

JOURNEY OF ENLIGHTENMENT



THE TREASURY OF
BHAGWAN MAHAVEER'S
LIFE AND TEACHINGS

Navkar Mantra



Namo Arihantanam

I bow down to Arihanta

Namo Siddhanam

I bow down to Siddha

Namo Ayariyanam

I bow down to Acharya

Namo Uvajjhayanam

I bow down to Upadhyaya

Namo Loe Savva-sahunam

I bow down to Sadhu and Sadhvi

Eso Panch Namokaro

These five Obeisance

Savva-pavappanasano

Destroy all the sins

Manglananch Savvesim

Amongst all that is auspicious

Padhamam Havei Mangalam

Navkar Mantra is the foremost

LESSON 1 - NAVKAR MANTRA

Namo Arihantanam

I bow down to the Arihantas to defeat my inner enemies

The Arihantas are those humans, who have reached enlightenment by overcoming their inner passions and enemies like hatred, ego, jealousy, anger. They have attained infinite knowledge, show the path that brings an end to the cycle of birth, death and suffering.

Namo Siddhanam

I bow down to the Siddhas to attain liberation

Siddhas are liberated souls, who have attained the state of perfection and immortality.

Namo Ayariyanam

I bow down to the Acharyas to control my desires

Acharyas are the head of the Jain worshipers and preach the principles of religion, which is the unity of Right Faith, Right Knowledge, and Right Conduct.

Namo Uvajjhayanam

I bow to the Upadhyays to learn and meditate

Upadhyays are the ascetic teachers. They explain Jain scriptures and show us the importance of a spiritual life over a material life.

Namo Loe Savva-sahunam

I bow down to all Sadhus and Sadhvis to lead a simple life

Sadhus & Sadhvis are the ascetics who strictly follow the five great vows of conduct & inspire us to live a simple life.

Eso Panch Namokaro

I bow down to all five supreme beings.

Savva Pava Panasano

This will help diminish my negative vibrations and sins.

Mangalanancha Savvesim

Amongst all that is holy,

Padhamam Havei Mangalam

Namokar Mantra is the holiest.

I bow and seek inspiration from perfected human souls, liberated souls, enlightened ascetic leaders, ascetic teachers, and all monks and nuns in the world who practice non-violence (Ahimsa), truthfulness, non-stealing, celibacy, and non-possessiveness in their conduct, non-absolutistic viewpoint (Anekantavada) in their thinking.

Every morning, as soon as we get up, we should recite Namokar Mantra to respect and remember the qualities of the five supreme beings (Pancha Parameshthi). We should think that we have the ability to do all the good things. We should love everyone and treat everyone nicely.

Similarly while going to bed, we should recite Namokar Mantra and think about our actions for the day. If we were angry that day, we should decide not to get angry the next day. If we were not helpful to someone that day, we should decide to be helpful the next day.

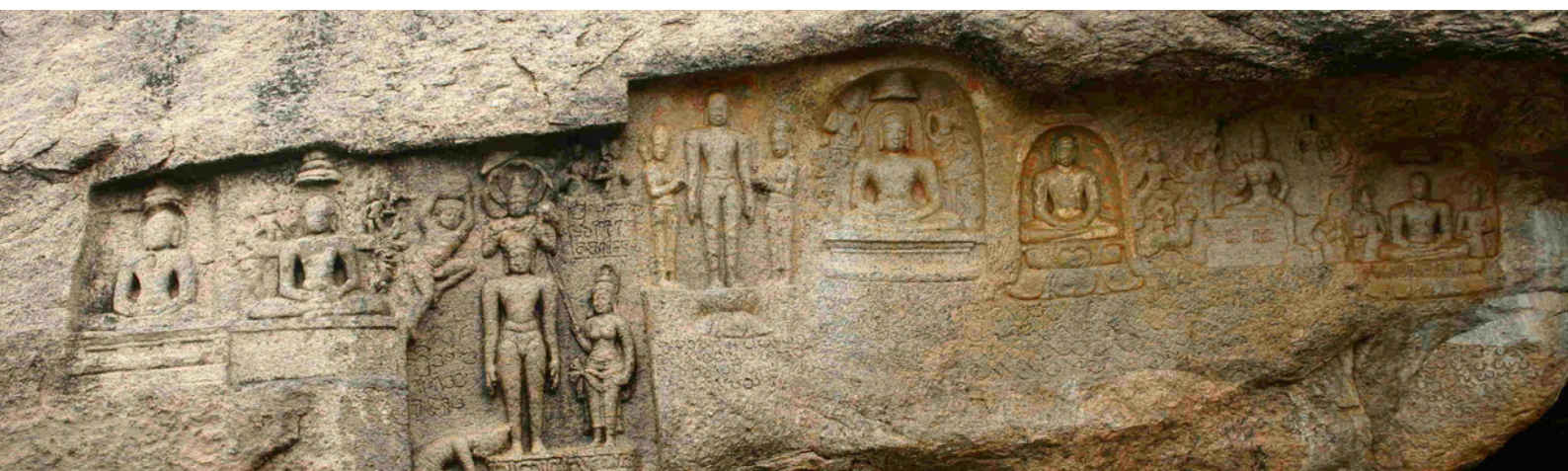
While chanting Navakar Mantra we should remind ourselves:-

- To be forgiving and understanding
- To be honest and simple
- To be nice to everyone
- To be thankful for everything we have
- To be helpful to all living beings
- To respect the environment

Questions:

What is the main prayer in Jainism?

Whom do we bow down to in the Navakar Mantra?



LESSON 2 - ABOUT JAINISM

**Jainism is an ancient Indian religion.
Followers of Jainism are called
"Jains".**

The word Jain is derived from the Sanskrit word Jina which means victor, thus referring to the path of victory. A human being who has conquered all inner passions like attachment, desire, anger, pride, greed, etc. and embodies truth, love, peace, and compassion is called Jina. Jina is also called Thirthankar or Arihant.

There are twenty four Thirthankars. Bhagwan Rishabhanath (Adhi Bhagwan) is the first Thirthankar. Bhagwan Mahaveer is the 24th Thirthankar. Bhagwan Parsva Nath was the 23rd Thirthankar who lived nearly 250 years before Mahaveer.

Jainism teaches us to be kind to all living things, like animals and plants and never hurt anyone or anything. This means no hitting, no being mean, and even being careful where we step so we don't accidentally hurt small animals or plants.



Jainism also says we should be caring and helpful to others. This means showing love & compassion to everyone we meet, just like how we treat our friends and family. Another important thing Jainism teaches is to keep life simple. Instead of wanting more and more things, we should be happy with what we have and not be too attached to material things. Jainism teaches that our souls can become pure if we get rid of bad things like anger, selfishness, ego, pride, greed etc. Hence, by being kind, honest, and thoughtful, we can become better people.

Jainism, insists us to see things from different points of view. This is called Anekantavada or non-absolutism. We should respect other people's ideas and beliefs, even if they're different from ours. In a nutshell, Jainism is all about being kind, caring, and understanding towards everyone and everything around us. It's like spreading love and happiness wherever we go.

Bhagawan Mahaveer, the 24th Tirthankar, said that we should treat others as we would wish to be treated. We should love all living beings and not hurt any living being. We should help others and make each other happy. According to Him, Kindness means to understand the pain and unhappiness of others.

Questions:

Who is a Jina?

What is Bhagwan Mahaveer's message?

Let us understand and follow

1. The practitioner of non-violence has no enemy.
2. Non-violence is for the brave and strong, and not a sign of cowardice.
3. Hurt no one, life is dear to all living beings.
4. Non-violence is the greatest religion, follow it.
5. Respect for all living beings is non-violence.
6. Non-Violence is the welfare of all living beings.
7. Non-violence & kindness to living beings is kindness to oneself.
8. Do not injure, abuse, oppress, enslave, insult, torment, torture, or kill any living being.
9. No living creature should be killed or enslaved.
10. Don't try to oppress any living being.

LESSON 3 - JAIN THIRTHANKARS

Thirthankar is also known as Arihanta. The word Arihanta is made of two words: “Ari” which means enemies, and “Hant” which means destroyer. Therefore, Arihanta means “destroyer of enemies”.

Arihantas are perfected human beings. According to Jainism, our inner weaknesses and our passionate emotions like anger, ego, deceit and greed are our real enemies. Until we overcome these weaknesses, the true nature of our soul will not be realized. When a person conquers these inner enemies, he/she attains Kevaljnana (omniscience), and is known as a Kevali. Now, Thirthankar has infinite knowledge, infinite perception, infinite power and infinite bliss. He is free from all impurities.

Thirthankars are human beings like us who have gone through the cycle of birth and death. But they attained perfect knowledge and they start spreading the message of compassion towards all living beings, anekantavada, non-possessiveness and self control to all living beings.

The idol represents the qualities of a Thirthankar but not the physical body. Hence the idols of all Thirthankars are similar. Each Thirthankar has a unique emblem or symbol that distinguishes the idol from the idols of other Thirthankars. This symbol is found on the base of each idol. An idol of a Jina either sitting in lotus posture or standing straight, illustrates a form of deepest meditation. The face and eyes shower us with compassion and inspire calmness within us.

Questions:

How many Thirthankars are there in Jainism?

How can we find out what Thirthankar the idol represents?

The following are the names of the 24 Thirthankars, the symbol, parents name, and the place of their birth and Nirvana.

Thirthankar	Name	Symbol	Father	Mother	Birth Place	Nirvana Place
1	Rishabhadev or Adinath	Bull	Nabhi	MaruDevi	Ayodhya	Ashtapad
2	Ajitnath	Elephant	Jitshatru	Vijaya	Ayodhya	Sametshikhar
3	Sambhavnath	Horse	Jitari	Sena	Shravasti	Sametshikhar
4	Abhinandan Swami	Monkey	Samvar	Siddhartha	Ayodhya	Sametshikhar
5	Sumatinath	CurlewBird	Megharath	Mangala Devi	Ayodhya	Sametshikhar
6	Padmaprabhaswami	RedLotus	Shridhar	Susima Devi	Kaushambi	Sametshikhar
7	Suparshvanath	Swastik	Pratishtha	Prithvi Devi	Varanasi	Sametshikhar
8	Chandraprabha	CrescentMoon	Mahasen	Lakshmana	Chandrapuri	Sametshikhar
9	Suvidhinath or Pushpadanta	Crocodile	Sugriva	Rama Rani	Kakandi	Sametshikhar
10	Shitalnath	Shrivatsa	Dradharath	Nanda Rani	Bhadrilpur	Sametshikhar
11	Shreyansnath	Rhinoceros	Vishnu	Vishnu Devi	Simhapuri	Sametshikhar
12	Vasupujya Swami	Buffalo	Vasupujya	Jaya Devi	Champapuri	Champapuri
13	Vimalnath	Pig-Boar	Krutavarma	Shyama Devi	Kampilyapur	Sametshikhar
14	Anantnath	Eagle	Simhasan	Suyasha	Ayodhya	Sametshikhar
15	Dharmnath	Vajra	Bhanu	Suvrata	Ratnapur	Sametshikhar
16	Shantinath	Deer	Vishvasen	Achira	Hastinapur	Sametshikhar
17	Kunthunath	Goat	Surasen	Shree Rani	Hastinapur	Sametshikhar
18	Aranath	Fish	Sudarshan	Devi Rani	Hastinapur	Sametshikhar
19	Mallinath	Pot	Kumbha	PraBhavti	Mithila	Sametshikhar
20	MunisuvratSwami	Tortoise	Sumitra	Padmavati	Rajgruhi	Sametshikhar
21	Naminath	Blue Lotus	Vijay	Vipra	Mithila	Sametshikhar
22	Neminath	Conch Shell	Samudravijay	Shiva Devi	Suryapur	Girnar
23	Parshvanath	Snake	Ashvasen	Vama Devi	Varanasi	Sametshikhar
24	Bhagwan Mahaveer	Lion	Siddhartha	Trishala	Kundalpur	Pavapuri

Questions:

How many Thirthankars are there in Jainism?

How can we find out what Thirthankar the idol represents?

LESSON 4 - SPIRITUAL GURU- SADHU AND SADHVI

**THE LADY MONKS ARE CALLED
“SADHVIS” AND THE MALE
MONKS ARE CALLED “SADHUS”.**

The spiritual Gurus are different from the regular school teachers in many ways. Some people give up all worldly pleasures and become a Sadhu or Sadhvi because they want to follow a higher spiritual or religious life.

They have given up wearing fashionable clothes, going to movies, watching TV, sleeping on soft beds, and going out to eat ice cream and pizza. They walk barefoot and do not travel in cars or planes. They do not earn money and live on alms. They do not have any ties to their family, friends, or money. They travel from place to place and teach the people about Jainism.

Most monks wear only simple cotton white clothes and have a Muhapatti (white cloth to cover their mouth). Some monks do not wear any clothes at all. They all live a very simple life.



Questions:

How are our monks different from us and our school teachers?

Who are Sadhvis and Sadhus?



Vardhaman Mahaveer is the 24th and last Thirthankar of Jainism. His father Siddhartha was the head of a clan called the Jantrikas and his mother Trisala was a Lichchhavi Princess.

It is said that when the queen conceived Mahaveer, she had fourteen auspicious dreams that were a premonition of the greatness of the child that was to be born. The prosperity of the King grew day by day. The king attributed his success to his new born child and named him Vardhaman, which means "ever increasing". Vardhaman lived like a prince.

He was a very learned person and received education in all branches of knowledge. Vardhaman was married to Yasodhara and had a daughter named Priyadarshini who was married to Jamali. Later, Jamali became the first disciple of Mahaveer.

He did many great things in his childhood like saving his friend from a poisonous snake, fighting a monster, etc. that proved that he was no ordinary child. There are numerous incidences of courage and forgiveness throughout Vardhaman's life as a child and an adult.

One day, prince Vardhaman, a young boy of eight, was playing with his friends on the outskirts of the city. At that very moment, Indra, the King of heaven, started praising the courage and fearlessness of prince Vardhaman. Another heavenly God decided to test Vardhaman's courage. He assumed the form of a frightening cobra and slithered near the children.

All of the boys started screaming, but Mahaveer stood there calmly and fearlessly. He gently caught the cobra with his hands and placed it in the grass on the side. The God, who had failed to frighten prince Vardhaman in the form of a cobra, decided to test his bravery once more. Assuming the form of an ordinary child, he joined the group of children and suggested racing to a target tree. The winner was to get a piggyback ride on one of the losers and return to the base.

The heavenly God lost the game to prince Vardhaman and offered to carry him on his shoulders.

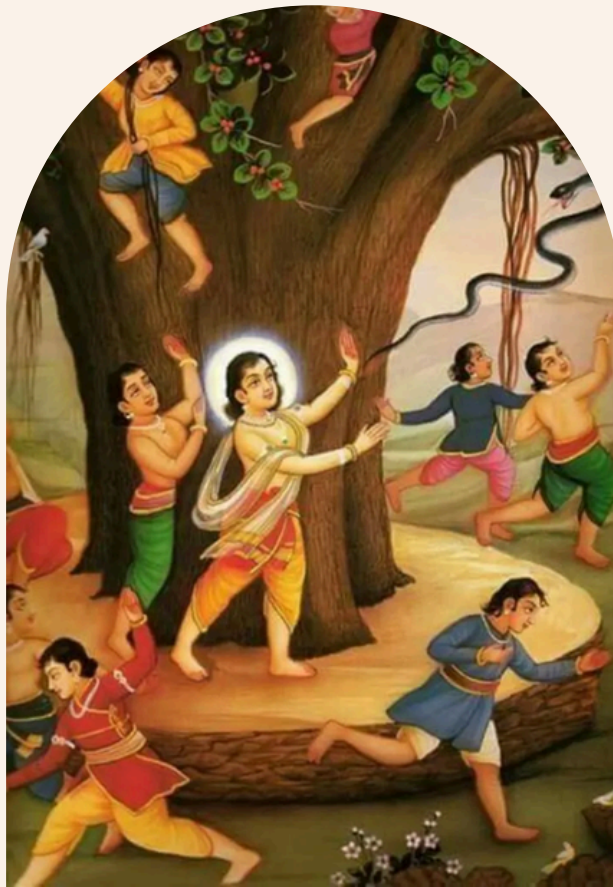
However, as soon as he had the prince on his shoulders, the God assumed a gigantic form. Without any fear, Prince Vardhaman gave a mighty blow to his shoulders with clenched fists. The God could not withstand the blow and, assuming his original form, bowed to the prince and returned to heaven. Indra and all the other heavenly Gods exclaimed that he was "Mahaveer", meaning "The Great Hero."

Questions:

Why was 24th Thirthankar was named "Mahaveer"?

Why did King Siddhartha names his child "Vardhaman"?

MAHAVEER- THE GREAT HERO



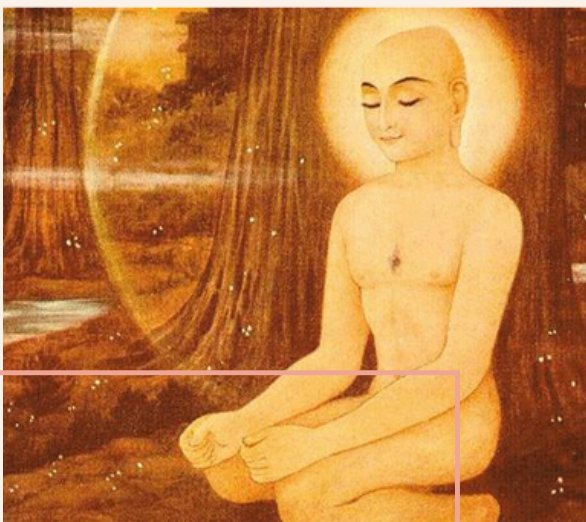
HE GENTLY CAUGHT THE COBRA WITH HIS HANDS
AND PLACED IT IN THE GRASS ON THE SIDE.

LESSON 6 – MAHAVEER ATTAINING KEVALGYANA

The stage of Enlightenment is called Kevalgyana

The parents of Mahaveer were the followers of Parsva Nath, and Mahaveer was greatly influenced by the teachings of Parsva Nath. He was attracted towards meditation while he was a child.

He was born with all worldly pleasures and luxuries but somehow, he was never attracted by them. He decided to leave the worldly life and become a monk. At the age of 30, he left all his worldly possessions including clothing to become a monk.



Mahaveer endured severe austerities and deep meditation for twelve and a half years. During this period, he resided in parks, forests and desolate places and faced many obstacles and torments with patience and courage. From short fasts of a day to extended ones lasting up to six months, he embraced them all. Gradually, he ascended to the pinnacle of meditation.

Arriving at the village of Jambhika, he settled by the banks of the river Rijuvalika (currently known as river Barakar). He meditated under a Sal tree. His mind immersed in the highest levels of meditation, he became omniscient at the age of 42.

On the tenth day of the bright half of the month of Vaisakha, he attained absolute knowledge, comprehending and visualizing everything in the entire universe, he ascended to the status of Arihanta.

This stage of enlightenment is called Keval Gnana.

He gave up food and learnt to control his desires and wants. After gaining enlightenment, he preached what he had learnt to all those who needed it. He spent the next thirty years travelling on bare feet around India (Bihar, western and north Bengal, parts of Orissa and Uttar Pradesh) preaching to the people the eternal truth he realized.

He attracted people from all walks of life, rich and poor, kings and commoners, men and women, princes and priests. Numerous people were inspired by him and converted to Jainism. He preached Jainism in Champa, Vaishali, Rajagriha, Mithila and Sravasti. His followers or disciples were known as 'Nirgranthas' (free from fetters or bonds). Mahaveer received patronage from the royal families. Rulers like Bimbisara of Magadha, Pradyota of Avanti, Dadhivardhan of Champa rendered him considerable help in spreading his message.

Other kings who were his followers included King Chetaka of Vaishali, King Shrenik, Ajatshatru of Rajagriha, King Udayana, King Chandrapadyot, Nine Licchavi Kings of Koshal and Nine Kings of Kashi.

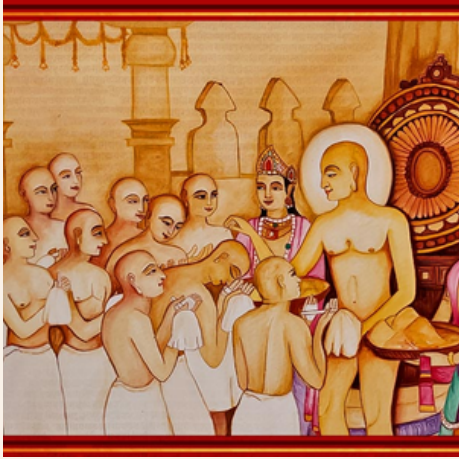
Questions

What is Keval Gyana?

When did Mahaveer attain Keval Gyana?

Name few Kings who were the followers of Mahaveer.

LESSON 7 – MAHAVEER'S SPIRITUAL JOURNEY



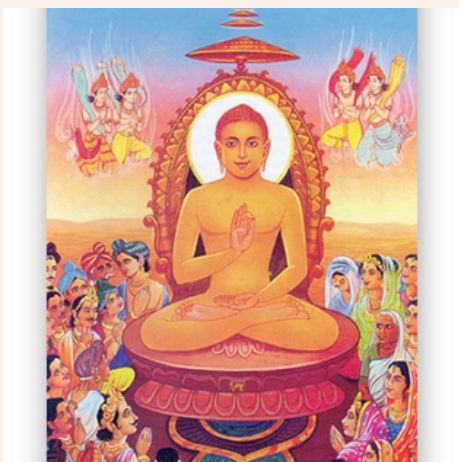
SPIRITUAL JOURNEY

Mahaveer established assembly halls called “Samavasarana” to spread his knowledge among the common people. Eleven well learned ascetics became his chief disciples known as Ganadharas. He propounded a religion that preaches the welfare of all living beings called the “Sarvodaya’ Third”.

ORGANIZATION

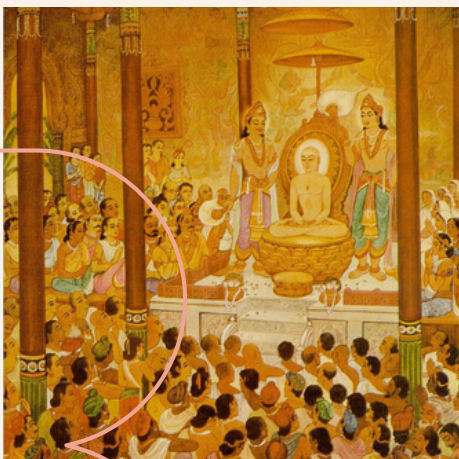
Several thousands of people became the followers of Mahaveer. He organized his followers into four orders/ federations called “Sanghas”. They are as follows:

1. Male ascetics/monks (Sadhu)
2. Female ascetics / nuns (Sadhvi)
3. Male householder /layman (Shravak)
4. Female householder/laywoman (Shravika).



Nirvana

Mahaveer devoted his life towards spreading the message of Ahimsa among people and gave discourses in local languages. His final discourse was at Pawapuri which lasted for 48 hours. At the age of 72, in 527 B.C., he attained liberation from birth and death in Pawapuri.



LESSON 8 – KARMA THEORY



According to Bhagwan Mahaveer, every living being has the capacity to attain eternal bliss. However, a person may enjoy happiness or miseries as a result of his/her thoughts, speech and deeds or Karma.

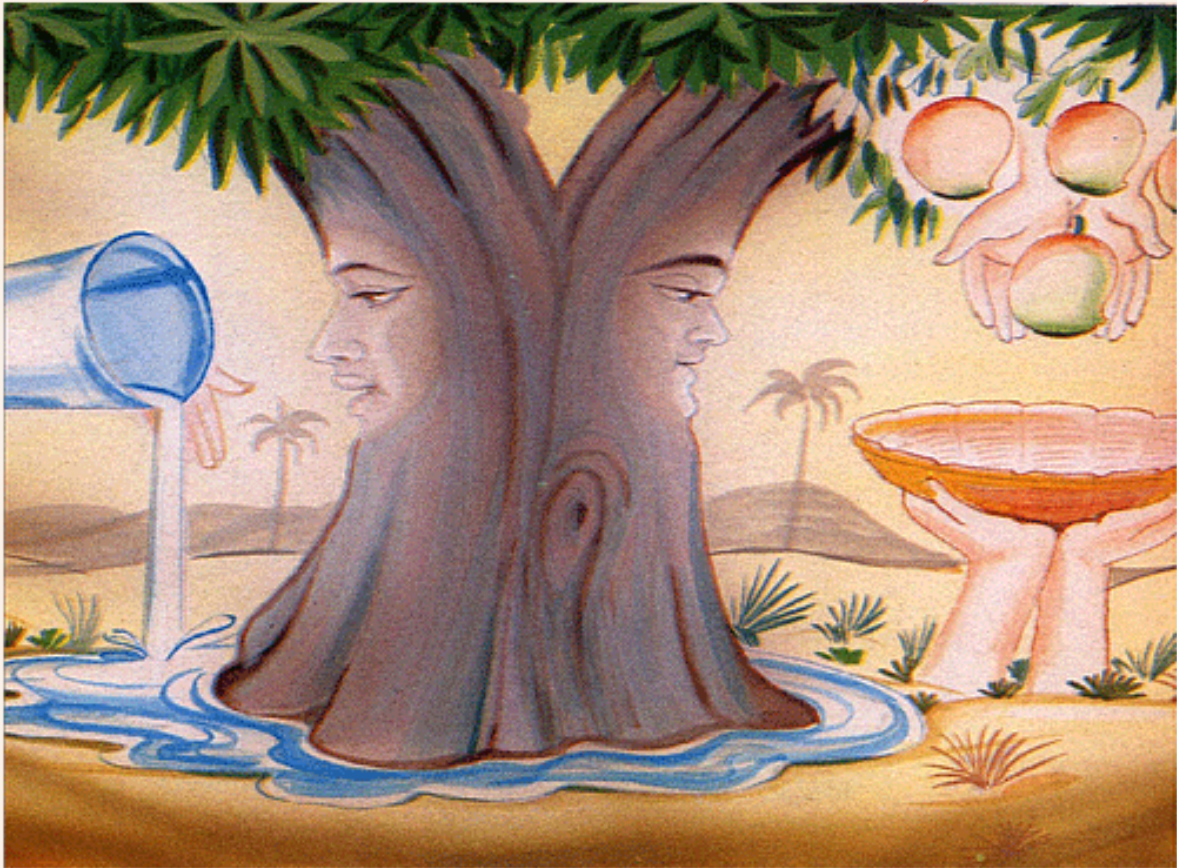
Let's understand the Karma theory through an example. A burglar, for instance, enters a house that he wants to rob. He fatally stabs the person in the house. The person dies.

There is a patient with tumour in stomach and is advised to undergo surgery. He goes to a surgeon who does the surgery with the surgical knife.

Unfortunately, the tumor is in a very advanced stage and there are other complications. Consequently, the patient dies during surgery.

In both these cases a person hurts other person with a knife and the other person dies. Does it mean that the burglar and the surgeon would attract the same type of Karma? This is not true.

Both the burglar and the surgeon did the same thing—hurt someone with a knife and caused their death. But the action of the burglar is motivated by greed, selfishness, and disregard for others. The intent is to harm and steal, which is considered morally wrong.



As you sow, so you reap

Conversely, the surgeon's intention is to heal and alleviate suffering. Even though the patient died, the surgeon's intention was good—he was trying to save a life. So, even though both used a knife and someone died, their actions and intentions were very different.

Karma is often thought to be influenced not just by the action itself, but also by the intentions behind the action and the consequences that result.

In the above mentioned example, the burglar's karma is negative, whereas the surgeon's karma is considered to be positive.


We sum up the Karma theory as “As you sow, so you reap”

Questions

Can we have positive karma by harming someone?

THE 3 A'S OF MAHA VEER

LESSON 9



AHIMSA -

01

“Ahimsa Parmo Dharma” signifies that nonviolence is the supreme religion. A person should not hurt the feelings of any living being either, whether it is by thought, word, or action.

ANEKANTAVAD

02

Anekantavad means Multiplicity of viewpoints. It is a many-sided approach to reality.

APARIGRAHA

03

Aparigraha is the virtue of non-possessiveness and non-greediness of worldly things. It means taking only what is necessary for survival and no more.



ANEKANTAVAD

Anekantavada means Multiplicity of viewpoints. It is a many-sided approach to reality.

Let us understand it through a story. Once upon a time, there were six blind men in a village who heard about an elephant. They wanted to know what it was like, so each of them touched a different part of the elephant.

The first man touched the elephant's leg and thought it was like a pillar. The second man touched the tail and thought it was like a rope. The third man touched the trunk and thought it was like a thick branch. The fourth man touched the ear of the elephant and thought it to be a fan.

The fifth man who touched the belly of the elephant, thought it is to be like a huge wall. The sixth man who touched the tusk of the elephant thought that the elephant would look like a spear.

A wise man, who was passing by, saw this. He stopped and asked them the reason for arguing. He calmly explained to them, "All of you are right. The reason every one of you is perceiving elephant differently is because each one of you touched a different part of the elephant. He said that truth has many perspectives and to understand it fully, we need to consider all angles.

Any situation or statement regarding the truth may be true in its own limited way. So, rather than arguing like the blind men, we should say, “May be you have your reasons.” One should know the complete truth, and then analyse the truth from all different angles.

Anekantvad solves many problems of this contemporary society. Mahaveer never forced his views and principles upon anyone because these may become the cause of quarrels, wars, conflicts and unhealthy relationships.

Anekantvad teaches us the following:

- Never insist that your own ideas are the best and correct
- Never interfere
- Never use phrases like “in my days.” “if I were in your place.”
- Never be proud
- Become patient and polite in nature
- Always accept truth to avoid conflicts
- Choose your words very wisely.
- Be a trustworthy person and accept the truth even from enemies.
- Create universal brotherhood, friendship and equanimity towards everyone.

Questions:

Can Truth be analysed through different angles?

Were all the blind people right regarding describing the elephant?

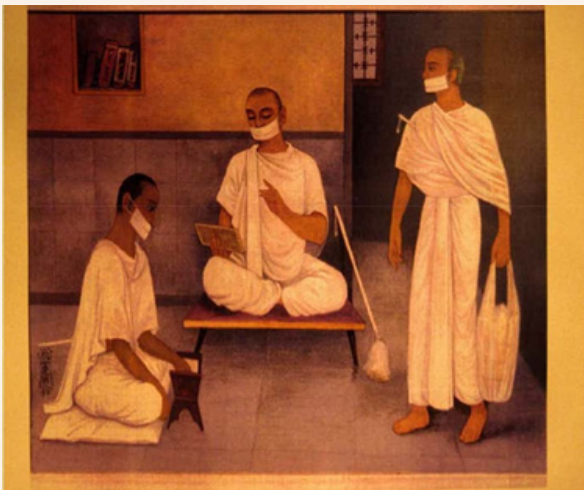
LESSON 10 – THE 5 FUNDAMENTAL VOWS

Bhagwan Mahaveer taught 5 fundamental vows. These vows help to improve a person's quality of life, achieve spiritual peace and liberation. They are as follows:

- 01.** Ahimsa – Non-Violence
- 02.** Satya- Speaking truth
- 03.** Astheya - Non-stealing
- 04.** Aparigraha - Non-possession
- 05.** Brahmacharya – Chastity

Anuvratas

Mahaveer said that the fundamental 5 vows should be followed by householders and the monks. However, the householders may follow them with certain limitations (less rigidity) they are called Anuvratas (smaller vows).



Mahavratas

The same, when followed by ascetics strictly without any flexibility they are known as Mahavratas (greater vows).

Questions

What are Anuvratas and Mahavratas?

What are the fundamental vows preached by Bhagwan Mahaveer?

AHIMSA - THE SUPREME VIRTUE



Lesson 11

“Ahimsa Parmo Dharma” signifies that nonviolence is the supreme religion. Ahimsa is the cardinal principle of Jainism. The concept of Ahimsa is based on the fact that every living being has a right to exist and it is necessary to live with all other living beings in perfect harmony and peace. As long as we live, we hurt many living beings. The air that we breathe and the water that we drink contain small organisms. Even the vegetarian food that we eat is prepared from plants, which are living beings. It is impossible to observe complete non-violence because indulging in some sort of violence is inevitable for survival.

According to Mahaveer, “One should not injure, subjugate, enslave, torture, or kill any living being including animals, insects, plants, and vegetation”. In this vow, a person must not intentionally hurt any living being, whether they are plants, animals, human etc. A person should not hurt the feelings of any living being either, whether it is by thought, word, or action.

Ahimsa is not to injure, abuse, oppress, insult, torture, or kill any creature or living being by thought, action and speech. Ahimsa is meant for the protection of life in all forms. According to Bhagwan Mahaveer, no living being is superior or inferior to the other, regardless of its size and shape etc. Hence no living creature has the right to harm, injure, or kill any other living being, including animals, insects, and plants.

Furthermore, non-violence is not constrained to physical violence. Bhagwan Mahaveer also emphasises non-violence in speech and in thought. Harsh words causing mental torture or thinking evil of someone is also considered violence.

The 3 types of violence are – causing injury by mind, by body and by speech

- Thinking of hurting others is injury by mind.
- Physically hurting others is injury by body.
- Hurting others by calling them names and using bad words is injury by speech.

We should not hurt others by mind, body, or speech. Instead we should love and be friends with all.

Ahimsa or Non-Violence is the first major vow taken by the Jains, that is to cause no harm to any living being on this planet, whether it is a human being or animal or plants or tiny microorganisms. That's why Jainism is considered to be the most peaceful religion in this world.

LESSON 12 – SATYA – THE POWER OF TRUTH

**The second vow taught by Bhagwan Mahaveer says
always speak the truth.**

Imagine you have a promise or a rule to always tell the truth. You will feel this easier to follow if you're not feeling angry, greedy, scared, jealous, or too proud of yourself. When you're calm and kind, telling the truth becomes much simpler.

Now, telling the truth doesn't mean you have to tell everything you know, especially if it might hurt someone's feelings or cause harm. In those cases, it's better to stay quiet. Silence can sometimes be the best way to stop bad things from happening.

It's also important to remember that even saying things that aren't true by accident or encouraging others to do the same is not good. Whether you're feeling really happy, really mad, or really want something, it's not an excuse to lie or hide the truth.

So, always aim to be honest, but also be mindful of how your words might affect others. That way, you're not only telling the truth, but you're also being kind and respectful to everyone around you. Any feeling of love, hatred, anger or desire should not prompt one to tell lie or even to hide truth.

- Thinking of lying to others is lying by mind.
- Cheating on a test is lying by bodily action.
- Telling a lie is lying by speech

Questions

Sometimes truth may not be pleasing. What should I do in that situation?

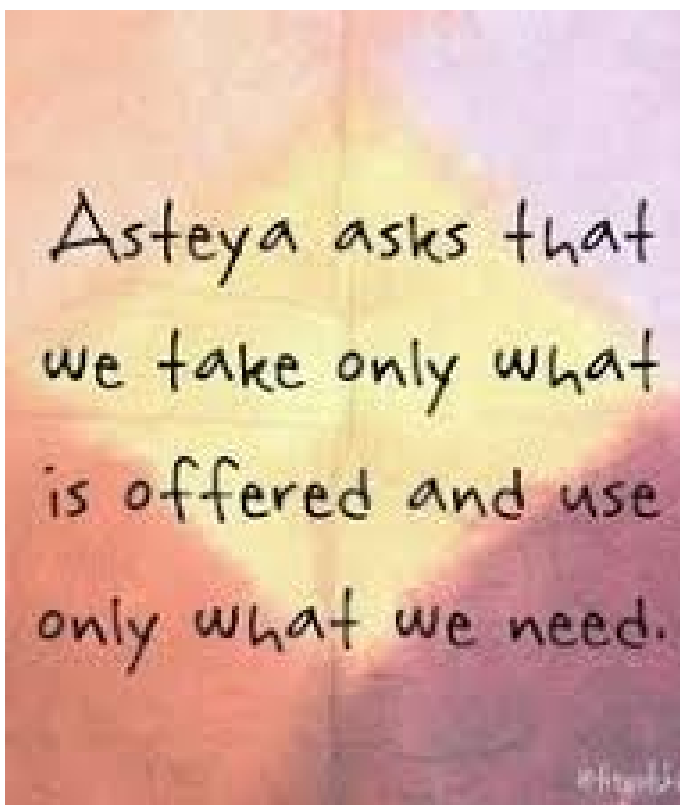
When does telling truth becomes easier?

LESSON 13 – ASTHEYA

VOW OF NON-STEALING

The third vow Astheya is the virtue of non-stealing. One should not desire for or should not touch or pick the things that belong to others. Stealing is taking someone else's property without his consent by immoral methods. Even the very thought of appropriating other's property is considered stealing.

Imagine you have a special rule called "Don't Take What Isn't Yours." That means you shouldn't want or grab things that belong to other people. Taking something that doesn't belong to you without permission is called stealing.



Even just thinking about taking someone else's things is considered stealing, so it's important to always respect other people's belongings.

Also, when someone offers you something, like food or help, you should only take what you really need. Taking more than you need is also like stealing because it's not fair to others who might need it too.



Stealing also include:

- Encouraging someone to steal.
- Receiving or buying things that you know are stolen.
- Trying to buy really valuable things for very cheap prices when it's not fair.
- Tricking people by using fake scales or measures to get more than what's fair.
- Selling fake or fake-like things to trick people into paying more than they should.

Remember, respecting other people's things and being fair in what you take and give is super important to being a good friend and person.

Questions

I need Rs.100 to buy a book. My friend gave me Rs.150 and helped me to buy the book. I quietly kept the extra Rs.50 for some other use. Is it considered to be stealing? Why?

LESSON 14 – FINDING HAPPINESS IN SIMPLICITY: EMBRACING APARIGRAHA

Aparigraha is the virtue of non-possessiveness and non-greediness of worldly things. It means taking only what is necessary for survival and no more. This vow is the principle of limiting one's possessions and limiting one's desires.

APARIGRAHA

(non-greediness)



- Wanting too much food, money, or praise is possessiveness by mind.
- Collecting more things than you need and deserve is possessiveness by body.
- Speaking to collect more food, praise, or objects than you deserve is possessiveness by speech.

Mahaveer teaches that when people want too many things, they might do bad things to get them. So, it's important to be content with what you have and not always want more.

For monks, this means giving up attachments to people, things, and even the pleasures of our senses, like tasty food or luxurious bed. They focus on what they really need to live and learn.

The house holders should take this vow to establish limitation on possession of items such as land, houses, money, clothing, furniture, cattle etc. For householders, one should have only that much amount of wealth which is necessary for their survival and not for showing off or satisfying ego.

Desires and attachments are the root cause of all the suffering in this world. It makes a person greedy, jealous, egoistic, selfish and angry. A person who is full of desires would never feel contentment and satisfaction in life.

But even as students, you can follow this rule! You don't have to make big changes, just little ones to simplify your life.

For example, maybe your tennis shoes can also be your running shoes or your hiking shoes. And do you really need a fancy coffee maker, or can you just heat water and make coffee?

You can also think about how many clothes or toys you really need.

By following Aparigraha, you learn to appreciate what you have and find happiness in simpler things. And you'll feel less stressed and more content knowing you're not always chasing after more and more stuff. We should not desire or collect more than we need or deserve. We should share our belongings with all.

Questions

Why is it important to take only what we need and not want too many things?

What is greed? Explain in your own words.

When I am not greedy, I feel _____ and _____

LESSON 15 - BRAHMACHARYA - VOW OF CELIBACY

For laypeople, Brahmacharya means being faithful to your partner. Wanting someone else's partner can lead to trouble and sadness. For those who choose to live without marrying, like monks, Brahmacharya means focusing on understanding themselves deeply and avoiding any thoughts or actions driven by strong desires for others.

The basic intent of this vow is to conquer passion. The vow imparts a sense of serenity to the soul.

The first four vows were preached by the earlier Thirthankars. The vow of celibacy was proclaimed by Bhagwan Mahaveer.

Questions

Name the Vow which means not to engage in sensual pleasures.

Up until 23rd Thirthankar there were only 4 great vows. Which vow did Bhagwan Mahaveer add to those four vows?

LESSON 16 - DO'S

1. Respect your parents, teachers, and elders. We should treat all individuals with dignity, regardless of differences such as age, religion, nationality, beliefs, or perspectives. It's important to realize that our achievements shouldn't rely on the failures or mistreatment of others. Instead, we should strive to succeed while upholding the dignity and rights of everyone around us.

2. Be kind to other people as well as to animals, plants, and insects. Kindness means doing good without expecting good in return. Kindness can be expressed through empathy, acceptance, justice, pleasant gestures, or thoughtfulness.

3. Be honest and truthful with yourself and others. "Honesty's the best policy". We must practice it on a regular basis. We must be true to our parents, teachers, and others. This will help us develop honesty as a personality trait. We must always prefer to acknowledge our mistakes with honesty rather than lie to hide them. Dishonesty and cheating are bad habits that will lead to failure in the future. Even if dishonesty is beneficial in the short term (e.g., cheating on a test), it would result in bad long-term effects (e.g., being unable to pass an entrance exam for a college).

4. Be forgiving towards others.

5. Be polite. Always say "Please" and "Thank you".

6.Sharing is a form of caring. We should share toys with siblings and cousins, share books with classmates, or donate food and clothing to less fortunate children.

7.Be generous and help others. We should be generous and willing to offer time and assistance to those in need, regardless of the circumstances.

8.Always look for good in others and listen to their point of view.

9.Have the courage to accept our own mistakes and say “sorry”.

10.Be responsible. Washing our dishes, keeping shoes in designated locations, spending time with family, and sticking to a routine are just a few examples of responsible behaviours we can adopt at home.



LESSON 17 - DONT'S

1. Do not hurt anyone. Do not hurt or kill any living being.
2. Do not lie, cheat, or steal.
3. Do not use bad words or be disrespectful.
4. Do not get angry. Do not shout or scream at anyone.
5. Do not fight with anyone.
6. Do not spread rumors or talk about people behind their back.
7. Do not blame others when things don't go your way.
8. Do not be greedy. Be thankful for what you have.
9. Do not take anything without permission.
10. Do not be afraid to ask questions to your teachers or elders.



LESSON 18 – HOW DO I OVERCOME ANGER?

Anger is one of our most common weaknesses. We feel angry when we do not get what we want or when we are hurt because of what someone said or did or when someone teases us.

What happens when we are angry? We start to scream at people around us, even people we like or love. Sometime we break something or hurt someone. Anger destroys friendships. What to do if we get angry?



Can anger be eliminated?

It is difficult to eliminate anger; however, its expression can be controlled.

For example, think how would you react when you see one of your classmates

taking away your toy or pencil. You may fight with that child. But if you are called to the Principal's office would you get angry and fight with the child there, or would you talk politely to the Principal?

We often find ourselves getting angry in situations where it is not really necessary, even with people who care about us. But if we become aware of this tendency, we can avoid fights and prevent hurting our family and friends.

According to Bhagwan Mahaveer, we can control our anger by replacing it with “Forgiveness”. Instead of holding onto anger, we can choose to let go and forgive. This not only helps us stay calm but also maintains harmony in our relationships.

A kindergarten teacher once told the children in the class to bring along a plastic bag containing a few apples. Each apple will be given a name of a person that the child hates. Every child brought some apples with the name of the people he/she hated. Some had 2 apples, some 3 while some up to 5 apples.

The teacher then told the children to carry the apples in the plastic bag with them wherever they go for 1 week.

As days passed the children started to complain the unpleasant smell of the rotten apples. Besides, those having 5 apples also had to carry heavier bags. After 1 week, the children were relieved because the game had finally ended.

Then the teacher told them the hidden meaning behind the game. The teacher said: “This is exactly the situation when you carry your hatred for somebody inside your heart. The stench of hatred will contaminate your heart”.

Moral: Throw away any hatred for anyone from your heart so that you will not carry burden for a lifetime. Forgiving others is the best attitude to take.



STORY - THE ANGRY BOY

Once, there was a little boy who had a big problem with his temper. He would often get into fights with his siblings and friends, causing a lot of trouble. His parents knew they needed to help him learn about the dangers of anger.



So, one day, the boy's father came up with a clever idea. He took his son to the backyard and gave him a hammer and a bag of nails. He told the boy that every time he lost his temper, he had to hammer a nail into the fence.

The first day the boy had to drive 27 nails into the fence! But as time went on, he started to learn how to control his anger. The number of nails he hammered into the fence each day began to decrease. Finally, the boy reached a day when he didn't lose his temper at all. Excitedly, he told his father about his accomplishment. His father then suggested that for each day he stayed calm, he could remove one nail from the fence.

Days turned into weeks, and eventually, the boy was able to pull out all the nails from the fence. He had learned how to control his temper and not let anger take over him.

But when his father took him to see the fence, they noticed something important. Even though the nails were gone, the fence was still filled with holes.

The boy learned a valuable lesson that day: words spoken in anger can hurt others deeply, leaving wounds that may never fully heal. He realized the importance of treating his friends with kindness and respect, and vowed to never let his temper get the best of him again.

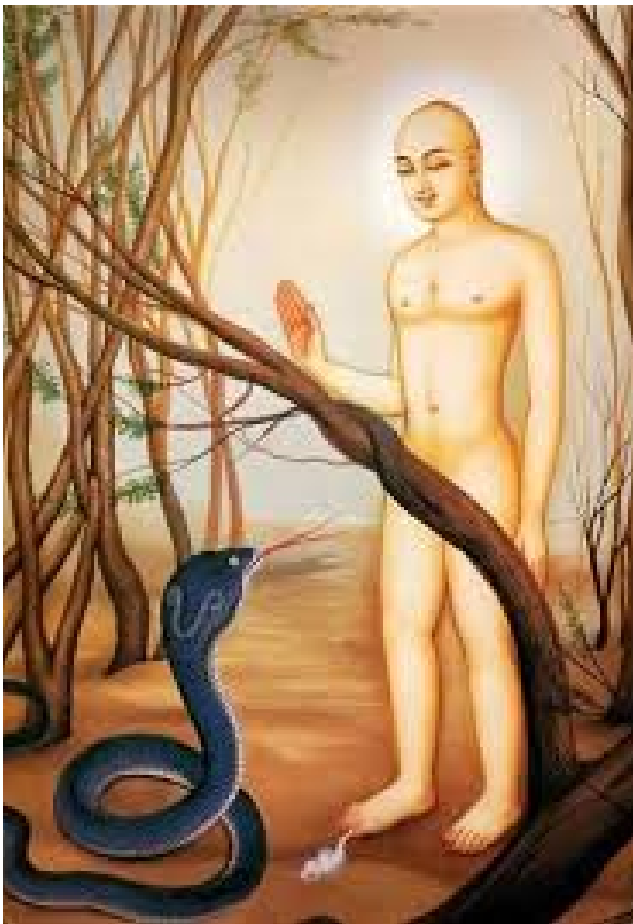
STORY - CHANDKAUSHIK

There is a popular story about Bhagwan Mahaveer when he was a monk. He used to meditate, fast and perform penance. He travelled from place to place and from village to village.

Once, Bhagwan Mahaveer decided to go to the village of Vachala. On his way there lived a poisonous cobra named Chandkaushik. It was rumored that Chandkaushik could kill just by casting his evil glance upon a person. The villagers requested him to use another route. Bhagwan Mahaveer had no fear and practiced supreme non violence and compassion. He had no hatred towards anyone and considered fear and hatred as violence of the self.

Once when he was in the land of the poisonous cobra, he stopped there to meditate. Chandkaushik came out of his burrow. He became furious and angry, came closer to Bhagwan Mahaveer, and swayed his head, ready to strike. He blew poisonous venom towards Mahaveer several times.

The venom did not affect Bhagwan Mahaveer nor did it disturb his meditation. Chandkaushik was astonished to see the calmness on Bhagwan Mahaveer's face. He saw pure, white milk flowing from his toe instead of red blood.



Chandkaushik became calm and he felt as if he had seen such a person before. Suddenly, a miracle occurred and he visualized incidences from his previous lives. In the past life he was a very angry person and because of his anger he became a cobra in this life.

Chandkaushik realized the truth of life. He peacefully retreated to his hole. There he spent the rest of his life in physical and mental peace.

Peace and harmony in society comes from the feeling of love and equality of all living beings. This is Mahaveer's concept of nonviolence and forgiveness.

Questions

Can you find synonym of the words – Rage, Let-go, Compassion

Can you find antonyms of the words – Love, Violence, Strength

What is the moral of the story? How will you apply it in your daily life?

LESSON 19 – HUMILITY – THE ANTIDOTE TO EGO

Humility is the opposite of ego. Ego is when we think we're better than others, that we deserve special treatment or attention. But humility is when we recognize that everyone is equal and worthy of respect. Bhagwan Mahaveer taught, 'Parasparopagraho Jivanam' which means 'All life forms are interdependent for their existence'. He taught that less importance should be given to I, ME, and MYSELF.

Being humble doesn't mean thinking less of ourselves; it means thinking of ourselves less. Instead of focusing on our own accomplishments or needs, we pay attention to others and their feelings. We listen more than we speak, and we're quick to lend a helping hand without expecting anything in return.

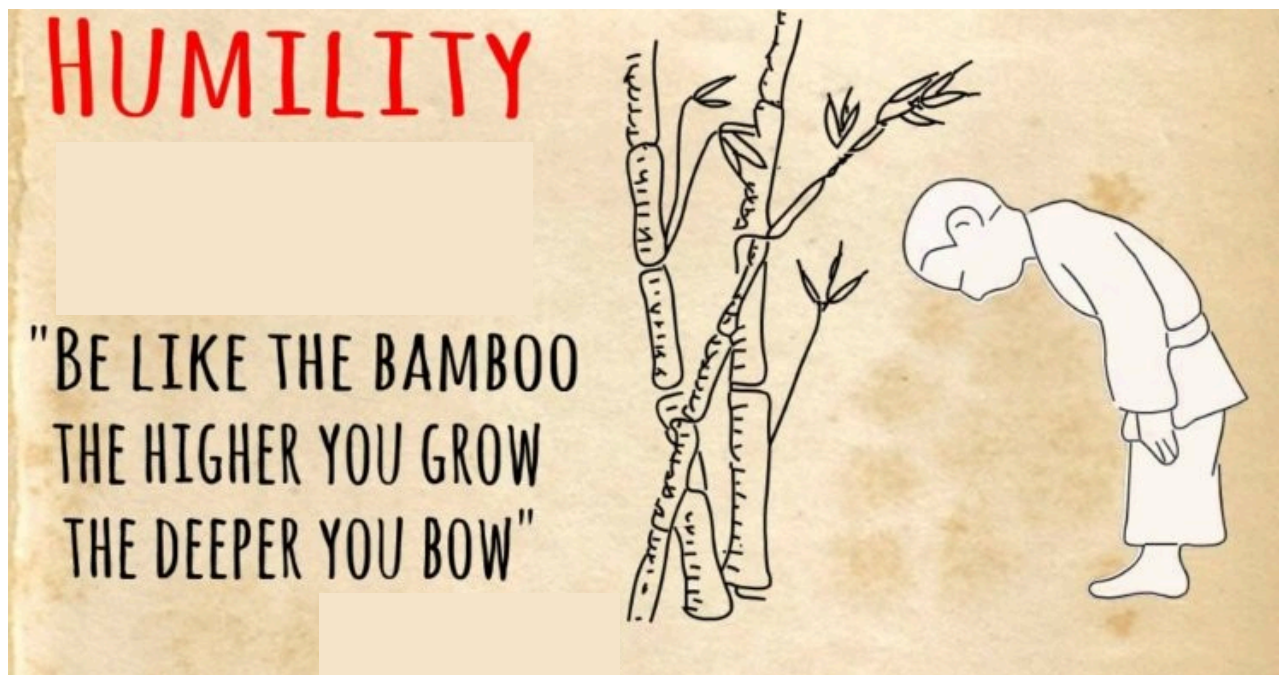
Humility teaches us to be grateful for what we have and to appreciate the efforts of others. It helps us learn from our mistakes instead of pretending we're perfect.

Have you ever heard the saying, "Pride comes before a fall"? It means that when we're too proud or full of ourselves, we often end up making mistakes or experiencing failure. Similarly, the saying "One who bows is liked by all" highlights how humility and respect for others are qualities that everyone admires.

Ego and pride may seem impressive at first, but in reality, they push people away. On the other hand, humility is like a warm welcome wherever it goes.

Think about it: trees heavy with fruit bend down to offer their bounty to passersby, and rain clouds humbly release their water to nourish the earth below. Just like these natural examples, humility is a virtue that benefits everyone around us.

So, how can we practice humility? It starts with being honest with ourselves and acknowledging our strengths and weaknesses. We can treat everyone with kindness and compassion. Remember, humility isn't about being weak or timid. It's about being strong enough to put others before ourselves and to make the world a better place for everyone.



Can we take these vows today?

- I will not be too proud of anything I do.
- It is okay to be happy for my accomplishments, but I will not put anyone down.
- I will appreciate what others do and I will not be a “show-off”.

STORY - KING COBRA

Once upon a time, there was a big king cobra who lived in a tiny hole. When he was small, he ate little insects. But as he grew bigger, he started eating bigger things like eggs, lizards, frogs, and even bunnies. He thought he was the strongest and most important creature in the forest.

One day, the king cobra found a big tree and decided to make it his home. But nearby, there was an ant hill. The king cobra didn't like it and wanted the ants to leave. He thought he could scare them away because he was so big and powerful. So, he shouted at the ants and tried to break their hill.

But to his surprise, the ants didn't listen. Instead, they all came out and bit the king cobra all over! He was in so much pain that he had to run away. All the other animals saw what happened and realized that even tiny ants could be strong when they worked together.

The king cobra learned that being big and strong doesn't mean you can boss everyone around. It's important to respect all creatures, no matter how small they are. And from that day on, he was a more humble and respectful king cobra.



STORY - THE PROUD SCULPTOR

Once upon a time, there was a sculptor who was famous for making incredibly lifelike statues. He was so proud of his skill that he believed no one could match him. But as he grew older, he started worrying about what would happen after he died.

So, he came up with a clever plan to trick the devil. He made ten statues that looked just like him and hid among them. When the devil came to take him away, he couldn't tell which one was the real sculptor.

The devil decided to test the sculptor's ego. He praised the statues and said, "the statues are very beautiful, but there is an error in idols. If the person who created the statue was in front of me, I can tell him the mistake."

The ego of the sculptor woke up, he thought, "I dedicated my whole life to making statues, what can be wrong in my statues". He said, "What kind of error" ...

Immediately the devil (messenger) caught hold of him and said, "That's the mistake you made in your ego, that lifeless statues do not speak" ...

The moral of the story is that ego only brings trouble and sorrow. It's a lesson to always stay humble and not let pride get in the way of seeing the truth.

STORY TIME

One hot afternoon on a beach, people noticed a young girl drowning. They quickly rescued her. The little girl was unconscious. An old man from a nearby cottage hurriedly reached for the girl laid down on the seashore. As the old man was about to hold the girl, a young man with CPR training came forward and insisted that he would take care of the situation.

The old man stepped behind and watched quietly while the latter was performing CPR for the girl. After almost a minute, the little girl regained consciousness. The people around them felt relieved and began applauding the guy. The old man was very happy and he gratefully congratulated the young man.

After two hours, however, the young man who saved the girl suddenly felt too much fatigue, experienced difficulty in breathing and became unconscious. A few minutes later, he woke up in an ambulance and was being taken to the nearest hospital. Beside him was the old man. The old man did the CPR on him while he was unconscious. This time he learned that the old man is a doctor.

“Why didn’t you tell me you’re a doctor?” he asked.

The doctor just smiled and answered: “It doesn’t matter to me whether you call me a doctor or not. I became a doctor, not for fame, but to save lives. We had the same goal, and that was to save the girl. There’s a lot of things to be protected other than our ego.”

The young man humbly said: “Well, you have saved two lives today.”

LESSON 20 – PATH TO CONTENTMENT

Greed is the cause of many of our problems. We want more and more. There is no end to greed of possession. No matter how much we have – we still want more! Striving for more or doing better is not bad or wrong so long as it is done for the right reasons. If greed is not balanced with contentment it gives rise to dissatisfaction.



Story – A busy life

A young businessman went to a village. He was drawn to a shepherd, sitting under a tree playing a flute. There were a couple of cows grazing in the field nearby. The businessman asked the shepherd how long he spent grazing cows. The shepherd replied that he just did this for a few hours every day.

The businessman asked why he did not buy more cows. The shepherd replied, "I have enough to support my family's needs. I go home, spend time with my wife, play with the children, listen to religious discourses and relax and play flute. I have a full and busy life, Sir."

The businessman scoffed, "I am a Harvard MBA and I can help you. You should bring the whole village's cows for grazing and charge money for it. With this money you should buy more cows and supply milk to the neighboring villages. Eventually you can start your own dairy and supply to the whole state. You would need to leave this small village and move to a city."

The shepherd asked, "But sir, how long will this all take?"

The businessman laughed and said, "15-20 years. When the time is right you would go public and sell your company stocks to the public. You'll become very rich, you would make millions!"

"Millions, Sir?" questioned the shepherd. "Then what?"

The businessman said, "Then you would retire. Move to a quiet place and play your flute, eat lunch with your wife, play with your kids, spend time on religion."

The shepherd smiled and inquired, "How is it any different from what I am doing now?"

One has to stand back and think of what one would like to do with life. True happiness comes not from having more but being content with what one has.

LET US RESOLVE TODAY

I will be happy with everything I have.

I will not bother my parents for more toys and games.

Instead I will appreciate that they gave me such great things in life

I will try to give to those who do not have as much as me.

I will give food, water, and shelter to all those in need.

I will give food to birds and other animals.

I will help elderly and disabled people in every way I can.

I will share my toys with everyone.



LESSON 21 – HONESTY IS THE BEST POLICY

Honesty means always telling the truth even when it may be tempting to tell a lie. Being honest helps you become a trustworthy person. It means not taking things that don't belong to us. When we're dishonest, we feel sad and ashamed. Here's how we can be honest:

- a. Always have good and happy thoughts.
- b. Forgive others when they make mistakes because nobody's perfect, not even us.
- c. Never say one thing and do another. Keep your promises.
- d. Be polite when you tell the truth and never try to hurt anyone's feelings.
- e. If saying something might hurt someone, it's better to stay quiet.
- f. Avoid making an exaggeration, which occurs when you talk about an event. Instead change or add details that didn't happen.
- g. When playing games, abide by rules

People who tell the truth are trusted and liked by others. Being honest makes us strong and peaceful inside. And lying makes us feel weak and scared because it doesn't feel right. When we tell the truth, our mind and conscience feel good together, and that makes us strong and happy.

Honesty is the core value that we must inculcate from a very young age. It is a common observation among young children that they weave stories that fit what they want or need. While some kids lie to avoid getting into trouble. Thus, teaching them the importance of honesty is the right way to get them to inculcate this virtue for a lifetime.

After all, honesty is the best policy!

There could be times when telling the truth could be difficult, but that does not mean one has to lie. Remember Integrity is an important virtue. It is what helps people to make decisions about what is right, and what is wrong. Truth-telling is an important value, even if it is hard to do. It is okay to be imperfect and make mistakes but never tell lies.

When we are honest and sincere, we have better relationships with others. Honesty also helps us develop a stronger sense of self-worth, as we learn to value ourselves, and our accomplishments. Lying can lead to bad consequences such as it can hurt someone's feelings or lead to a dangerous situation.

A Short Moral Story

THE HONEST PRINCE



Here is a small story on honesty. Once upon a time there was a king who had 3 sons. The King was old. Therefore, he wanted to hand over his kingdom to the most deserving son. He wanted to test the most deserving and honest Prince.

One day, he called them and gave one seed to each of the 3 sons. He said to them, "Sons! I want you all to grow these seeds and take care of the plant for a year. After a year, you can come and show your own plant. By seeing what comes with you, I will decide who will take my throne."

Three princes took seeds from the king and went to the royal garden and planted themselves their own seeds. Since that day, they started taking care of their seeds by going to the royal garden every day.

After completion of one year, the king summoned three of them.

The Princes reached the king with their own flower pot. Where both elder princes were pleased, the youngest prince was sad.

The elder princes showed their flower pot with pride to the King. But the younger prince placed in front of the king with an empty pot and said, "Father! I gave water to the seed for a year. But it did not grow. "

The King saw his pot and said, "Now that time has come to tell you that I am going to hand over this state. The reigns of this State will be given to the youngest son".

Hearing it, both elder princes said, "Father! How can you do this? This is injustice. "

King smiled and said, "Sons! the seeds I gave you were boiled. It was not possible to grow plants from those seeds. The plants which you both brought were not from seeds that I gave you. Your younger brother is true and honest. That's why I chose him as my successor."

The youngest prince became the king as he was honest.

Lesson 22 — Unlocking success through Cooperation

The emphasis on competition in various aspects of our lives, from education to sports to personal relationships, often leads to negative consequences. Obsession with competition can be psychologically damaging and harmful to our relationships. Instead, we should shift towards cooperation. It is a more positive and productive approach.

It's time to challenge the notion that success requires someone else's failure. We can reimagine games and activities to promote cooperation rather than competition. For instance, instead of playing "King of the Mountain" where one person stands at the top while others try to knock them down, why not have everyone stand at the top together? Similarly, in "Musical Chairs," why not have everyone occupy the last chair instead of eliminating players one by one?





Cooperation offers numerous benefits across various aspects of life. It fosters teamwork, shared decision-making, and a sense of belonging. Rather than viewing others as rivals, cooperation encourages us to see them as friends and allies. This shift in mindset leads to greater openness, trust, and safety in our interactions.

Moreover, cooperation enhances self-worth and personal power. By valuing each individual's contribution and fostering creativity, cooperative environments promote emotional maturity and self-confidence. We feel empowered to make a difference and contribute to shared goals.

Cooperation promotes well-being by reducing stress and anxiety associated with competitive situations. Instead of fearing failure or feeling humiliated by defeat, individuals can relax and enjoy the process of working together towards a common purpose.

We all remember the story in which the father gave individual sticks to his sons who broke them easily. However, they were not able to break the bundle of sticks. The sons learnt, “United we stand, divided we fall”

Story – Win conflict through cooperation

Here's another story for you. This story is about four friends, an elephant, a monkey, a peacock and a rabbit. In the beginning, the four friends were not friends. They lived near the foothills of a mighty mountain. There was a beautiful tree full of delicious fruits. They argued about who had the right to the fruit tree. Each one of them wanted to enjoy the delicious fruits. This argument stopped when a man overruled them and claimed ownership of the fruit tree.

The four friends wondered what to do to get the fruit they all loved. They wanted to help each other so they became friends.

"I will plant a seed in the ground," the peacock said.

"I will water it," the rabbit said.

"I will fertilise it," said the monkey.

"I will protect it," said the elephant.

The seed grew and grew until it became a tree. On the tree came the lovely fruit. Now the four friends had a problem. They could see the fruits but they could not reach the fruit. So, they made a tower by climbing on each other's backs; first the elephant, then the monkey, the rabbit, and finally the peacock. Through their friendship and cooperation the four were able to share their favourite fruit.

Lesson 23 – Animals are my friends and I don't eat my friends

Vegetarianism is a link to Peace

NOW I CAN LOOK AT YOU IN PEACE;



I DON'T EAT YOU ANY MORE.

- FRANZ KAFKA

Let's talk about vegetarianism

I am vegetarian because I respect all life forms.

I am vegetarian because I love animals and the environment. I plant trees & protect my environment.

I do not want to eat anything that causes too much pain to other life forms.

We obviously need food to live, so we cannot practice complete nonviolence, but we try to stop as much violence as we can. We should avoid eating meat, chicken, fish, eggs and other animal products. According to Mahaveer the life of an animal is equal to our own life. Just as we don't like to get hurt or killed; animals, birds, and fish don't like to get hurt or killed either.



We should try to minimize violence to plants by not wasting any food. Some people also do not eat dairy products such as milk, cheese, ice cream, and butter because dairy products come from a cow and cause lots of pain to the cows. Also cows' milk is not given to their calves. These compassionate people are called vegans (strictly vegetarian – do not use any animal products at all).

A QUICK GUIDE TO THE

Vegan DIET

Foods To Eat

- All fruits and vegetables
- Soy products, such as tofu and edamame
- Legumes, such as kidney beans and chickpeas
- Whole grains, such as quinoa and brown rice
- Nuts and seeds, such as almonds and flaxseeds
- Plant-based milk options, such as almond milk and oat milk

Foods To Avoid

- All kinds of meat
- Seafood, including fish and shellfish
- Dairy products, including milk and cheese
- Sweeteners, like honey and refined sugar
- Fats, such as ghee and butter
- All kinds of eggs, including chicken and duck eggs

Tips To Go Vegan

- Transition to the diet slowly by designating certain days or meals as vegan.
- Plan your meals ahead of time to ensure a well-balanced diet.
- Check food labels to avoid hidden non-vegan ingredients, such as dairy and gelatin.
- Look for vegan-friendly restaurants if you are eating out.
- Connect with fellow vegans for support, advice, and recipe ideas.

When your friends ask you: Why are you vegetarian?

You can say: Animals have life too and I do not want to kill them. Animals are my friends and I do not eat my friends. Animals should not be slaughtered for our taste. Moreover raising animals for meat pollutes the air and water on our earth. It also wastes water and grains.

When your friends ask: Don't you need meat to stay healthy?

You can say: No. I get enough protein and nutrients from vegetarian food. Actually you can stay healthy by eating vegetarian food. I will invite you for dinner sometime and show you how vegetarian food is so yummy.

Questions:

Why should we be vegetarians?

Who are vegans?

Lesson 24 – My Environment

Our environment is the world around us. It includes the houses, the street, the buildings, our favourite park, and even lakes.

- I take care of my environment.
- I plant trees and do not walk on grass.
- I save water by turning off the water when I am brushing my teeth and I do not take long showers.
- I turn the light off when I do not need it.
- I recycle paper, boxes, cans, and glass bottles. By recycling, I save my environment.
- I reuse bags from the grocery store and recycle them when I am done using them.
- I give away my clothes that no longer fit me. I also give away my toys and games that I do not play with anymore.
- I do not make my parents buy more things for me when I do not need them.
- I ride my bike and walk safely as much as I can instead of asking my parents to drive me because cars pollute my environment.
- Such small efforts will help protect our environment, We should love our environment.

The magical R's

- 1 Reduce – To use fewer things**
 - Reducing the amount of waste you produce is the best way to help the environment.
 - Buy products that don't have too much packaging
 - Use less paper
 - Carpool with friends to reduce pollution or take the bus or ride a bike
 - Save energy by turning off lights that you are not using
 - Follows the Jain principle of non-possessiveness

- 2 Reuse – To fully make use of things**
 - Instead of throwing things away, try to find ways to use them again!
 - Take lunch in plastic containers instead of plastic bags
 - Use old containers to make art projects
 - Donate clothes instead of throwing them away.

- 3 Recycle – To make used items useful again**
 - Instead of throwing things away, let them be made into something else!
 - Recycle paper, plastic, cans, glass instead of throwing them in trash
 - Buy recycled products [Recycling Facts](#)
 - Recycling 1 ton of paper saves 17 trees and 7,000 gallons of water
 - Recycling one aluminium can saves enough electricity to run a TV for 3 hours
 - Recycling one glass bottle or jar saves enough electricity to light a 100-watt bulb for four hours
 - Recycling one ton of plastic saves the equivalent of 1,000–2,000 gallons of gasoline
 - More than 30 million trees are cut down to produce a year's supply of newspapers

Lesson 25– My book of Alphabets

A – A for Ahimsa, Anekanta, Aparigraha

B – B for Bowing down

C- C for Compassion, Co-operation, Charity, Contentment

D – D for Discipline, Devotion

E – E for Environment, Enlightenment, Equanimity

F – F for Forgiveness, Faith

G – G for overcoming Greed, God, Gratitude

H – H for Honesty, Humility, Humanity, Helping others

I – I for Integrity

J – J for Justice

K – K for Karma, Knowledge, Kindness

L – L for Love

M – M for Mahaveer

N – N for Non-Violence, Non-attachment

O – O for Omniscience

P – P for Prayer

Q – Q for Quest

R – R for Respect

S – S for Sincerity, Selflessness

T – T for Thirthankars, Truth, Temple

U – U for Unity

V – V for Vegetarianism, Virtue, Victory

W – W for Worship, Wisdom

X – X for eXcellence

Y – Y for Yoga

Z – Z for Zeal

About Bhagwan Mahaveer Foundation



Bhagwan Mahaveer Foundation is a public charitable Trust, established in 1994. The Foundation instituted annual Mahaveer Awards in 1995 to honour individuals and institutions providing selfless services to the weak and the voiceless in our society, by presenting awards in formal functions. This would also inspire many others to incline towards social service.

The Mahaveer Awards are given for excellence in human endeavour in the four fields, namely, Non-Violence & Vegetarianism, Education, Medicine, and Community & Social Service. Each Award carries a cash component of Rs.10 Lakhs, a memento and a citation

The awards are presented to the Awardees by eminent personalities like the President of India, Vice President, Governors, Chief Minister, Ministers etc in formal function. Till date 96 Awards have been presented.

The Bhagwan Mahaveer Foundation recognized the importance of familiarizing young individuals with the timeless message of peace and harmonious co-existence propagated by Bhagwan Mahaveer, the 24th Tirthankara, who lived 2600 years ago. The Foundation initiated the "Mahaveer Award for Essays" in both Tamil and English languages in 2016 for school and college students on the topic "Life and teachings of Bhagwan Mahaveer". So far 7 Essay competitions have been conducted and 120316 students have participated. Prizes ranging from Rs.1000 to Rs.50000 are given to students.

Siyat House

961, Poonamallee High Road
Puraswalkam, Chennai - 600084
Tamil Nadu

www.bmfawards.org
sjnsbmf@gmail.com
044-42153056; 044-35220000