

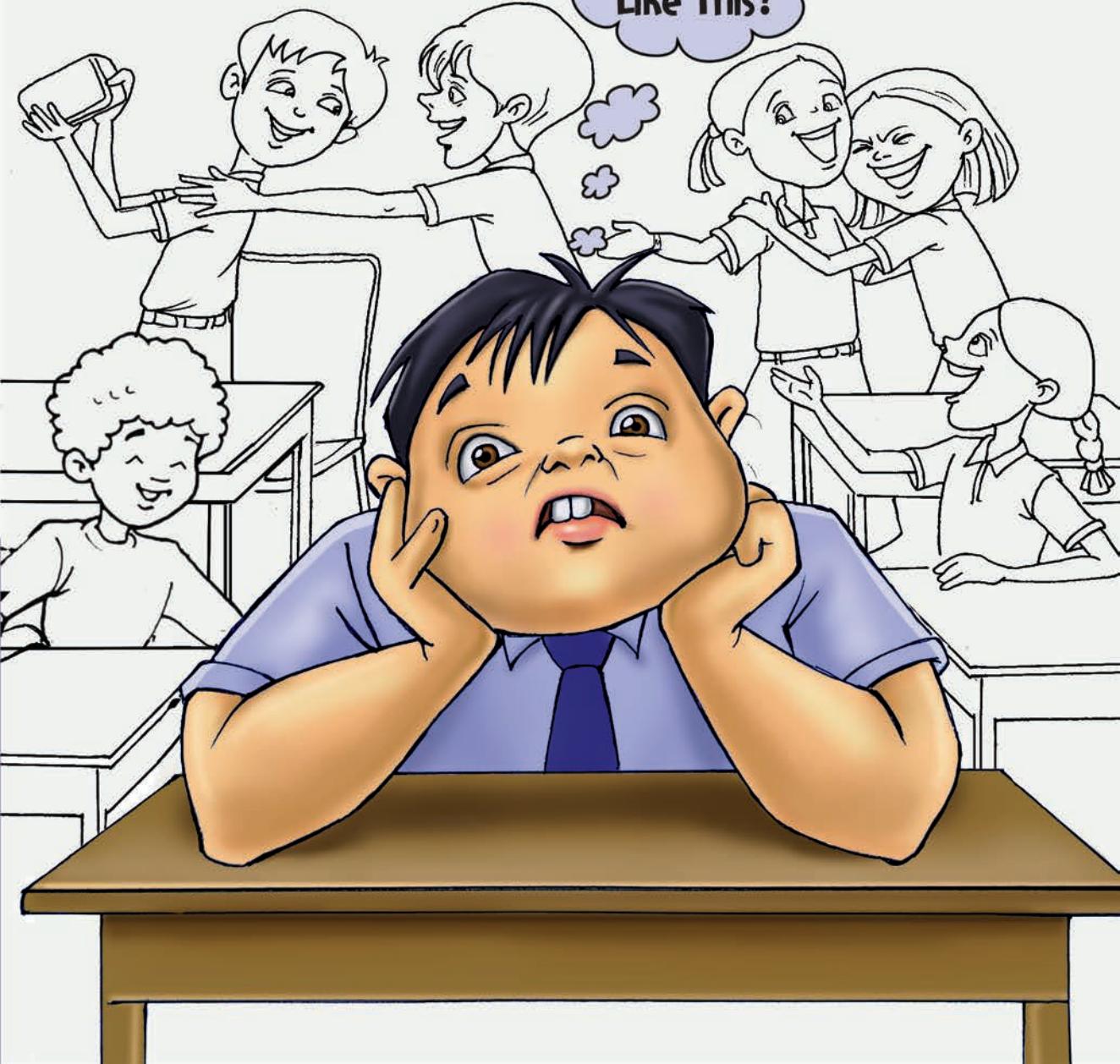
Dada Bhagwan Parivar's

June 2023

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# AKRAM Express

Why Am I  
Like This?



# Why Am I Like This?



## Editorial

Friends,

Suppose one day you receive gifts in two different boxes. One box is beautifully decorated on the outside, but has a rotten cake inside it. The second box has ugly decorations on the outside, but has a delicious cake inside it. Which box would you value more? The second one, right? Then it shouldn't matter if someone looks at the ugly box and makes fun of it; you would only value the cake inside it.

If we have this understanding for various other things, then why not for ourselves? Why do we value our outer looks more than our inner qualities? Why do we get upset when others tease us about our looks?

Let us learn from this edition, how outer looks should not hold as much importance as having the right inner understanding.

-Dimple Mehta



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Contact at:  
Balvignan Department  
Trimandir Sankul,  
Simandhar city,  
Ahmedabad-Kalol Highway, Adalaj,  
Dist.Gandhinagar-382421,Gujarat.  
Phone: 9328661166/77  
Email:akramexpress@dadbhagwan.org  
Website: kids.dadbhagwan.org

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# Ghanis Say...

**Questioner:** I stutter while speaking, so people make fun of me. This makes me very upset. What should I do?

**Pujyashree:** There are people who are mute and can't even speak at all, are there not? At least we're able to speak, right? So, we should be happy. Some people can't speak at all, while some people are deaf. We can both talk and hear very well. When we grow older, things will change. We should chant 'Dada Bhagwan Na Aseem Jay Jay Kar Ho' so that our speech becomes clear and pure. We should ask for strength, 'Dada, please give me the strength to speak well.'

If someone teases us, then we shouldn't get irritated. If we don't get irritated at all, then they won't get enjoyment out of it. So, then they will get tired and stop teasing us. If they tease us and we get irritated, then they will enjoy it and they will tease us even more.

**Questioner:** Everyone at school calls me 'Shorty' and teases me. I get very upset.

**Pujyashree:** If a boy who is shorter than you stands next to you, then would that not make you the tall one? So then are you actually short or tall? Compared to a shorter person, you are indeed the tall one. In front of a taller person, you will be the shorter one. So we should not pay that much heed to what other people say.

We should not get affected by what other people say.

We should not get angry with them nor should we hurt them. We should remain happy even when people make fun of us. Why should we get upset?





# Absolutely New and Different



Inner beauty is based on our nature. If our nature is bad, then no matter how good-looking we are, we won't be thought of as a good person, right?

For example: If a person keeps thoughtlessly insulting others, then no matter how beautiful they may be, no one will like that person at all.





A person may not be good-looking, but if their nature is good then they will be loved by all.

For example: a person who's friendly with everyone, helps everyone, and wins everyone's hearts, is loved by everyone, even if they're not so good-looking.

With time our outer appearance is likely to change.

For example: accidents, illnesses, or age can change one's appearance. But, our beautiful inner values, which give happiness to oneself and others, will always remain with us.



Nirja stared thinking, ‘Everyone’s enjoying the party, except me! Why am I so different to everyone else? Everyone looks so attractive, whereas I ... why am I so fat? Why am I not like everyone else?’

While Nirja was deep in thought, Radhika came and sat next to her. “Sorry, my dear! Did you get offended? I was only joking!” Radhika offered the plate of gulab jamun to Nirja, but she didn’t take it.

“Nirja, I shouldn’t have made fun of you. But you shouldn’t give the ‘remote control’ of your happiness to anyone. Not even me. Weren’t you happy before I came?” remarked Radhika.

“What ‘remote control?’” asked Nirja.

“Fat, thin, tall, short ... no matter what anyone says, why should we get upset? How can you let anyone ‘switch off’ your happiness from the outside?” asked Radhika.

“Yes, that’s true, sister” Nirja said softly.

“Always remember: Happiness is not in having perfect looks or a perfect body. That’s all here today and gone tomorrow. Happiness is...” While speaking, something caught Radhika’s attention.

“What?” Nirja wanted to hear more.

“Right now happiness is in the yummy pizza on the table and in playing games with family. Come, let’s go enjoy,” Radhika said, winking.

“Oh!” Nirja laughed. “You carry on, I will join you in a little while.”

Radhika left, but her remarks stayed in Nirja’s heart.

From that day on, whenever Nirja got into a bad mood from people making fun of her, she would recall what Radhika had said. However, her happiness ‘switch’ still wouldn’t turn on because she still believed she was fat and not as beautiful as her friends. Thus, she never participated in any school plays or on-stage activities.

This year, there was a chance at getting a special prize from taking part in the school play. Ashita Soni, founder of the Little Stars Drama School, was going to offer the best

“Hi, Fatty, how many gulab jamuns (Indian sweet) are you going to eat?”

Just as Nirja put the gulab jamun in her mouth, her cousin Radhika came up behind her and taunted her. She ate the gulab jamun, but it was tasteless.

“Oh, my dear Roly-poly! Why are you frowning?” Radhika asked while pinching Nirja’s cheeks.

“Within a span of 30 seconds, you’ve called me ‘Fatty’ and ‘Roly-poly’, so how can you expect my expression not to change, sister?” Nirja, with a sad face, left the plate on the table and went and sat down in a corner. She started observing the people around her.

performers a place at her acting school.

"Nirja, you should also take part in the drama! Come on! If we get selected, then we'll get a chance to perform in Ms Ashita's drama school!" Ami tried to convince Nirja.

But Nirja was convinced that she'd never be selected since she was so fat. Instead of telling Ami how she really felt she said, "You should all go perform! I'll cheer you all on from the audience."

For many days, there was lots of talk about Ms Ashita.

"Did you know Ms Ashita graduated from our school? That's why she has a soft spot for students from our school."

"She was my sister's classmate and the school's most popular student."

"Her drama school is so famous! It must be awesome to train at her school and then perform on stage!"

Listening to everyone's chitchat, Nirja thought, 'I wish I had as much confidence as everyone else! If only I didn't have the anxiety about how I looked. What if a miracle happened and I got on stage to perform and then got selected! That would be amazing!'

No such miracle happened and on the day of the performance, Nirja, as always, was sitting in the audience.

"Welcome! Welcome, my dear Ashita!" announced the principal.

Everyone applauded and all the teachers and staff in the front row gave



a standing ovation. Young Nirja was eager to get a glimpse of Ms Ashita. She peeked between all the tall people standing in front of her and, on seeing Ms Ashita, her eyes widened in surprise.

Everyone sat down, but Nirja just remained standing still, like a statue. One of the girls from behind tugged on Nirja's shirt and asked her to sit down, and that made her snap out of it.

"Oh sorry," said Nirja as she sat down.

The teachers were praising and complimenting Ms Ashita a lot. But, Nirja's focus was less on the talking and more on Ms Ashita herself. Then the play started, but Nirja was deep in thought, 'Ms Ashita is so fat! Maybe even a little more than me ... yet she's still everyone's favourite. And very successful too! Is it not necessary to be beautiful in order to be successful or to be liked by everyone? If I'd participated, then would she have selected me?'

But what was the point in regretting it now? The play finished to thundering applause. Ms Ashita selected a few students and handed their names to the teachers. The students who were selected were overjoyed and those that weren't were upset. Nirja was feeling even more upset because she didn't even try.

The next day she came into school feeling very gloomy.

"We have good news," the teacher announced. Without even knowing what the news was, the students started clapping. Nirja initially had no interest in hearing any news. But when she listened to what the teachers said, she suddenly had interest in nothing else but that.

"Ms Ashita was very impressed by the performance from our students. So she's going to come back today to audition more students. All those who are interested need to write their names on this list and then hand it back to me."



Ms Ashita was very happy with Nirja's audition and selected her immediately. After everyone's audition was completed, Ms. Ashita called over Nirja and asked, "Dear, you perform very well. Why didn't you take part in the play?"

Ms Ashita's manner was so calm and gentle that Nirja told her everything. Nirja then asked her softly, "Ms, when you were my age were you..." She couldn't speak further, but Ms Ashita understood.

"Yes, at that time I was even chubbier than you. I didn't fit into the clothes that my classmates wore," she said smilingly. "However, although they made fun of me, I did manage to fit in with my classmates. And that's why I was always happy and I am happy now too."

"You feel as though you don't look as good as your friends, is that correct?"

"Yes."

"Dear, everyone's idea of beauty is different. The people who look beautiful on the outside may or may not be happy on the inside. But those who are happy from within will always look good from the outside! You'll also remain happy now, won't you?"

Nirja nodded her head and said, "Yes." She remembered the happiness 'remote control' comment that Radhika had said. And from that day on, she decided to never let the worry about how she looked 'switch off' her happiness.



# One-fin Dolphin

A cruise ship stopped in the middle of the ocean. Lemmy and Oliver, as always, started to show off their freestyle dancing.

Oh! Why can't I jump like the other dolphins?! Why don't I have two fins?

Vinnie, you need to have two fins for this dance. Don't you understand that?

If only I could also dance like that, then everyone would cheer for me too!

Vinnie, don't get offended by what Oliver says.

Vinnie, there you are!  
I've been looking for you for ages.

Vinnie hastily picked up Coco with his one fin and placed him on a big rock.

Hey!  
What's  
happening?

Shhhh ... someone's coming this way.

Suddenly, Oliver appeared at lightning speed.

But, how did you know that Oliver was coming?

He came out of nowhere!

I could hear something approaching.

Coco, don't you feel sad for being so tiny?

My size is not my whole identity, Vinnie. So why should I get upset?

Vinnie starts thinking more about this

Ohhhh! Thanks Vinnie! If you hadn't moved me out of the way, I would've been crushed under Oliver's giant body.

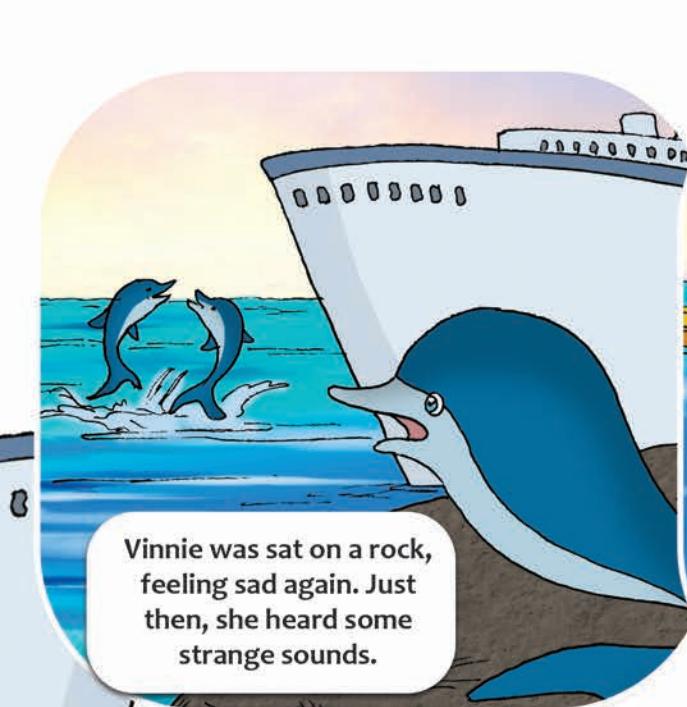
You're so tiny that you end before you have hardly started. How is it possible for anyone to see you?!!

You're right! Now I'll sing loudly so that at least you can hear my presence!

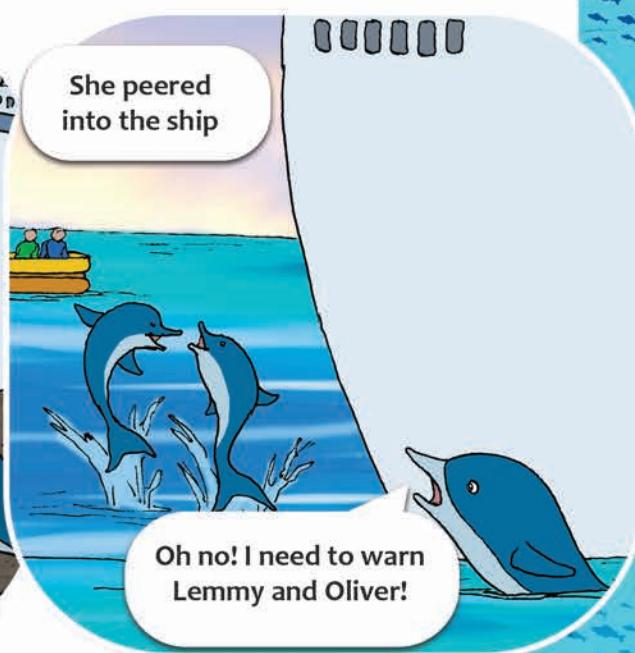
One day...

Come on, Lemmy! There's a ship approaching. Let's show off our spin dance.

Let's go!



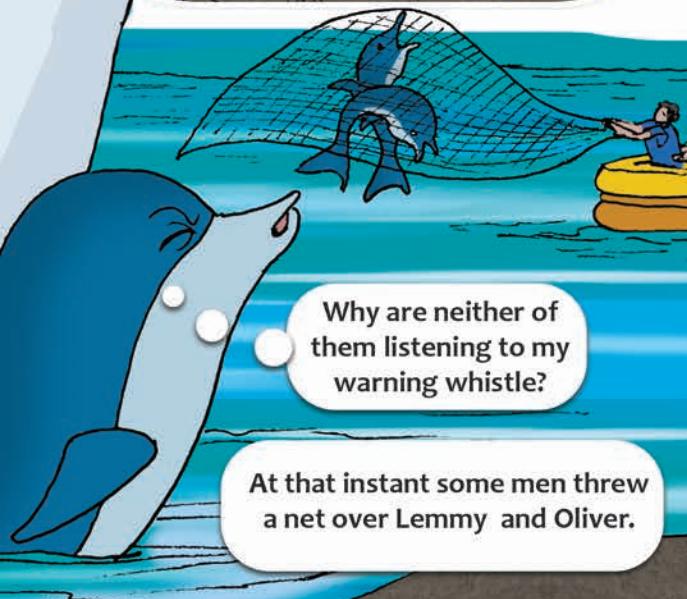
Vinnie was sat on a rock, feeling sad again. Just then, she heard some strange sounds.



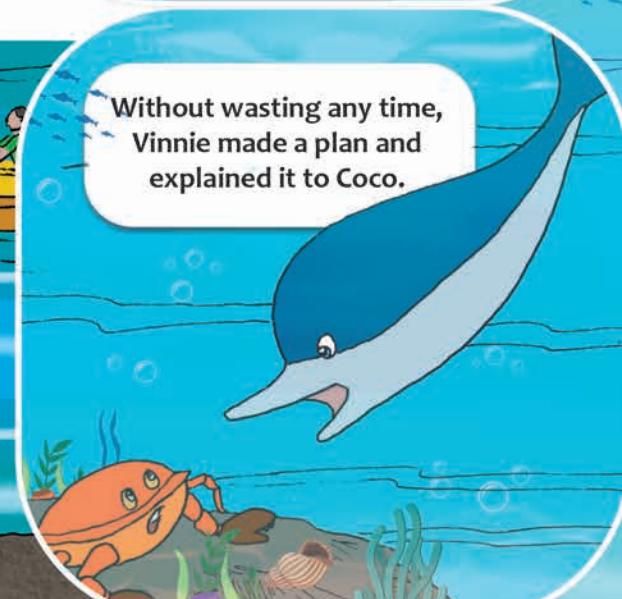
She peered into the ship



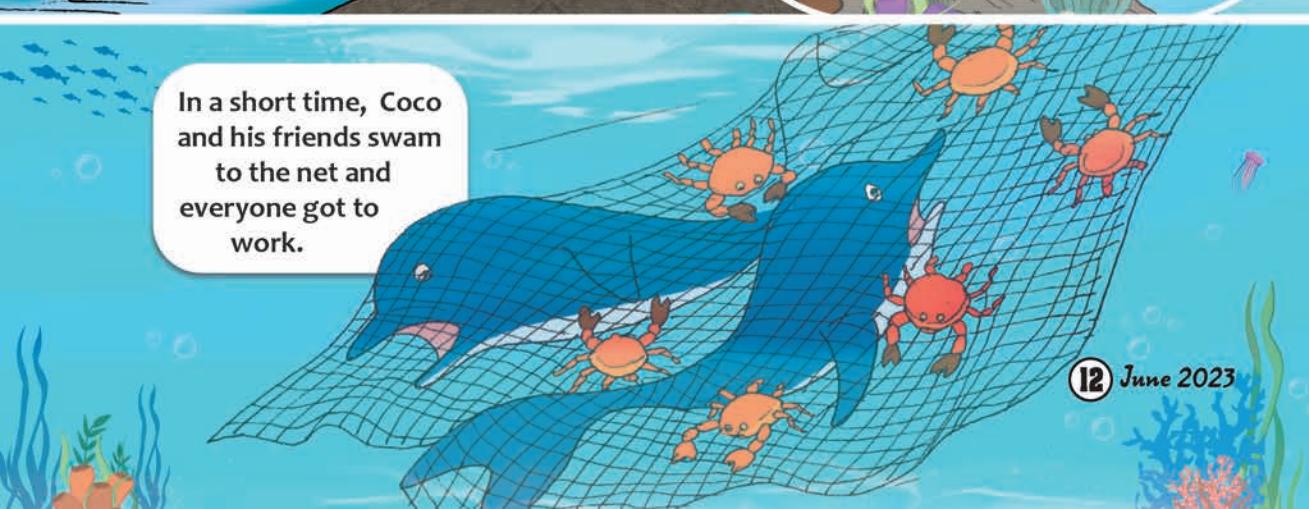
Oh no! I need to warn Lemmy and Oliver!



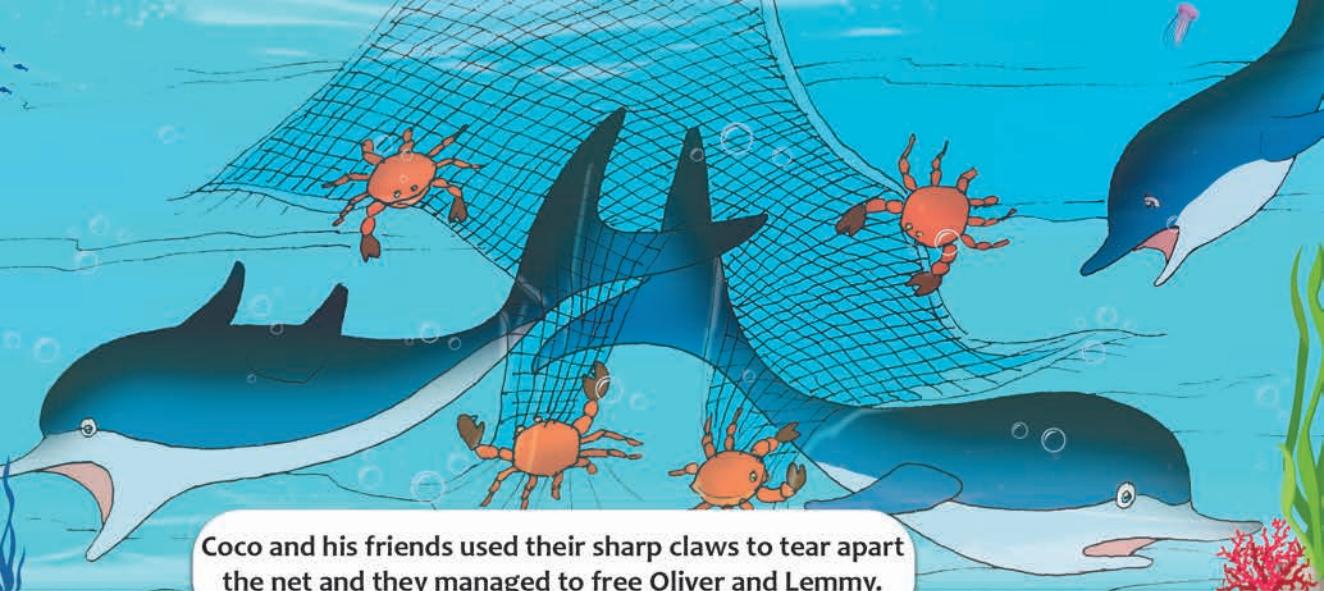
Why are neither of them listening to my warning whistle?



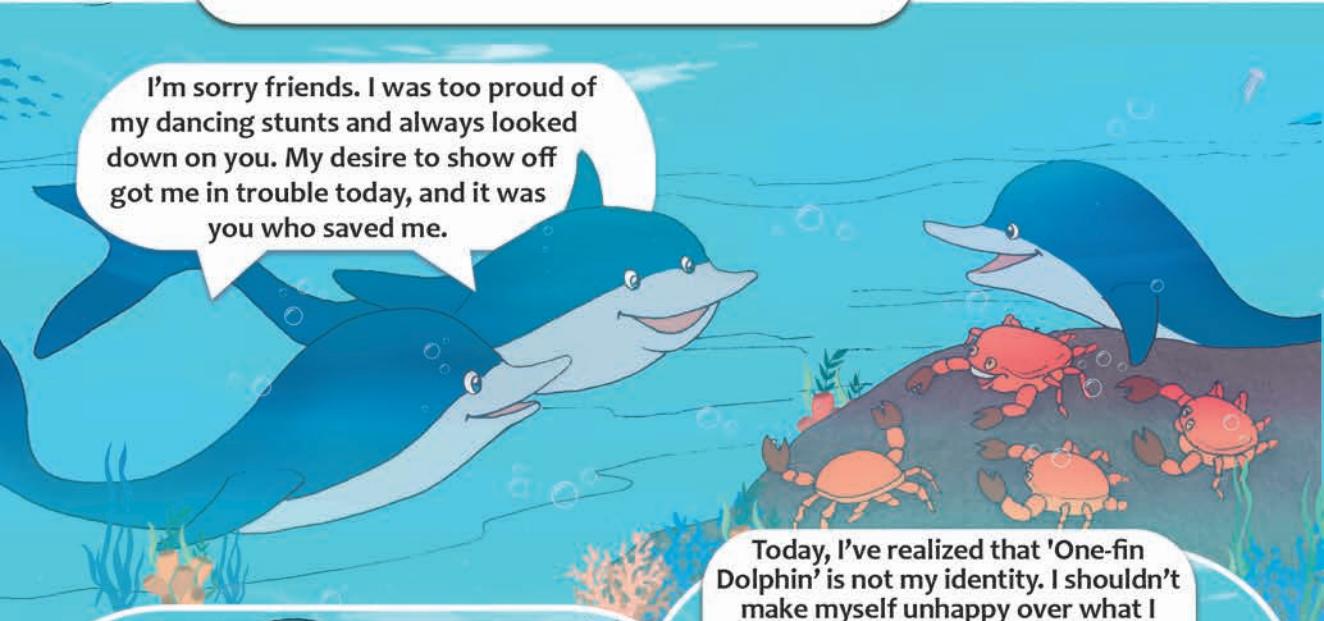
Without wasting any time, Vinnie made a plan and explained it to Coco.



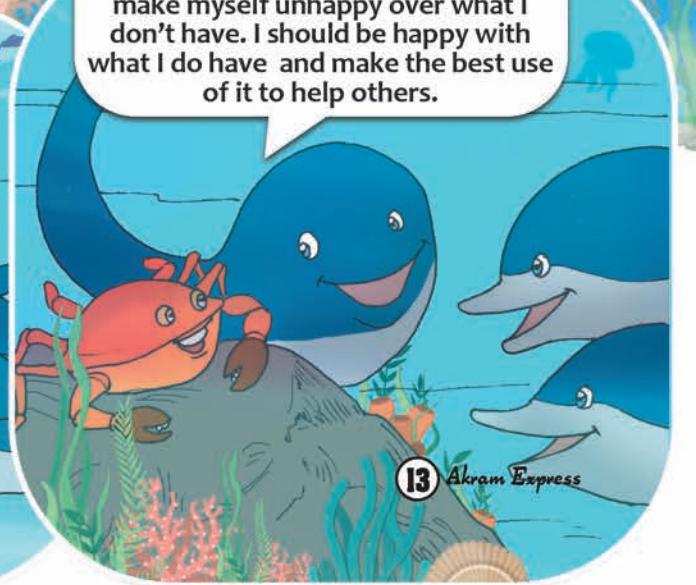
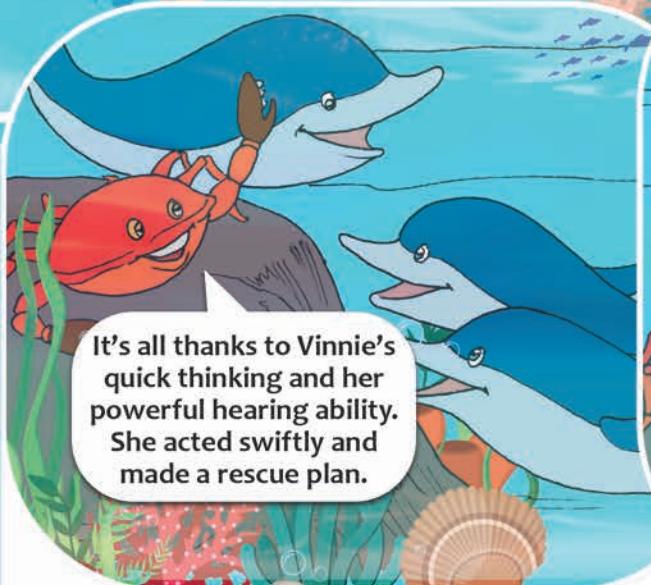
In a short time, Coco and his friends swam to the net and everyone got to work.



I'm sorry friends. I was too proud of my dancing stunts and always looked down on you. My desire to show off got me in trouble today, and it was you who saved me.



Today, I've realized that 'One-fin Dolphin' is not my identity. I shouldn't make myself unhappy over what I don't have. I should be happy with what I do have and make the best use of it to help others.



# AALOO CHILLY



What's this?

Someone who can carry me around, have chilli ice cream with me and who is also funny.  
- Chilly

Chilly, do you think I'm going to leave you?

Aaloo, I love just the way you are.  
Original!

Oh, Chilly! I love you and I should love myself too!

# 5<sup>th</sup> June

Colour in the picture based on the color code given below.

2 =

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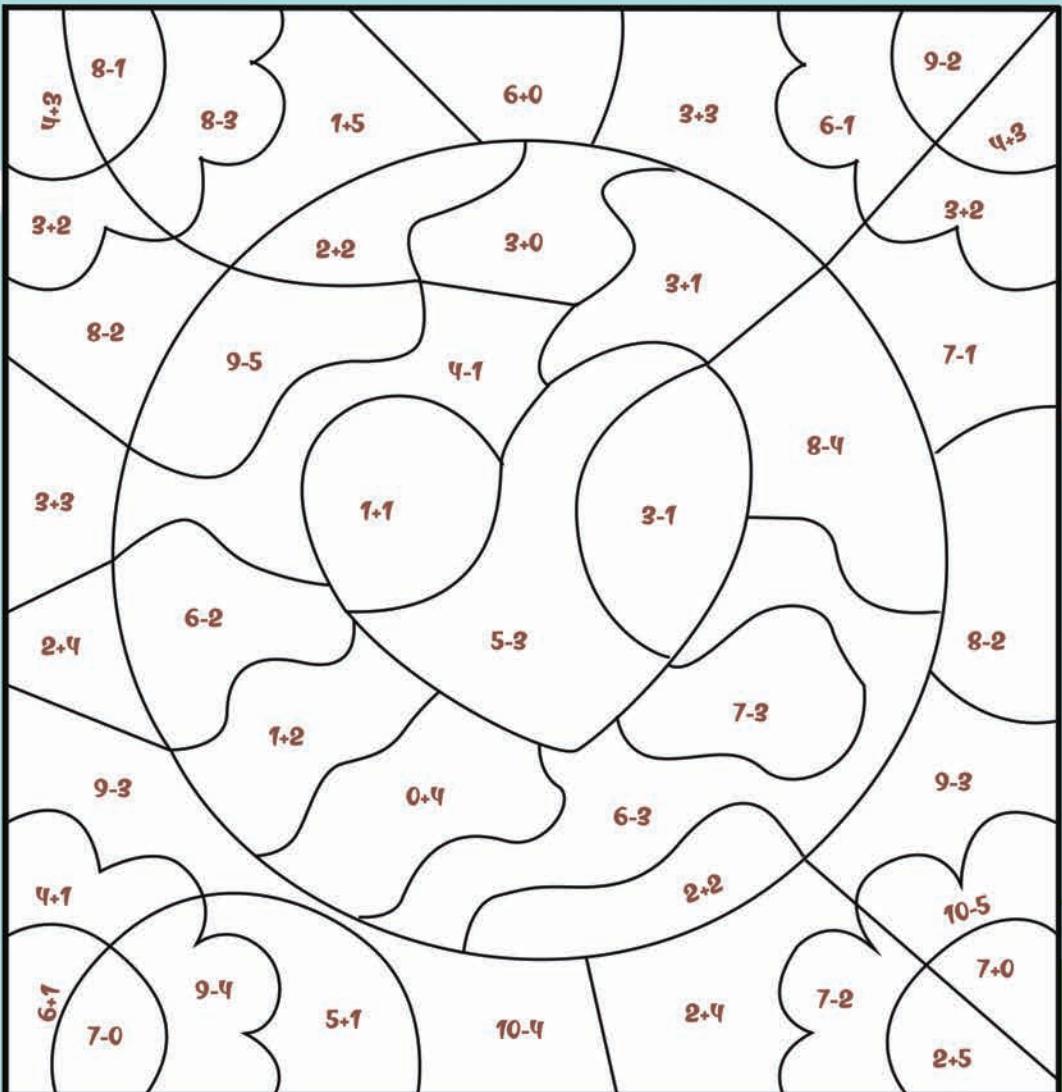
3 =

6 =

4 =

7 =

# World Environment Day





Rizo has booked tickets to go to Raipur, Chhattisgarh, for a one-month stay. Everyone in the group is super excited. Theo is watching videos non-stop of Raipur's famous street food like jalebi (Indian sweet), paratha (Indian bread), and bhajiyas (fritters). Zoey is researching the Vivekananda statue in Raipur. But Giffy is a bit confused: how come Rizo booked tickets to go to Raipur when he had complained so much during the Samet Shikhar trip? And, on top of that, he's constantly on his phone or tablet. Why's he busy shopping for art supplies?

Rizo, why are you buying these paint brushes? And why are we going to Raipur?

Because we're going to take art lessons from Ms Sadhna Dhand.

Who's she?

Ms Sadhna is an artist who won multiple national awards, including the Stree Shakti Award (women's leadership award), Mahila Shakti Sanmaan (women's empowerment award), and she has also received an award from the president too!

Really? Is she that amazing an artist?

Yes. And she is short just like me. She's only 3 feet and 3 inches tall. Yet she is a great role model for everyone. She can't leave her house, so she works from home. She teaches art classes too and more than 12,000 students have learnt from her. She's had exhibitions in cities like Raipur, Bilai, Bhopal, Nagpur, Pune, and New Delhi!

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Hang on a minute, she's only 3 feet and 3 inches? She's only as tall as a kitchen counter!  
Why doesn't she leave her house?



Because she was born with a disease called Osteogenesis Imperfecta. Due to this illness, she even lost her hearing at twelve years old.



Osteo... gene... what is that?

It's an illness where the bones are soft and weak, so she gets fractures very often. But she's never given up doing art. Until now, she's had eighty fractures. In spite of this illness, she's never held herself back by thinking, 'Why am I like this?' Despite many difficulties, she went on to learn many different types of fine art and even won multiple awards.



Rizo, even I want to take art lessons from her. Can you order brushes for me too, please?

Theo and his friends have packed their paints and brushes and are ready to go to Raipur. Do you also know people who fulfilled their dreams without thinking, 'Why am I like this?' If you do know of any such person, then please send their name and story to the

number: 9313665562 by June 15th.



**Shlok Patel**  
12 yrs  
Baroda



**Dravya Mewada**  
12 yrs  
Ahmedabad



## What am I?

1.  
I decrease as much as  
I increase.

3.  
I am a type of 'driver'  
but I don't need a  
driving license.

2.  
You can eat me,  
but you can't see me.

4.  
The one who has me is  
the only one  
who can see, but they can  
only see me once.

5.  
No matter how much  
rain falls on me,  
I can't get wet.

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#### Answers to "What Am I?"

1. Age, 2. Air, 3. Screwdriver, 4. Dream, 5. Water

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