

ATAM PARGAS SCRAP BOOK

PART-1



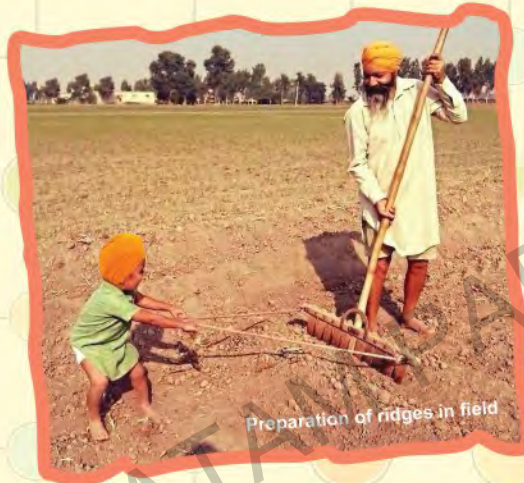
Rice Crop



Well



Farmer ploughing the field



Preparation of ridges in field



Prayer
before eating



Buffalo at farm house



Open Village Kitchen

Dr. Varinderpal Singh

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ਆਤਮ ਪਰਗਾਸ ਪ੍ਰੋਡਕਸ਼ਨਸ

Words From The Author's Pen

Dear children!

You are a true reflection of God. Your tenderness, innocence, simplicity, non discriminatory nature and sweetness of words kindles a feeling of sublime love in one and all. Some time your parents may disapprove your mischievous actions but their affection never diminishes for you. You always remain star of their eyes. Almighty has made you so charming that everyone try to fulfill your needs to see you happy and cheerful.



Let us be friends with the omnipresent and wondrous Lord - the creator and try to imbibe his virtues. Work hard with zeal to succeed and leave the results on God. The complete surrender to God's will, shall make us truthful human beings. Let the God be your companion and in your thoughts throughout the day while doing daily chores like bathing, dressing up, eating, studying, playing and while going to sleep. Your faith in God will give you strength to lead a virtuous life.

Atam Pargas Social Welfare Council in its steadfast resolve to develop you as truthful human beings, had published a dozen of books under the titles - **Jeeveey Gurbani Naal - Sulekh Mala**, **Jeeveey Gurbani Naal - Rang Mala** and **Jeeveey Gurbani Naal - Chittar Mala** each in four volumes in 2010. A large number of academic institutions have included these books in the school syllabus and have persistently expressed their desire for more such books for primary students. I am grateful to the Almighty for giving us strength for successful completion of the project of publishing more than a dozen of new books to meet the demand of academic institutions. The books are titled as **Gurmukhi Akhkhhar Card** (two volumes), **Gurmukhi Akhkhhar Giaan**, **Gurmukhi Akhkhhar Abhiaas**, **Punjabi Abhiaas Pustak** (four volumes), **Atam Pargas Art Book** (two volumes), **Atam Pargas Scrap Book** (two volumes), **Sikh History Cards** (English-two volumes) and **Sikh Itihaas Card** (Punjabi-two volumes).

Dear children! The 'Atam Pargas Book Series' not only provide the academic knowledge but also help you imbibe the virtues of our rich heritage. This will assist your tiny steps to achieve ultimate success in your life. The experiences of living your childhood with Gurbani will be of immense help for developing multidimensional personality of yours in tune with ethos of Gurbani. The fragrance of your virtuous life style will spread all around to inspire others to emulate you and also make you feel contented and complete.

Dr. Varinderpal Singh

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Dr. Varinderpal Singh



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Atam Pargas Social Welfare Council

ATAM PARGAS SCRAP BOOK (Part - 1)

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THIS BOOK CONTAINS VOCABULARY AND PICTURES FROM RICH HERITAGE. HANDLE WITH RESPECT.

ਇਸ ਪੁਸਤਕ ਵਿੱਚ ਅਮੀਰ ਵਿਰਸੇ ਦੀ ਸ਼ਬਦਾਵਲੀ ਅਤੇ ਤਸਵੀਰਾਂ ਹਨ। ਇਸਦੀ ਸੰਭਾਲ ਅਤੇ ਅਧਿਐਨ ਸਤਿਕਾਰ ਸਹਿਤ ਕਰੋ ਜੀ।

THANK YOU FOR PURCHASING THIS BOOK. ATAM PARGAS TEAM IS COMMITTED TO ENLIGHTEN YOUNG SOULS WITH A VISION TO DEVELOP TRUTHFUL HUMAN BEINGS. THE PRICES OF OUR BOOKS ARE DESIGNED TO MEET EXPENDITURES AND ENABLE THE FULFILMENT OF PROJECTS UNDER THE AUSPICES OF ATAM PARGAS SOCIAL WELFARE COUNCIL.


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Dedicated to

The Growing Up Kids

**Who shall not only learn the academic knowledge
but also imbibe the moral and cultural values
of our rich heritage to be developed as
'Truthful Human Beings'**

Gurbani: The Light House To Enlighten Humanity

Rising materialism is eroding ethics from society. The race of owning more and more wealth is virtually the race for the demolition of the social, cultural and moral values. The brotherhood spirit is being lost even within the families. The fissuring relationships are spinning siblings and parents into rival forces. The root cause for the misery is detachment from our rich heritage. The majority of academic, religious and social institutions have turned into just business entrepreneurs and are least bothered about the moral reconstruction of society. The religious scriptures are not being followed in letter and spirit but are only read or worshipped in materialistic greed. The very purpose of religion to teach humanitarian values has lost and we have forgotten to become a student. Sri Guru Nanak Dev Ji, the first Sikh Guru spearheaded the campaign of developing 'Truthful Human Beings' by educating humans to be 'students' (Sikhs) and thus His mission is known as Sikhism. The words of His wisdom are light house to enlighten humanity. Listening even to his single teaching enlightens one's mind to understand the truth that there is only one Giver of all souls and one shall not forget Him. Gurbani affirms:



ਮਤਿ ਵਿਚਿ ਰਤਨ ਜਵਾਹਰ ਮਾਣਿਕ ਜੇ ਇਕ ਗੁਰ ਕੀ ਸਿਖ ਸੁਣੀ॥
ਗੁਰਾ ਇਕ ਦੇਹਿ ਬੁਝਾਈ॥ਸਭਨਾ ਜੀਆ ਕਾ ਇਕੁ ਦਾਤਾ ਸੇ ਮੈ ਵਿਸਰਿ ਨ ਜਾਈ॥
(Sri Guru Granth Sahib Ji, Ang-੨)

There is need to spread the message of Gurbani to humanity for the welfare of mankind. Guru Ji has blessed Dr. Varinderpal Singh to contribute for the cause by authoring academic books for school curriculum of various subjects in the light of Gurbani. The specialty of the books is that the students will not only acquire academic knowledge of different subjects but also imbibe moral and cultural values of rich heritage to be developed as 'Truthful Human Beings'. In 2010, his hard work lead to publication of **Jeeveey Gurbani Naal** book series consisting of twelve books for 2nd to 9th standard students. These books have been well received, appreciated and included in curriculum of hundreds of academic institutions. I am pleased to know that he had penned a new series of more than a dozen books titled – **Gurmukhi Akhkhar Card** (two volumes), **Gurmukhi Akhkhar Giaan**, **Gurmukhi Akhkhar Abhiaas**, **Punjabi Abhiaas Pustak** (four volumes), **Atam Pargas Art Book** (two volumes), **Atam Pargas Scrap Book** (two volumes), **Sikh History Cards** (English - two volumes) and **Sikh Itihaas Card** (Punjabi - two volumes).

I extend my heartiest congratulations and greetings to Dr. Varinderpal Singh and Atam Pargas Social Welfare Council for unique and marvelous publications. All India Pingalwara Charitable Society, Sri Amritsar is grateful to include these publications in the syllabus of its schools. Everyone shall play his role in carrying forward the Atam Pargas mission of developing students as 'Truthful Human Beings'. I wish that many more academic institutions will introduce these publications in their school syllabus for the benefit of students and society.

Dr. Inderjit Kaur

Patron, Atam Pargas Social Welfare Council and
President, All India Pingalwara Charitable Society, Sri Amritsar

Upbringing Of Tiny-Tots In Accordance With Gurmat

In the materialistic pursuit of worldly needs the religion is being used only as a tool. The history is being presented as amalgamation of myths and miracles to spread superstitious beliefs. Human beings are being turned into rascals. In the name of modernisation, a destructive game is being played to the detriment of society. The consumption of drugs, vulgarity, indiscipline and misconduct is being openly encouraged. The tradition of west looking towards east for moral values has turned on its head which indeed is very unfortunate and painful.

In view of this degradation of the society, Atam Pargas Social Welfare Council is spearheading a campaign to provide a new direction for the development of society. We are of view that the foundation for building an ideal character has to be laid during the childhood as the child's mind is a blank slate on which anything can be written for long lasting impression. Atam Pargas Social Welfare Council has nursed a dream to develop tiny tots as truthful human beings by combining academic knowledge and ethical values.



To cater to this need, Dr. Varinderpal Singh had written a series of twelve books titled **Jeeveey Gurbani Naal - Sulekh Mala**, **Jeeveey Gurbani Naal - Rang Mala** and **Jeeveey Gurbani Naal - Chittar Mala** each in four volumes in 2010. Hundreds of educational institutions have shown great enthusiasm to include these in their syllabus. In view of the constant demand from these institutions for new books for the primary students, Dr. Varinderpal Singh has written more than a dozen more books for tiny tots titled - **Gurmukhi Akhkhari Card** (two volumes), **Gurmukhi Akhkhari Giaan**, **Gurmukhi Akhkhari Abhiaas**, **Punjabi Abhiaas Pustak** (four volumes), **Atam Pargas Art Book** (two volumes), **Atam Pargas Scrap Book** (two volumes), **Sikh History Cards** (English-two volumes) and **Sikh Itihaas Card** (Punjabi-two volumes). The students while working on these books will not only learn their mother tongue, spellings and vocabulary of Gurbani but also gain knowledge of our rich heritage to become good citizens.

Atam Pargas Social Welfare Council is grateful to Almighty for providing us the opportunity and strength to publish this noble work. I extend my sincere thanks to all the members of Atam Pargas Social Welfare Council for their valuable suggestions, untiring efforts and moral support for successful completion of the project. We are confident that the inclusion of these books in the school syllabi of nursery to 9th standard will be of immense help to the managements of academic institutions in their noble endeavour of imparting value based education to the students.

Dr. Nachhattar Singh

Director, Atam Pargas Social Welfare Council and
Ex-Vice Chancellor, Guru Kashi University, Talwandi Sabo, Bathinda

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Study Room

ਪੜ੍ਹਾਈ ਦਾ ਕਮਰਾ

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Primary Requirements for Gurdwara Sahib

ਗੁਰਦੁਆਰਾ ਸਾਹਿਬ ਲਈ ਮੁਢਲੀਆਂ ਲੋੜਾਂ

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Primary Requirements for Administering *Amrit*

ਅੰਮ੍ਰਿਤ ਛਕਾਉਣ ਲਈ ਮੁਢਲੀਆਂ ਲੋੜਾਂ

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SCRAP SHEETS

ATAM PARGAS

SCRAP BOOK

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Dr. Varinderpal Singh

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ਆਤਮ ਪਰਗਾਸ ਪ੍ਰੋਡਕਸ਼ਨਸ



Books Rack



Pencil Stand



Clock



Performing kirtan



Doing exercise



Study Table & Chair



White Board



Doing sewa at Gurdwara Sahib



Taking bath



Computer Table



Prayer on awakening



Prayer before eating



Brushing teeth



Pangat



Degaa



Chandoaa Sahib



Sri Guru Granth Sahib Ji



Tavee (Hot plate)



Basket



Chaur Sahib (whisk)



Nishaan Sahib



Utensils



Taat



Paalkee Sahib



Nagaaraa



Gharhiaal



Cauldron

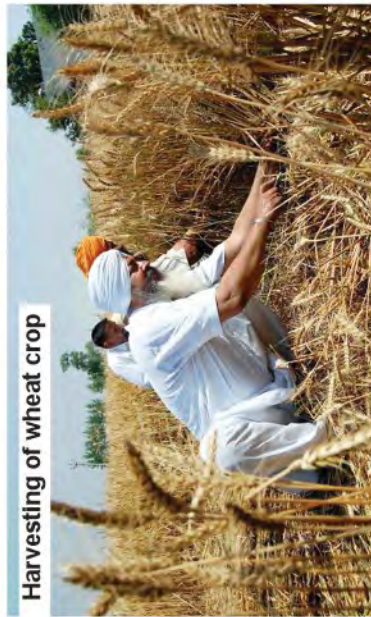
Bucket



Farmer going to field



Preparation of ridges in field



Harvesting of wheat crop



Sri Guru Granth Sahib Ji



Puddling rice field



Transplanting rice nursery



Pataase



Panj Piaare (Five beloved ones)



Farmer irrigating field



Panj Kakaar (Five Ks)



Khandaa



Baataa

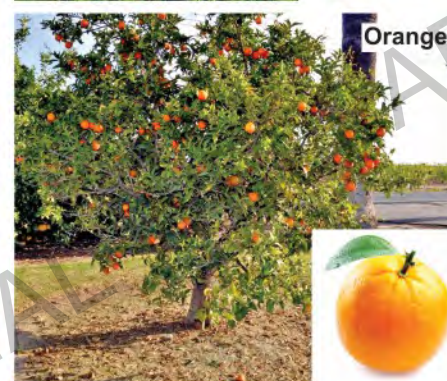
Bhai Moti Ram Mehra's son



Peach



Apple



Orange



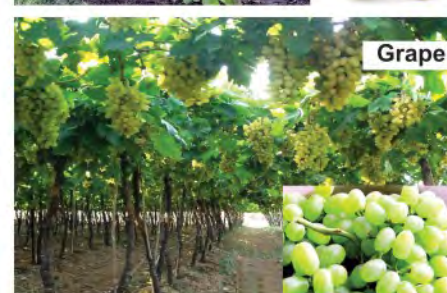
Pear



Guava



Banana



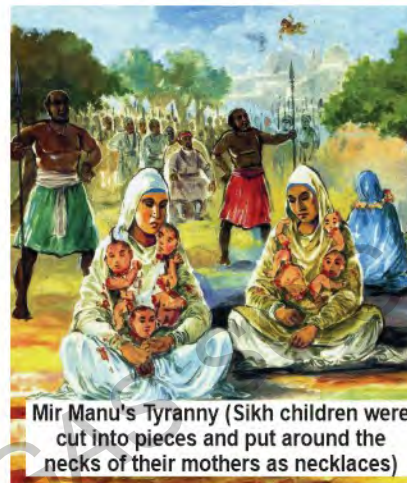
Grape



Pomegranate



Sahibzada Zorawar Singh and Fateh Singh Ji



Mir Manu's Tyranny (Sikh children were cut into pieces and put around the necks of their mothers as necklaces)



Ajai Singh son of Bhai Gurbakhsh Singh Ji (Banda Bahadar)

METHODOLOGY TO USE ATAM PARGAS BOOKS IN SCHOOL SYLLABUS

Class	Books	Subject
Nursery	Gurmukhi Akhkhari Gita	Punjabi
L.K.G.	Gurmukhi Akhkhari Abhiaas	Punjabi
	Punjabi Abhiaas Pustak (Part 1)	Punjabi
U.K.G.	Punjabi Abhiaas Pustak (Part 2)	Punjabi
	Punjabi Abhiaas Pustak (Part 3)	Punjabi
	Atam Pargas Art Book (Part 1)	Drawing
1st	Punjabi Abhiaas Pustak (Part 4)	Punjabi
	Atam Pargas Art Book (Part 2)	Drawing
	Atam Pargas Scrap Book (Part 1)	Arts / Social Science
2nd	Atam Pargas Scrap Book (Part 2)	Arts / Social Science
	Jeeveey Gurbani Naal - Sulekh Mala (Part 1)	Punjabi / Moral Science
	Jeeveey Gurbani Naal - Rang Mala (Part 1)	Drawing
3rd	Jeeveey Gurbani Naal - Sulekh Mala (Part 2)	Punjabi / Moral Science
	Jeeveey Gurbani Naal - Rang Mala (Part 2)	Drawing
4th	Jeeveey Gurbani Naal - Sulekh Mala (Part 3)	Punjabi / Moral Science
	Jeeveey Gurbani Naal - Rang Mala (Part 3)	Drawing
5th	Jeeveey Gurbani Naal - Sulekh Mala (Part 4)	Punjabi / Moral Science
	Jeeveey Gurbani Naal - Rang Mala (Part 4)	Drawing
6th	Jeeveey Gurbani Naal - Chittar Mala (Part 1)	Arts / Moral Science
	Sikh History Cards (Part 1) / Sikh Itihaas Card (Part 1)	Moral Science
7th	Jeeveey Gurbani Naal - Chittar Mala (Part 2)	Arts / Moral Science
	Sikh History Cards (Part 2) / Sikh Itihaas Card (Part 2)	Moral Science
8th	Jeeveey Gurbani Naal - Chittar Mala (Part 3)	Arts / Moral Science
9th	Jeeveey Gurbani Naal - Chittar Mala (Part 4)	Arts / Moral Science

The academic institutions willing for all-round development of the students may include Atam Pargas Book Series in their school syllabus. These books will not only cater to the academic needs but also be useful for moral, intellectual and cultural development of the students.

A precious gift for school syllabus of nursery to 9th standard students

ATAM PARGAS BOOK SERIES



The academic institutions willing for all-round development of the students may include Atam Pargas Book Series in their school syllabus.

These books will not only cater to the academic needs but also be useful for moral, intellectual and cultural development of the students.

The methodology to use the books in school syllabus is provided on reverse of this page.



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