



JAIN

SOCIETY OF METROPOLITAN WASHINGTON

A NON-PROFIT TAX-EXEMPT RELIGIOUS ORGANIZATION, ID # 54-1139623

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NO7-1

February, 2007

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Youth Committee

Coordinator

Sonal Sheth
202-884-0270

Members

Sonia Dalal

Kruti Mehta

Payal Vora

Parita Shah

Editorial Message

I thank all of you for giving me this opportunity to serve you. It is my intent to gear the contents to the needs of our Jain community.

The present format for the Newsletter is based on our past experiences. It will continue to evolve to better meet our needs. The Newsletter contains a lot of information ranging from religious activities to health and children's activities. We sincerely hope that you and your family will find it informative.

We are seeking your suggestions and ideas to see what else you would like to see in the Newsletter. Our young readers are also encouraged to provide the feedback, especially on Kids' Corner. Let's not forget our youngsters who will need all the guidance and encouragement to lead us to the challenges of the future. To meet that need, Youth's Corner will be a viable resource.

With the help of the committee members and persistence from you all, let us make this Newsletter one of a kind informative resource.

Niru Shah

President's Message

Jai Jinendra. I want to bring you greetings on behalf of the 2007 Executive Committee, and thank you for your continuous support. Last year we embarked on several new projects and completed many of them. We still have several projects in progress needing to be

completed. This year our focus is on organizing our library, uplifting our Web site, updating safety & beautifying our Place of Worship. Sadly, last year our community has suffered a great loss of several of our dedicated members. We are missing their presence. May their soul rest in peace.

I am pleased to report that last year, the activities and utilization of our Jain Center has gone up significantly. Many of our members from various Jain traditions are conducting Monthly Snatra Pooja, Abhishek, Devshastra Guru Pooja, etc. on Saturdays or Sundays followed by lunch open to all as detailed in the calendar of events. In addition, many of our Pathshala parents are voluntarily providing lunch after Sunday School classes. I encourage every one to participate in these and many more planned activities.

In our continuous quest of improving and offering additional community services, we need more volunteers. ***Please volunteer in at least one committee.***

Dr. Sushil Jain

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UPCOMING EVENTS

Mahavir Jayanti Program, Saturday, March 31st

Mahavir Jayanti celebration will be held on Saturday, March 31, 2007 starting at 2:30 p.m. As in the past, the celebration will include stage programs (religious dances, prayer songs, religious drama, skits, etc.) by adults and youths. Please note that due to limited time and overwhelming request for performances, we have established program guidelines as stated below. A Swami Vatsalya Bhojan will follow the stage program. The Swami Vatsalya Bhojan will be sponsored by Atul & Shilpa Bakliwal, Rajni & Sarla Gosalia, Bhavi & Kala Jain, Kushal & Mankuwar Jain, Rita Jain, Pratixa Momaiya, Niren & Jaya Nagda, Kamlesh & Aruna Parekh, Jayvanti Shah, Talak & Ranjan Shah, and Bhavi & Anjana Vora.

Mahavir Jayanti program will be held at:

High Point High School
3601 Powder Mill Road
Beltsville MD 20705

DIRECTIONS:

From Capital Beltway I-495, take I-95N. From Baltimore, take I-95S to Washington. Take exit 29B, Rt. 212 (Powder Mill Road) towards Calverton. Drive 1.2 miles, the school will be on your left.

Swami Vatsalya Bhojan

A RSVP form for Swami Vatsalya Bhojan is attached. You are requested to inform us either by mailing the attached form or by registering for dinner on our web at www.JainSocietyDC.org by clicking on Registration, and then clicking on the link Mahavir Jayanti Program before the deadline of March 21st.

We will make arrangements for some extra food to accommodate attendees without RSVP by March 21st. However, these persons and non members will be requested to make a minimum donation of \$7.00 per person to the Swami Vatsalya Fund.

Program Guidelines

Manna Shah and Yash Mehta are coordinating the Mahavir Jayanti celebration program. Please contact either one of them for additional information.

Manna Shah at: shahmanna@yahoo.com
Yash Mehta at: yash@yashbhupesh.com

We have established the following guidelines to ensure that everyone has the opportunity to demonstrate his/her talent on a first come first serve basis. We want to encourage children, youths and adults to participate in this grand celebration.

GUIDELINES:

1. No event should have less than 3 individuals. (No solo performances)
2. No duplication of events (no Stavan, Stuti or Dance should be repeated)
3. A participant cannot take part in more than 2 events as we want to give other individuals a chance to participate.
4. All entries should be emailed by March 15, 2007. No verbal submission or late entries will be accepted. For inquiries/questions only, please contact: Manna Shah @ 301-549-2776 or Yash Mehta @ 301-358-3370. Their e-mails are listed above.
5. The entry form should include following information:
 - The title
 - Description of the event
 - Names of Participants
 - Age group
 - Duration in minutes

(Suggested time for each item is under 5 minutes. However, special permission will be required for items longer than 5 minutes in duration).
6. The event director (teacher and/or parent) is responsible for the stage set up.
7. The cassette and/or CD should be submitted with one song only, one week prior to the event.
8. No latecomers will be allowed to perform after their scheduled turn has passed.

JAINA Convention

The 14th Biennial JAINA Convention will be held at the New Jersey Conference and Expo Center in Edison, NJ from Thursday, July 5 to Sunday, July 8, 2007. The theme for the 2007 Convention is "Peace Through Dialogue". This is the first convention that will be organized by JAINA with the help from many Jain Centers. Our Jain Center is involved with the sound system and Scholar invitations. Please show your support by participating in the convention. Registration is available at www.jaina.org.

PAST EVENTS

Annual General Body Meeting and Elections

A General Body Meeting was held at the Jain Center on Sunday, December 17, 2006. Our president, Dr. Sushil Jain presided over the meeting and welcomed all attendees. The meeting started with annual reports on Sunday School by Nilesh Shah, a report on youth committee activities by Sonal Seth, JAINA activities by Sushil Jain, United Association of Hindu & Jain Society by Jay Bhandari, Interfaith activities by Sushil Jain, Jain Society activities by Jatin Shah, financial status by Ashok Shah, and accomplishments by the president, Sushil Jain. Some of these reports are given below.

After the reports, election of the officers was conducted by Prakash Mehta, Dilip Parikh and Allap Shah. Thereafter, a lively and open discussion on current activities and future agenda for the society followed. Names of persons elected for various positions in the Executive committee, Board of Trustees and Youth Committee for 2007 are shown on the left hand column of the first page.

President's Report

Dear Friends:

It is with great pleasure that I summarize the accomplishments of 2006 due to the efforts by many JSMW Volunteers:

- Completed the first phase of temple beautification project by planting new plants, shrubberies and mulching. In addition, our volunteers also cleaned, aerated and seeded the front yard.
- Designed and installed playground for our children.
- Designed and installed partition to create two class rooms.
- Hosted many speakers throughout the year.
- Established internet and computer learning center.
- Established web based credit card and direct deposit donation program.
- Cleaned up and organized inventory of our supplies and materials inside and performed major clean up outside.
- Encouraged active Pooja groups and Pathshala parents to ensure their programs are well coordinated including lunch for all visitors present at the time.

Sushil Jain

Pathshala Report

We have a total of 53 students and 11 teachers from class A through F for 2006-2007 school year. Out of 11 teachers, four teachers joined this year (2006-2007 school year). They are Toral Shah (class A), Ami Shah (class B), Sonal Doshi (Class C) and Rajiv Jain (class E). Six students graduated from Sunday school (2005-2006 school year). They are Nimit Mehta, Parita Shah, Payal Vora, Richa Shah, Sahil Shah and Vinay Vira. We also have two adult classes. Rajnibhai Gosalia teaches every Sunday morning. Atulbhai Shah and Pravinbhai Dand teach 2nd and 4th Sundays parallel with children's classes.

Sunday school is run by dedicated teachers. I really thank all the teachers for working hard. Without their help, we won't be successful. I also thank all parents for their support. Any suggestions to improve are welcome and I will try to implement them.

Nilesh Shah

Youth Committee Report

The youth committee is pleased with its accomplishments, which include the following:

- Organized a weekend trip to New York City with the youth group of the Rajdhani Mandir.
- Initiated a playground development project.
- Created an art activities table for children at the Swapna Ceremony.
- Invited YJA Co-chair, Dhruvil Purohit to Sunday school to meet with children and parents.
- Organized an end-of-year Pathshala event.
- Created a monthly study group for younger adults.
- Organized following events which were unfortunately cancelled due to inclement weather: an amusement park trip and Jain Center clean-up day with South Asian American Leaders of Tomorrow.

Sonal Sheth

ONGOING ACTIVITIES

Following are the details of the ongoing programs at the Jain Center:

- ✚ Sunday School Pathshala 2nd and 4th Sunday of each month - 10:30 a.m. to 12:00 noon followed by Lunch. POC: Nilesh Shah
- ✚ Adult religious classes in parallel with Sunday School
- ✚ Adult Adhyatmik studies each Sunday - 8:00 a.m. to 10:00 a.m.

- ✚ Monthly Snatra Pooja (Sundays) - 10:30 a.m. followed by lunch
- ✚ Dev Shasta Guru Pooja on 3rd Sunday of each month - 10:00 a.m. to 11:00 a.m. followed by lunch.
- ✚ Monthly Executive Committee meeting 2nd Sunday of each Month - 1:30 p.m. POC: Jatin Shah

Adult Classes on Jainism

Parallel with children's classes, adult classes to provide basic knowledge of Jainism are conducted by Dr. Atul Shah and Pravin Dand. Please contact Dr. Atul Shah at 301-274-0319, or Pravin Dand at 301-384-3367 for more details.

Adult Adhyatmik study classes are held on every Sunday mornings. Please contact Rajni Gosalia at 301-464-5947 or Niren Nagda at 301-540-7708 for more details.

Poojas

The Pooja Committee has been very busy performing various Poojas (Vastuk Pooja, Panch Kalyanak Pooja and Antaray Karma Pooja) at the residence of our members and also at the Jain Center. We want to thank the members of Pooja Committee for performing every Pooja with full dedication in a highly professional manner, and for their personal sacrifice to take spirituality to individual homes. If you wish to sponsor any Pooja, please contact Jyoti Doshi at 301-670-6844.

A Snatra Pooja is performed once a month at the Jain Center. The next Snatra Pooja will be performed on Sunday, February 18 2007 at Jain Center starting at 10:00 a.m. followed by a Swami Vataslay Lunch. If you plan to attend or participate in the Pooja, please contact Pallavi Ashok Shah at 301-260-1264 or Niyati Payesh Jhaveri at 410-313-9188. Also, if you wish to sponsor the lunch after the Pooja, please contact the above individuals

Sunday Pathshala and Instructors' Corner:

Jain Sunday School (Pathshala) for 2006-2007 started on September 10, 2006. This year 49 children have registered. Jain Sunday School is open to children between the ages of 6 to 18 years. The classes are generally held on 2nd and 4th Sundays (unless stated otherwise) from 10:15 a.m. to 12:30 p.m. from September through May.

Pathshala would not be possible without teachers who devote their time to teach Jainism to our children. We welcome two new teachers: Ami Shah and Rajiv Jain. For details on children's classes, please contact Nilesh Shah at 301-549-2776 or via e-mail at Nilesh_shah99@yahoo.com.

Pathshala consists of 6 different levels of classes (A through F) each following a specific curriculum developed by teachers. Below is the curriculum for each class:

Curriculum for Class A:

TEACHERS: Hemangini Shah and Toral Shah

- Navkar Mantra with meaning and attributes
- Meghakumar (Story)
- Darshanam Dev Devasya
- Chhe Pratima
- Ichhami Khamasamano
- Chattari Mangalam
- Jay Karnara
- Four (4) Gati
- Chokha Sathiyo, Bhagwan Lanchhan – Mahavir, Parshwanath, Aadinath and three Bhagwans of our temple

Following is recommended as extra curriculum:

- Khamasana Sutra
- Alphabets (Story)

Curriculum for Class B:

TEACHERS: Kashmira Vaywala & Ami Shah

- Khamasana Sutra
- Mahavir Bhagwan (Story)
- Alphabets (Story)
- Nishanna
- Shivmastu
- Khame me
- Sarva Mangal Mangalyam
- Samaro Mantra
- Fourteen (14) Dreams
- Five (5) Senses - Types of Jiv
- Twnty Four (24) Tirthankars - Birth place etc.
- Six (6) Lesya
- Chokha Sathiyo, Bhagwan Lanchhan – Mahavir, Parshwanath, Aadinath and three Bhagwans of our temple

Following is recommended as extra curriculum:

- Panchindriya Sutra
- Divo
- Aarti

Curriculum for Class C:**TEACHERS:** Veena Dand and Sonal Doshi

- Sat Lakh
- Karemee Bhante
- Panchindriya Sutra
- Chandanbala (Story)
- Parshvanath Bhagwan (Story)
- Divo
- Aarti
- Maitri Bhavnu
- Eighteen (18) Pap Sthanak
- Five (5) Kalyanak
- Charavdo, mala, muhpatti, pooja, etc --- knowledge

Following is recommended as extra curriculum:

- Nine (9) Tatva - Eight (8) karmas
- Five (5) Mahavrat

Curriculum for Class D:**TEACHERS:** Arvind Mehta and Rupal Shah

- Samaiya Vaya Jutto
- Logassa Sutra
- Namutthunam
- Uvassaggaharam
- Nine (9) Tatva - Eight (8) karmas
- Five (5) Mahavrat
- Three (3) Jewels - Samyak Gnyan, Samyak Darshan and Samyak Charitra
- Four (4) Gyan
- Twelve (12) Tap
- Charavdo, mala, muhpatti, pooja, etc --- knowledge

Curriculum for Class E:**TEACHERS:** Nayana Mehta & Rajiv Jain

- Iriyavahiya Sutra
- Tassa Uttari Sutra
- Annattha Sutra
- Twelve (12) Anuvrat
- Kalchakra -- six (6) Aara
- Six (6) Substances in detail, types etc.
- Twelve (12) Bhavna
- Charavdo, mala, muhpatti, pooja, etc --- knowledge

Following is recommended as extra curriculum:

- Six (6) Aavashyak

Curriculum for Class F:**TEACHER:** Kamlesh Shah

- Taking Samayik
- Paryushan, Samvatsari, Aayambil, Varsitap

- Theory of Karma in detail, types etc
- Fourteen (14) Gun Sthanak
- Jiv in detail, Five (5) Samiti, Three (3) Gupti, etc
- Jain Geography
- Six (6) Substances in detail, types etc.
- Six (6) Aavashyak

Kid's Korner

Unscramble the following words so that the highlighted and underlined letters from each word will make another word describing all the words. (*Look for solution in the next newsletter*)

IAHTADN

NAIHDABNN

AMPAHRAPBDA

NAHTMILAL

MAIHNENT

SRAAHTNWAPH

NHNATSTIAH

NHTUKNUHTA

HNTAALVMI

TASVIUUMNR

Story Time

When Bernard Shaw was awarded the Nobel Prize, there was a gathering to celebrate the event. The fact that Shaw was a vegetarian was not known to the organizers.

The hall was filled with many celebrities. The guests started helping themselves to the refreshments and food. It was soon observed that only Shaw refrained from touching them. Somebody told Shaw, "You are the guest of honor and you don't seem at all interested in the food". Shaw made a reply that would be forever carved in the memory of those who heard it: **"Because I am human being and not a graveyard for the burial of the dead!.... Animals are my friends and I do not eat my friends."**

Source: page 10, Parable A Day by Pujyashree Chitrabhanuji

Special Announcement

Everyone is encouraged to submit materials for publication. Please submit your material typed in word via e-mail listed on the 1st page. The editor reserves the right to edit materials submitted. Articles for May issue are due by April 15, 2007.

Youth's Corner

The following are the goals for this year:

- Organize more social activities for children over 7 years old.
 - Work with Sunday school teachers to further develop curriculum.

Sonal Seth

The East Coast Winter Retreat

Young Jains of America (YJA) is proud to announce The East Coast Winter Retreat, which is occurring this winter from February 17th to 19th in Lake Harmony, PA. The theme of this year's conference will be the Mind, Body, and Soul. The sessions at this conference will cover a variety of topics including Yoga, Meditation, Jain Spirituality, and discussions about Jainism in our lives. The Winter Retreat is open to all individuals between the ages of 14 - 29 and there will be events and sessions tailored for each age group. There will also be plenty of time to ski or snow tube at the nearby Ski Resorts. Registration is \$120 per person and includes food, lodging, and session; however, the cost for snow tubing or skiing will be additional. For more information or to register please visit our website: <http://www.yja.org/regionalconferences/east/>.

Register quickly as space is limited and our spots are filling quickly. If you have any questions, please do not hesitate to contact us at chairs@yja.org.

Rajiv Jain

Health Awareness

Hearth attacks happen when blood flow to the heart is blocked. This usually occurs because fatty deposits called plaque have built up inside the coronary arteries, which supply blood to the heart. If a plaque breaks open, the body tries to fix it by forming a clot around it. The clot can block the artery, preventing the flow of blood and oxygen to the heart.

This process of plaque buildup in the coronary arteries is called coronary artery disease, or CAD. In many people, plaque begins to form in childhood and gradually builds up over a lifetime. Plaque deposits may limit blood flow to the heart and cause angina.

But too often, a heart attack is the first sign of CAD.

Things like intense exercise, sudden strong emotion, or illegal drug use can trigger a heart attack. But in many cases, there is no clear reason why heart attacks occur when they do.

The most common symptom of a heart attack is severe **chest pain**.

- Many people describe the pain as discomfort, pressure, squeezing, or heaviness in the chest.
- People often put their fist to their chest when they describe the pain.
- The pain may spread down the left shoulder and arm and to other areas, such as the back, jaw, neck, or right arm.

Many people also have at least one other symptom, such as:

- Pain in the upper belly, often mistaken for heartburn.
- Sweating.
- Nausea and vomiting.
- Trouble breathing.
- A feeling that their heart is racing or pounding (palpitations).
- Feeling weak or very tired.
- Feeling dizzy or fainting.

Not everyone has the classic symptom of severe chest pain during a heart attack. Women, older adults, and people with diabetes are less likely to have severe chest pain and more likely to have shortness of breath, dizziness, weakness or fainting, and belly pain.

If you have symptoms of a heart attack, act fast.

Heart attacks are usually the result of heart disease, so taking steps to delay or reverse coronary artery disease can help prevent a heart attack. Since heart disease is the number one killer of both men and women in the United States, these steps are important for everyone.

To improve your heart health:

- Don't smoke and avoid secondhand smoke. Quitting smoking can quickly reduce the risk of another heart attack or death.
- Eat a heart-healthy diet that includes plenty of fruits, vegetables, beans, high-fiber grains, breads, and olive oil.
- Get regular exercise on most, preferably all, days of the week.
- Control your cholesterol and blood pressure. If you have diabetes, keep your blood sugar in your target range.
- Lower your stress level. Stress can damage your heart.

(Kaiser Permentate website)

Per Dr. Natubhai Shah, it is advisable to take

☛*IMMEDIATE ACTION*☛

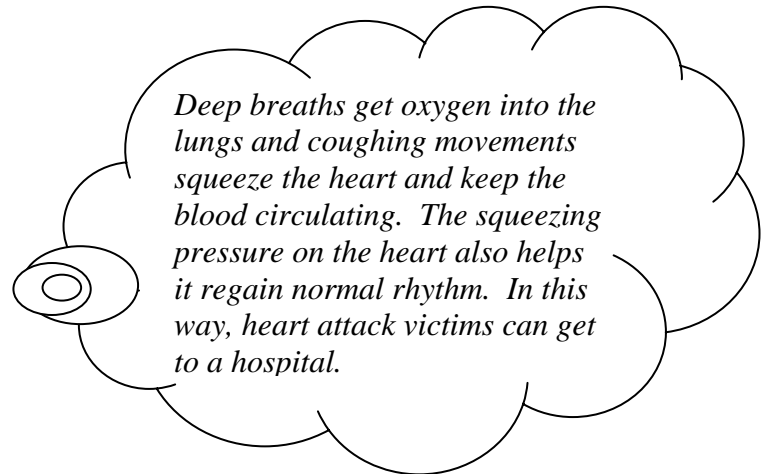
- Take 325mg aspirin immediately
- Call 911

On Wednesday, February 14, 2007 @ 10.00 p.m.
PBS (22, 26 & 67) channels will be broadcasting
"The Hidden Epidemic: Heart Disease in
America"

IF YOU ARE ALONE, DO THE FOLLOWING:

- ☞ **Do not Panic, but start coughing repeatedly and very vigorously**
- ☞ **A deep breath should be taken before each cough. The cough must be deep and prolonged, as when producing sputum from deep inside the chest.**
- ☞ **A breath and a cough must be repeated about every 2 seconds without let-up until help arrives, or until the heart is felt to be beating normally again.**

SOURCE: Journal of General Hospital, Rochester, Article #240.



☼JUST REMEMBER☼

Having three or more of these five conditions more than triples your risk for heart disease:

- ✚ **Diabetes: or pre-diabetes (fasting blood glucose over 100 mg)**
- ✚ **Blood Pressure: borderline high ($\geq 130/85$)**
- ✚ **Waist Size: more than 40" for men or 35" for women**
- ✚ **Triglycerides: (≥ 150 mg/dL)**
- ✚ **HDL: (good cholesterol) under 40 for men; under 50 for women.**



An Eye Opener

Mono and Di-glycerides

Monoglycerides and diglycerides are common food additives used to blend together certain ingredients, such as oil and water, which would not otherwise blend well. The commercial source may be either animal (cow- or hog-derived) or vegetable, and they may be synthetically made as well. If the product says "vegetarian" or "vegan" on the label, then they're from plant sources; otherwise, it is a derivative of animal product.

Monoglycerides and diglycerides are often found in bakery products, beverages, ice cream, chewing gum, shortening, whipped toppings, margarine, and confectionary. The common products consumed by vegetarians that contain animal monoglycerides and diglycerides are shortening (crisco) and majority of ice creams.



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MAILING ADDRESS: P.O. BOX 4548, SILVER SPRING, MD 20914

Web address: www.JainSocietyDC.org

**ADDRESS SERVICE REQUESTED
FORWARDING POSTAGE GUARANTEED**

Upcoming Events for 2007

Sundays 2nd & 4th @ 10:15 a.m.Pathshala (Adult & Children)
Sundays @ 8:00 a.m.Advance Adult Classes
Sundays 3rd @ 9:00 a.m. Abhishek & Dev Dravya Pooja
Sundays Monthly @ 10:30 a.m.Snatra Pooja
Sunday, February 18Snatra Pooja
Saturday, March 31 Mahavir Jayanti Program
Thursday, July 5 – Sunday, July 8JAINA Convention
Friday, July 13 – Sunday, July 15 Acharya Shree Chandanaji
Saturday, September 8 – Sunday, September 15 Paryushan Parva
Sunday, September 9Swapna Ceremony
Sunday, September 15Samvatsari Pratikraman
Monday, September 16 – Tuesday, September 25 Das Lakshan Parva
Friday, September 28 – Sunday, September 30 Panch Teerth Yatra
Tuesday, October 16 – Saturday, October 20 Tarlaben Doshi
Saturday, November 10 Nav Smaran
Saturday, December 1 Annual Banquet



JAIN

SOCIETY OF METROPOLITAN WASHINGTON

To enable us to order enough food for the Swami Vatsalya Bhojan, members who wish to attend the dinner are requested to send this form so as to reach us by March 21, 2007. Alternatively, you may send the requested information by e-mail to Dinner@JainSocietyDC.org. E-mail message must include all the information requested on the attached form.

Member's Name: _____

Member's E-Mail Address: _____ Tel. No. _____

No. of Adults _____ and Children between 5 to 12 _____ will be attending.

We wish to make a donation of \$ _____ to the Swami Vatsalya Fund.

We would like to make the following suggestions for future programs:

(Please mail this form so as to reach us before March 21, 2007)

39 cents

**Jain Society of Metropolitan Washington
P. O. Box 4548
Silver spring, MD 20914**



JAIN

SOCIETY OF METROPOLITAN WASHINGTON

DONATIONS TO JAIN SOCIETY (OVER \$51)

Received as of December 31, 2006

(Does not include donations to other organizations)

Life Member

\$151 Bhupesh & Yash Mehta

In Memory of Inaxi Shah

\$1,200 Manu J. Shah

Sunday class lunch

\$300 Atul & Aruna Shah

Gheeboli & Swami Vatsalya

\$852 Sanjay & Sangeeta Shah

3-Year Members

\$51 Sheel & Tejal Lodaya

51 Kirit & Niharika Patel

For Anish's wedding

\$251 Yogesh & Roopa Sheth

Matching Donation

\$162 Raju & Monica Shah

Pooja

\$501 Jay & Sumangala Bhandari

501 Jasvant Doshi

\$501 Sameer & Kajal Kamani

202 Dnyanada Parekh

Gheeboli

\$801 Manchand & Nirmala Maloo

751 Parash & Rina Shah

701 Jigar & Archana Shah

401 Kalpesh & Neeta Shah

352 Pravin & Veena Dand

351 Manoj & Kanta Dharamsi

301 Kanti & Meeta Gangar

301 Allap Shah

301 Gyan & Kumi Shah

251 Alpa Mehta

\$201 Kanu & Jyoti Doshi

201 Arvind & Sanyukta Shah

200 Himanshu Mehta

126 Payesh & Niyati Jhaveri

125 Vasanti Sanghvi

101 Nilesh & Manna Shah

85 Punamchand & Chandra Vora

56 Rajesh & Sujata Vora

55 Shailesh & Mona Shah

Other Donations

\$2,501 Sushil & Asha Jain

2,501 Ravi & Manju Kasliwal

501 Nilesh & Rupal Shah

351 Nalin & Vandana Patel

202 Minaxi Shah

151 Suresh & Indu Ambudkar

\$101 Bipin & Rashmi Turakhia

81 Saurabh Dalal

51 Ankan & Sunanda Jain

51 Jhalak Mehta

51 Arvind & Sanyukta Shah

51 Chandralekha & Bhadra Shah