

Akram Express

Akram Express List 2008 to 2020



2008

Dec-09 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 Should 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 Copy cat
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	Creed 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	Team Work
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 adjustments
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	Superhuman
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

2020

Jan-19	Jatra...a jackpott!
Feb-19	Power of Positivity
Mar-19	Self Negativity
Apr-19	Who runs the world?
May-19	Holidays are Fun...
Jun-19	The true address of happiness
Jul-19	Can you hear their cries?
Aug-19	Trimantra
Sep-19	Do You Want to Hold on to Your Mistakes?
Oct-19	Cheating
Nov-19	Quarrels
Dec-19	Do not point out mistakes of others