



QUARTER 1, 2021 EDITION

jainvani

A Publication by Jain Society of Metropolitan Washington



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Newsletter Credits

It takes several hours of creative thinking, writing, editing, graphic design, styling, and production. We thank all the contributors to the newsletter.

JSMW Publication Team

Nimesh Chheda,
Monica Shah, Parthav Jailwala,
Priyas Shah, Parag Mehta

EXECUTIVE COMMITTEEec@jainsocietydc.org**Sharad Doshi**, President

301-748-8111

President@jainsocietydc.org**Megha Doshi**, Joint-Secretary

703-200-3080

JointSecretary@jainsocietydc.org**Monica Shah**, Director of Education

443-306-9955

Education@jainsocietydc.org**Nimesh Chheda**, Director of Publications

410-245-0966

Publications@jainsocietydc.org**Swetal Shah**, Director of Volunteers

443-983-2006

Volunteers@jainsocietydc.org**Vishal Mehta**, Vice President

240-293-5809

VicePresident@jainsocietydc.org**Minal Shah**, Treasurer

732-688-1992

Treasurer@jainsocietydc.org**Shilpa Shah**, Director of Events

410-292-0814

Events@jainsocietydc.org**Pulkit Gangwal**, Director of Public Relations

619-813-2412

PublicRelations@jainsocietydc.org**Pavan Zaveri**, Chair, Past Presidents' Council

240-606-0055

PastPresidentsCouncil@jainsocietydc.org**Gautam Shah**, Secretary

571-314-5076

Secretary@jainsocietydc.org**Tushar Shah**, Joint-Treasurer

301-503-3450

JointTreasurer@jainsocietydc.org**Navin Vora**, Director of Facilities

301-385-8931

Facility@jainsocietydc.org**Sandeep Mehta**, Director of Technology

301-775-7820

Technology@jainsocietydc.org**BOARD OF TRUSTEES**trustees@jainsocietydc.org**Atul Shah**, Chair

301-274-0319

ChairPerson@jainsocietydc.org**Manoj Dharamsi**

703-725-2468

mdharamsi@gmail.com**Bhupesh Mehta**

240-455-4524

bhupesh@bhupeshmehta.com**Dimple Doshi**

973-666-6090

dimple_doshi@hotmail.com**Gita Shah**

301-604-4076

gitashahmd@hotmail.com**Pragnesh Shah**

301-305-4261

shahpragnesh@hotmail.com**LEADERSHIP MESSAGE**

Jai Jinendra!

I would like to thank you all, for taking a moment, to read our first newsletter for 2021. It is for our members and future members, that we all dedicate our efforts. On that note, I would like to introduce the Executive Committee for the year 2021. At the last AGM, it was decided to allow any EC members to continue in their same role if they wish, however we have a few new appointees for the remaining term. Introducing Monica Shah as Director of Education, Nimesh Chheda as Director of Publications and Shilpa Shah as Director of Events. We often work behind the scenes but as a team the EC works day and night bring our goals to fruition. This year we look forward to bringing a new energy and push beyond our expectations to provide a solid foundation for our upcoming Pratistha. As always, we must work together to bring our community together and pursue our greatest achievement. Do take some time to read through this insightful newsletter and as a result I hope you feel a greater sense of connection with our members and activities. We hope to see you involved this year and in the future, and I look forward to seeing our sangh together, in person, later this year.

Yours truly,

Sharad Doshi, President, Executive Committee*Inside This Edition*

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NEW TEMPLE & JAIN CENTER PROJECT UPDATE (AS OF 2/7/2021)

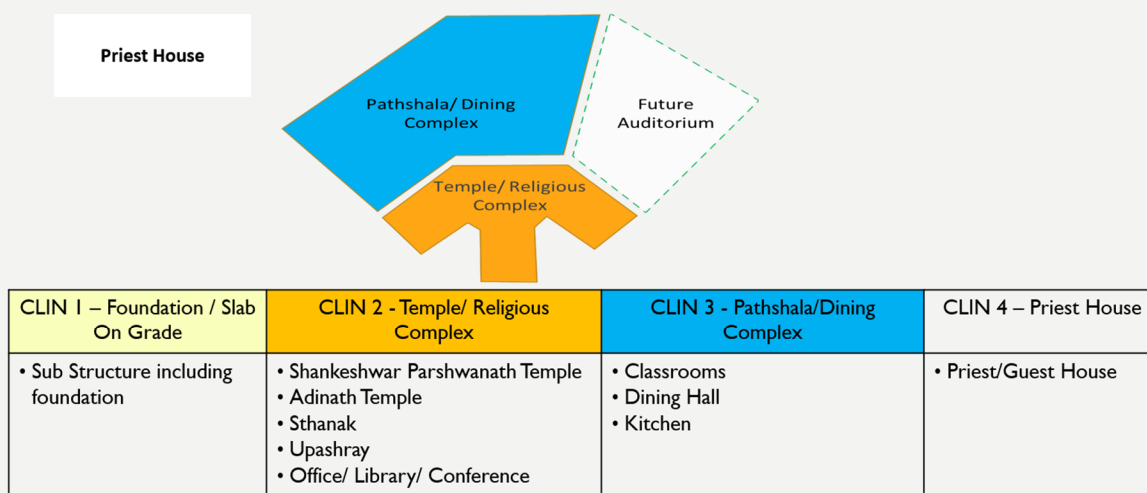
Construction Update

After signing the Construction Contract for the New Jain Center Building with DD&B Company on September 5th, 2020, CLIN 1 scope work was initiated in October 2020. Our Sangh achieved a major milestone of completing the concrete pouring in the religious areas of the new Temple site. Various in-progress photos and videos has been shared and will continue. Following the tradition, **No Steel will be used in the Gabhara, instead Fiber reinforcement will be used.**

Construction and Sitework

- DD&B Construction company has completed approximately 90% of the CLIN 1 work. Remaining slab will be completed by end of February 2021.
- Notice To Proceed (NTP) given to DD&B Construction company for initiating Partial CLIN 2 work was given in January. Based on that work for the Super Structure and Exterior wall has already started.
- Marble and FRP work are in progress in India.

NEW TEMPLE CLIN OVERVIEW (US CONSTRUCTION CONTRACT)



CLIN: Construction Line Item Number

Finance

Current financial picture is summarized below as of Feb 1st, 2021. The table below lists the summary of major contract financial status. Contract value includes approved change order till date. For CLIN 2, JSMW has released work for up to \$700,000 out of contract value of \$3,626,013.00.

Site Development Construction Expense	Contract	Paid	Balance
Mid-Atlantic Site Contracting LLC	\$1,663,581.30	\$1,409,976.00	\$253,605.30
DD&B Const. (CLIN 1)	\$930,009.45	\$390,859.78	\$539,149.67
DD&B Const. (CLIN 2)	\$3,626,013.00	\$0.00	\$3,626,013.00
Birkhead Electric	\$149,850.00	\$95,854.49	\$53,995.51
Stevenson Consulting Inc	\$60,000.00	\$55,087.75	\$4,912.25
CV Inc.,	\$130,000.00	\$123,399.51	\$6,600.49
NBJ Inc	\$390,555.00	\$335,896.02	\$54,658.98
Potential Change Order			\$15,000.00
Total	\$6,950,008.75	\$2,411,073.55	\$4,538,935.20

Policy Subcommittee

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

The Policy Sub-Committee's purpose is to establish a set of policies to ensure the smooth running of our Society. Policy Sub-Committee has developed initial draft policy for using/renting the new facility, holding/sponsoring Pooja & other ritual programs and food policy. The committee members meet every Thursday and are jointly reviewing the initial draft to finalize it.

Process Subcommittee

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

The Process Sub-Committee's purpose is to establish a set of processes to ensure the smooth running of our Society. A process includes the flowchart, forms, guidelines, procedures, etc. The team will detail out the broad policies from the Policy Sub-Committee for implementation and execution by the Society. Team will attempt to take the society's existing processes, document and improve them. In the past quarter, the team has begun to work on processes for Rituals, Events, and Pathshala. As always, if you are interested in joining our team, or have ideas to improve our society, please contact us on process@jainsocietydc.org

Operations & Maintenance (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

The O&M Sub-Committee'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:

- Collect the financial data for income and expenses for the year 2018 and 2019.
- Identified a structure and approach to meet the goal as define in Scope and Charter.
- Identified a list of all potential source of Incomes and Expense.
- Initiated the communications with other Jain Centers to gather the data.

Continuing into 2021, team plans:

- To meet on monthly basis
- Reach out to Senior members in the community for guidance.
- Plan to present a first draft for feedback by end of Q2 2021.

AV Subcommittee

Manohar Hegde (chair), Manan Shah, Devang Ajmera, Sandeep Mehta, Ashok Shah

Audio Video Sub-committee held multiple meetings from September through December 2020 to go through the requirement needs for computer network, cable runs, security access, video surveillance, audio, and visual system, paging and phone systems for CLIN 1, 2, 3 and 4.

The committee sent RFP for Audio-Video to four vendors on December 19, 2020 with the following timeline:

- February 2, 2021 – Submission of all questions from vendors.
- February 16, 2021 – Response by JSMW to the questions submitted and any clarifications required.
- March 2, 2021 COB – Submission of Bid/Quote.

The committee will go over all the bids received and finalize the vendor.

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

The New Jain Center Construction is progressing a few months ahead of schedule. Khoob Khoob Anumodana to the many donors, who are fulfilling their pledge amounts according to plan. However, we still need help from others to please pay your pledged amount (over \$1 million) as soon as possible, so that we can timely fulfill our construction invoice obligations. Our BOT is making every effort to work with you to collect outstanding pledged amounts. Our fundraising coordinators are progressing forward in updating our informational trifolds of each donation initiative as well as keeping the website updated. We are planning an online bhavna event in the next few months for everyone in the USA to promote our fund-raising initiatives. We made contacts with other Jain centers in North America in pursuits of financial support and receiving positive feedback. We are being reassured by International donors for their support. We are waiting for travel restrictions to be lifted so that we can make face to face appeals within the USA and Internationally.

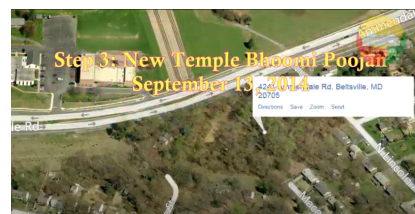
Have you been enjoying our videos and updates by email? This is a critical part of the marketing and messaging about our project to supporters locally, nationally, and internationally. Have any thoughts/feedback – send an email to fundraising@jainsocietydc.org Take a look at these – the magic comes again and again and hopefully the inspiration too!



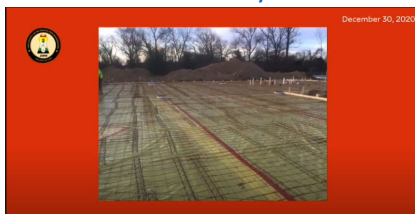
Down Memory Lane



Fundraising 2011



Bhoomi Poojan 2014



Construction Progress 12-30-20



Marble Progress 1-14-21



Concrete Pour 1-15-21

To make our dream temple a reality, we have two goals: First, is to collect a pledged amount and second is to raise an additional \$2 million in the next 18 months. Together let us take a SANKALP (pledge) to complete our spectacular white marble temple as the pride of Jains in the USA by 2022. To do this we will need your support of Tan, Man and Dhan in every aspect of this process. We urge you to please visit our website frequently and pay donations, as well as talk to your friends and families to seek their support.

Local, National, and International Outreach

- **Local:** With calls and letters to donors, almost \$1 million have been planned to be received. Final stages of obtaining a loan approval from several local banks.
- **National:** Jain Society of Metropolitan Chicago has pledged a significant interest-free loan. Similar talks are in progress with several more Jain sanghs.
- **International:** Marble work is underway; Various engagement events are being planned for our Honorary Trustees.

Marketing

- Check out: <https://jsmw.org/Build-Our-Temple> to take a new labh from the various initiatives.
- The New Temple website is undergoing renovations sharing much of our story.
- Videos chronicling our past and future are being released to members, donors, and supporters locally and internationally.

Events

- Nov 1: Shubharambh – a memorable success (See page 9 for more details).
- Jan 15: Gabhara Concrete Poured – a small team of Construction Committee members joined the construction workers adding auspicious vibrations through mantras and stotras as the concrete was poured in the Shankheshwar Parshwanath Bhagwan and Adinath Bhagwan Gabharas.
- Ideas for events: contact fundraising@jainsocietydc.org.



JSMW Kalpavruksh

Doesn't the color look great? Let us fill it all in. Helping build our temple [one leaf at a time](#).

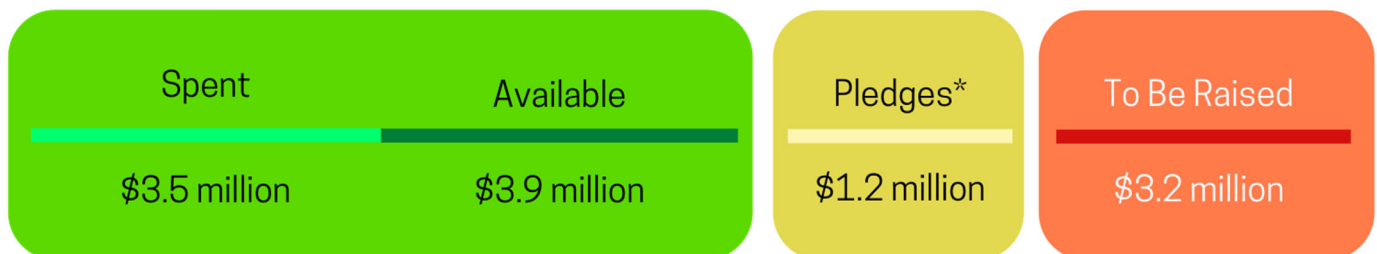
Financial Update

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.

NEW TEMPLE PROJECT

Financial Overview (as of 2/1/2021)

From Land Purchase ← → To Pratishtha



* Includes Interest Free Loans



Atul Shah, Chairman Board of Trustee, **Sushil Jain** Fundraising Committee Co-Chair

Fundraising Team: Bhupesh Mehta, Pavan Zaveri, Pragadesh Shah, Sandeep Mehta

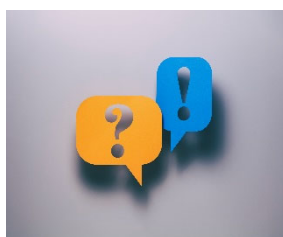
PARTNERING WITH NIH – *ALL OF US* RESEARCH PROGRAM



Who enrolls in research studies?

What will work for me?

How they decide what is the best treatment for an ill patient?



How can my doctor provide better, customized care for me?

Are there people like me (Jain, Indian, vegetarian, etc.) in these research studies?

All of this and more is what the NIH's *All of Us* Research Program is all about! JSMW is now a community partner of this historic Program to educate our membership about the importance of participation in medical research. With funding from them, JSMW will help raise awareness of *All of Us* among our community by participating in a communications campaign with emails, webinars, and other events to share information about the program, including how interested members can participate.

All of Us aims to collect data from **one million or more people** that reflect the diversity of the U.S. through outreach to communities historically under-represented in biomedical research to support this Precision Medicine Initiative. Precision medicine is an emerging approach to disease treatment and prevention that considers differences in people's lifestyles, environments, and biological make-up, including genes. In-depth research with participants with diverse health statuses and backgrounds is crucial for making precision medicine a reality. Right now, health care is often targeted to the average patient, not the individual.

The efforts of JSMW will help *All of Us* engage with individuals who have been historically excluded from biomedical research, creating one of the most **robust and diverse data** resources for scientists to turn to and, in time, pave the way for more customized health care. By participating in research like *All of Us*, individuals have the opportunity to ensure that they and their communities are represented in the most recent research.

All of Us is looking for individual volunteers over age 18 living in the U.S. to participate in surveys, share access to electronic health records, and visit a partner center to provide physical data. *All of Us* provides participants an opportunity to break down barriers in medical research, learn about their own health, access their own data, help ensure their community is included in research, and learn about additional research opportunities.

Inclusion at the research stages is essential for developing effective medical treatments and prevention strategies. By participating in a research program like *All of Us*, we have the opportunity to ensure our representation in the data that has often excluded diverse communities.

With the rich set of data anticipated from the program, health care providers will be able to provide more effective treatment and care for patients, share electronic health records, and gain new knowledge on health disparities.

For more information on the *All of Us* Research Program please visit www.joinAllofUs.org/together.

PATHSHALA UPDATE

Online Pathshala in full swing!

Pathshala is in full swing and our 2020-2021 academic year is halfway complete. Again, this year, we have over 150 students engaged in bi-weekly classes from nursery to high-school. In addition to Pathshala classes, which generally focus on Jain theory, principles, history, and practices, JSMW offers sutra classes and Gujarati & Hindi language classes.

Despite being virtual, our Pathshala has continued to thrive because of the dedication and commitment from various volunteering sub-committees, teachers, students, and parents. Teachers and technology volunteers have come up with creative ways to engage remotely.

If you have any questions, please reach out to your student's Pathshala teacher and/or our Education Director at Education@JainSocietyDC.org. Also, please make a note of our remaining 2020-2021 schedule.

Remaining Schedule

- 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	

Jai Jinendra!

Monica Shah, Director of Education
education@jainsocietydc.org

JAIN YOUTH OF THE CAPITAL (JYOC) CORNER

JYOC COMMITTEE

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



HALLOWEEN EVENT - OCTOBER 2020

On October 30th, JYOC held a Halloween celebration! Over 25 youth attended and had a fun time playing games like Werewolf and Among Us. It was a great opportunity for our youth to interact, bond, and get in the Halloween spirit.



JNAN PANCHAMI EDUCATIONAL VIDEO - NOVEMBER 2020

In honor of Jnan Panchami, our JYOC board put together an educational video for pathshala students with information about the festival, why we honor it, and how to celebrate it. The video was posted on our social media platforms and shown in pathshala classes the following Sunday.

Here is the [link](#) to the video



HOLIDAY PARTY AND CARD-MAKING - DECEMBER 2020

Our final event of 2020 was a Buddy event! JYOC members and Little Buddies made cards for children and first responders at Children's National Hospital in D.C. while also bonding over crafts and holiday music. The service event was followed by a JYOC members game night complete with family feud, codenames, and more.



JAIN ESCAPE ROOM & SCAVENGER HUNT - FEBRUARY 2021

Our first virtual Escape Room was a blast! The 20+ youth attending had their Jain knowledge put to the test, as they had to escape this "Pathshala" themed escape room in the shortest amount of time possible! The winning team, Manan Zaveri, Rishab Jain, Soumya Jailwala, and Dhvani Jain, escaped in just under 40 minutes!

For more information about upcoming JYOC events and membership information, please visit <https://jainyouthofthecapital.weebly.com> and follow us on Facebook and Instagram [@JainYouthoftheCapital](#).

RECENT EVENTS

PARYUSHAN AND DAS LAKSHAN PARVA VOLUNTEER APPRECIATION UPDATE

The world has been and continue to face COVID-19 pandemic. We pray for everyone's well-being and hope to come out of this even stronger as humans and as a community.

In August 2020 most of us and Jain Sangh's around the world were challenged on how we will be able to celebrate Paryushan and Das Lakshan Maha Parv (the most auspicious festivals for Jains), visit Derasar, and yet keep up with social distancing norms and CDC guidelines. But these trying times also brings out the best in the community where in the real heroes; that is our volunteers step up and take up responsibilities to make it happen.

Our Volunteers and Executive Committee demonstrated excellent support and went above and beyond by –

- Setting up virtual events and live broadcasting of lectures and bhakti by renowned Jain scholars from India
- Swapna ceremony celebrations in small groups and live broadcasting
- Daily arrangement and delivery of Jain food to young Jain students
- Live 24 by 7 Derasar Darshan and sign-up slots for in person Darshan
- New Temple construction contract signing milestone accomplishment
- Jain Pathshala infrastructure setup, training, enrollments, and support on technology

The above just lists some highlights; and in addition, there were numerous activities that were carried out behind the scenes- each equally important. JSMW celebrated its volunteers with a virtual appreciation ceremony hosted on September 12, 2020. The Board of Trustees presented the volunteers with various awards for their commitment and hardwork.

SHUBHARAMBH – AN AUSPICIOUS BEGINNING

JSMW marks the beginning of construction of their New Jain Temple and raised over \$300K in just an hour

[Read in Hindi](#) | [Read in Gujarati](#)

Beltsville, MD, USA – On November 1st, 2020, the Jain Society of Metropolitan Washington (JSMW) celebrated an event that marked the beginning of construction of their new Jain temple in Beltsville, Maryland. This amazing landmark near the nation's capital will be built with white marble on a 5.5-acre land and will be a place of worship grounded with the principles of non-violence for hundreds of Jain families in Maryland, Northern Virginia, and the Washington DC region.

This construction event, named Shubharambh (auspicious beginning), was an online event attended by ~500 people from the local community and around the world. Shubharambh was conducted under the guidance and blessings of skilled Vidhikar Shri Narendrabhai Nandu with religious hymns and lively music live from Mumbai, India. After an hour of spirited devotional music performed by artists in India, on behalf of the Jain Society, President Sharad



Doshi and Trustee Pragnesh Shah took the honor of pouring the cement on holy spots. Overwhelmed with the emotions of witnessing their dreams come true, JSMW members and guests donated with open hearts and pledged over \$300,000 in just one hour!

JSMW's goal is to increase awareness of Jain principles, inculcate Jain values in future generations, unite multiple Jains sects, and promote inter-faith understanding. The 30,000 sq. ft. Jain Center will be a single large complex with places of worship for multiple Jain sects, and an educational and social wing that will offer a library, classrooms, and a community center.

JAINISM THROUGH THE LENS OF SCIENCE

Jainism and Science have a strong connection. Modern science can be used to rationalize Jain rituals and practices. In the ancient Jain philosophy, the elements of scientific traditions were already established. Astronomy (Stars, Planets, Universe, etc.), Physics (Matter, Atom, Space, Motion and Time), Biology (Living Beings, Plants, Microbes) and Mathematics have an extensive mention in our scriptures. Jainism also finds itself extending its scope towards the other elements of science like Food Science (Nutrition and Wellness), Psychology (Mindfulness and Meditation), Public Health (Ecology, Environment). Let us peek at a few of these.

Astronomy:

Jain texts have carefully defined six elements of the universe as existing in 6 Dravyas: space (Akasa), time (Kala), matter (Pudgala), living substances (Jiva), non-living substances (Ajiva), medium of motion (Dharma-tattva), and medium of rest (Adharma-tattva). Jains believe that the Universe is eternal and there is no Creator or Destroyer of this Universe. The physics branch of science affirms that matter and energy can neither be created nor destroyed. Jainism holds the belief that all elements of the Universe are constant and are always existing.

Microbiology:

Jainism is credited by the scientific community as being among the first religions to firmly suggest the existence of unseen microbiological life centuries before the invention of a microscope. Our Jain texts mention that a single drop of water has ~36450 living organisms (Tras-kaay). Using boiled and distilled water for consumption not only validates our principle of non-violence (causing minimum harm) but is scientifically proven to have health benefits.

Public Health and Mindfulness:

Many public health studies support that the Jain's way of life in terms of strict vegetarian diet, non-alcoholism, eating before sunset, not eating stale food, drinking boiled water and meditation have multiple health benefits. Rituals like fasting are associated with benefits such as elimination of various diseases, apart from improving willpower and weight loss. While the practice of meditation during Pratikraman, Samayik and Kayotsarga is spiritually motivated, the techniques used to perform them aids in treating and preventing various illnesses apart from spiritual growth.

The chanting of mantras is related to the science of sound, where the vibrations created at the time of chanting, have great healing effects on the mind, the body and the soul.

Ecology and Environment:

Our fundamental principle of Ahimsa has its applicability to the conservation of biology and environmentalism and thus protects species, their habitats, and their ecosystems from extinction. The four Principles of Jainism-Non-violence (Ahimsa), Truth (Satya), Pluralistic viewpoint (Anekantawad) and Non-Possessiveness (Aparigraha) great steps towards protection of human rights and promoting world peace. Freedom to listen and freedom to take our own decisions advocate fearless approach and free democratic living. The **Live and Let Live** motto is the best at reducing wars and hatred amongst people and for environment protection.

Jainism is, in fact, a practical and a global religion. It is a way of life. When Jainism is studied in-depth, it comes across as being scientific. Jain Philosophy itself is a total science and Mahavir Swami is the greatest scientist ever. The compatibility between Science and Jainism is clearly substantial and we can synergistically use our Jain faith, knowledge and conduct to have a better understanding of the Universe we live in.

TECHNOLOGY UPDATES

Technology team continues to remain busy in this virtual world and behind the scenes ensuring our JSMW.org website remains current, online collaboration (Zoom, Google Meet, Drive, etc.) remain available, and Google classrooms for Pathshala and overall systems remain healthy.

Our website now allows you to sign up as well as make online payments for your labhs- <https://www.jsmw.org/build-our-temple>

Please take benefit of live darshan available from our website and our YouTube channel JSMWLive https://www.youtube.com/channel/UC9_OffckSDSSTN9LzcMXSdw

We are always looking for volunteers - if you are interested in volunteering with the technology team, please take a quick survey here, so we can get you involved:

https://docs.google.com/forms/d/e/1FAIpQLSfIShuhbCpcqtrWJSTkC9I2-dxD2hgq2dA_Mklm8rLFKUbwwww/viewform

VOLUNTEER TEAM UPDATE



Jain Society of Metropolitan Washington (JSMW) is a certifying organization and has been granted the authority to administer President's Voluntary Service Awards to our volunteers. The President's Volunteer Service Award (PVSA) recognizes, celebrates, and holds up as role models Americans making a positive impact as engaged and deeply committed volunteers. The Award enables community organizations – like JSMW – to amplify their gratitude by joining with the President of the United States to thank their most dedicated volunteers. Various award categories include the official PVSA pin, medallion, or coin; a personalized certificate of achievement; a congratulatory letter from the President of the United States; or a combination of all the above.

In 2019 JSMW honored over 30 outstanding volunteers, who made a big difference in our community. We have received almost same number of nominations for 2020.

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.

VEGAN AND GLUTEN FREE COOKING

On Nov 7th, 2020, we had 2 cooking demonstrations: Gluten free- Vegan Zucchini Cake & Vegan Cream Cheese Frosting & Quinoa Lapsi, as we get ready for Diwali and Thanksgiving holidays.

AYURVEDIC TIPS FOR HEALTHY LIVING On Jan 9th, 2021, Dr. Vaijayanti Apte from Texas, a well-known Ayurvedic medicine Practitioner for last 40 years presented an educational webinar. This event was well received by members of JSMW who attended it virtually through Zoom.

VIRTUAL WARLI PAINTING WORKSHOP

We had Virtual Warli painting with Hiral Joshi on October 11. Warli painting is the tribal form from the rural Maharashtra. Simple geometric shapes to create wonderful tableaux of art. There were more than 20 participants, and the registrations fee were 5.00 per person and it was open for JSMW members and kids above 12 years.





QUILLING SESSION WITH SWETA GALA As the holidays approached, on December 5th we had a Quilling session with Sweta Gala, a professional quiller. Quilling is art of making cards, jewelry, and other unique items of colored strips of paper. Kids 8 years and older and adults made few Christmas ornaments.

INFORMATION SESSION ON CORONAVIRUS

On Jan 17th, 2021 we had Panel discussion with 3 renowned doctors about the novel Coronavirus and newly approved vaccines. The panelists shared their expertise and answered questions from our members.



UPCOMING EVENTS:



IMPACT OF SOCIAL MEDIA ON YOUTH

On Feb 20th, 2021, as schools are virtual for almost a year, children and parents are feeling the stress of virtual learning, usage of electronics, social media, cyber bullying, etc. Medstar Health providers will discuss the impact of social media on youth. Learn how to support your child by healthy social media practices and learn strategies to avoid harmful behaviors.

<https://www.jsmw.org/event/impact-of-social-media-among-kids/>

2ND HEALTH WARRIOR CHALLENGE

On Feb. 27th, 2021 we will be starting our 2nd Health Warrior Challenge: After having a successful JSMW 1st Biggest Loser challenge, we will have another 8-week challenge with a new name Health Warriors Challenge. Registration: <https://bit.ly/3jl7NAW> or you can contact todayswomen@jainsocietydc.org



DAYRO / JAIN LOKGEET / CELEBRATION WITH SWARKINNARI GROUP, MUMBAI

On Mar 14th, 2021, JSMW cordially invites all of you to a wonderful musical program to celebrate the progress of our Shikharbandi temple and express gratitude to all its members, with a musical event.

March 14th, 2021 - @ 10.30 am

<http://bit.ly/jsmw-dayro>

TREASURER'S REPORT – HISTORIC COLLECTION OF \$1,506,000 IN 2020

Below is a list of all donations above \$50 received between **Sep 1, 2020 and Dec 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. 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
Pravin & Veena Dand	\$2,555	Manjula and Fakirchand Dalal & Family	\$1,095
Bhaves & Nita Shah	\$2,002	Viren & Anila Shah	\$1,095
Pinak & Dharmishta Shah	\$1,505	Allap & Sheetal Shah	\$1,070
Sandeep & Jhalak Mehta	\$1,294	Ujjval & Deepal Shah	\$1,022
Aruna Atul Shah Charitable Trust	\$1,116	Pradhuman & Dhanlaxmi Zaveri	\$1,001

TOTAL DONATION \$50 – \$999			
Vinod & Seema Singhai	\$869	Jiten Hemant Sanghvi	\$302
Pulkit & Pratiksha Gangwal	\$867	Vikas & Ritu Godha	\$302
Jatin & Toral Shah	\$866	Praful & Renu Shah	\$300
Priyank Chaudhary & Nidhi Jain	\$730	Kantilal & Meeta Gangar	\$252
Vipul & Nilima Shah	\$703	Navin & Nirmala Vora	\$252
Raju & Rupal Desai	\$652	Lokesh Gandhi & Shweta Jajodia	\$251
Sahil & Ripal Shah	\$616	Sunil & Seema Jain	\$251
Tushar & Nishma Shah	\$602	Trupti Shah	\$251
Autumn & Nidhi Dhanote	\$601	Ajay & Chandna Jain	\$202
Arvind & Sanyukta Shah	\$600	Anupam & Mainaki Shah	\$202
Gulab & Rekha Shah	\$600	Pavan Jain & Chetana Shah	\$201
Bhupesh & Yash Mehta	\$516	Praveen & Sunita Jain	\$201
Chetan & Sonal Ajmera	\$516	Amit & Jill Vora	\$151
Dipak & Jyoti Shah	\$501	Lakin & Sonali Haria	\$151
Jatin & Parul Jain	\$501	Nikhil Bumb & Ambika Bumb	\$151
Sanjay & Swati Jain	\$501	Nilesh & Manna Shah	\$151
Savindra & Sonali Jain	\$501	Rita S. Jain	\$125
Mudit & Kirti Jain	\$500	Sheel & Tejal Lodaya	\$120
Hitesh & Ripal Shah	\$466	America's Charities	\$108
Hasmukh & Varsha Mehta	\$404	Amit & Harshada Patani	\$101
Ravindra & Manju Kasliwal	\$402	Ashok & Pallavi Shah	\$101
Hiranya & Anupa Maru	\$390	Devang & Rani Ajmera	\$101
Mahesh & Ramila Shah	\$367	Indrajit M. & Kailas Shah	\$101
Bhaves & Ketki Maisheri	\$365	Jay & Rakhi Jariwala	\$101
Bhupendra & Kokila Mehta	\$365	Kailash & Anita Gangar	\$101
Bhupesh & Pallavi Babu	\$365	Manohar & Kalpana Hegde	\$101
Jayesh & Rupa Mehta	\$365	Manoj & Shilpa Shah	\$101
Jignesh & Jaimini Shah	\$365	Piyush & Shreya Shah	\$101
Mehul & Ami Doshi	\$365	Rochita Tanna	\$101
Pankajkumar & Saritha Golecha	\$365	Shilpa Udani	\$101

Pragnesh & Neeta Shah	\$365	Viren Patel & Dhyani Shah	\$101
Prakash & Ameeta Sanghvi	\$365	Dawn Mancuso	\$100
Prakash & Trupti Shah	\$365	Sharad & Sonal Doshi	\$88
Sachin & Ruchita Shah	\$365	Shane Hodge	\$60
Sushil & Asha Jain	\$365	Kanu & Jyoti Doshi	\$51
Tejas & Sangita Doshi	\$365	Madhusudan & Savitri Joshi	\$51
Tapan & Sonal Shah	\$365	Abhay Chaudhari	\$50
Manan & Monali Shah	\$356	Dinesh & Bhavana Mehta	\$50
Deepak & Anita Padliya	\$350	Elena Sierra	\$50

NEW TEMPLE DONATIONS

TOTAL DONATIONS \$10,000 AND ABOVE			
Donors	Donation	Donors	Donation
Kamlesh & Gita Shah	\$292,213	Syrakes & Hemal Shah	\$25,000
Hiranya & Anupa Maru	\$61,000	Pragneshkumar & Sonal Shah	\$33,543
Sandeep & Jhalak Mehta	\$35,730	Bhanendra & Amita Bagda	\$15,000
Pravin & Veena Dand	\$35,001	Rahul & Savita Jain	\$13,750
Manjula and Fakirchand Dalal & Family	\$34,203	Sushil & Asha Jain	\$10,751
Hasmukh & Sudha Shah	\$25,000	Devang & Rani Ajmera	\$10,250
Mahendra & Asharani Pandya	\$25,000		
TOTAL DONATIONS \$5,000 TO \$9,999			
Bhupendra & Dipali Shah	\$9,999	Pareesh & Shilpa Shah	\$5,250
Pratixa Khona	\$8,889	Maheshchandra & Suvarna Shah	\$5,001
Sahil & Ripal Shah	\$7,760	Rajiv & Latika Jain	\$5,001
Prakash & Kirtida Mehta	\$7,400	Sharad & Sonal Doshi	\$5,001
Nilesh & Manna Shah	\$7,200	Sudhir & Shraddha Patni	\$5,001
Pinkesh & Minal Shah	\$6,902	Anuj & Ami Vedak	\$5,000
Pavan & Meenal Zaveri	\$6,801	Autumn & Nidhi Dhanote	\$5,000
Manoj & Shilpa Shah	\$6,200	Manchand & Nirmala Maloo	\$5,000
Pankaj & Smita Shah	\$5,752	Manoj & Sunita Jain	\$5,000
Vishal & Mily Mehta	\$5,498		
TOTAL DONATIONS \$50 TO \$4,999			
Gyan & Kumi Shah	\$4,950	Sanjay & Swati Jain	\$1,001
Vishval & Pooja Mehta	\$4,000	Akhil & Renuka Jain	\$1,000
Pinak & Dharmishta Shah	\$3,916	Gagan & Rena Nirula(Surana)	\$1,000
Manohar & Kalpana Hegde	\$3,605	Niren & Jaya Nagda	\$1,000
Nitin & Meeta Sogani	\$3,045	Sudhir & Hemali Mehta	\$1,000
Zaveri Kotadia Family Foundation Inc	\$3,001	Tejas & Sangita Doshi	\$1,000
Bhupesh & Yash Mehta	\$3,000	Dhiren & Deepti Khona	\$997
Ketan & Sona Mehta	\$3,000	Nilesh & Megha Doshi	\$800
Riddhish & Karishma Shah	\$3,000	Ajay & Chandna Jain	\$751
Pragnesh & Neeta Shah	\$2,849	Harshad & Amita Shah	\$751
Prasanth & Nirmala Jain	\$2,822	Jay & Rakhi Jariwala	\$751
Parthav & Sheetal Jailwala	\$2,755	Priyas & Richa Shah	\$751
Vikas & Isha Nahar	\$2,750	Viren & Anila Shah	\$751
Pradhuman & Dhanlaxmi Zaveri	\$2,749	Himanshu & Anusri Jain	\$700

Nimesh & Vaishali Chheda	\$2,596	Bhushan & Abha Parekh	\$600
Pulkit & Pratiksha Gangwal	\$2,504	Talak & Ranjana Shah	\$600
Jatin & Parul Jain	\$2,500	Chetan & Sonal Ajmera	\$550
Raju & Rupal Desai	\$2,356	Dinesh & Bhavana Mehta	\$502
Jatin & Toral Shah	\$2,253	Mani G Patel	\$501
Bhavesht & Chhaya Shah	\$2,201	Ramesh & Roopa Ajmera	\$500
Navin & Nirmala Vora	\$2,100	Samir & Megha Tatiya	\$500
Adarsh Gandhi & Gunjan Gugale	\$2,001	Umit & Sonal Shah	\$500
Ashok & Pallavi Shah	\$2,001	Rushabh & Manpreet Shah	\$442
Jitendra & Jayshree Shah	\$2,001	Deep & Hiral Desai	\$302
Tushar & Nishma Shah	\$2,000	Sunil & Seema Jain	\$275
Kamlesh & Chandrika Shah	\$1,596	Nemiprabhu & Sumitha Nabiraj	\$250
Vishal & Shweta Jain	\$1,502	Darpan Manojkumar Shah	\$200
Amit & Khushali Shah	\$1,501	Gautam & Bijal Shah	\$166
Arvind & Nayana Mehta	\$1,500	Arvind & Ramila Shah	\$150
Mahaveer & Anitha Nabiraj	\$1,466	Bharti Sanghvi	\$150
Pankajkumar & Saritha Golecha	\$1,252	Mitul & Padma Shah	\$101
Prashant & Rupal Udeshi	\$1,101	Dhairya & Stuti Shah	\$100
Vinod & Seema Singhai	\$1,100	Rohan S Jain	\$51

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

- **ACH / E-Check / Credit Card / Debit Card** <https://www.jsmw.org/supportjsmw>
- **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)

A RECIPE FROM THE VEGAN AND GLUTEN FREE WORKSHOP

Gluten free /Vegan Zucchini Cake

Cake Ingredients

- 1 ½ cups gluten-free flour
- 1 teaspoon baking powder and 1 teaspoon baking soda
- 1 ½ teaspoons cinnamon and ¼ teaspoon nutmeg
- ¼ teaspoon ginger (I like to use fresh grated ginger)
- ¾ cup brown sugar
- Mix 2 tablespoons ground flaxseeds and 5 tablespoons water (this is an egg substitute)
- 3 tablespoons melted coconut oil
- 1 teaspoon vanilla
- ½ cup milk or almond milk (for vegan)
- 1 8-ounce can crushed pineapple, drained - the secret ingredient!
- 1 1/2 cups grated zucchini
- ½ cup pecans, walnuts or nuts of your choice (optional)



Instructions

- Mix first 7 ingredients together in large bowl.
- Combine flaxseed mixture, oil, milk and vanilla in small bowl.
- Mix zucchini, pineapple and nuts in medium bowl.
- Add flaxseed mixture to zucchini mixture and mix well. Then add to dry ingredients and stir until just combined.
- Divide batter among 12 greased muffin tins or pour in a cake pan and bake at 350 for 20-25 minutes or until toothpick comes out clean.

Homemade Vegan Cream Cheese

- 1 and 1/2 cups Raw Cashews (soaked in hot water for 1 hour)
- 2 Tbsp Lemon Juice
- 1/2 cup coconut cream
- 1 tsp Salt
- 1/4 tsp white vinegar

To make your vegan cream cheese, soak the raw cashews in hot water for 1 hour. Add the cashews to a bowl, pour boiling water over it, cover with a cloth, and leave to soak for 1 hour. Then drain the cashews and add to a blender jug with the lemon juice, coconut cream, salt and white vinegar. Blend until smooth.

Instructions to prepare the frosting

- 8oz Homemade Vegan Cream Cheese
- 1/4 cup Vegan Butter
- 4 cups Powdered Sugar
- 1/2 tsp vanilla extract

Now you are ready to make your cream cheese frosting. Weigh out 8-ounces of the homemade cream cheese and place it into the bowl of a stand mixer.

JSMW ACTIVITY CORNER

Our D2 students, 6th and 7th graders, have learned about world religions and they have compared and contrasted these religions to Jainism. Go around the world and see how many religions and religious leaders you can find in the crossword puzzle below.

B	U	D	L	I	I	S	M	T	E	R	A	B	R	S	H	M	N	O	M
M	C	H	R	I	S	T	I	A	N	I	T	Y	P	Y	Q	A	B	E	S
A	O	O	T	E	L	L	W	O	D	S	H	A	I	U	J	T	L	N	I
K	N	M	S	I	Y	G	C	G	H	L	R	R	O	G	L	A	I	L	N
E	F	Y	U	K	S	I	O	Y	O	A	W	E	B	C	V	O	S	Z	A
A	U	W	Q	D	U	T	N	J	Y	M	S	I	U	D	N	I	H	N	I
H	C	Z	X	C	S	T	W	A	S	F	I	P	D	M	B	S	I	H	R
U	I	M	A	K	E	U	D	I	E	U	K	I	D	G	N	M	N	R	T
R	A	Y	U	I	J	J	H	N	K	R	H	Y	H	D	A	S	T	F	S
A	N	G	H	J	U	D	D	I	A	U	I	H	A	H	O	R	O	S	A
M	I	F	G	H	D	B	C	S	C	G	S	F	A	F	U	Y	Q	J	O
A	S	D	R	U	A	F	H	M	H	E	M	A	H	A	V	I	R	U	R
Z	M	V	B	J	I	E	J	U	T	H	I	D	H	N	T	I	E	I	O
D	A	B	N	M	S	W	K	K	E	A	S	S	B	R	R	P	D	O	Z
A	B	R	A	H	M	A	F	B	S	W	M	C	M	A	H	A	R	B	A

Buddhism

Christianity

Confucianism

Hinduism

Islam

Jainism

Judaism

Shinto

Sikhism

Taoism

Zoroastrianism

Buddha

Jesus

Tao

Brahma

Allah

Mahavir

Abraham

Kami

Waheguru

Tao (2nd time)

Ahura Mazda



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

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NEW JAIN CENTER

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CONTACT

<http://www.jsmw.org> | info@jainsocietydc.org

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