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# Vanik Voice

The National Council Of Vanik Associations



**LIVE AND HELP  
TO LIVE**

Issue 10 - October 2007

## NVK gets Grant

Navjivan Vadil Kendra was formed on 5th January 2007. Within its short history the quality of its services and work have been commended and appreciated by many. We already have 125 members on the register.

With less than six months history to back up its credentials, the Kendra has been awarded a grant of £7200.00 to continue the good work it has been doing. The grant will be used for the benefit of the members, and the elderly community members in the local boroughs.

The Kendra hopes to continue the good work it has started, and hope that more and more people will benefit from the good work that is being done by the Kendra. We aim to improve the quality of life, bring better health awareness and bring some joy in the lives of elderly, retired and lonely people in the Indian community.

With your good wishes and support we hope to achieve even more in the future.

Jayant Doshi  
Navjivan Vadil Kendra  
Secretary.

Navjivan Vadil Kendra has been awarded another grant of £11000/- to be used over a two year period. Recognition has been given to the work being done and planned by the Kendra, and we hope to prove that we are worthy of the faith and confidence shown by the award of these two grants within such a short period of the creation of this Kendra.

We seek your support and blessings to carry out the work to improve the quality of life of our elders. Navjivan Vadil Kendra is open for elderly members of any local community members, irrespective of religion, race or creed, and any one can apply and join this organisation.

NAVJIVAN VADIL KENDRA

# The NCVA committee at your service

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Bharat Varia  
Jayman Mehta

## Groups Established by NCVA

Vanik Professional Group  
Vanik Business Group

## Energy efficiency

Some things explained: ~

The reason it is more efficient to only fill the kettle with the amount of water you need is because if you are boiling more water than you need this is going to waste energy as you are using more electricity, which also means you are increasing your carbon output.

If a customer is on economy 7, the reason they should use appliances after their set time is because electricity is charged at a much cheaper rate than during the day, so by doing this it will save the customer money on their energy usage.

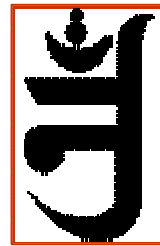
For health and safety reasons we would advise you to turn your appliances off at the socket, otherwise you just need to make sure appliances are not left on standby as this will also waste energy.

Trust this information has been useful.

Kind Regards

Louise Gray  
Energy Efficiency Advisor  
Residential Customer Services  
npower  
Tel: 0800 022 220  
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## Jain Aum



This is the Jain Aum. The word AUM is made up of

A FOR ARIHANT  
A FOR ASHARIRI (Bodyless) Siddha  
A FOR ACHARYA  
U FOR UPADHYAYA  
M FOR MUNI = SADHU.

The pronunciation of AUM should be AAA U M, made up as above.

This is a late development in Jainism. There is no such character in the original scriptures.

The pressure in pronunciation should start at the navel for A A, rising up to the chest with A then to the throat with OOO and in the head with MM. The MMM should create a vibration in the brain and teeth pressed together.

Information provided by Harshad Sanghrajka

## Spiritual Deficit Disorder

What is it?

Spiritual Deficit Disorder is the result of chronic stress and constantly feeling overwhelmed with too much to do, too many places to go, deadlines to meet, expectations to live up to, and not enough quality time for YOU.

Spiritual Deficit Disorder occurs when you have lost that special connection with your Essence your Spirit. It occurs when you are driven by something external to validate you.

Dr. Paul Pearsall, in his book titled "Toxic Success" states that people who are experiencing SDD (spiritual deficit disorder) suffer from a constant nagging feeling of self-doubt and feeling "not enough".

The unfortunate thing about SDD is that no matter how successful one is in the eyes of others, no matter all the achievements and accomplishments... one still feels empty inside, like there is a "missing piece".

For many who suffer from SDD, that nagging feeling of "not enough" and searching for the missing piece, only causes further stress, and a greater longing to return to Spirit. The cycle perpetuates itself until the body can no longer handle the stress and separation from Spirit.

For some, the wake up call is dis-ease in the body, for others it takes its toll on relationships, career, and even family. People who are cut off from their Essence, their Spirit, have cut themselves off from the very source of their life - Their Heart. We know that the "Silenced Heart" is the number one cause of Heart disease in America today. Research indicates that what is in our minds, our thoughts and the nagging habits that drive us to separation from our Hearts, is the toxicity that impairs our health and our well-being. We need to slow down, reconnect with our Heart and get in touch with what is most important to us.

How does one do this?

It's far simpler than you may think! The 4 Secrets To A Healthy Joyful Heart:

### 1. Breathe - Deeply

We underestimate the power of the breath! The Hawaiians practice daily what's called the "Ha Rite" which is deep breathing. Each time you breathe, deeply, from your diaphragm, you are massaging all your organs, especially your Heart. You are also automatically inviting your body to relax... let go and to surrender into the present moment.

### 2. Take Time for You

No matter what... Take at least 10 minutes a day for YOU – with absolute consistency. Engage in some activity or hobby that brings your Heart joy, peace and love. Take a walk in Nature Listen to your favourite music. Light a candle and just breathe into the flame ; watch a sunset ; visit an animal shelter on the way home; take a relaxing bubble bath; have a massage; turn off the news and BE with YOU . Whatever it is... just do that something special for YOU each day!

### 3. Honour the Wisdom of Your Heart

Take time to get in touch with what your Heart truly desires. Listen to your Heart, and honour it. Practice trusting your Heart's Wisdom... it will never fail you.

### 4. Experience Unconditional Love

Unconditional love comes from your Heart... it is your Heart. When you discover your own unconditional self love you will be living from your open Heart. You will feel more joy, love, peace and true happiness than ever before. It will change your life!

## Fear

I feared being alone  
until I learned to like  
myself.

I feared failure  
until I realized that I only  
fail when I don't try.

I feared success  
until I realized  
that I had to try  
in order to be happy  
with myself.

I feared people's opinions  
until I learned that  
people would have opinions  
about me anyway.

I feared rejection  
until I learned to  
have faith in myself.

I feared pain  
until I learned that  
it's necessary  
for growth.

I feared the truth  
until I saw the  
ugliness in lies.

I feared life  
until I experienced  
its beauty.

I feared death  
until I realized that it's  
not an end, but a beginning.

I feared my destiny,  
until I realized that  
I had the power to change my life.

I feared hate  
until I saw that it  
was nothing more than  
ignorance.

I feared love  
until it touched my heart,  
making the darkness fade  
into endless sunny days.

I feared ridicule  
until I learned how  
to laugh at myself.

I feared growing old  
until I realized that  
I gained wisdom every day.

I feared the future  
until I realized that  
life just kept getting  
better.

I feared the past  
until I realized that  
it could no longer hurt me.

I feared the dark  
until I saw the beauty  
of the starlight.

I feared the light  
until I learned that the  
truth would give me  
strength.

I feared change,  
until I saw that  
even the most beautiful butterfly  
had to undergo a metamorphosis  
before it could fly.

## Farewell from the Disability Rights Commission

The Disability Rights Commission (DRC) closes at the end of this month, to make way for the new Commission for Equality and Human Rights (CEHR), established under the Equality Act 2006, which opens on 1 October.

The new Commission replaces not only the DRC but also the Equal Opportunities Commission (EOC) and the Commission for Racial Equality (CRE). It will work to promote fairness for everyone and tackle discrimination in relation to gender, gender re-assignment, disability, sexual orientation, religion, belief, age and race. The Commission will also promote human rights.

Most of the information on the DRC website is due to be available in an easy-to-use archive section of the new CEHR website which will be launched on 1 October. However, **you may want to download and keep some of the documents on our site.** You need to do this by Friday 28 September when our site will become unavailable. You can also continue to [order hard copies of our publications](#) during September.

For more information about the CEHR visit [www.cehr.org.uk](http://www.cehr.org.uk)

## Maintaining Standards, Promoting Equality - new formal investigation report

The report of the DRC's final formal investigation, Maintaining Standards, Promoting Equality, is published this month. This year-long investigation into the statutory regulation of the health of teachers, nurses and social workers has concluded that people who are disabled or have long-term health conditions face barriers to entry and progression throughout large parts of the public sector.

Protection of the public is of the highest importance. However, we have concluded that the mass of regulations and guidance which govern health do nothing to protect the public and may even offer a false sense of security, whilst often deterring disabled people from applying or remaining in these professions. We have also found that they make people reluctant to talk about health conditions or to ask for reasonable adjustments.

The report recommends the repeal of the statutory requirements for 'good health' or 'fitness' of professionals. It recommends that a robust framework of professional competence and conduct standards, which are rigorously monitored, is the best way to balance protection of the public and the aspirations of disabled people to make their contribution to British life.

Government legislation in the Autumn, responding to the findings of the Shipman inquiry by tightening up monitoring mechanisms, would provide an early opportunity to revoke the health standards.

Visit the investigation's website for more information and to read the report: [www.maintainingstandards.org](http://www.maintainingstandards.org)

## Parliamentary Joint Committee on Human Rights report - response by the DRC

The Parliamentary Joint Committee on Human Rights report, published in August 2007, warned that many hospitals and care homes are failing to protect the human rights of older and disabled people in their care, with 21 per cent of facilities failing even to meet minimum standards on dignity and privacy.

Commenting on the report, DRC Chairman Sir Bert Massie said:

'The most important point from the Committee is that many older and disabled people living in private or voluntary sector care homes are not protected by the Human Rights Act (HRA) and this legal loophole must be plugged.

'For too long a succession of bleak reports and stories have highlighted abuses within the system. The Government and the incoming Commission for Equality and Human Rights should be making this a number one priority for action.'

If you like throwing money away stop reading now!

Can't be bothered to research who to renew your insurance with?

Can't be bothered to ring around?

You are with a good company and have been for years so they give you a good deal?

Think again! Insurance rates are so competitive now the customers have the best deals ever!

If your car, contents or buildings insurance is up for renewal try a few things: ~

[www.Confused.com](http://www.Confused.com)

[www.MoneySupermarket.com](http://www.MoneySupermarket.com)

Call Hastings Direct, Policyshop on 0800 1444 604 & Call connections on 0800 458 6214.

Why? Their rates are so competitive they don't advertise with these search engines.

Anonymous

### All about cheese!

This site provides information for vegetarians. Cheese can be made with or without rennet which is derived from the stomach tissue of a slaughtered calf. This list specifies those cheeses which are made without the use of rennet. Today more and more cheeses are made with "microbial enzymes" which are widely used in the industry because they are a consistent and inexpensive coagulant. The term "microbial enzyme" means it is a synthetically developed coagulant. The term "vegetable rennet" means it is derived from a vegetable source. Soft cheeses such as cream cheese and cottage cheese are manufactured without rennet. Some cottage cheeses, however, may contain gelatin which is derived from animal sources. All labels should be read carefully.

The information on this site is constantly updated as new information comes in. The entire list will be verified from all manufacturers every three years.

<http://cheese.joyousliving.com/>

### Bus fare prices FALL!

The cut in bus fares at the end of September means that, with Oyster, London has some of the lowest bus fares in the country. That, along with more buses and bus lanes, is one of the reasons why bus use in London continues to increase - up by 45 per cent in the last seven years. In most of the rest of the country bus passenger numbers have fallen continuously for years.

The 10 per cent reduction in bus fares - bringing the cost of a single journey with an Oyster card to 90p - is the latest in a series of improvements that have made bus travel across London cheaper, faster and more reliable. In the last few years London has seen its bus network grow, with 8,000 buses now running along 700 different routes. And the number of night bus routes serving central London and suburban town centres rose from 57 in 2000 to 100 last year, while fares were halved. As a result twice as many passengers now use night buses. Overall, there are around six million bus journeys a day in London.

Ten years ago things looked very different. The capital's privatised bus system was failing to provide the service people needed and the bus service in the city was in decline. Infrequent and unreliable buses led to long waits at bus stops and overcrowding. This often meant that people could only get on the second or third bus that came along. And congestion on the roads meant that bus passengers faced frequent delays stuck in traffic.

Since the Mayor and Transport for London have taken control the number of buses has increased, and new bus lanes have speeded up journey times. In central London congestion charging has led to a 20 per cent cut in traffic. The reduction in bus fares has been possible because London's economic growth led to more passengers and higher fares income than expected. The Mayor decided to give this back to Londoners in the form of a bus fares reduction. Mayor Livingstone said: 'It isn't very often that a city is so successful that you can give money back to passengers by reducing fares. It is a real pleasure to be able to make this 10 per cent cut.'

Provided by Jeetu Mehta

## Stealing laptops!

### **1. Tips for getting through security checks.**

Oddly, some airports have collected stacks of laptops. They're left behind by harried passengers in security areas. Most are reclaimed eventually. But some people never come back for their machines.

Obviously, you've got to allow yourself plenty of time when you fly today. When I travel, I carry my laptop in a laptop backpack. There's lots of room in there, and it's inconspicuous. I see fashionable businesspeople carrying laptops in expensive cases. They're asking for trouble. Those cases say, "Laptop! Laptop! Steal me!"

Security people most likely will want to check the laptop. If possible, handle it yourself, rather than having them do it. Frankly, they're not all sophisticated computer users.

When recently traveling through the Los Angeles airport, I had to give some hints to the security experts on how to open my laptop. "Just slide the button there right on the top," I told the perplexed guard. Don't be afraid to speak up. You don't need your machine damaged gratuitously. Be sure your battery is charged. The security people may well want to turn on the machine. Most important, don't let it out of your sight. This becomes especially difficult if you are selected for a random head-to-toe check. Once on board your flight, put the computer -- safely stowed in your bag -- under the seat in front of you. Try to avoid putting it in the overhead bin. Others will have more access to it there.

### **2. Have sensitive data? Encrypt it.**

If you have sensitive information on your computer, consider encrypting it. Programs such as Pretty Good Privacy ([www.pgp.com](http://www.pgp.com)) make the job easy. If you have Windows XP, you already have the tools needed. While the thief has your machine, these extra steps will make it much more difficult to access the laptop's data.

Encryption will protect your business secrets, but it won't retrieve your data. To do that, you've got to back up your information to another computer. If you run your own server, you can easily upload files to it.

You don't have to back up everything on the laptop. Just copy the files you will need to the server. If your laptop should be stolen on your trip, you may be able to borrow a computer at your destination and download your important files. Finding time for backups is a pain, I know. Lots of people don't bother. But backups can save you.

### **3. Make your digital-music player do double-duty.**

If you don't have a server, or don't want to back up to it, take a look at some digital-music players. Some today have 20-gigabyte hard drives. They are easily hooked to a laptop through the USB or FireWire ports. The data can then be copied to the digital-music player. These things can copy any data, not just music files. Stick it in your baggage. Archos ([www.archos.com](http://www.archos.com)), for instance, makes players with hard drives that range from 6 to 20 GB and cost \$200 to \$350. They will connect to your computer via the USB port. Copying files to them should be fast and easy.

### **4. Trace a stolen laptop's location.**

If your laptop does get stolen, wouldn't it be great if the system could do the high-tech equivalent of phoning home? There are programs that will report the location of a stolen laptop. They work when the laptop connects to the Internet. Some claim to report the laptop's exact physical location. Tracing programs include zTrace ([www.ztrace.com](http://www.ztrace.com)), CyberAngel ([www.sentryinc.com](http://www.sentryinc.com)) and ComputracePlus ([www.comptrace.com](http://www.comptrace.com)).

Security experts also say that engraving your name on the computer is helpful. That will make it more difficult to fence. A thief might decide to take a pass.

### **5. Set a system password.**

Every road warrior should protect their laptop with a startup password. This way, a system password prompt will appear each time you start your computer before Windows even begins to load. It will prohibit any access to the computer at all. So, this is definitely not a password you want to forget!

To create a system password, you'll need to access your computer's setup utility (also known as CMOS BIOS settings, which stands for "complementary metal oxide semiconductor basic input/output system"). Doing this requires different actions for different computers. Typically, however, if you press Delete, Esc or F1 as soon as you turn on your system, and before it begins to load Windows, you'll get the setup menu. If in doubt, check your computer's manual or search online at your system manufacturer's Web site. Once you're into the setup utility, scroll through the options until you find a setting for "security," or it may even be labeled "password." Enter your desired password and make sure you press "save and exit" (usually F10, but this too varies by machine).

### **6. Consider laptop PC insurance.**

Finally, if your laptop is expensive, you might want to insure it. Some homeowners', renters' and business insurance policies don't cover computers, and if they do, they may be limited in the type of coverage. But a few insurers, such as Safeware ([www.safeware.com](http://www.safeware.com)), specialize in insuring computers. You can get an online quote through Safeware or through InsuranceTraders.com, an online directory of insurance companies. Today's laptops are ripe targets for thieves. If you follow these basic guidelines along with some good common sense, you don't have to give yours up.

Article can be viewed at ~

[http://www.microsoft.com/smallbusiness/resources/technology/security/how\\_to\\_protect\\_your\\_laptop\\_from\\_thieves.msp](http://www.microsoft.com/smallbusiness/resources/technology/security/how_to_protect_your_laptop_from_thieves.msp)

## Rejection!

I stand five feet nine inches. Sometimes I lie and say five-ten. Just sounds better, right? When people who know me only from the phone or an online relationship meet me in person, it's not uncommon for them to remark, "Gee, you're not as tall as I'd imagined." My remarkably average height is rarely an issue though. I can reach the top shelf and I'm taller than most women. However, one of the few places my height is ever an issue is on the basketball court. The majority of the time I find myself matched up with someone taller than me. Having been this height for the past couple decades, I've adjusted to guarding and shooting over taller people.

Still, when you go up for a shot against men who enjoy a 6-to-9 inch height advantage, you can expect a sweaty palm to stamp your shot "Return to Sender" every once in a while. In the parlance of the court, blocked shots are referred to as "rejections" and through the years, I've been rejected hundreds of times. The real power of a blocked shot comes from getting in the head of the shooter; percentage-wise, the offensive team usually retains possession on blocked shots.

Of course, the idea behind this sort of verbal warfare is to intimidate you --- to cause you to shrink into your fear of failing, your fear of being embarrassed by getting blocked again. If you buy into this fear, you'll settle for shots that are more difficult and farther from the basket. And the odds that you will lose rise dramatically.

I bring up the story of rejection because it's been at the forefront of my mind. I have a book proposal under review at several major publishers. For a couple of weeks, these have been the messages forwarded to me from my agent: "Thank you so much for letting me have a look at Drew Rozell's (proposal), but I'm sorry to report that I'm going to pass. There's some solid advice here but I'm afraid that in the end, we just didn't feel that the content was fresh enough to stand out from the many similar books already on the market." "Many thanks for sending along Drew's project. I don't think we're going to be in the market for another book that, in so many ways, tends to mirror what XXX says in his." "I did indeed love the title of this project, but I wasn't confident we could get enough media for this (competition for slots is so fierce) to want to take it on, so we're not going to make an offer."

The first few blows slid right off me like weak jabs off a Vaseline-slathered cheek. But then one day I received three rejections in rapid succession. Bam! Bam! Bam! I felt like I got knocked on my keyster. Like a boxer who never saw the punch coming, I tried to reorient myself from the canvas as another adversary began to pump through my veins - Doubt. "Wow. Maybe I've been deluding myself all this time. Maybe I'm really not a very good writer. Maybe I have nothing original or worthwhile to say. Maybe..." For the entire afternoon, I chose to believe that my dream had turned to dust. I relinquished control over my own intentions. And no, none of this felt good. Later that night I re-read the proposal I submitted. And I liked what I wrote. My desire rose within me once again and I felt like my work now was to trust and allow things to work out rather than control how they worked out.

On the basketball court or in life, the most compelling question is not if you'll get rejected. Of course you will. Rather, the question is how do you choose to respond when you meet with rejection? We all know about the power of persistence in the face of rejection. We need not look far to find such stories on inspiration in the face of adversity. Even so, rejection looms as a deep-seated fear that keeps people from taking their best shot. And perhaps this is due in part from how we choose view rejection in the first place.

Just as death is part of life, rejection is part of success. When you think about it, working through a persistent struggle is what gives success its sweetness. Rejection is not be feared or avoided. Just as there is no happiness without sadness, no yin without yang, there can be no success without rejection.

Getting rejected on the court has made me a better basketball player. Getting rejected in from colleges and graduate schools, while painful in the moment, over time revealed themselves to be absolutely necessary for me to fulfill my intentions in a perfect way. And being rejected in relationships led me to hone in on what I really desired from a partner and no longer settle for "good enough." Getting rejected from publishers will allow me to attract the perfect publisher or improve my work to something even better. Either way, it's perfect. Through rejection, we evolve.

So, can you see rejection as being valuable and necessary? When you meet with rejection, do you keep your cool? Do you keep driving to the hoop or do you pass the ball, submitting to the fear of being blocked again? Most important, in the face of rejection, do you still hold your intentions, or do you choose to bow your head and relinquish your true power?

Getting blocked is part of the game. But remember, there's no greater thrill than going right at that bigger opponent and beating them to the hoop for the score.

Drew Rozell of The Quantum Performance Company

## NAVRATRI CELEBRATIONS

Navnat Vanik Association of the United Kingdom proudly presents Navratri 2007

Venue: Navnat Centre, Printing House Lane, Hayes, Middlesex UB3 1AR. Tel: 020 8861 5825

Date: Friday 12th October to Sunday 21st October

Friday 26th October (Sharad Purnima) please wear white clothes

Time: Doors open 7.30pm till Late

Special Events: Tuesday 16th October-Raas/Garba Competition (dance style)

Thursday 18th October-Dress Competition

Entrance: Season ticket for 11 days - £20

Friday, Saturday and Sharad Purnima - £5 per day

All other days - £2 per day

-Refreshments will be on sale.

-Dandia will be available for sale by NYA.

-Aarti voucher is £5 per day, Thali to keep.

-Free parking for 400+ car on site

For further information and tickets please ring:

Bharat Parekh 0208 922 8259

Rupal Punater 0208 908 0833

David Holden 0208 482 1798

Saroj Varia 0208 445 6305

Bina Holden 0208 482 1798

or any committee member of NVA, NVBS or Navnat Youth

Information provided by Navnat Youth Association

## Navratri

We are celebrating the Hindu festival of Navratri this Friday at the Sangat Centre. Please pass on the following message to Carers you know you are also welcome to join us.

Just to confirm that we have a singer for the Navratri celebrations (garbas) on the 12th, i.e. this Friday. The programme will start at 10.30 am and finish at 2.30 pm and includes lunch!! Carers, their families and friends are most welcome. I am sure we will have lots of fun!!

The cost is £ 5.00 per person.

Please let me know if you wish to join us for the festivities since I need to know how many lunches to order.

Hoping to see you on Friday

Best wishes

Jayshree Joshi

Sangat Carers Project

Sangat Centre

Sancroft Road

Harrow

Middlesex

HA3 7NS

Telephone : 020 8427 0659

[www.asiansinharrow.org](http://www.asiansinharrow.org)

Information provided by Chandrakant Shah

## Do it today!!!!

Around the corner I have a friend,  
In this great city that has no end,  
Yet the days go by and weeks rush on,  
And before I know it, a year is gone.  
And I never see my old friends face,  
For life is a swift and terrible race,  
He knows I like him just as well,  
As in the days when I rang his bell  
And he rang mine but we were younger then,  
And now we are busy, tired men.  
Tired of playing a foolish game,  
Tired of trying to make a name.  
"Tomorrow" I say! "I will call on Jim  
Just to show that I'm thinking of him."  
But tomorrow comes and tomorrow goes  
And distance between us grows and grows.  
Around the corner, yet miles away,  
"Here's a telegram sir," "Jim died today."  
And that's what we get and deserve in the end.  
Around the corner, a vanished friend.  
Remember to always say what you mean.  
If you love someone, tell them.  
Don't be afraid to express yourself.  
Reach out and tell someone what they mean to you.  
Because when you decide that it is the right time it might be too late.  
Seize the day. Never have regrets.  
And most importantly, stay close to your friends  
and family, for they have helped make you the person that you are today.

From the world of the Internet

## Message from the Mahavir Foundation

Jain Jinendra to all and hope you all are in saata and good health.

Please go to the web site below and click on it, to see full report of Mahavir Foundation Paryushan Celebration from day one to now and everyday till Paryushan Celebration finishes.

It a site with lots of information of now and for future. It is a very valuable site that once used to it you would not like to be without it. Try it.

This is not a advertisement, but wealth of information which will grow day by day.

Mahavir Foundation Web editor Mukesh Kapashi is regularly updates the site. There are lots of Photos on web site specially this year's Paryushan Celebrations up to yesterday and will update daily report from Surendra Mehta. The site is very user friendly.

What would you like to see on this Jain site, please suggestion should be on jain related only, that will benefit Mahavir Foundation members and other.

One example for Web surfing on Mahavir Foundation web-site. Click the site below and select Hindu and Jain festival, and there you are you can plan your holiday etc for next two years. The site has full details of our festivals until 2009. now that is what I call service and is priceless.

Information provided by Mahendra Kothary

## Paryushan ~ NVA

Dear Well wishers

Navnat Vanik association has started its Paryushan celebration on Sunday - 9th September 2007. As you are all aware, Navnat Vanik is a mixture of Sthanakwasi and Derawasi members. Hence we have to start Paryushan one year with Derawasi and next year with Sthanakwasi date. On this principal we had to start Paryushan at as Sthanakwasi date which was 9th September 2007.

This year we have Dr Shekarchandra Jain M.A, PH.D, LLB, Sahitaratan. from Ahemdabad (India). Dr Shekarchandra Jain has written many books in Jainisam and has delivered innumerable lectures in Jain and Hindu Philosophy. he has organised "Namokar Dhyam Shebir". He has been in this field for the past 25 years in India, UK and USA.

This year we have a group of 10 artists from India. The group is headed by Vikram Nizama who is not only a good singer but an excellent organ player and a music teacher in Bombay. He has been in the field of music for the past 25 years. group also includes Kishor Manraja who is a very well known singer in India and has sung in hundreds of cds and duds. The rest of the group comprises of one additional male singer and two female singers, an artist on side rhythm, an artist on dholak, and a sahanai artist who has played sahanai in innumerable cds and films.

Anil of Wed in Style has decorated the whole stage with backdrop lighting etc for free and Bhagini Samaj and Pravina Mehta decorated the table of Mahavir Bhagwan.

As announced in our Darpan, Paryushan Parva day 1 started with Lecture from Samnijis followed by lecture from Dr. Shekarchandra Jain. The lectures were so good that we were requested by all present that we should allow Dr Shekarchandra Jain at least half hour before we start Bhavana.

After the lecture we all went for delicious home cooked food prepared by our kitchen committee. Every body present appreciated the food and thanked the committee for hard work. We were very happy when three donors approached us with a lunch sponsorship of £251 each. I was very much taken aback at the number of people that were present at the lunch time.

After lunch there was a break. As announced in our Darpan we had another session with Samnijis followed by Dr Shekarchandra Jain. As a number of people had gone home to rest and to come back for Pratikaman and quite a few were resting in Bhawan, the number of people in the afternoon lecture were few. But those present really had a good time on a one to one basis.

After the lecture there was a break and then we all went for dinner. Again the food was delicious. We were very happy when a donor approached us with Dinner sponsorship of £351.

After dinner everybody got ready for Pratikaman. I was a bit pessimist of number of Derawasi people who would attend pratikaman as we were starting one day later than actual date. But to my surprise I found the number of people who attended the Pratikaman was more than last year. As in previous years Jaysukhbhai Shah took and lead and he was assisted by a number of people such as Manharbhai Mehta etc.

Sthanakwasi members, as in previous years, arrived in great numbers They did their pratikaman in Large hall. Pratikaman was sharply concluded at 8.00PM. by both the Derawasi and Sthanakwasi sangh.

After Pratikaman as requested by all present, Dr Shekarchandra Jain was requested to give a lecture for 30 minutes. Lecture was excellent and everybody enjoyed it.

At 8.30 we started our Bhavana. Bhavana was excellent and those present continued to stay (in spite of the fact that they have got to go work the following day). I did the uchavani for Arti which was taken for £451 and Mangal Devo for £444. Stavayans continued until 11.00 PM and by the time "Vadhai" was sung it was 11.30 PM.

From all the above you can see that we had a very enjoyable and successful day. Those present have agreed to support us in the rest of the Paryushan days.

Subhash Bakhai

## Paryushan Celebration In Leicester

Leicester is home to Europe's first shikarbandhi temple and every year Parvadhiraaj Paryushan parva is celebrated with tradition and religious ceremonies (prakshal, kesar puja, sanatra puja, kalpasutra-vachan, vakhyaan, patikraman, bhavna and aarti).

This year's celebration was even more special as the hard work of committee members and volunteers could be not missed in new painted walls, ceiling and auditorium. New carpet and flooring had made a pleasant difference, also extension to our sawday street house fully completed and guestrooms for up to 6 devotees to stay overnight is now ready.

Shree Jayeshbhai & religious team together really created very nice religious Atmosphere around all, it was great to see young pathsalla children all taking part in religious drama, dance and religious activities.

Ashokbhai Raval (pujari) created beautiful and colour full aangi every day with fresh flowers and each day the aangi was more spectacular and colourful than last one. He also transformed the ghabara area and sang with so much feeling and sentiment every evening in Bhavna.

We had more than 30 tapsias this year, over 10 athais, numerous athams and ekashnas. It was amazing to see our eight years old "Prachi" completed an athai! (eight days of no food but just boiled water) Congratulations to her and all the tapasvis.

Digamber paryushan were also celebrated for eight days with puja, vachan and bhakti everyday.

We also shared and celebrated our Paryushan parv live on Sabras radio for seven days which broadcast on Medium Wave radio, DAB radio and on World Wide Web and had a great response from all community who loved the message of - Michamidukhadam. Our celebration is also captured on Aastha T.V. who will be showing our Sapna Darashan, Bagwan Mahavir parnu, raja kumarpal aarti and musical children's drama and bhavna to the world soon.

On Saturday we had Singer Kishor Manraja and his group of eleven artist at our temple for live satsang that was organised by our bhagini baheno and every one who attended had a very nice time.

Sunday before swamiwatsalay we had our AGM and Election for Executive Committee and Dr Ramesh L Mehta has been Elected as our new President, who is also leading our 20 Years of Prtistha celebration committee (Congratulations to our new Team).

I very much hope that every one will join together to celebrate and keep the torch and knowledge of our Tirthankara's great philosophy burning.

Lastly I would like to thank you all for giving me the opportunity to write this report of paryushan 2007 on behalf of Jain Samaj Europe.

Michamidukhadam and Jainam Jaynti Shashnam.

Praia Mehta (Leicester)

## Uttam Kshama

Universal Prayer:

KHAMEMI SAVVE JIVA  
We forgive all living beings,

SAVVE JIVA KHAMANTU ME  
We seek pardon from all living beings,

METTI ME SAVVA BHUTESU  
We are friendly towards all living beings,

VERAM MAJJHAM NA KENVI  
And we seek enmity with none,

From the Jainworld newsletter ~ newsletter@jainworld.com

## Paryushan ~ dates

Jai Jinendra,

I have created a petition with the following statement

"We in Western countries should find a way out to resolve the confusion and different sects celebrating Paryushan on different dates. We need a radical approach.

Paryushan should start on the last Saturday of August and end on the first Saturday of September. There are two advantages. (a) It is a holiday period  
(b) Mahavir Jayanti can be celebrated on second day which is Sunday. Parna (breaking of fast) would fall on Sunday as well."

This is entirely my initiative and I am interested to find the level of agreement with this statement. Explanatory Notes based on information given by Vinod Kapashi and Pravinbhai Shah are also provided on the petition.

To SIGN THE PETITION please go to  
<http://www.thepetitionsite.com/1/paryushan-dates---confusion-and-way-out>

If I get sufficient signatories (aim 5000) - I will send the petition to the Presidents of various jain communities

Ketan Varia

## ADULT LEARNING GRANT

Get paid to improve your qualifications

### Want to get on?

Whatever you want to do job-wise, having the right qualifications can give you a real head start. If you left school without any qualifications or you think you could benefit from new skills to help you progress in your job, why not go back to college? It's never too late to learn new skills, and it may be more affordable than you think.

With the Adult Learning Grant (ALG), you can now get paid to go back into education – and get the skills you need, to get the job you want. You can use ALG to study a wide range of courses, including BTECs, NVQ's, GCSEs and A-Levels, in a variety of subjects.

### Are you eligible for the Adult Learning Grant?

To get ALG, you need to be: ~

- ⇒ 19 or over
- ⇒ Studying at least 12 hours a week, and attending college regularly
- ⇒ Doing your first full Level 2 or first full Level 3 qualification (includes BTEC, NVQ, GCSE and A-Level)
- ⇒ Earning less than £19, 513 if you are single or less than £30,810 if you are a couple.
- ⇒ If you are working part-time, or living at home, you could still get ALG. How much you get will depend on your income and benefits.

### Next Step?

Contact Student Services at your local college to get advice on the right course for you. They can tell you if you're eligible for ALG and how to apply. Or call learndirect on: 0800 100 900 Or visit: [www.learndirect.gov.uk/alg](http://www.learndirect.gov.uk/alg)

Provided by Chandrakant Shah

## Food tips

Q. With so many oils available, from virgin olive to sunflower, I'm confused about which one to use and when!

A. The general rule is to use lightly flavoured vegetable, sunflower and olive oils for cooking; flavourless peanut or vegetable oil for deep and shallow frying; and extra virgin olive oil, avocado or walnut oils to dress salads and to finish dishes.

Q. Which type of milk is best for making frothy cappuccino?

A. Whole milk, or semi-skimmed and skimmed all froth, although the less fat in milk, the denser the froth. But it's not the type, it's the temperature that matters. You get the best froth from hot milk but whatever you do don't let the milk boil!

Provided by Asda

## Money

A well-known speaker started off his seminar by holding up a Rupee 500 note. In the room of 200, he asked, "Who would like this Rupee 500 note?"

Hands started going up. He said, "I am going to give this note to one of you but first let me do this." He proceeded to crumple the note up. He then asked, "Who still wants it?" Still the hands were up in the air.

"Well," he replied, "What if I do this?" And he dropped it on the ground and started to grind it into the floor with his shoe. He picked it up, now all crumpled and dirty. "Now who still wants it?" Still the hands went into the air.

"My friends, you have all learned a very valuable lesson. No matter what I did to the money, you still wanted it because it did not decrease in value. It was still worth Rupee 500/-.

Many times in our lives, we are dropped, crumpled, and ground into the dirt by the decisions we make and the circumstances that come our way. We feel as though we are worthless. But no matter what has happened or what will happen, you will never lose your value.

You are special. Don't ever forget it! Never let yesterday's disappointments overshadow tomorrow's dreams.

\*"VALUE HAS A VALUE ONLY IF ITS VALUE IS VALUED"\*