - Gandhinagar

Printed at
Amiba Multiprint
Opp. H B Kapadiya New High School,
Chhtral-Pratappura Road,
At-Chhatral, Tal. Kalol
Dist. Gandhinagar - 382729.

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Subscription (English)

Yearly Subscription

India: 200 Rupees

5 years Subscription

India: 1000 Rupees

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name of ‘Mahavideh Foundation’.



Gnanis Say...

Questioner: Whenever there's an argument between me and my friend, she stops talking to me. What should I do then?

Pujyashree: Why should we argue in the first place? If we don't argue at all, then there's no possibility of breaking up. We shouldn't argue. We should all play together amicably and peacefully. If a disagreement starts to occur, then let it go. What causes the arguments?

Questioner: If my friend leaves me and goes around with another friend, then I get upset.

Pujyashree: We shouldn't get upset if our friend talks to someone else. She has the right to be friends with everyone. We shouldn't try to control her and make her be only your friend and no one else's.

If we get hurt by what she does, then we should become such that we don't hurt others.

Questioner: If my friends stop talking to me, then I still stay friends with them, but they argue with me even more.

Pujyashree: When there's an argument then we should try to make them understand, but then if we feel that no one is showing signs of understanding, then just pray, 'O Dada Bhagwan, please bless all of them so that they feel at peace and can let go of these arguments.'

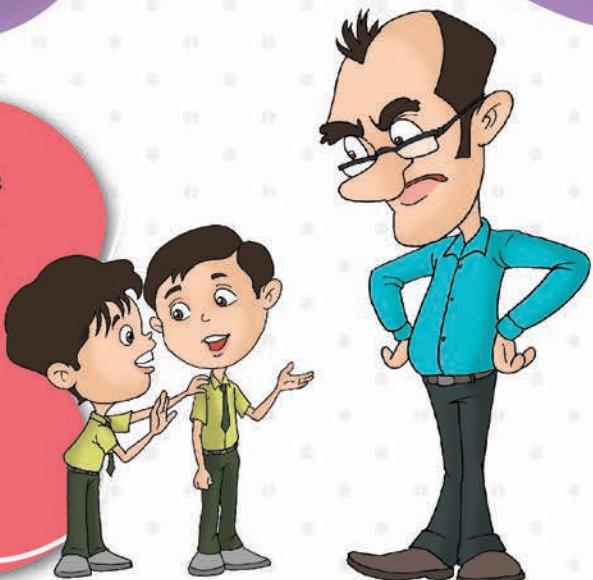
They'll be back to being friends after a while. A pressure cooker whistles from the top due to the heat underneath. Similarly, when people are upset with someone else, they'll take their 'heat' out on us instead. We should allow things to cool down. We can talk about other things so that they forget about arguing.



ABSOLUTELY NEW AND DIFFERENT!

Friendship is: even when we make a mistake, our friend still talks to us and helps to guide us onto the right path.

For example: If we set out to get something done by telling a lie, then our friend persuades us not to.



We should be generous in our friendship.

For example: Even if our friend may not help us when we need them, then we should still help them when they need us.



AALOO CHILLY

"Here's two chilli shakes for Aaloo and Chilly!" The waiter at the 'Chill-With-Chilli' stall put down two milkshakes in front of the two friends.

"Aaloo, did you know a new movie is showing this Friday at Fairy Cinema? It's called 'A Wonderful

Flight'," said Chilly. "I want to go to the premiere. Please, please, please can we go?"

"Friday's also the opening of Theo's new cafe," replied Aaloo after finishing the chilli shake in one go.

"Theo's cafe?" asked Chilly as he slowly drank his shake through a straw.

"I mean his dad's! Theo was saying that on the first day all items will be less than half-price. It will be worth going. Look over there, what an amazing ad they've created," said Aaloo, pointing to the poster which was displayed near the stall.

"What? The opening is at the same time as the movie," Chilly complained loudly.

"We can't miss Theo's cafe opening," Aaloo replied firmly.

"But if I don't watch the movie on the first day, then my friends in the jungle will tell me spoilers from the movie and ruin it for me," argued Chilly.

"Cafe!", "Movie!", "Cafe!", "Movie!" The argument continued back and forth for a while until Aaloo held his thumb up to Chilly and said, "Kitta!"

"Kitta? What's that?" Chilly was confused.

Without saying a single word, Aaloo left the stall and walked off.



"Aaloo, wait. Where are you going?" implored Chilly. But Aaloo kept walking.

Piggy saw all this. He went to Chilly and said, "Kitta means that Aaloo isn't talking to you anymore."

"What? That's impossible! I'm sure it won't be long before he comes back and talks to me," said Chilly confidently as he left the stall.

Chilly waited for Aaloo all day. Every time he heard the slightest noise, he thought Aaloo had come, but Aaloo never came.

The next day Chilly went to Aaloo's house. The door was shut. Normally, Chilly would never hesitate to go inside Aaloo's house, but that day he felt something was different. He wasn't able to bring himself to go inside. How could a mere word 'kitta' bring about such a change in the friendship between them?

Just then Aaloo came out of the house, but he wasn't alone: Theo was with him. They were going out somewhere.

Chilly was very upset. 'Aaloo never makes any plans without me.' He remembered what Piggy had said: Kitta can be ended with saying buccha (Let's make up/let's be friends again). If you let your friend have their way, then you can make up.

Chilly was really missing Aaloo, so he went up to Aaloo and perched on his shoulder. "Hi Aaloo! Let's be friends again, please? We can do what you want. We can go to Theo's cafe opening," said Chilly, flapping his two red feathers.

At first, Aaloo turned his head as if he wasn't interested, but then he agreed.

Days passed by just like normal. But one evening, Aaloo and Chilly were sat by a lake and discussing a game called 'Forest Ball'.

"That was a fantastic match!" Chilly was really happy that his favourite team had won.

"Zoro the Zebra played really well, but the winning team just got lucky!" Aaloo defended his team.

"Lucky?! Oh come on! The team won because of their hard work, not by luck!"

"But Zoro is the best," said Aaloo firmly.

Chilly didn't notice that Aaloo had started to get annoyed and replied, "I think it would've been better if Zoro focused on the game more."

"Chilly!"

"What?"

"Kitta!"

"What? Again? I'm not going to go and make up with him anymore." Chilly was angry too.

The next day Chilly was in a great mood. As expected, he saw Aaloo hanging out with Theo, but Chilly didn't get upset. He went up to Giffy the Giraffe and Toro the Tortoise and whispered something to them. Everyone started laughing loudly. Aaloo turned to look at them all, but then he turned away.

Later that evening, Aaloo wanted a chilli shake, but without Chilly the milk-shake wouldn't taste as good! He was walking with his head down when he overheard some chit-chat.

"When will it be time for the party? I can't wait!"

"Me too ... The party will be so much fun!"

Aaloo's ears pricked up. He wondered what party they were talking about.

He asked them, but no one answered. He felt sad and continued walking. Just then he bumped into Theo.

"Theo, will you come with me this Sunday to have a chilli shake?"

"Sorry, Aaloo. I'm going to a party on Sunday," said Theo as he walked away.

Aaloo became very upset. "What is this party that everyone is going to and I don't even know about it!" At that moment Piggy showed up.

"Piggy, do you know what party they're all talking about?" asked Aaloo.

"Chilly is having a party at his house," replied Piggy and then walked away.

"Chilly is having a party?" Aaloo was shocked.

Aaloo's went to Didima Pond to clear his mind, which was full of all sorts of thoughts.

'Chilly didn't even invite me.'

'But, how could he? I was the one who said 'Kitta' to him. This time he didn't come to make up with me.'

'So what if he didn't come; I can always go to him!'



Aaloo turned up at Chilly's house on Sunday evening. The whole area had been decorated. Most of the animals from the jungle were there. Tears welled up in Aaloo's eyes. There was something written on Chilly's home in big letters, but Aaloo didn't read it because the tears blurred his eyes.

Just then he heard Chilly's voice, "I knew you'd come."

As soon as he saw Chilly, more tears rolled down Aaloo's face.

"I'm sorry, Chilly!"

Chilly tenderly wiped Aaloo's tears away. Aaloo could read the banner clearly now: 'Aaloo and Chilly's Friendship Anniversary'.

"Chilly, you remembered?" asked Aaloo.

"How could I forget that today is the anniversary of when you saved me from the fire in the jungle!"

"Please forgive me for using kitta-buccha on you, Chilly."

"Aaloo, just because we don't like the same player, doesn't mean we don't like each other."

"Correct! And if you want to go and watch the movie this week, then we can always go to the cafe next week."

"Yes, why fight when we can solve the problem instead?"

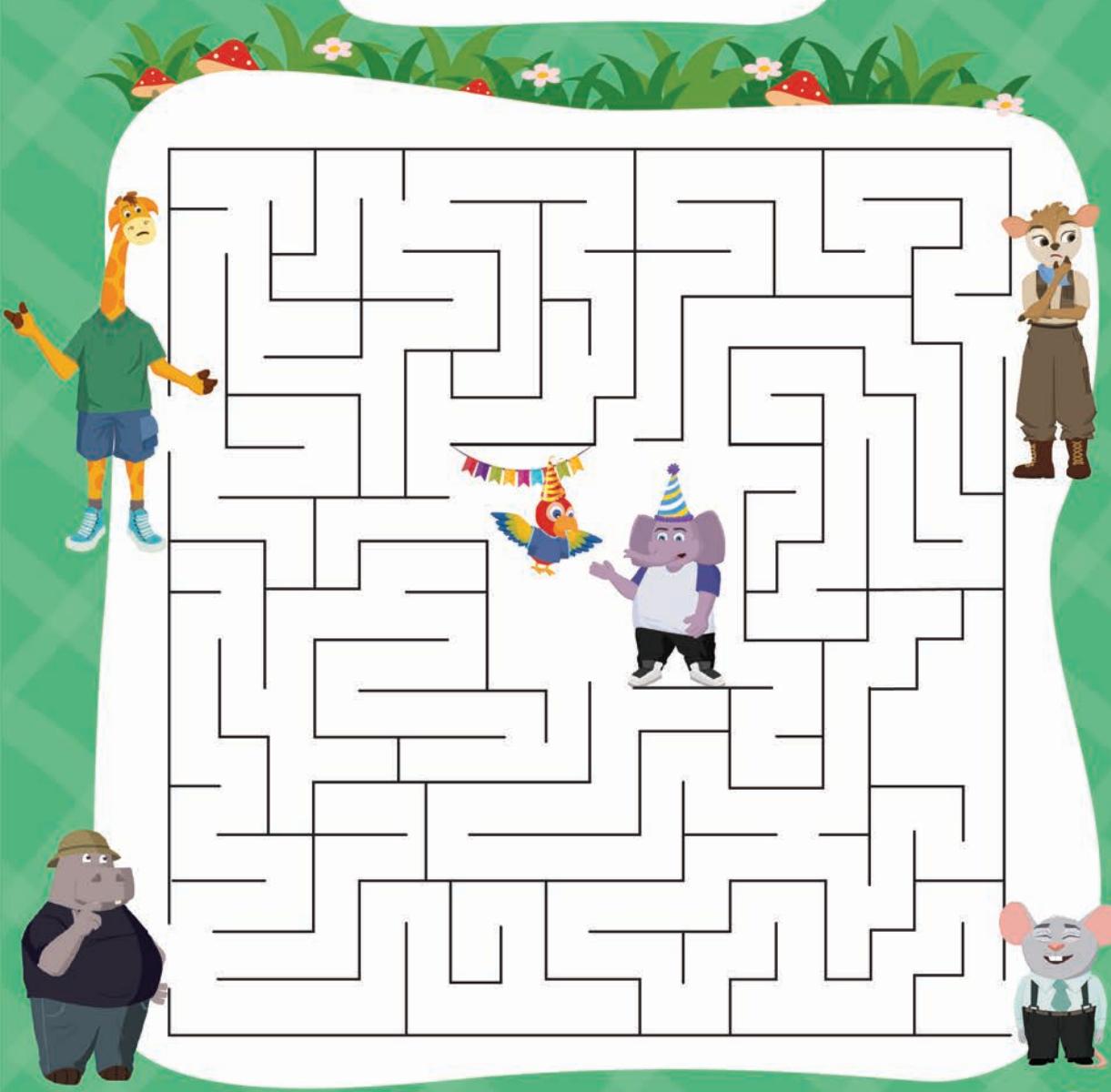
"No to kitta-buccha in friendship!" they said in unison, as they hugged each other.



Let's

Help Aaloo and
Chilly's friends to find
the correct path to
their party.

play



Looking at the Akram Express magazine covers below, write down the topic of each magazine and send your list via WhatsApp to 9313665562 by August 15th. The person who sends the most answers the quickest, will win a prize.

FIND



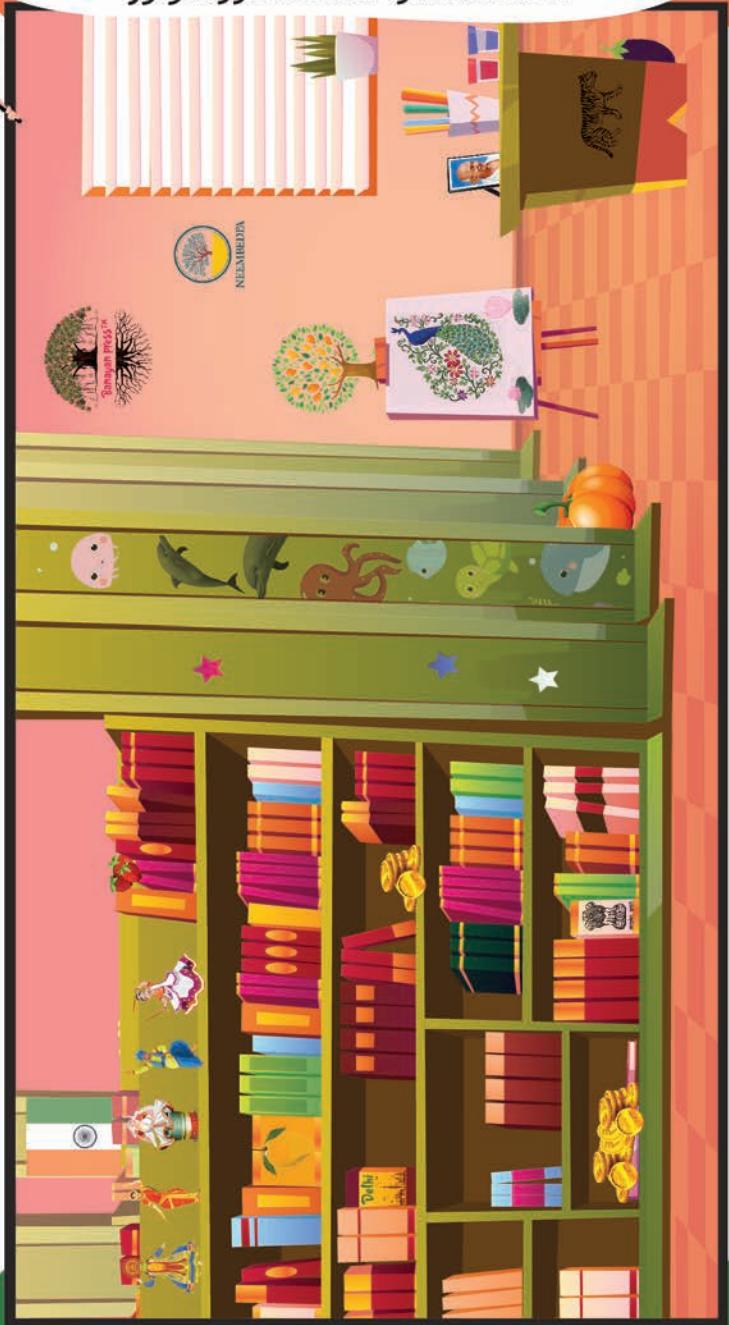
MY NAME



Let's Play

**For the 13 questions shown on the left,
find the correct answers from the picture below.
Circle and number each answer in the picture.
Send a photo of your answers to WhatsApp no.
9313665562 before 15th AUGUST.**

1. India's National Flag
 2. India's National Emblem
 3. India's National Animal
 4. India's National Bird
 5. India's National Flower
 6. India's National Fruit
 7. India's National Currency Symbol
 8. India's National Aquatic Animal
 9. India's National Father
 10. India's National Dance
 11. India's National Tree
 12. India's National Vegetable
 13. India's Capital City



Best Buddy

It was Darsh's first day at school. On the school bus that evening...

Hi, I'm Akhil. How was your first day?

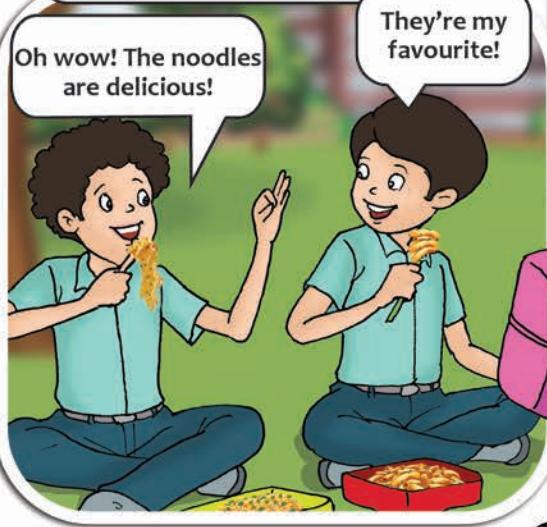


Akhil would sit next to Darsh every day. During lunch break...

Oh wow! The noodles are delicious!

They're my favourite!

It was okay.



Darsh and Akhil became good friends. They would go to each other's houses to study and to play together.

One evening at Akhil's house...

Wow, noodles! Thank you, Auntie!



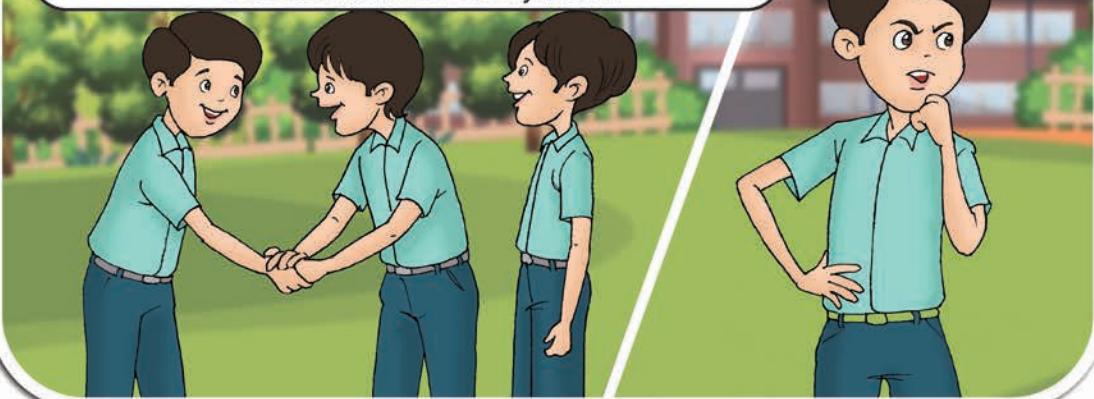
Akhil told me that they're your favourite.

The day before Darsh's birthday...

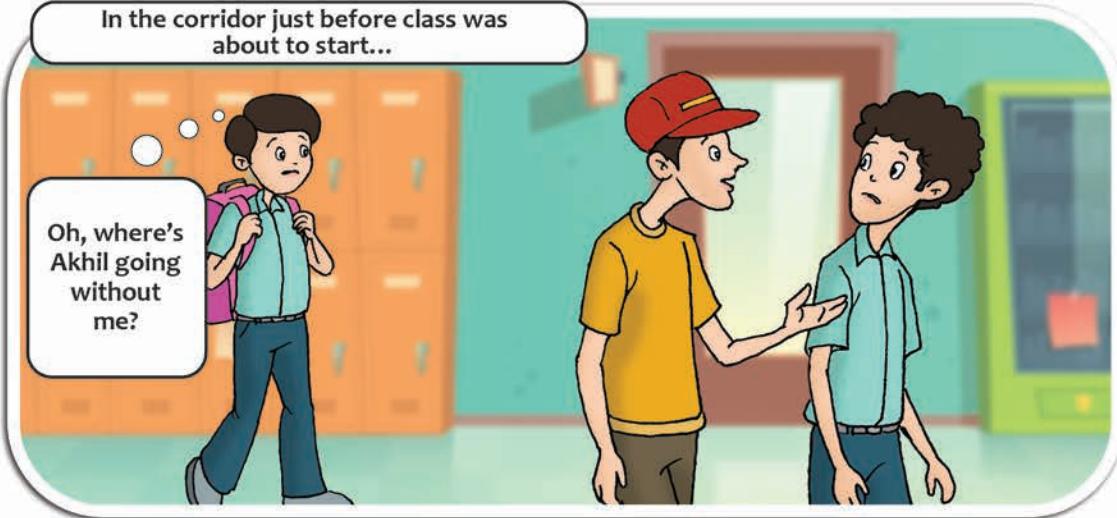
Akhil, will you come with me tomorrow to give out chocolates to everyone?



On Darsh's birthday, everyone wished him a happy birthday, but Akhil was nowhere to be found.
Darsh looked for him everywhere.



In the corridor just before class was about to start...



Oh, where's Akhil going without me?

During Diwali...

Darsh, why are you and Akhil not meeting up these days?

The next day was the start of Diwali vacation....

I'm not talking to him. Look, he hasn't called me even once!

Then you call him!

Why should I call him? He left me on my birthday and went off with the others.

How can you break off your friendship over such a trivial matter? What's the point of wasting your lovely vacation time by being upset?

He broke his promise and left me alone.
I won't call him.

School started, but Akhil wasn't there...

You didn't know? His mother was admitted to hospital the day before Diwali. Akhil's cousin had come to pick him up from school.

Why hasn't Akhil come to school? Let me ask Rishabh, he might know.

What?!

At Akhil's house...

Auntie, how are you now?

I'm doing well. Akhil took great care of me during the whole of his vacation.

Sorry, Akhil. I didn't call you even once during the holidays. I thought that...

What?

It's nothing. It was just my misunderstanding. If I had spoken to you just once, then all this would've been cleared up.

I don't know what you wanted to clear up, but one thing's definitely clear.

What?

I won't let you go today without celebrating your birthday!



And I'll never break a friendship due to a misunderstanding!

And with that, they both hugged each other.



Ruby-Zuby Friendship Shake



The ‘Ruby-Zuby Friendship Shake’ is world-famous, but if you want to go to Ruby and Zuby’s restaurant to have one, you’ll need to take a friend with you. Why? Because the Ruby-Zuby Shake recipe involves their friendship story, which is very interesting!

From childhood, Ruby and Zuby

were in the same classes at school, but they had completely different personalities. Ruby was very quiet, whereas Zuby was very chatty. To help Zuby become less talkative, the teachers sat her next to Ruby during class.

Ruby thought to herself, ‘Oh no! Now she’ll give me a headache.’

One day, Zuby offered Ruby a strawberry milkshake which her mother had made. The milkshake tasted delicious! From then on, Zuby started sharing her milkshake with Ruby every day and soon they became good friends.

One day Zuby was talking to Ruby during class. Just as Ruby was asking Zuby to be quiet, the teacher caught Ruby talking and punished her, even though it was originally Zuby who was the one talking. When class finished Zuby apologised to Ruby. Zuby assumed that there’d be an argument due to Ruby getting punished because of her. However, instead of being angry, Ruby said, “It’s okay, my friend! Things like this happen in a friendship.” Since then, they became even closer friends. Although Ruby was punished when it was Zuby’s fault, she didn’t argue with Zuby and instead she forgave her.



After that there was no looking back! Whether it was playing sports or studying, they'd always be together.

Ruby loved to play basketball, but no one would ever select her to be on their team.

"Come on, you're on my team!" said Zuby.

"No, leave her. She'll put the ball in the opposite team's basket and give them a point," said one of Zuby's teammates.

"Ruby, don't take it to heart. I'll help you," Zuby spoke out.

With encouragement and help from Zuby, Ruby's game started to improve. Years went by, but as they grew older, their friendship still remained strong. One day, they both got together to come up with a milkshake recipe and it was a major success! Everyone around them loved it. So they decided to start selling it from their home. Eventually Ruby wanted to open a Milkshake Bar.

To fulfil Ruby's dream, Zuby went out and worked hard to look for a suitable place, and make connections. Ruby was left to make the milkshake on her own at home. They would both adjust really well to each other. People used to tell Ruby, "Zuby's just out enjoying herself and making you do all the work." But Ruby didn't let any of these negative comments affect her and, most importantly, she didn't lose faith in her friend.

One day Zuby had gone to make a deal on renting a shop. When she returned from the meeting, she walked straight into the kitchen and just sat down on the floor. "What's the matter, Zuby? Why do you look upset?" asked Ruby sitting down next to her. "It doesn't matter if the deal has fallen through. We can continue selling the milkshakes from home. There is no need to worry." Zuby, without saying anything, took Ruby's hand and placed a key in her palm. Zuby laughed heartily and said, "Sur...prise!" Ruby still didn't know what was going on. With a sparkle in her eyes, Zuby explained to her, "This is the key to our friendship milkshake bar!" Ruby was overjoyed. Their hard work had paid off. The reason behind their success was that both friends always thought of each other's happiness instead of their own alone.

Going forward, Ruby and Zuby faced many problems in their lives, but by having the right understanding, their friendship always remained strong.

Did you find out the six secret ingredients of the 'Friendship Milkshake' from this story?

Then, get ready to make the 'Ruby-Zuby Friendship Milkshake'!



1
You will
need...

KitKat (Share)	1 bar
Fresh milk (Pure)	150 ml
Ice-cream (Adjustable)	2 scoops
Sugar (Sweetness of others' happiness)	1 tsp
Chocolate syrup (Encouragement and support)	1 tsp
Chocolate chips (Faith)	1 tsp
Blender (to blend all the ingredients of the friendship milkshake)	



Break the KitKat into pieces and add to the blender. KitKat is something that is easily shared. A good friendship can start from SHARING.



Now, let's be easy-going and ADJUSTABLE with each other, just like how the ice-cream adjusts and melts easily when we add it to the blender.



4
Add the sweet-
ness (sugar) of
the HAPPINESS
OF OTHERS.

5
Add the milk to the blender.
Become as pure as milk by
asking for and giving
FORGIVENESS to our
friends.



6
Blend all the ingredients in the
blender and pour into a glass.



7
Add a drizzle of
ENCOURAGEMENT AND
SUPPORT (chocolate
syrup)

8
Lastly,
add a sprinkle of FAITH
(chocolate chips) and enjoy this tasty milkshake
containing all the perfect 'ingredients' for friendship!



Happy Birthday Akram Express



Toon story Contest

To celebrate the 15th Birthday of Akram Express, we are holding a fun contest, in which anyone of **any age can participate.**

In this contest, you will make a **TOON story**. For this, the participant will draw **CARTOONS** and write a story of 100 to 150 words.

So what are you waiting for? Send us your toon story via WhatsApp to **9313665562** before the 15th, and in exchange receive a **gift** from Akram Express.



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Publisher, Printer & Editor - Dimple Mehta on Behalf of Mahavideh Foundation
Printed at Amba Multiprint, Opp. H B Kapadiya New High School, Chhatal-Pratappura Road,
At-Chhatral, Tal. Kalol, Dist. Gandhinagar – 382729.