

Inspired By : P.Pu.P.Shree Chandrashekhar Vijayji M.Saheb

Vardhman Sanskar Dham

Presents

Gyan

4 you



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PRADAKSHINĀ DOHĀ

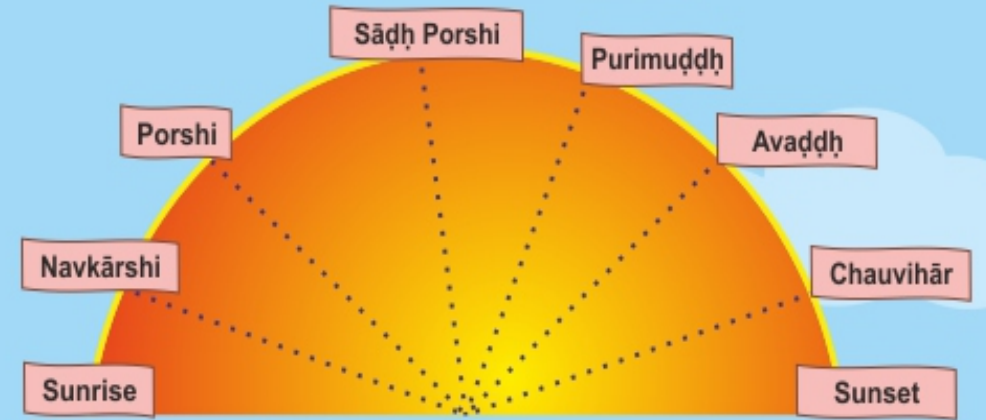


Kaal Anaadi Anaṅṭ-Thi,
काल अनादि अनंतथी,
Bhav Bhramaṅ No Nahi Paar,
भव भ्रमण नो नहीं पार,
Te Bhramaṅ Nivārvā,
ते भ्रमण निवारवा,
Pradakshinā Dau Traṅ Vaar ... (1)
प्रदक्षिणा दउं त्रण वार..... (१)

Bhamtimā Bhamtā Thakā,
भमतीमां भमता थका,
Bhav Bhāvāṭṭ Dur Palāy,
भव भावठ दूर पलाय,
Darshan-Gyān-Chāritra Rūp,
दर्शन-ज्ञान-चारित्र रूप,
Pradakshinā Traṅ Devāy ... (2)
प्रदक्षिणा त्रण देवाय..... (२)

Darshan-Gyān-Chāritra Ae,
दर्शन-ज्ञान-चारित्र ए,
Ratnatrayi Nirdhaar,
रत्नत्रयी निरधार,
Traṅ Pradakshinā Te Kār-Ne,
त्रण प्रदक्षिणा ते कारणे,
Bhav Dukh Bhanjaṅ-Haar ... (3)
भव दुःख भंजनहार.....(३)

PACHCHAKKHĀN



- **Sunrise**
After Sunrise 48 Min.
- **Navkārshi**
After Sunrise 3 hrs. Approx.
- **Porshi**
After Sunrise 4.5 hrs. Approx.
- **Sāḍḍ Porshi**
After Sunrise 6 hrs. Approx.
- **Purimuḍḍḍ**
After Sunrise 9 hrs. Approx.
- **Avaḍḍḍ**
Before 48 min. Sunset
- **Chauvihār**
After 48 min. Chovihār
- **Sunset**

Navkārsi (Morning Pachchakkhān)

Uggae Su-Re, Namukkār-Sahiam,
उग्गए सूरे, नमुक्कार-सहिअं,
Mutṭhisahiam, Pachchakkhāi,
मुट्टिसहिअं, पच्चक्खाइ,
(Pachchakkhāmi), Chauviham Pi,
(पच्चक्खामि); चउव्विहं पि,
Aahāraṅ, Asaṅaṅ, Pāṅaṅ,
आहारं, असणं, पाणं,
Khāimaṅ, Sāimaṅ,
खाइमं, साइमं,
Annatthaṅābhogeaṅ,
अन्नत्थणाभोगेणं,
Sahassāgāreṅ,
सहसागारेणं,
Mahattarāgāreṅ,
महत्तरागारेणं,
Savvasamāhi-Vattiyāgāreṅ,
सव्वसमाहि-वत्तियागारेणं,
Vosirai (Vosirāmi)
वोसिरई (वोसिरामि).

ARIHĀ SHARṆAṀ

Arihā Sharṇaṃ, Siddhā Sharṇaṃ, Sāhu Sharṇaṃ Variye,
अरिहा शरणं, सिद्धा शरणं, साहु शरणं वरिए,
Dhammo Sharṇaṃ Paami Vinaye, Jin Aaṇa Shir Dhariye.
धम्मो शरणं पामी विनये, जिन आणा शिर धरिए,
Arihā Sharṇaṃ Mujne Hojo, Aātam Shuddhi Karvā,
अरिहा शरणं मुजने होजो, आतम शुद्धि करवा,
Siddhā Sharṇaṃ Mujne Hojo, Raag Dweṣh Ne Haṇvā,
सिद्धा शरणं मुजने होजो, राग द्वेष ने हणवा,



Sāhu Sharṇaṃ Mujne Hojo, Saiyam Shurā Banvā,
साहु शरणं मुजने होजो, संयम शुरा बनवा,
Dhammo Sharṇaṃ Mujne Hojo, Bhavadadhi-Thi Tarvā,
धम्मो शरणं मुजने होजो, भवोदधिथी तरवा,
Maṅgalmay Chārenu Shāraṇu, Saghaḷi Aapadā Taale.
मंगलमय चारेनुं शरणुं, सघळी आपदा टाळे,
Chidghan Keri Dūbati Naiyā, Shāshwat Nagare Vaa-Le,
चिद्घन केरी डुबती नैया, शाश्वत नगरे वाळे,

Bhavobhavnā Pāpone Maarā, Aṅtarthi Hu Niṇḍu Chhu,
भवोभवना पापोने मारा, अंतरथी हुं निंदु छुं,
Sarva Jivonā Sukrutone, Aṅtarthi Anumodu Chhu,
सर्व जिवोना सुकृतोने, अंतरथी अनुमोदु छुं,
Arihā Sharṇaṃ, Siddhā Sharṇaṃ, Sāhu Sharṇaṃ Variye,
अरिहा शरणं, सिद्धा शरणं, साहु शरणं वरिए,
Dhammo Sharṇaṃ Paami Vinaye, Jin Aanā Shir Dhariye.
धम्मो शरणं पामी विनये, जिन आणा शिर धरिए.

SAY NO TO KAṆDMUL

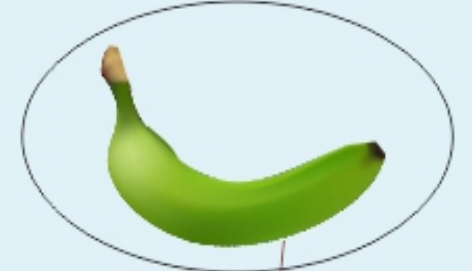
Eat, Eat, It's Time To Eat Your Food,
Yes , Yes, Yes, I Feel Hungry Too.
No, No, Kaṇdmul Is Not For You,
Why, Why, Why, I Want To Know It Too.



See, See, So Many Jeev Inside,
1, 2, 3 And It Goes To Infinite.
Yes, Yes, I Can See That Too,
No, No, No, I'll Never Eat Kaṇdmul.

Infinite Jeev

What, What, What Comes In Kaṇdmul ?
Potatoes, Carrots And Beetroots too.
Yes, Yes, Now I Understand,
No, No, No, I Will Not Eat Them.

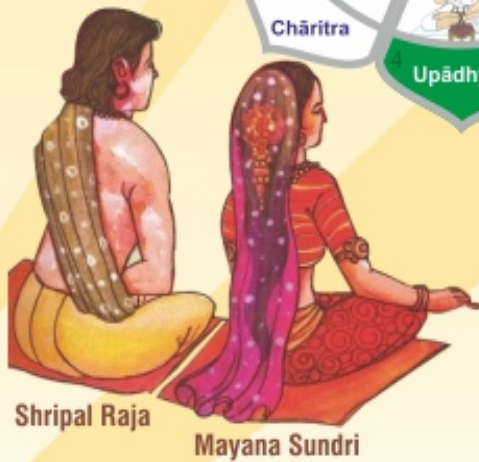


1 Jeev



Kind, Kind, Let Us All Be Kind,
Eating Kaṇdmul Is Very Unkind.
Yes, Yes, I Want To Protect Them,
No, No, No I Will Never Eat Them.

NAVPAD



Shripal Raja

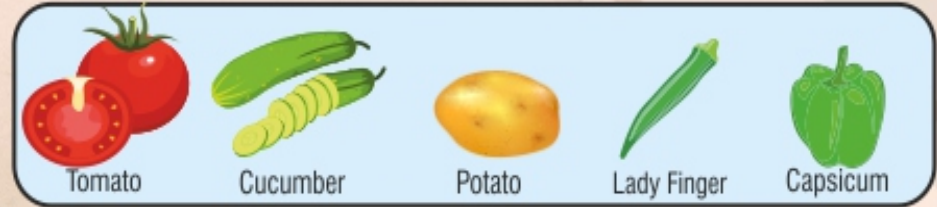
Mayana Sundri

	Sr.no.	Guna
Dev Tatva	1	12
	2	08
	3	36
Guru Tatva	4	25
	5	27
	6	67
Dharm Tatva	7	51
	8	70
	9	50

Navpad Guna
 $20+88+238$
 $=346$

Navpad Oli, one of the most important parva, is also known as Ayambil Oli. It lasts for nine days, and comes twice a year in the month of Chaitra and Aaso. During Navpad Oli, we do Navpad Arādhana with Ayambil Tap. We eat once in a day and give up "6 Vigai" (milk, curd, ghee, oil, sugar/jaggery, and fried foods) and drink boiled water till sunset. Also we cannot eat fruits and vegetables during Ayambil Tap. Navpad Oli is Shāshwat or eternal - it always has existed and always will continue to exist!

CIRCLE WHAT WE CANNOT EAT



THE ANT AND THE GRASSHOPPER



It was a pleasant day and the grasshopper was in a very good mood, singing and dancing all around. He sees an ant carrying a heavy corn kernel to its nest. The grasshopper asks the ant to join him for some fun instead of toiling away like that. The ant tells him that he is preparing for winter when food would be scarce. The grasshopper brushes the thought and says why bother when the present is good. Winter soon begins, and the grasshopper has no food to survive, while the ant enjoys the corn in the warmth of their nest.

So children we learnt that we shouldn't waste time and be lazy. Delay of work will either put you in trouble or you will have to rush to get the things done. Let's keep this poem in our mind forever.

For every minute you waste you will be late,
So never ever, ever waste your time,
Whatever you do, wherever you go,
Never ever forget to be on time,
When you keep to time,
You never have to rush,
You never have to hurry,
To be on time,
Whatever you do, wherever you go,
Never ever forget to be on time.



YOGA ACTIVITY

Shark Pose



Lay flat on your tummy, lift up your shoulders and lock your arms behind your back. Show off your teeth like a Shark!

Koala Pose



Stand tall with your arms at your sides and bend your knees. Wrap one leg around the other, bring your arms out in front of you, then bend and wrap your arms together the opposite way. Perch on a tree like a Koala!

Deer Pose



Stand with your feet together, and then with one foot take a big step back. Bend your front knee, and reach your hands up to the sky like antlers. Stand proud and tall like a Deer!

Crab Pose



Sit with your palms flat behind you and your feet flat in front of you. Lift your body up to create a table and walk like a Crab!

करुणा ए अनंता तीर्थं करोने उत्पन्न करनारी एक मात्र माता छे,
आती करुणानो अंश जे मनने ब्यर्थायो हुतो एता ...
पूज्यपाद गुरुदेव पं. श्रीचन्द्रशेखरविजयजी म. साहेब प्रेरित



The true meaning of
life is to plant trees,
under whose shade you
do not expect to sit.

Contribution of Vardhman Sanskar Dham in 20 years

- ◆ Saved the lives of 2,30,000 animals in 17 years
- ◆ Contributed more than 100 crore in various activities of Jivdaya
 - ◆ 5 Day Schools
 - ◆ 2 Aavas Yojana
 - ◆ 2 Vayavach Dham
 - ◆ 3 Chovihar House
 - ◆ 2 Shravak Upashray
 - ◆ 2 Shravika Upashray
 - ◆ Shikharbaddh Jinalay
 - ◆ 12 Branches In Mumbai
- ◆ Impacting lives of 1400 children of tribal community studying in government schools by providing hostel and food facility
- ◆ Contributed more than 15 crore for various relief operations during natural disasters
- ◆ More than 10,000 children are regularly participating in Chaturmasik Chovihar Scheme.
- ◆ Contributed more than 100 crore for various other activities undertaken in these 20 years

Visit : www.vsdham.co.in

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