

OCT 2020 EDITION



# jainvani

A Publication by Jain Society of Metropolitan Washington



## इहउभारालो

**BEGINNING THE CONSTRUCTION OF OUR  
DREAM TEMPLE**

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**JAIN SOCIETY OF METROPOLITAN WASHINGTON**

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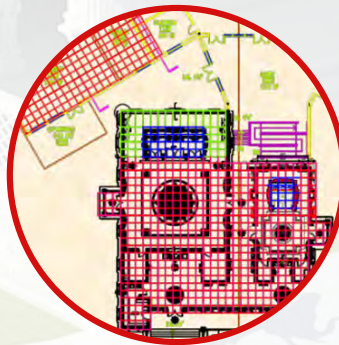
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## LEADERSHIP MESSAGE

Jai Jinendra!

It is my pleasure to say Anumodana and Congratulations to Tapasvis of all ages who have undertaken Tapasya during both Paryushan and Das Lakshana Mahaparv. Our time together this year has been brand new and in fact more in touch and present than ever before. Even with the great tragedy that Covid-19 has brought to the global level, there may be silver linings to the past few months. In this timeframe, I would also like to celebrate with you all the successful signing of our construction contract as our dreams are becoming a reality! On behalf of all the temple and construction committees, we thank each and every person who has helped, donated, and volunteered for our sangh in effort for our New Temple.

We have grown even closer to the local community surrounding the new temple by helping those in need. This was key to our future progress as we worked to build a healthy bridge with the local community as we identified families who needed deeper help. During an event we hosted, I had the pleasure of speaking with a few law enforcement officials who were helping us facilitate and stay safe during our food drive. In that conversation they were deeply interested and inquisitive about Jain way of life and took extra interest in fasting. Unexpectedly, I received messages from those officers saying they are vowing to fast by next year's paryushan. From providing this hope, we look to be a pillar of strength in our new community and use our resources for good. Through the numerous prayer calls, Zoom meetings, online presentations, workshops, virtual Pathshala, virtual adult lectures, Jinvani, Today's Women, virtual programs and so much more has brought our entire Sangh together in ways never imagined before. For that we are thankful to everyone who participated because you are the reason, we have all progressed so far and reached new heights. From each individual member and family to the executive board and temple committees, it is not without dedication and hard work that we are able to successfully streamline our efforts and launch new endeavors.

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A great symbol of this dedication and growth is the evening prayer call. It is inspirational to see all ages and all families come together for a pious time. Huge thanks to the organizers and participants of each night's call - we are grateful to Manojbhai and Kantaben Dharamsi for their continuous efforts. A collaborative nature and friendly environment has allowed people in our sangh to step up and flourish! Thank you all once again for your participation in every way throughout this year and beyond! Also, I would like to personally thank all the first responders for their efforts on the front lines and facing new challenges every day.

Yours truly,

**Sharad Doshi**, President, Executive Committee

## NEW TEMPLE & JAIN CENTER PROJECT UPDATE (AS OF 9/15/2020)

### Construction Contract

**Our Sangh has achieved a major milestone of signing the Construction Contract for the New Jain Center building with DD&B Company**, it was signed on September 5<sup>th</sup>, 2020 at our current temple by Arvind Shah (Temple Committee Chair), Sharad Doshi (President) and Dr. Gita Shah (BOT Chair Designee) with the blessings & Manglik from Param Pujya Acharya Shri Chandrajitsuri Vijayji Maharaj Saheb and Param Pujya Panyas Shri Indrajit Vijayji Maharaj Saheb.



### Construction and Sitework

- Construction Committee completed the technical and financial evaluation, presented the Contractor Recommendation to Trustees, EC, and the Temple Committee.
- Trustees brought it to the General Body Meeting for approval of the estimated budget. On receiving the General Body Approval, the Contract was finalized.
- Notice to Proceed (NTP) for CLIN 01 (Slab on Grade) was issued to DD&B on September 8<sup>th</sup>, 2020.
- Third Party Inspection Contract for New Jain Center Building was given to Hillis-Carnes on September 11<sup>th</sup>, 2020.
- PG County Permit Application for Change in Contractor name from Mid-Atlantic to DD&B for New Jain Center Building and Third-Party inspection for MEP, Structural and Fire Protection forms with PE Stamp and their signature submitted on September 11<sup>th</sup>, 2020.
- Site Work:
  - Due to rain, progress was limited.
  - Contractor prepared site for soil-cement and pavement.
  - Walkway on N. Lincoln Ave is almost complete.
  - Site is ready for BGE to install 2 streetlights on N. Lincoln Ave.
  - Applied to State Highway permit extension.

### Finance

Our current financial picture as of September 15, 2020 is summarized in the table. The table lists the upcoming construction expenses (excluding DD&B Construction Contract, which will be included in the next newsletter as the Construction team is working with Contractor on the payment schedule.)

Site Development Construction Expense	Contract	Paid	Balance
<b>Mid-Atlantic Site Contracting LLC</b>	\$1,663,581.30	\$1,257,501.87	\$406,079.43
<b>Birckhead Electric</b>	\$149,850.00	\$63,287.99	\$86,562.01
<b>Stevenson Consulting Inc.</b>	\$60,000.00	55,087.75	\$4,912.25
<b>CV Inc.</b>	\$130,000.00	\$123,399.51	\$6,600.49
<b>NBJ Inc.</b>	\$390,555.00	\$335,896.02	\$54,658.98
<b>Potential Change Order</b>			\$15000.00

### Policy Subcommittee

The Policy Subcommittee's purpose is to establish a set of policies to ensure the smooth running of our Society. Policy Subcommittee has developed draft policy & guidelines for renting the facility and holding Pooja programs. Policy and guidelines for holding other ritual programs, parking, visiting scholars and Pathshala are under development.

**Policy Subcommittee:** Manoj Dharamsi (Chair), Kanu Doshi, Devang Ajmera, Sharad Doshi, Ketul Shah, Pravin Dand, Kamlesh Shah



### Process Subcommittee

The Process Subcommittee's purpose is to establish a set of processes to ensure the smooth running of our Society. The team will detail out broad policies from the Policy Subcommittee for implementation and execution by the Society. The first couple of processes we are intending to work on are Events (all facets, booking, coordination, set-up, clean-up, after-action reports, etc) and Poojas (for outside the temple, the way to reserve materials, help, guidance, etc.)

**Process Subcommittee:** Raju M. Shah (Chair), Pravin Dand, Jitendra Tejani, Shilpa Jain, Sahil Shah, Ruchi Jain and Dimple Doshi

### Operations & Maintenance (O&M) Subcommittee

The O&M Subcommittee's purpose is to establish Operations and Maintenance Plan (identify activities, identify various sources of income, identify potential expenses) and opportunities for additional income, exclusively for the New Jain Center after Pratishtha. Implementation will be done by EC and Trustees. Achievements so far:

- Collected the financial data for income and expenses for the year 2018 and 2019
- Identified a structure and approach to meet the goals as defined in the Scope and Charter
- Identified a list of all potential sources of income and expenditure

**O&M Subcommittee:** Jatin Shah (chair), O&M Subcommittee Members: Jatin Shah, Gautam Shah, Devang Ajmera, Jigar Shah, Samir Tatiya, Vikas Godha, and Harshid Shah

### AV Subcommittee

The AV Subcommittee's purpose is to address Audio Video, Security Systems, Telecom, PBX, Paging Systems, Servers, Access Control etc. needs for the New Jain Center. Subcommittee is looking for additional talented volunteers in this subject area.

**AV Subcommittee:** Manohar Hegde (chair), Manan Shah, Devang Ajmera, Sandeep Mehta, Ashok Shah

If you are ever in the area, please swing by the construction site and visualize our grand New Temple and Jain Center standing there in just a few years.

**Arvind Shah**

Chair, Temple Committee

## FUNDRAISING UPDATE

It has been a year since Shilanyas Mahotsav, and our **dreams are turning to reality!** As shared in the Temple Committee Report, we have signed a contract with DD&B Construction and as work progress, we will soon be expected to make payments against invoices raised by the contractor.

### Local, National, and International Outreach

- Letters have been sent requesting payment plans to continue to bring in funds.
- Calls are being made to provide follow-up and answer questions.
- Local banks are evaluating our loan application.
- **National:** Connections are being cultivated to obtain interest-free loans and grants from Jain organizations nationwide.
- **International:** Contract for marble work is nearing completion; Honorary Trustees are being engaged.

### Marketing

- Check out: <https://jsmw.org/Build-Our-Temple> to take a new labh from the various existing schemes.
- New flyers and posters being developed for a fundraising thermometer and various labhs.
- Series of videos released on website describing our story.

### Events

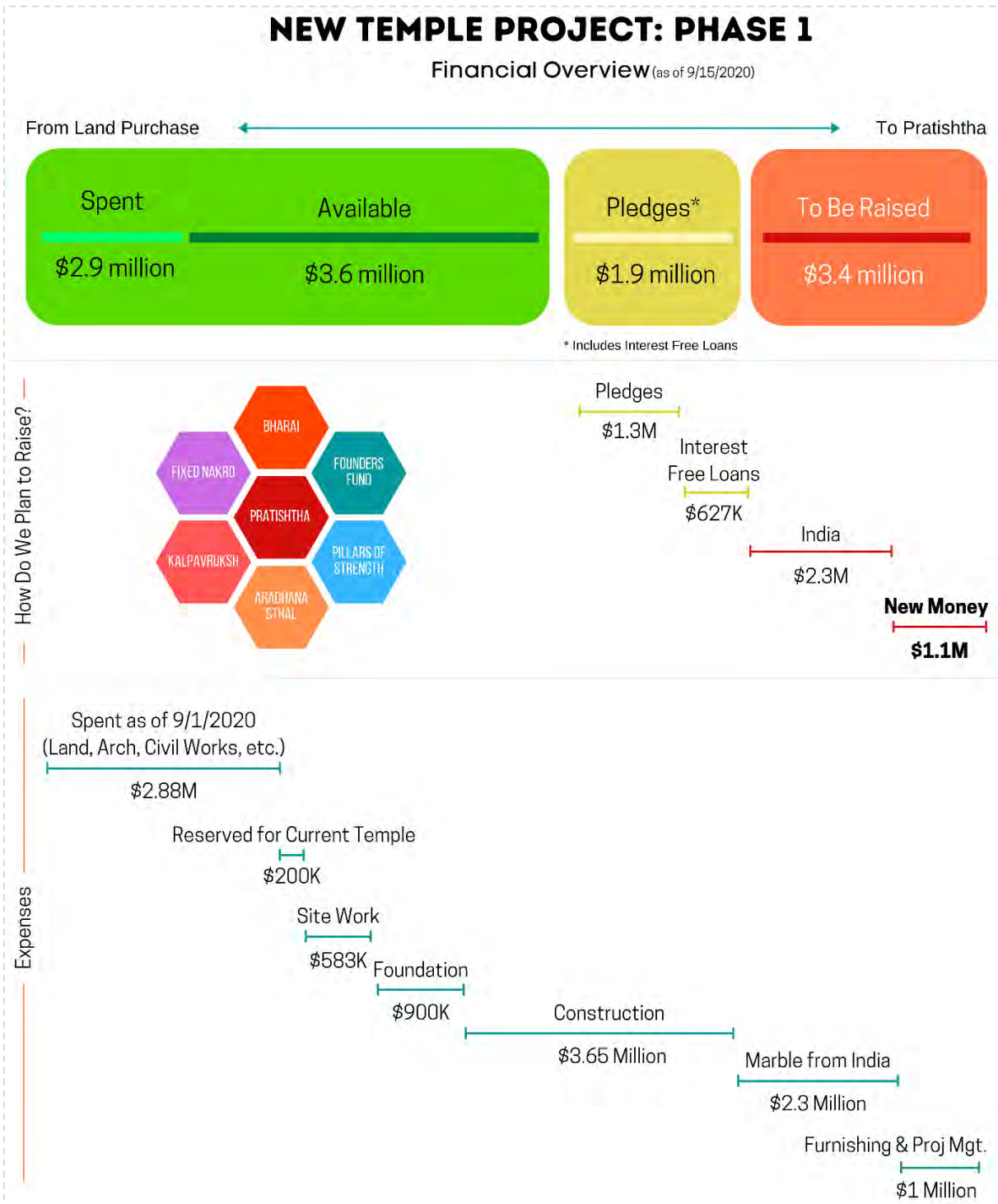
- Sept 5: BOT, EC and Temple Committee complete historic signing of the contract to build our new temple.
- Nov 1: Shubharambh - a ceremony to symbolize the start by pouring concrete in our new facility.
- Ideas for events: contact [fundraising@jainsocietydc.org](mailto:fundraising@jainsocietydc.org).

## Recognition

- Structure and initial designs laid out for recognition of donors in various schemes throughout the new Temple and Jain Center; mockups and interactive design coming soon.

## Financial Update

Lastly, we are providing a transparent view of our fundraising plan against the financial need for Phase 1 of the project, which as a reminder, includes laying the foundation (aka CLIN 1), and building the religious complex (aka CLIN 2). If you have any questions, please feel free to reach out to us at [fundraising@jainsocietydc.org](mailto:fundraising@jainsocietydc.org).



**Sushil Jain, Atul Shah**, Fundraising Committee Co-Chairs

**Fundraising Team:** Bhupesh Mehta, Pavan Zaveri, Pragnesh Shah, Rahul Jain, Sandeep Mehta, Shilpa Jain

## PATHSHALA UPDATE

## Welcome Back to Pathshala!

We are extremely excited to get the Pathshala Year 2020-21 started, even though it is through virtual means. First of all, there is a lot of work that happens behind the scenes and we would like to extend a special thank you to our registration, technology and book distribution teams who worked very hard over the summer to get us set up for the Virtual Pathshala this year.

- **Registration:** Raju Shah, Janak Rajani, Tanvi Shah, and Nilesh Doshi
- **Technology:** Sandeep Mehta, Manan Shah, Raju Shah
- **Book Distribution:** Jignesh Shah

We have about 150 students registered with 25 students also registered in language classes and 35 in Sutra classes. Our updated 2020-2021 schedule for classes is as follows:

- 09:15-10:15 - Gujarati / Hindi Language Class
- 10:30-10:50 - Sutra Class
- 11:00-12:30 - Pathshala Class

Our dedicated teachers are working very hard to prepare for online classes and to make the students feel connected with their classmates and teachers, through engaging activities.

## Pathshala 2020-2021 Schedule

- Sep 12, 27
- Oct 11, 25
- Nov 8, 22
- Dec 6, 20
- Jan 10, 24
- Feb 7, 21
- Mar 7, 21
- Apr 4, 18
- May 2, 16
- Jun 6, 18

## THANK YOU, TEACHERS!

Class	Teacher	Student Aide
Nursery (Age 3)	Vaishali Chheda, Namita Shah	
Pre-Alpha (Age 4)	Mamta Shah, Nilima Shah	Kunal Shah
Class A1 (Kindergarten)	Dhruti Shah	Simmi Nirula
Class A2 (1st grade)	Nirali Mehta, Khushali Chheda	Vanshika Shah
Class B1 (2nd grade)	Nita Shah, Jatin Shah	Niyati Shah
Class B2 (3rd grade)	Bijal Shah, Ripal Shah	Amol Ajmera
Class C1 (4th grade)	Jhalak Mehta, Monica Shah	Arjav Jain
Class C2 (5th grade)	Ami Shah, Ami Doshi	Suraj Gangar
Class D1 (6th grade)	Tejal Mota, Jigar Shah	Moksh Shah
Class D2 (7th grade)	Tejas Doshi, Rakhi Jariwala	
Class E (8th & 9th grade)	Megha Doshi, Mahavir Prabhu	Aneri Shah
Class G (10th grade)	Sonal, Deesha and Akhil Ajmera	
Gujarati	Mehul Doshi, Monali Shah	
Hindi	Shweta Jain	
Children Sutra	Nimesh Chheda, Darshini Shah, Mily Mehta, Parul Jain, Payal Jain, Viral Shah	
Adult Sutra	Savita Jain	
Adult Class	Atul Shah, Kanu Doshi	

## PATHSHALA 2019-2020 RECAP

### Class G Graduations

The year 2020 has brought in several accomplishments, which were all celebrated in a virtual event on September 12th. For starters, the extraordinary Pathshala journey of several students concluded with a note of excitement, as Class G Students graduated this year. We congratulate all of you and wish you the best as you continue adopting Jainism into your daily lives.

- **Class G Graduates:** Arjav Jain, Ayush Jain, Aneri Shah, Esha Singhai, Harsh Shah, Jai Doshi, Kunal Shah, Moksh Shah, Niyati Shah, Simmi Nirula and Suraj Gangar

### JSMW 7th Summer Essay Competition

We had over 50 students participate in this competition ranging from ages 5-15 years. Topics for all classes were around the Pandemic and Jainism practice around the current situation. Amazing job to everyone who participated!

- **Age 5 - 6:** How do you practice Jainism in your daily life and how has this changed during the pandemic?
  - **1st Place: Veer Shah (Ripal & Sahil Shah)**
  - 2nd Place: Aagam Jain (Renuka & Akhil Jain)
  - 3rd Place: Kevin Doshi (Ami & Mehul Doshi)
- **Age 7-8:** How do you practice Jainism in your daily life and how has this changed during the pandemic?
  - **1st Place: Aarna Jariwala (Rakhi & Jay Jariwala)**
  - 2nd Place: Yug Mehta (Kinnari & Ashish Mehta)
  - 3rd Place: Jainam Shah (Jemini & Jignesh Shah)
- **Age 9-10:** How have the principles of Jainism helped you cope with the COVID pandemic?
  - **1st Place: Aanya Shah (Komal & Kalpesh Shah)**
  - 2nd Place: Vihaan Jain (Shewta & Vishal Jain)
  - 3rd Place: Jayen Tolia (Jallika & Aashish Tolia)
- **Age 11 - 15:** What positive lessons will emerge from the experience with COVID and how does this relate to Jainism?
  - **1st Place: Aanya Shah (Komal & Kalpesh Shah)**
  - 2nd Place TIE: Aneri Shah (Pina & Viresh Shah)
  - 2nd Place TIE: Harshvi Shah (Minal & Pinkesh Shah)
  - 3rd Place: Samket Doshi (Megha & Nilesh Doshi)

This is another Pathshala event where a lot of time and coordination happened behind the scenes. A special thanks to our essay competition coordinators and our essay competition sponsors. The generous donation from our sponsors provided each participant and winner an Amazon gift certificate. All participants received \$10, 3rd place received \$25, 2nd place received \$50 and 1st place received \$101!

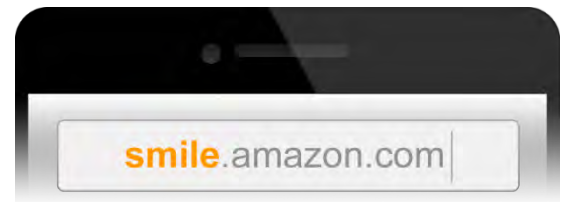
- **Essay Coordinators:** Anupa Maru & Nirali Mehta
- **Essay Sponsors:** Savita & Rahul Jain

Jai Jinendra!

**Nita Shah**, Director of Education  
[education@jainsocietydc.org](mailto:education@jainsocietydc.org)

### USE AMAZON SMILE AND SUPPORT JSMW

Today, my parents sat down to buy something on amazon. They used [this Amazon Smile link](https://smile.amazon.com) and logged into their amazon account. They bought 10 items and checked out. Without paying an extra price, our family donated \$1 to JSMW! Throughout the month we kept using [this Amazon Smile link](https://smile.amazon.com) and at the end of the month, we donated a grand total of \$100 to JSMW!



Here is how you can do this too:

- Use [http://smile.amazon.com](https://smile.amazon.com) link to sign into your amazon account
- Buy items like you would normally (and make sure this becomes your new normal)
- Check out and (without paying an extra price) donate to JSMW!



## JAIN YOUTH OF THE CAPITAL (JYOC) CORNER

### NEW JYOC COMMITTEE ANNOUNCED!

JYOC elections were held during the recent Virtual Lock-In event during which the JYOC members (children ages 13 and above) voted to elect their new board. Congratulations to all the new board members.

- **Simmi Nirula**, Chair
- **Arjav Jain**, Vice Chair
- **Vanshika Shah**, Events Co-Lead
- **Khushi Doshi**, Events Co-Lead
- **Parth Mehta**, Membership and Records Co-Lead
- **Syna Lodaya**, Membership and Records Co-Lead
- **Amol Ajmera**, Public Relations

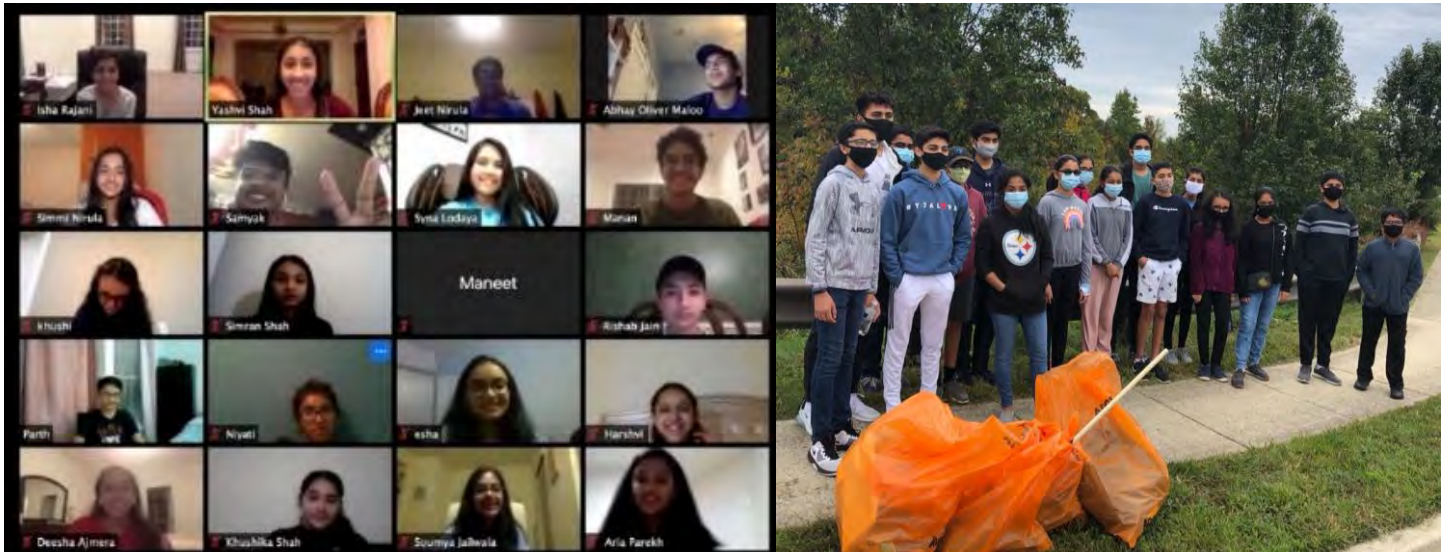


### VIRTUAL LOCK-IN

On August 14th, JYOC hosted its annual lock-in virtually! On this day, about 25 members participated in the JYOC annual general body meeting and recapped the year. Afterwards, we held our elections for the 2020-2021 JYOC committee. The youth played fun online games like Codenames to finish off the night!

### ADOPT-A-HIGHWAY CLEAN UP

On Saturday, Oct 10<sup>th</sup>, about 20 JYOC members and adults picked up trash from a two-mile span on Ammendale Road, the road outside our New Temple site. Volunteers were split up into groups to pick up trash from different areas on the road. The event was a success, and we cannot wait to continue to make a difference in our community!



For JYOC Updates, please visit our website at  
<https://jainyouthofthecapital.weebly.com>

## RECENT EVENTS

### PARYUSHAN MAHAPARVA

Paryushan Parva was celebrated this year from August 15<sup>th</sup> through August 22<sup>nd</sup> in a unique way - Shri Parasbhai Shah along with Jaybhai graced the 8 days with enriching discourses in Gujarati and Hindi from Mumbai, India via Zoom.

The programming during the Paryushan Parva included:

- Daily morning & evening Pravachans. Topics covered were Paryushana parva no Mahima, Suriswar or Samrat?, Bhakti Thi Mukti, Mein Papi Tu Pavan, Devdravya & Sadharan, 10 Vidh Dharma – Anekantvaad, 10 Aachrra Vartman Kaal Na, Aaje Mara Prabhu No Janma Thayo, Karma v/s Purusharth, Prabhu ni desna ane sandesha, Pramatta ni olakh, Jain monk, Khama virashya bhushanam & Kalpa Sutra
- Daily evening Pratrikraman (virtually) by Saurabhbhai Shah and Viralbhai Shah
- Daily evening bhakti bhavna program by Jaybhai.
- Daily Aarti / Mangal Deevo.
- Daily Lunch & Dinner was provided via delivery service to students at UMD. This year we catered an average of 22 tiffins daily. Several members volunteered for delivering the tiffins daily. Lunch and Dinner was fully sponsored by several members of the society. JSMW takes this opportunity to thank every sponsor.
- Swapna Ceremony was joyfully celebrated by over 400 attendees virtually and few in person on Sunday, August 16th, 2020. The ceremony was celebrated in its unique way never experienced by our sangh. The event was very well received.



### DAS LAKSHAN MAHAPARVA

Das Lakshan Mahaparva were celebrated from 23<sup>rd</sup> August to 2<sup>nd</sup> September. This year's Parv was celebrated virtually but the energy and bhaav of the Sangh was at all-time high in celebrating Das Lakshan in these unprecedented times. We were able to collaborate with Jain Center of America (NY Queens Jain Temple) and participate in all the activities planned by the NY Sangh, which included morning Bhavna Yog with Munishri Praman Sagarji Maharaj, Live Abhishek and Puja from JCA Adinath Jinalay, afternoon pravachan on Tatvarth Sutra by MuniShri Praman Sagar ji Maharaj, Pathshala for kids, Bhakti and Aarati Live from India and ending the day with Live Pravachans from India by Pundit Maheshji.

The Celebrations started with Solah Karan Vidhan Puja on 23<sup>rd</sup> August where Sangh members participated with immense excitement. Each day starting from 6:30 EST, members of 10 Sanghs from Boston to Atlanta joined the Bhakti and Aarati performed live by Yogeshji and Ranjithai Meena from Khandwa, India. Members of JSMW along with other members were immersed in the Bhakti Bhaav, danced to the bhajans and 100s of families did Aarati together at the same time. Right after Aarati everyone took the labh of Maheshji's Pravachan on Das Lakshan, Karm Siddhanta and many more topic covered during the 10 days. Keeping up with the ritual of performing a Vidhaan, the sangh of JSMW performed the beautiful Panch Meru Vidhaan on 29 August. Abhishek was telecast live from the residence of Sushil Ji Jain and the Vidhaan was telecast live from the Jain Center, with the help of Zaveri family. The members of the Sangh participated in Puja and bhakti. The Sangh participated in Kshamavani Celebrations on 3<sup>rd</sup> September with members of 10 Sanghs with Bhakti by Yogesh and Ranjithaji from India.





## PARYUSHAN AND DAS LAKSHAN TAPASVIS

Our Sangh is fortunate to be blessed with several rigorous Tapasyas from little children (less than 2 years) to seniors during the Paryushan and Das Lakshan. This year we had record number of atthais & higher tapasya in our sangh. During the Sep 12<sup>th</sup> event, JSMW commemorated all tapasvis by doing anumodana through Tapasvi Bahumaan.

### 50<sup>th</sup> Paryushan Atthai!

As a young kid Navin ji Vora (adored as “Kaka”) was inspired by his mother who was always engaged in dharmik activities, by his father who took Santhara (Sanlekhn), and by a cousin who took Diksha. With such inspirations around him, Kaka started doing atthai in 1974 and has been doing so in every Paryushan since. Kaka has also been doing Ayambil Oli since he was 5 years old and has done 9 Upwaas and 11 Upwaas on one occasion. He hopes to do the 51st Atthai next year, which has been his long-term wish. Other than being such a glorious Tapasvi, Kaka also serves as a Director of Facility on the JSMW Executive Committee, but his volunteering goes way beyond his role. For many years, he had provided Jain food to college students during Paryushan and Das Lakshan Parva. Kaka has paved the path for many Jains and set an example.

**Dear Kaka, Khoob Khoob Anumodna on your Tapasya!**



### Children Tapasvis

Our young children are an inspiration to us all. We had children from 22 months to 17 years old whose tapasya ranged from ekashana to more than atthai. CONGRATULATIONS and ANUMODANA to our three youth – **Raina Shah (Nilay & Namita Shah)**, **Neil Jariwala (Jay & Rakhi Jariwala)**, and **Lay Shah (Sahi & Ripal Shah)** who did 8+ days fasting.



## CHILDREN TAPASVIS

We had children from 22 months to 17 years old  
Tapasya ranges from ekashana to multiple atthams

Aarav Jain	Darshi Shah	Keeyan Desai	Samkit Doshi	Veer Jatin Shah
Aarna Jariwala	Devika Shah	Kevin Doshi	Sanaya Mehta	Vihaan Mehta
Abhay Maloo	Dharmi Shah	Keya Chheda	Shlok Shah	Viyaan Shah
Advit Dhanote	Dhruvi Shah	Khushi Doshi	Shlok Shah	Yashvi Shah
Ajay Maloo	Esha Singhai	Khushika Hitesh Shah	Shrushti Doshi	Yesha Shah
Amol Ajmera	Haeli Shah	Manan Zaveri	Simran Hitesh Shah	
Anay Gangwal	Harshvi Shah	Maneet Mehta	Soumya Jailwala	
Aneri Shah	Hiral Jain	Mishika Mehta	Sparsh Tatiya	
Anuva Maloo	Isha Rajani	Moksh Shah	Sujay Khona	
Arjav Prabhu	Jahnavi Shah	Namie Patani	Syna Lodaya	
Arjun Babla	Jaina Gandhi	Nishil Rajani	Tia Shah	
Arnav Godha	Jainam Raju Shah	Pari Golecha	Tirth Shah	
Aryan Godha	Jainam Jignesh Shah	Parth Mehta	Umang Jain	
Avyan Dhanote	Jaini Chheda	Rishab Jain	Vanshika Shah	
Ayaana Palrecha	Kashvi Mehta	Rishabh Prabhu	Veer Shah	
Ayansh Shah	Kavya Zaveri	Saanvi Jain		



## Adult Tapasvis

With more than 19 atthais+ (8 days or more) and above and 43 atthams+ (3 days or more), JSMW adults did tapasya with bhaav and bhakti during this Paryushan and Das Lakshan Parva. Anumodana to all tapasvis!



### ADULT ATTHAI

Binaben Mehta	Nirmala Jain
Devang Ajmera	Rani Ajmera
Devang Patel	Sahil Shah
Harshid Shah	Sandeep Jain
Manna Shah	Sandeep Mehta
Navin Vora	Yash Rao
Nirali Mehta	Yash Shah

### ADULT TAPASVIS

Akhil Ajmera	Krushvi Savla	Rokin Gala
Amit Patani	Mina T	Ruby Mehta
Ashish Tolia	Nilesh Shah	Rupa Mehta
Bijal Shah	Nimesh Chheda	Rupen Shah
Chandrabab Babulal Shah	Nirmala Vora (Kaki)	Sanket Shah
Darsha Desai	Nishchay Modi	Sara Jain
Deesha Ajmera	Pankaj Kumar Golecha	Saritha Golecha
Dhiren Khona	Pratiksha Jain	Sharad Doshi
Hitesh Shah	Pravin Dand	Sharmishta Shah
Kanvi Pares Shah	Pulkit Gangwal	Shilpa Udani
Kavita Modi	Rahul Jain	Shilpa Pares Shah
Kayuri Pares Shah	Rakhi Shah	Sudhir Patni
Ketul Shah	Ravindra Jain	Tejal Mota
Krunal Desai	Ripal Shah	Vasumati Chheda
		Veena Dand

## TODAY'S GIRL TODAY'S WOMAN EVENTS

Today's Girl Today's Woman group has been extremely active and has been arranging events to help our members in various ways from physical and mental health to wealth management. Thanks to the group leaders for engaging us and keeping us active.

### YOU ARE NOT ALONE – A MENTAL HEALTH SESSION

On May 12, we had a mental health session, "You are not Alone", with guest speaker Rachel Hingst, MPH, OTR/L, CPR. Rachel is an occupational therapist at the NIH. She received her Bachelor of Science degree in Occupational Therapy from the University of Wisconsin-Madison and her Master of Public Health degree from Johns Hopkins University. Rachel is a Certified Psychiatric Rehabilitation Practitioner. Her primary clinical focus is adult mental health. Her current interests include the role of occupational therapy in mental health recovery, functional outcome measurements for adults with serious behavioral health disorders and assessment of suicide risks for adolescents with rare diseases. In this virtual Zoom session, she reviewed wellness and coping skills. JSMW members gained knowledge about mental health disorders, how to identify them, and cope better.

### SKIN CARE DURING COVID-19

On Aug. 9th we had a session on "Skin Care during COVID-19" with guest speaker Jayshree Rathod, owner of Vedic Spa and an expert esthetician. Jayshree talked about how to take care of skin while salons are closed due to COVID-19, including which home products to use for facials. She went into details about different products for moisturizers and cleansers for pigmentations. This event was well received by members of JSMW who attended it virtually through Zoom.

### BIGGEST LOSER CHALLENGE

Today's Girl Today's Woman hosted the first ever JSMW's Biggest Loser Challenge. This was a 6-week challenge that ran from 7/12 - 8/29. With a small registration fee of \$25, 21 people participated in the challenge. This was open for all members of JSMW of ages 21 and above. The participants were aided and provided coaching during the challenge period of 6-weeks through weekly sessions on Saturdays with experts in health such as dieticians and physicians. The challenge had variety of energetic exercise sessions such as Bollywood Zumba, Weights & Resistance, Yoga, and Bhangra Zumba. The participants motivated each other by sharing their progress, sharing healthy recipes, and the daily steps progress. At the end of the challenge there were 4 winners: 2 women and 2 men for biggest loss of pounds and biggest loss of inches. This was a great program, and the participants enjoyed the challenge and want us to start another challenge soon.

**WILL, ESTATE PLANNING, ADVANCED DIRECTIVES WITH JAY HYMER**

On Sept. 13, 2020, we had Jay Hymer from Schnitzer/Hymer LLC host a virtual 90 min. session about "Will, Estate Planning and Advanced Directives". The session was well attended with over 65 members. Mr. Hymer discussed various options about this important subject in detail and answered many questions asked by members. The entire session was recorded for members who missed it: YouTube: <https://youtu.be/yTUysJlbjA>.

**KEY UPCOMING EVENTS****SHUBHARAMBH | NOV 1<sup>ST</sup>, 2020 AT 9AM**

[www.jsmw.org/shubharambh](http://www.jsmw.org/shubharambh)



Shree Shankheshwar Parshwanathay Namaha || Shree Adinathay Namaha

**Jain Society of Metropolitan Washington**  
Proudly Announces  
**Shubharambh**

It gives us immense pleasure to invite you to an event that we all have been waiting for a long time - the event that marks the beginning of the construction of our Dream Temple!

**Date: November 1, 2020**

**Time: 10:00 AM - 12:00 Noon**  
Snatra Pooja and Kshetrapal Poojan will start at 9:00 AM

**Zoom Meeting ID: 966 1358 3978 Passcode: 231346**  
or Zoom link: <http://bit.ly/jsmw-shubharambh>

Let's (virtually) join hands to celebrate with pooja and bhakti with Shri Narendrabhai Nandu and his musically talented group from India!

Only labharthis will be permitted on-site and they will be required to maintain distance as well as follow safety procedures.

[www.jsmw.org/shubharambh](http://www.jsmw.org/shubharambh)

**MAHAVEER BHAGWAN NIRVAAN KALYANAK (DIWALI) | Date: Sunday, Nov 15<sup>th</sup>, 2020 at 8:30am**

Mahavir Bhagwan Nirvaan Puja will begin with Abhishek at 8:30 AM followed by Nitya Niyam Puja and Mahaveer Bhagwaan Puja. The Puja will be held in a virtual setting, with a potential of an in-person Puja at the Jain Center (telecast live) with only few families present. Zoom link, Puja document and sign-up genius form will be shared via email closer to the date. It is unimaginable to celebrate one of our biggest festivals without meeting, greeting, and eating with friends and family. However, if we can have an amazing Paryushan & Das Lakshan Parv celebration for 10 days in a virtual setting, let's come together with the same enthusiasm and make this a memorable day!

**Nine Delicious Jain Diwali Recipes**

<https://www.jsmw.org/diwali-namkeen-recipe-book/>



## TREASURER'S REPORT

Below is a list of all donations above \$50 received between **Apr 1, 2020 and Aug 31, 2020**. Jain Society of Metropolitan Washington sincerely appreciates your generous donations. If we have missed anyone's name, or if you find an error, please let us know by sending an email to [Treasurer@jainsocietydc.org](mailto:Treasurer@jainsocietydc.org). The donation recognitions below are split between the donations toward the current temple and the new temple.

### CURRENT TEMPLE DONATIONS

TOTAL DONATION \$1,000 AND ABOVE			
Donor	Donation	Donor	Donation
Pavan & Meenal Zaveri	\$3,411	Devang & Rani Ajmera	\$2,260
Nitin & Meeta Sogani	\$1,503	Mrugesh & Jasmili Majmudar	\$1,502
Nimesh & Vaishali Chheda	\$1,371	Ashish & Shilpa Jain	\$1,365
Janak & Keyuri Rajani	\$1,361	Pragneshkumar & Sonal Shah	\$1,156
Kamlesh & Gita Shah	\$1,140	Sandeep & Jhalak Mehta	\$1,081
Pradhuman & Dhanlaxmi Zaveri	\$1,067	Nayan & Kashmiri Vaywala	\$1,025
Nilesh & Manna Shah	\$1,019	Hiranya & Anupa Maru	\$1,000

TOTAL DONATION \$50 – \$999			
Rahul & Savita Jain	\$990	Prakash & Kirtida Mehta	\$902
Vishal & Mily Mehta	\$881	Sahil & Ripal Shah	\$854
Dhairya & Stuti Shah	\$792	Nayan & Jyotsana Shah	\$756
Ashok & Mina Shah	\$751	Bhavesht & Ketki Maisheri	\$751
Sanjay & Indu Jain	\$742	Jatin & Ami Shah	\$676
Krunal & Darsha Desai	\$669	Jigar & Nency Shah	\$666
Paresh & Shilpa Shah	\$640	Swetal & Darshini Shah	\$631
Kanu & Jyoti Doshi	\$616	Nilesh & Megha Doshi	\$616
Pooja Sanghavi	\$602	Priyank Chaudhary & Nidhi Jain	\$602
Arvind & Nayana Mehta	\$566	Umed & Shakuntala Shah	\$550
Jay & Rakhi Jariwala	\$540	Shilpa Udani	\$509
Dinesh & Bhavana Mehta	\$503	Palak & Janki Shah	\$502
Harsukh & Rekha Kamani	\$501	Ruby Mehta	\$501
Saurabh & Priya Jain	\$501	Manan & Monali Shah	\$500
Rishi & Shilpa Dharamsey	\$490	Sailesh & Mona Shah	\$490
Sharad & Sonal Doshi	\$485	Pankajkumar & Saritha Golecha	\$476
Paresh & Kavita Modi	\$471	Mahaveer & Anitha Nabiraj	\$466
Tushar & Nishma Shah	\$465	Pratik & Nirali Shah	\$450
Jasvant & Urmila Doshi	\$440	Ramesh & Priti Mehta	\$440
Mehul & Ami Doshi	\$426	Vikram & Mamta Shah	\$400
Jatin & Parul Jain	\$390	Kailash & Rekha Mehta	\$390
Pinkesh & Minal Shah	\$390	Sunil & Pallavi Dharamsi	\$375
Akhil C Ajmera	\$365	Akshay & Ashvi Mehta	\$365
Ashok & Nayana Gangar	\$365	Ashwin & Nayana Mehta	\$365
Autumn & Nidhi Dhanote	\$365	Gautam & Dhruti Shah	\$365
Gautam Jain & Ruchil Barya	\$365	Hitesh & Falguni Doshi	\$365
Jignesh & Jaimini Shah	\$365	Navin & Nirmala Vora	\$365
Pranab & Vaishali Shah	\$365	Sara Jain	\$365



Saurabh & Neha Shah	\$365	Tejas & Sangita Doshi	\$365
Vineet T Shah	\$365	Ratilal & Rekha Chheda	\$352
Amit & Harshada Patani	\$350	Pulkit & Pratiksha Gangwal	\$325
Raju & Monica Shah	\$325	Allap & Sheetal Shah	\$315
Mahesh & Ramila Shah	\$303	Arnik & Vivamy Kapadia	\$300
Ashish & Jallika Tolia	\$300	Devang & Bijal Doshi	\$300
Jason A. Wampler & Lisa Vora	\$300	Kaushal & Hemali Shah	\$300
Kinjal & Sneha Sheth	\$300	Namita Shah	\$300
Prashant & Rupal Udeshi	\$300	Hiren & Heena Shah	\$252
Ketan & Leena Mehta	\$252	Parin Gangar	\$252
Prashant & Rajul Shah	\$252	Harshad & Amita Shah	\$251
Pramod & Kalpana Jain Singhai	\$251	Ridhish & Karishma Shah	\$251
Amrish & Sejal Gangar	\$250	Kiran & Sharmila Mehta	\$250
Mahesh & Premila Shah	\$250	Shari Cannon	\$250
Vikas & Isha Nahar	\$250	Navshit & Runa Mithani	\$225
Nitin & Chandrika Parekh	\$206	Charulata N. Parekh	\$202
Jitendra & Niranjana Tejani	\$202	Arun Swarnabadran	\$200
Manoj & Shilpa Shah	\$176	Chirag & Sejal Shah	\$175
Cornellius & Reena Young	\$175	Hasmukh & Varsha Mehta	\$175
Kalpesh & Komal Shah	\$165	Parag & Nirali Mehta	\$165
Kamlesh & Chandrika Shah	\$151	Manan & Diti Gandhi	\$151
Manish & Nirmala Vora	\$151	Manohar & Kalpana Hegde	\$151
Virendra & Sadhana Shavdia	\$151	Akhil & Renuka Jain	\$150
Andre & Rakhee Colaco	\$150	Ashok & Pallavi Shah	\$150
Bijal & Jigisha Shah	\$150	Jignesh & Nehal Goda	\$150
Meha Shah	\$150	Mehal Shah	\$150
Mukesh & Neeta Mehta	\$150	Prasanth & Nirmala Jain	\$150
Rajan & Amy Shah	\$150	Raju & Rupal Desai	\$150
Samir & Megha Tatiya	\$150	Saurabh Dalal	\$150
Vikas & Ruchi Jain	\$150	Ajay & Payal Mallesha	\$140
Vishal & Shweta Jain	\$140	Ashish & Kinnari Mehta	\$125
Jatin & Alpa Nagda	\$125	Rajesh & Kirti Patel	\$102
Bhushan & Abha Parekh	\$101	Deepak & Sunila Merchant	\$101
Dilip & Mira Gandhi	\$101	Harish & Dina Shah	\$101
Jitendra & Ranjan Kothari	\$101	Kirit & Bharti Khajuria	\$101
Kirit H Shah	\$101	Kunal & Megha Kot	\$101
Kunal & Poonam Shah	\$101	Neeraj M Shah	\$101
Piyush & Kalpna Srimal	\$101	Sanaya Surana	\$101
Yash Shah	\$101	Adarsh Gandhi & Gunjan Gugale	\$100
Avani Mohapatra	\$100	Belinda Boyce	\$100
Bhaves & Nita Shah	\$100	Bhawanji & Kala Jain	\$100
Crystal King	\$100	Derrick Strosndier	\$100
Elizabeth McElroy	\$100	Gaurang & Nimisha Shah	\$100
Gautham & Bijal Shah	\$100	Krishna Jayaraman	\$100
Rita S. Jain	\$100	Viral & Payal Gala	\$100
Punamchand & Chandra Vora	\$99	Bhaves & Chhaya Shah	\$75

Chetan & Sonal Ajmera	\$75	Gunvanti & Pinkesh & Vaishali Gala	\$75
Harshid & Hemangini Shah	\$75	Jinal Shah	\$75
Parthav & Sheetal Jailwala	\$75	Vikas & Ritu Godha	\$75
Chinmay & Prachi Jain	\$51	Jaimin V. Farkiwala	\$51
Jashwant & Asha Mehta	\$51	Jesang & Myrah Shah	\$51
Parsh Gosalia	\$51	Rashmikant & Madhvi Doshi	\$51

## NEW TEMPLE DONATIONS

TOTAL DONATIONS \$10,000 AND ABOVE			
Donors	Donation	Donors	Donation
Pavan & Meenal Zaveri	\$21,300	Arvind & Nayana Mehta	\$16,000
Jayesh & Rupa Mehta	\$16,000	Pragneshkumar & Sonal Shah	\$13,000

TOTAL DONATIONS \$5,000 TO \$9,999			
Umed & Shakuntala Shah	\$8,375	Sanjay & Swati Jain	\$6,003
Sanjay & Indu Jain	\$5,001		

TOTAL DONATIONS \$50 TO \$4,999			
Tushar & Nishma Shah	\$4,004	Jain Society of Hampton Roads	\$3,255
Praveen & Sunita Jain	\$3,912	Shripal Shah & Ami Banker	\$2,500
Nitin & Chandrika Parekh	\$2,501	Pankajkumar & Saritha Golecha	\$1,250
Maresh & Ramila Shah	\$2,000	Saurabh & Neha Shah	\$501
Bachubhai & Hansa Ajmera	\$799	Ashvin & Ranjan Shah	\$251
Ramesh & Roopa Ajmera	\$500	Tejas & Sangita Doshi	\$251
Nimesh & Vaishali Chheda	\$251	Dhairya & Stuti Shah	\$140
Amit & Deepty Bhansali	\$201	Bhavesht & Ketki Maisheri	\$53
Prakash & Kirtida Mehta	\$100	Jinal Shah	\$50
Dilip Pandya	\$50		

## Donate to JSMW

Donating to JSMW is easy. Pick the way you prefer to send in your payment.



### CHECK PAYMENT

- **Mail** in your checks: P.O. BOX 4548, SILVER SPRING, MD 20914
- **Dropoff** your checks at the Jain Center in the check box
- **Hand deliver** it to the treasurer or any of the EC members



### ONLINE PAYMENT

- **Pay on Facebook:** <https://www.facebook.com/jainsocietydc>
- **Pay through PayPal Giving Fund:** <https://go.jsmw.org/2QvTqkX>  
(For online payments, your donation receipts will be sent by Facebook/ PayPal, not JSMW)

SUPPORT JSMW



# BECOME A JSMW LIFETIME SUPPORTER

A donation of **\$365** or more a year as a Lifetime Supporter will enable JSMW to support and carry out many of the religious, educational, and cultural projects

Become a Lifetime Supporter Today – it is quick, easy, and online!

[www.jsmw.org/LifetimeSupporter](http://www.jsmw.org/LifetimeSupporter)

## NEW LIFETIME SUPPORTERS \*

Aarna & Neil Jariwala	Kailash & Rekha Mehta	Priyank Nidhi Chaudhary
Aarav Jain (Vikas Ruchi Jain)	Kamlesh & Gita Shah	Pulkit Pratiksha Gangwal
Ajay Chandna Jain	Kanu & Jyoti Doshi	Rahul & Savita Jain
Akhil & Deesha Ajmera	Kashvi Mehta	Ramesh & Priti Mehta
Akshay & Ashvi Mehta	Kavya Zaveri	Sailesh & Mona Shah
Amol Ajmera	Krunal & Darsha Desai	Samyak Jain (Sanjay Indu Jain)
Arunaben Hansraj Dharamsey	Mahavir Anita Prabhu	Sara & Rishab Jain
Arvind & Nayana Mehta	Manan & Monali Shah	Saurabh & Neha Shah
Ashish Shilpa Jain	Manan Zaveri	Sharad & Sonal Doshi
Ashwin & Nayana Mehta	Maneet Mehta	Sharmista Shah
Autum & Nidhi Dhonate	Navin & Nirmala Vora	Shilpa Udani
Ayush & Arya Jain	Nemichand & Hemlata Jain	Suraj Gangar
Chandrikaben and Rasikbhai Rajani	Nidhi & Nipun Maisheri	Sushila Pravin Shah
Chetan & Sonal Ajmera	Nilesh & Manna Shah	Swetal & Darshini Shah
Devang & Rani Ajmera	Nilesh & Megha Doshi	Syna Sheel Lodaya
Dhairya & Stuti Shah	Niranjan & Ila Shah	Tejas & Sangita Doshi
Gautam & Dhruti Shah	Nitin & Meeta Sogani	Tushar & Nishma Shah
Gautam Ruchil Jain	Pareesh & Kavita Modi	Varun Singhai (Vinod Seema Singhai)
Hitesh & Falguni Doshi	Pareesh & Shilpa Shah	Vasumati & Shantilal Chheda
Isha and Nishil Rajani	Pavan & Meenal Zaveri	Veer and Dharmi Shah (Jatin Toral Shah)
Jaini & Keya Nimesh Chheda	Pradhuman & Dhanlaxmi Zaveri	Vihaan & Sanaya Mehta
Janak & Keyuri Rajani	Pragnesh & Sonal Shah	Vineet & Vanshika Shah
Jasvant & Urmila Doshi	Pranab & Vaishali Shah (Baltimore)	Vishal & Mily Mehta
Jatin & Ami Shah	Pravin & Veena Dand	Yashvi and Harshvi Shah
Jignesh & Jaimini Shah	Pravin Sunita Jain	Priyank Nidhi Chaudhary

\* Lifetime Supporters whose payment has been received as of Oct 1, 2020. Please make your payment online at [www.jsmw.org/LifetimeSupporter](http://www.jsmw.org/LifetimeSupporter)



## A RECIPE FROM THE INTERNATIONAL FOOD FESTIVAL

*Italian Rainbow Salad & Italian Canapes Recipe*

Salad | Serving Size: 4

**Italian Rainbow Salad****Salad Ingredients**

- 1 cup boiled quinoa (red + white)
- ½ cup boiled cracked wheat
- 1 cup purple cabbage shredded (approx. half of a small cabbage)
- 1 cup colored bell peppers diced
- 1 large cucumber quartered lengthwise & sliced
- ¼ cup Edamame (fresh soybeans)
- 1/4 cup cilantro and parsley chopped (packed cup)
- Stuffed Olives (5-6 canned olives, 1 tbsp. cream cheese, 1 tsp milk, ½ tsp mixed herbs, black pepper, salt)
- 1 tsp olive oil
- Salt to taste

**Dressing Ingredients**

- ¼ cup strawberries boiled and crushed
- 1 tsp olive oil
- 1 tsp brown sugar or maple syrup
- 1 tsp apple cider vinegar
- 1 tsp balsamic vinegar
- 1 tsp black pepper
- Salt to taste

**Instructions**

1. In a pan, take 1 tsp olive oil and heat it. Add boiled quinoa and lightly sauté it. Similarly, lightly sauté cracked wheat.
2. Stuffed olives - Take 1 tbsp. cream cheese, 1 tsp milk, ½ tsp mixed herbs, pinch of black pepper, salt and mix it well. Take 5-6 canned olives and stuff them with this mixture
3. In a large bowl, combine all the chopped veggies, sautéed quinoa, sautéed cracked wheat and mix well.
4. Add all the dressing ingredients in a small jug or bowl and mix to combine. Then pour the dressing over the salad and mix well.
5. Refrigerate for 1 hour prior to serving to chill. Or enjoy immediately if preferred.

**Italian Canapes****Salad Ingredients**

- 8 canapes
- 1/4 cup Prego Pasta Sauce (No onion or Garlic)
- 1/4 cup boiled corn and colored bell peppers diced
- 1 tsp oregano
- 1 tsp basil
- 1 tsp olive oil
- ¼ cup cheese sauce
- Chopped parsley for garnishing
- Salt to taste

**Instructions**

1. In a pan, take 1/2 tsp olive oil and heat it. Add pasta sauce, 1/2 tsp herbs, Salt and sauté it well. Remove it in a bowl.
2. In a pan, take 1/2 tsp olive oil and heat it. Add corn, bell peppers, 1/2 tsp herbs, salt and sauté it well.
3. In each canape, pour 1 tsp prepared pasta sauce and 1 tsp corn bell pepper mixture. Top it with warm cheese sauce. Garnish with chopped parsley and serve it.

# JSMW ACTIVITY CORNER

Our B2 Pathshala students (age 8) have learned about kashayas, our inner enemies known as krodha (anger), lobha (greed), mana (ego) and maya (deceit).

## Match the Kashaya with the relevant story

- Bahubali, Rushabdev's son, spent a year in meditation but could not gain enlightenment until his sisters Brahmi and Sundari told him, "You cannot get enlightenment while sitting on an elephant." \_\_\_\_\_
- Chandrakaushik, a mighty poisonous snake, could kill any living being just by casting an evil glance. Lord Mahavir told him to "Calm down". \_\_\_\_\_
- King Hansa was in a dilemma when police approached him about the whereabouts of some thieves who were trying to rob some monks. If the King told the truth about the robber's plans, the robbers would be harmed and if he did not tell the truth, the monks would be harmed. Using his wisdom, he advised the policeman to protect the monks. \_\_\_\_\_
- In his past life, Shalibhadra was a poor boy who wanted to enjoy kheer, rice pudding. When his mom finally made the sweet dessert for him, the boy overcame his inner passion and immediately offered it to a Jain monk as gochari. \_\_\_\_\_

## How are you doing to conquer your own inner enemy? Use these questions to build your personal plan. Track your progress and check back in a few weeks!

1. Which of the four inner enemies do you feel you least control?

Anger    Ego    Greed    Deceit

2. Identify three personal triggers you feel cause you to display your inner enemies?

Trigger 1: \_\_\_\_\_

Trigger 2: \_\_\_\_\_

Trigger 3: \_\_\_\_\_

3. The first step to conquer your inner enemies is recognizing them when they occur. Choose one of the three suggested methods below to do when you catch yourself doing one of your inner enemies, or come up with your own idea.

(a) Taking 10 deep breaths    (b) Counting to 20    (c) Reciting 3 Navkars    (d) Your idea: \_\_\_\_\_

4. Track your progress. The 21/90 rule states that it takes 21 days to make a habit and 90 days to make it a permanent lifestyle change. Make a daily journal for three weeks and track the event that caused your inner enemy to come out and what you did to recognize it. Keep at it and you will be on your way to conquering your own inner enemies!



# JAIN SOCIETY OF METROPOLITAN WASHINGTON

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

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

## CURRENT JAIN CENTER

1021 Briggs Chaney Road, Silver Spring, MD 20905

## NEW JAIN CENTER

4241 Ammendale Rd, Beltsville, MD 20705

## CONTACT

<http://www.jsmw.org> | [info@jainsocietydc.org](mailto:info@jainsocietydc.org)

**SUPPORT JSMW**



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**[www.jsmw.org/LifetimeSupporter](http://www.jsmw.org/LifetimeSupporter)**

A donation of **\$365** a year or \$1/day as a Lifetime Supporter will enable JSMW to support and carry out many of the religious, educational, and cultural projects