

# Akram Express



## Akram Express List 2008 to 2024

### 2008

Dec-08 Tour to dadanagar

### 2010

Jan-10 The importance of asking for forgiveness  
Feb-10 From negativity to positivity  
Mar-10 Exams again!  
Apr-10 Opinions are like eyeglasses  
May-10 Holidays 'R' Fundays  
Jun-10 Comparison results in jealousy  
Jul-10 Nobility  
Aug-10 Demerit-merit karma  
Sep-10 Why so?  
Oct-10 The cycle of four life forms  
Nov-10 The science of inner intent  
Dec-10 The saga of 'dislikes'

### 2009

Jan-09 Sulking.....joy or punishment?  
Feb-09 Pride  
Mar-09 Pure Love  
Apr-09 Avoid clashes  
May-09 Adjust everywhere  
Jun-09 Risks of teasing  
Jul-09 The obligations of parents  
Aug-09 Anger  
Sep-09 Miracle  
Oct-09 Hurrey! Holidays 'r' fundays  
Nov-09 Fear  
Dec-09 Shoud we hurt others?

### 2011

Jan-11 Bye Bye 2010  
Feb-11 Obstructions  
Mar-11 Bye Bye' to the habit of lying  
Apr-11 Stealing  
May-11 Holidays 'R' Fundays  
Jun-11 Violence  
Jul-11 To side with your mistakes  
Aug-11 Humility  
Sep-11 Resolving complaints with right understanding  
Oct-11 How much television should one watch?  
Nov-11 Selfless Service  
Dec-11 Nishpakshpati Trimandir

### 2012

Jan-12 Beware of Kusang  
Feb-12 I'll see you  
Mar-12 Beloved Niruma  
Apr-12 Pratikraman  
May-12 Holidays are Fundays  
Jun-12 Store of Happiness  
Jul-12 Not on Speaking Terms  
Aug-12 sincerity  
Sep-12 complaints ? No,Adjust  
Oct-12 Copycat  
Nov-12 The Bad Habit of Finding Faults In Others  
Dec-12 Obstinacy,Straightforwardness

## 2013

Jan-13	GuruKrupa
Feb-13	Avoid Boredom
Mar-13	The-Power-of-Determination....
Apr-13	Prayers to the Inner Pure Soul
May-13	Holidays are fun!!!
Jun-13	It's none of my concern
Jul-13	Guru-Disciple
Aug-13	Greed knows no bounds !
Sep-13	I got left out !
Oct-13	Pleasant Speech
Nov-13	Adversity is beneficial
Dec-13	Joy or sorrow is only a matter of belief!

## 2015

Jan-15	Friendship
Feb-15	Aarti
Mar-15	Stubbornness
Apr-15	Morality
May-15	Holidays are fun
Jun-15	Prejudice
Jul-15	Bhakti
Aug-15	should we eat non-vegetarian food
Sep-15	Charity
Oct-15	Aradhna Viradhna
Nov-15	Total Surrender Towards One's Parents
Dec-15	Why does it happen only to me

## 2017

Jan-17	TeamWork
Feb-17	Patience
Mar-17	One is influenced by his company
Apr-17	Are we beggars?
May-17	Holidays are fun!
Jun-17	Nobody likes an angry person
Jul-17	Common sense blossoms with adjustment
Aug-17	Lord Krishna
Sep-17	True Happiness
Oct-17	What if That Happened to Me?
Nov-17	Comparison and the suffering it brings
Dec-17	Superiority and Inferiority Complexes

## 2014

Jan-14	Opponents are beneficial
Feb-14	Honesty
Mar-14	Embodiment Of Pure Love
Apr-14	Being Helpful To Others
May-14	Holidays are fun
Jun-14	Gossiping
Jul-14	Self Confidence
Aug-14	Bliss Of Satisfaction
Sep-14	Healthy Competition
Oct-14	Real Strength
Nov-14	The Current Living Tirthankar-Shree Simandhar Swami
Dec-14	Laziness

## 2016

Jan-16	Super human
Feb-16	Where does God Live
Mar-16	Truly Intelligent
Apr-16	Making an Impression
May-16	Holidays... are... fun!!
Jun-16	Intellect vs Heart
Jul-16	Samarpan
Aug-16	Humility
Sep-16	Irritation a weakness
Oct-16	True Religion
Nov-16	Where There is Unity There is Peace
Dec-16	Generosity

## 2018

Jan-18	Inner Beauty Outer Beauty
Feb-18	Keep Oneness
Mar-18	Normality
Apr-18	Speak the Truth...But what kind of Truth?
May-18	Holidays...are...Fun...
Jun-18	Beastly Happiness
Jul-18	Sant Purush, Sat Purush & Gnani Purush
Aug-18	Humble people are likeable
Sep-18	Being Cultured
Oct-18	Life without complaints
Nov-18	Dadabhagwan
Dec-18	Humility Adorns Knowledge

## 2019

Jan-19	Backbiting
Feb-19	Heartily
Mar-19	Retaining Power
Apr-19	Our Mirror
May-19	Lord Shri Ram and Shri Hanuman
Jun-19	Holidays are Fun...
Jul-19	Dislikes...To what extent?
Aug-19	Efforts of words
Sep-19	Why we should not TEASE?
Oct-19	Jagat Kalyan
Nov-19	Outdoor Games? No...I love Mobile Games
Dec-19	Sweet Sixteen Niruma

## 2021

Jan-21	Regularity
Feb-21	Why study?
Mar-21	By observing Him, May I become like Him!
Apr-21	Concentration
May-21	Holidays are fun!
Jun-21	The importance of time
Jul-21	Pocket Money
Aug-21	Losing is necessary to win
Sep-21	Sweet Loving Speech
Oct-21	Maa Amba
Nov-21	Maa Lakshmi
Dec-21	Make Fear Disappear...!

## 2023

Jan-23	Would YOU like it?
Feb-23	Hocus Pocus...Are Miracles Bogus?
Mar-23	King Shrenik
Apr-23	The Secret Within
May-23	Holidays... Are... Fun...
Jun-23	Why Am I Like This?
Jul-23	Positives See, Happy Be!
Aug-23	Break Up & Make Up
Sep-23	I shall not do this again
Oct-23	Why Can't I Always Get What I Want?
Nov-23	Seeing with your eyes closed
Dec-23	Store of Happiness

## 2020

Jan-20	Jatra...a jackpot!
Feb-20	Power of Positivity
Mar-20	Self Negativity
Apr-20	Who runs the world?
May-20	Holidays are Fun...
Jun-20	The true address of happiness
Jul-20	Can you hear their cries?
Aug-20	Trimantra
Sep-20	Do You Want to Hold on to Your Mistakes?
Oct-20	Cheating
Nov-20	Quarrels
Dec-20	Do not point out mistakes of others

## 2022

Jan-22	I am strong because...
Feb-22	We are One !
Mar-22	No Need to Get Disturbed
Apr-22	MAHAVIR - The Hero of Heroes
May-22	Holidays... Are....Fun...
Jun-22	Big Or Small, Respect All
Jul-22	My Mother
Aug-22	Happy Festivals
Sep-22	Intellect-O-Meter
Oct-22	Thank You, Life
Nov-22	Dada, The Puzzle Solver
Dec-22	Solve Your Problems

## 2024

Jan-24	Why Do We Get Angry?
Feb-24	Make Anger Disappear
Mar-24	Choice
Apr-24	What do you support?
May-24	Holidays... Are... Fun...
Jun-24	Stubbornness
Jul-24	In the Shelter of a Gnani
Aug-24	Do You Want to Progress?
Sep-24	Magical Glasses
Oct-24	Gautam Swami
Nov-24	Merit and Demerit Karma
Dec-24	Willpower