



NEWSLETTER

JAIN WORLD PEACE CENTRE (JWPC LONDON)

July 2020-June 2021 || Volume 5 || Issue

Inside this issue:

Trustee profile	1
JVB Covid-19 Project	2
Paryushan 2020	3
List Of Chaturmas Of H H Achary Shri Mahashraman Ji	4
JVB Spiritual Harmony London	5
Sanskrit online Course at JVB London 2020	6
Special Activities done during 2020	8
Diwali Celebrations 2020	10
First Virtual Bhaktamar Workshop In London	11
Naming & Jaining Ceremony	13
31 Dec: JVB London New Year Celebrations	15
Bhaktamara Stotra & Preksha Meditation	18
Relocation Of Jain World Peace Centre	19
JVB London Gyanshala Curriculum	19
Activities at JVB	21

INSPIRATION BOARD

Jeet Dhelaria, a chartered electrical engineer works for Network Rail. He is a Project Management Professional working on large and complex signalling projects. Jeet completed his post-graduation from Imperial College London and Bachelor of Electronics Engineering from National Institute of Technology Surat, Gujarat. Jeet is married to Dr Anshoo Dhelaria (Paediatric consultant at Lister Hospital Stevenage). He has twin daughters Aditi and Aayushi who are regular in JVB activities. Jeet is passionate about event management, promoting networking, bringing children and youth into cultural and spiritual activities. Jeet comes from the Marwari family in

Rajasthan (Jasol in Barmer District) but has also lived in Gujarat for 5 years before moving to the UK 21 years ago.

As a strong supporter of JVB, Jeet feels our modern and

diverse community differentiate itself whilst we tremendously benefit from leadership and guidance of Samani ji's in UK (Jeet has stared Varshitaap Tapysya)



Mr Jeet Dhelaria

(JVB Trustee)



JVB Covid-19 Project

During this unprecedented past year, JVB London team along with the support of volunteers and well-wishers, have been doing their best to kindle the light of hope in mankind.

Respected Samani Dr. Pratibha Pragma and Swarna PragmaJain have been working incessantly to provide support to the community at large across the globe holding regular online sessions of yoga, meditation, scripture/mantra teachings, spiritual counselling and actively/innovatively sharing the essence of spirituality with Gyanshala children.

JVB Covid-19 Project – Reach Out to Help Out! – a project to provide grocery parcels.



Upon receiving financial support from the National Lottery and local councils a JVB Covid-19 Project team was set-up spearheaded by *Bansibhai* and a group of dedicated volunteers. The objective of this project was to provide grocery boxes to families and individuals who were financially challenged due to the pandemic residing in the Boroughs of Brent, Barnet and Harrow. Collectively the team reached out to family, friends, colleagues or acquaintances to collate a list of families who JVB could 'reach out to' to 'help out.'

Pragnaben Damani was instrumental in reining in her contact at *Tropical Fruit and Vegetable in Kingsbury*, persuading them to provide £64 food boxes at cost price, so the recipients got more items. The team at Tropical Fruits were amazing, not only did they keep the boxes ready each week for the volunteers to collect, but also added a few

extra items in the boxes for free. The owner also donated 20 boxes to celebrate his father's birthday. Every week food boxes were delivered to the



recipients home or at a central location. Each beneficiary received the grocery boxes on a fortnightly basis for a maximum of 2 months. However, the support was extended to some families with children or the elderly who needed additional help.

More than 50 families, predominantly from Harrow and Brent benefitted from JVB's Covid-19 Project initiative from September - December 2020. The team ensured that mithai's were included during Diwali and treats for children during Christmas.

Below are some testimonials from the families:

"thank you so much for the generous and big food parcel. It's such a life line to kids and me and really helps us out. Always stay blessed and safe."
"my daughter says thank you" a voicemail was left by a 4 year old.

"thank you for the lovely food parcel yesterday....the kids are enjoying their treats. We are very grateful for your support and kindness as always."



By Avanni Amalani
(Member of JVB London)

Paryushan 2020



A Festival Of Forgiveness
A Festival Of Self-Discipline
A Journey Of Self-Awareness

pariyushan mahotshav

The worldwide covid pandemic presented a challenging task in holding Paryushan Mahaparva of 2020. However, having never done this before, it was unanimously agreed to host all sessions virtually. Well, it wasn't an option to not be able to celebrate the year's most pious event. Thereafter, efforts of many of the volunteers began, tirelessly behind the scenes. And, I was certain that there would be no other opinion but one that it was a tremendously successful program to date.

One of the biggest reasons being we never had the opportunity to celebrate this auspicious occasion with such a vast number of fellow Jains from various different regions worldwide. We were honoured by Jain Ashram Birmingham, Jain Association UK, Ireland Jain Samaj, South East Jain Association and JVB Sweden Gothenburg all joining us alongside our fellow Jains accompanying us from India, Dubai and other Asian countries. It felt as if we had truly honored the aspiration of Acharya Mahapragyaji who wanted JVB to be receptive to all Jains irrespective of any sect or background.

Our Respected Dr Samani Pratibha Pragyaji

and Samani Swarn Pragyaji worked extremely hard for weeks to bring us a day packed with enlightening spiritual knowledge, wonderful advice on leading happy and healthy lifestyles and prayers to take all our hardships away, therefore, cultivating love, tolerance and compassion, and guiding everyone onto a spiritually uplifting journey. Thanks to the incessant efforts of Samniji and all JVB teachers, both children and adults alike were blessed during this journey.

Being one of the most important ceremonies where one seeks forgiveness from God and fellow beings, for one's sins, committed knowingly or unknowingly, it was an extremely successful session as without the virtual gathering it would not have been possible to do the same.

So, it would not be wrong to say that this Paryushan exceeded all our expectations and blessed our soul onto its spiritual journey.

We also manage to collect about 40K during Paryushan and truly is grateful to all the donors.

By Rupali Dugar
(JVB Committee Member)

आचार्य श्री महाश्रमण की अहिंसा यात्रा



पृथ्वी की परिधि से सवागुणा अधिक

50 हजार किलोमीटर की पद यात्रा

बनाया विश्व रिकॉर्ड

LIST OF CHATURMAS OF H.H AACHARY SHRI MAHASHRAMAN JI

Upcoming Declared Chaturmas

Year	Place
2021	Bhilwada, Rajsthan
2022	Chhapper, Rajsthan
2023	Mumbai, Maharashtra

Saturday is Samayik Day

Saturday is Samayik day. Doing Samayik on this this day is very good. Co-authored by Gurudev Tulsi is a beautiful and important book giving information about Terapanth and Acharya Bhikshu, in which the point of the theory came, the matter of history came, and there was some activity as well as that of Terapanth. If there is such a self-study, then the sequence of shares between 19:00 and 20:00 on Saturdays can become good.

Past Chaturmas

Year	Place
2010	Sardarshahar (Rajsthan)
2011	Kelwa (Rajsthan)
2012	Jasol (Rajsthan)
2013	Ladnun (Rajsthan)
2014	Mahroli, New Delhi
2015	Biratnagar, Nepal
2016	Guwahati, Assam
2017	Kolkata, West Bengal
2018	Chennai, Tamil Nadu
2019	Bangalore, Karnataka
2020	Hyderabad, Andhra Pradesh

JVB Spiritual Harmony London



“ **Spiritual Harmony** “ are melodious evenings organised once in a month where the aim is to harness wandered minds through soulful bhajans and experience higher state of consciousness, inner peace and a deeper connection with Arihant Prabhu , all under guidance of respected Samanijis. Attendees chose to sing or just listen to Bhakti geets and stutis.



We have about 60 participants on average each month, of all ages from 5-85years, joining from varied parts of the world.

In the adverse times of 2020 when dullness distress got empowered , We introduced a unique approach to bring smiles & uplift our fellow community members. We started celebrating special moments and occasions During Spiritual Harmony with Samanijis blessing them personally.

This not only made everyone feel joyous , elevated and acknowledged. This is certainly contributed to a stronger bond within the community.

Children being the Pillars of tomorrow, we also take this as an opportunity to offer them yet another platform to

feel connected , involved and boost their confidence by having our Gyanshala children to participate in singing and coordinating.

In the last Spiritual Harmony dated 28th Feb , we had our Gyanshala Children Labdhi 5 years, Aaira Jain 10years and Jheel Shah 12 years who started the program with their bhakti Geet’s. Adult singers included Harsha Jain , Alpa Jain , Vandana Bhadani, Vinita jiJain, Basant ji and Prabha ji Jain who also had

their birthday and anniversary in the month of February and their Parents’ 64th Anniversary too. The whole Family was wished and were blessed By Vandami. Nishi Jain 14years who prepared anchored the kid’s section of celebration.



A blessing in disguise has

been people coming forward more enthusiastically towards showing their support towards the centre by means of donation.

All the above has been possible under Samani Pratibha Pragyaji’s guidance, encouragement and persistence. And Samani Swarn Pragyaji’s enthusiasm and creativity.

Harsha Jain
Chief coordinator Spiritual Harmony

Sanskrit online Course at JVB London 2020



Sanskrit is considered the “Language of Gods.” In autumn 2020 JVB offered a golden opportunity to all who wished to gain proficiency in Sanskrit by offering an Introductory course in Sanskrit. The course was conducted by Dr. Shweta Jain, Dr Hemlata Jain and Dr Jaishree Singhvi who all have masters and PhD in Sanskrit.

The course was designed so that one could learn Sanskrit

through Jain Prayers. The objectives of the course was to understand the basics of Sanskrit, appreciate and understand the format of Jain prayers, in this case there was an opportunity to learn the sacred Mahavirastak Stotra.

This was really good timing for me as it had been my wish to learn basic Sanskrit.

DR JAISHREE SINGHVI, PHD

- Ph. D. & MA in Sanskrit and BA in Music .
- M. A. in Sanskrit.
- B. A. in Music, Sanskrit and Philosophy .
- Teacher by profession teaching Sanskrit currently in John Scottus school, Dublin .
- Prior experience as a Music teacher teaching in Schools in India .
- Hindi, Sanskrit, Music keyboard and classical & Bollywood vocals teaching online in Dublin, Ireland for last 4 years .
- Teaching Sanskrit through Jainism, students from all over the world in multiple batches .





Dr Shweta Jain

- Ph.D. in Sanskrit, Post Doctoral Fellow
- M.A in Sanskrit with Gold medal
- 20 years of teaching experience in U.G & P.G n Jodhpur
- Received 4 Awards of Excellence
- Presented Research paper in 50 National and 2 International Seminars
- Delivered Lectures on Sanskrit Grammar and Buddhist Literature Publications.
- Written and edited various books & research papers
- Been a co-editor of "Jinvani" Monthly Journal, Jaipur
- Social Joint Secretary, International Human Protection Association



Dr Hemlata Jain

- ▶ Ph.D. in Sanskrit, Post Doctoral Fellow
- ▶ B.A. Honors in Sanskrit with gold medal
- ▶ M.A. in Sanskrit with second position
- ▶ Sahityaacharya with 1st division
- ▶ 10 years of teaching experience in U.G. and P.G. in JNVU jodhpur
- ▶ Received 2 awards of excellence
- ▶ Presented research paper in 30 national seminars
- ▶ Delivered lectures on Sanskrit grammar and Buddhist literature
- ▶ Written 2 books and 15 research papers

The course was very well designed and was suitable for anyone without any previous knowledge of Sanskrit. It taught us the Sanskrit alphabet, grammar, articulation places, word separation, junction and rules of pronunciation. I would like to congratulate the three teachers for conducting the classes very patiently and professionally.

I thoroughly enjoyed the course and learnt the beautiful Mahavirastak stotra with in-depth meaning and can appreciate the skill of Panditi Bhagendu. It also helped

me to learn Bhaktamer Stotra with correct pronunciation. 120 people completed the introductory course. On completion of this course a new course was offered to learn Bhaktamer Stotra which is on-going at present.

Chandni Shah
(Member of JVB London)

Special Activities done during 2020



JVB London welcomes you to join

16 DAYS OF PAISATHIYA SADHNA

॥ श्री पैसठिया यंत्र ॥

२२	३	९	१५	१६
१४	२०	२१	२	८
१	७	१३	१९	२५
१८	२४	५	६	१२
१०	११	१७	२३	४



This Mantra is dedicated to the 24 Tirthankaras
Dr. Samani Pratibha Pragyaaji will explain the
significance of this mantra.

Daily from

2 September 2020 to 17 September 2020
8 - 9 PM (UK time)



INTERNATIONAL WOMEN'S WEB-CONFERENCE ON

“The Spiritual Essence of Yoga”

ON THE OCCASION OF

INTERNATIONAL YOGA DAY



Chair



Dr. Mummi Jain
Varanasi
Scholar of Jainism &
Brahmi Script Expert

Honorable Speakers



Dr. Samani Pratibha Pragya
London
Asst. Professor, JVBI
Preksha Meditation Expert



Mrs. Khusboo Jain
Singapore
IT Consultant &
Meditation Faculty



Mrs. Kashmir Mehta
Singapore
Finance Manager,
IORA International



Mrs. Neha Nayak Jain
Mumbai-Varanasi
BBM/Deputy Manager
HDFC Bank

Convener & Host



Dr. Indu Jain Rashtra Gaurav
New Delhi
President, SVBP
9654403207

DATE & TIME

21st June 2020

@ 6am - 8 am IST

Only on



KINDLY JOIN US

Zoom Meeting ID : 605 448 4342

Password: 1008

ORGANIZED BY :

SARVODAYA VISHVA BHARTI PRATISHTHAN, NEW DELHI

IN ASSOCIATION WITH SHRI BHARAT VARSHIYA DIG. JAIN MAHASABHA

Email - indujain2713@gmail.com

Special Activities done during 2020



॥ अर्हम ॥

TERAPANTH MAHILA MANDAL, KATHMANDU PRESENTS A WORKSHOP ON,

"Returning to our Roots : Rebuild Our Future"

हमारी विरासत : हमारा भविष्य!!!



ANNOUNCING...

MEMBERS FROM ALL OVER NEPAL

Venue:  **live**
Terapanth Mahila Mandal, Kathmandu 2019/2021

Date: 10th October 2020
Time: 8 to 9 Pm (Nepal)
3.15 to 4.15 Pm (London)




JVB Netherlands
JVB Scotland
JVB Ireland

Jain Vishva Bharati London
Jain World Peace Centre

JVB Sweden
JVB Toronto

Jain Sangh Birmingham
Jain Association of UK
Jain Samaj Manchester

शद्धता भारद् वासं, चक्कवट्टी महिद्धिओ ।
संती संतिकरे लोए, पत्तो गइमणुत्तरं ॥
Chaitā Bhārahām vāsam, Chakkavattī Mahiddhio |
Santī Santikare Loe, Patto gaimanuttaram ||

shantinath

12 HOUR AKHAND JAAP



8:15:50

JVB Scotland
JVB Ireland

Jain Vishva Bharati London
Jain World Peace Centre

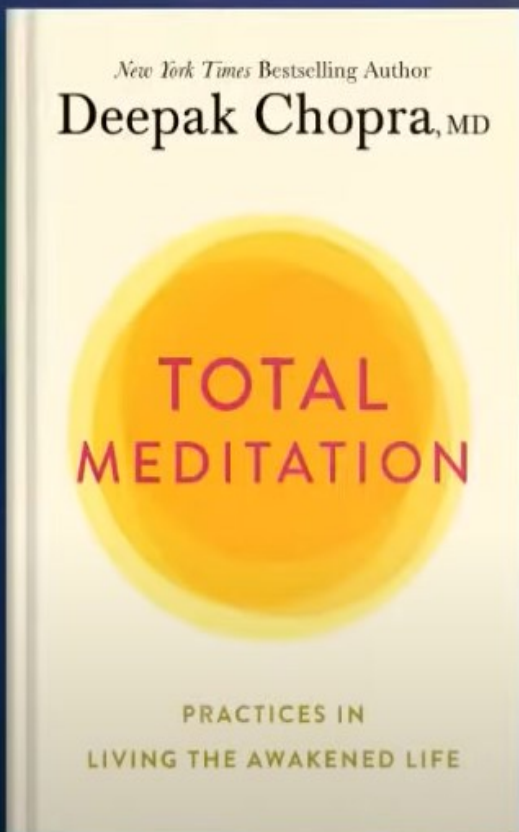
JVB Toronto

Jain Sangh Birmingham
Jain Association of UK
Jain Samaj Manchester

शद्धता भारद् वासं, चक्कवट्टी महिद्धिओ ।
संती संतिकरे लोए, पत्तो गइमणुत्तरं ॥
Chaitā Bhārahām vāsam, Chakkavattī Mahiddhio |
Santī Santikare Loe, Patto gaimanuttaram ||

12 HOUR AKHAND JAAP

1:07:04



The Future of Wellbeing

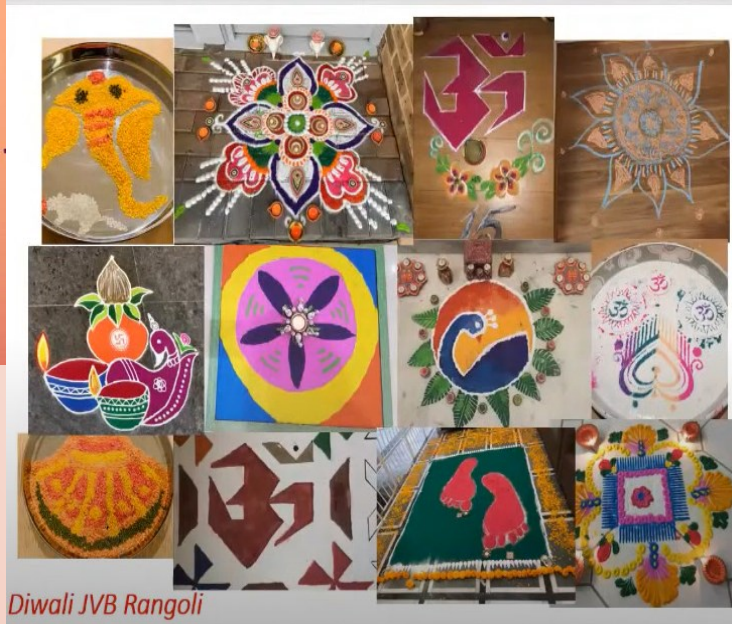
Deepak Chopra™, MD

Diwali Celebrations 2020



Diwali Musical Celebrations

JVB London presents musical performance
by renowned international singer
Shri Devendraji Begani



Diwali JVB Rangoli

Diwali is of great significance in Jainism and celebrated as Bhagwan Mahaveer Nirvana Kalyanak. JVB has long been celebrating Diwali with Chopda puja and continued with this tradition even during this pandemic along with devotional music and cultural performances by Gyanshala kids and the women wing. JVB London Trustee Jeet Dhelaria gave the welcome speech and this program was moderated by Rupali Dugar and Akanksha Haran. The program started with bhakti bhava by international devotional singer Shri Devendra ji Begani, whose melodious voice mesmerized the audiences with great selection of Jain and Diwali songs. The songs ranged from paying devotion to Bhagwan Mahaveer, to Bhikshu swami and also included Acharya Tulsi's created songs, it ended with Devendraji's own created songs. Shri Begani's enthralling performance lasted for about an hour due to great demand as audiences enjoyed the bhakti with great spirit which manifests the importance of Diwali in Jainism.

The audiences then enjoyed and appreciated the great performances from Gyanshala kids, which

truly reflected the learning outcomes and efforts made by the respected Samanijis and the talented teachers. The JVB Women Wing also performed a beautifully crafted music and dance program which was highly appreciated. These cultural programs was followed by Chopda Poojan with blessings from the Samaniji, this ritual was well laid out with proper rituals under the guidance of Neetaben. The

participants followed the instructions to conduct the Chopda Poojan in the comfort of their homes. In their speech Samanjis stressed the importance of harmony within the families by practicing higher level of tolerance for each other. The Diwali program ended with



the divine manglik from the respected Samanijis.

By Amit Baïd
(JVB London Member)

FIRST VIRTUAL BHAKTAMAR WORKSHOP IN LONDON

"If you light a lamp for somebody, it will also brighten your path".

With this thought on mind, we set on a journey of Bhaktamar weekend in London.

It was a great pleasure to organise the first virtual Bhaktamar weekend with the blessings of Shri Rishabhdev Bhagwan from Saturday 31st Oct 2020 Sunday 1st Nov 2020.

On Saturday, 4 distinguished global experts Dr. Manju Jain, Dr. Amreesh Mehta, Dr. Mayank Barjatya and Pujya Samniji Dr. Pratibha Pragyaji took us on a journey to reveal and unlock abundant secrets of the effect of Bhaktamar shlokas on the body, mind, and soul. During this two day event, the audience was able to understand the expert's personal research and listen to real life experiences of Bhaktamar.

The workshop was inaugurated with blessings of Samniji Pratibha Pragyaji and Samniji Swarn Pragyaji.

Dr. Amreesh Mehta is a leading Vaastu energy dynamics auditor and has clients across the globe in 51 countries. He has given more than 1500 talks to bring greater awareness around the powers of the Jain mantras such as Namokar mantra, Bhaktamar stotra and Uvassgaharam stotra with live demonstrations and scientific explanation as to how these pious mantras can help in better wealth, health, peace, and happiness.

During the talk, he explained the effects of chanting 48 Shlokas of Bhaktamar Stotra.

Dr. Mayank Barjatya has been a passionate pioneer in the field of building biology and human energetics.

Mayank's educational profile includes an

Architecture degree from Pune University as well as a Masters in Ecology and Environment. This was further augmented with a certification in Bioenergetics from Acmos-Paris in association with the Institute of Complementary Medicine of Great Britain.

In 2017, Mayank's designed 48 infinity energy cards based on the science of Jainism following Hebrew philosophy. Mayank's book on Sacred Geometry of Bhaktamar Stotra is published in Hindi (48 Anant Urja) and English (48 Infinity Energy) in 2019, documenting the role of Yantra (symbols, sacred geometry) with Mantra (sound vibrations) & Tantra (Bio-energies). It was interesting for the audience to understand his research.

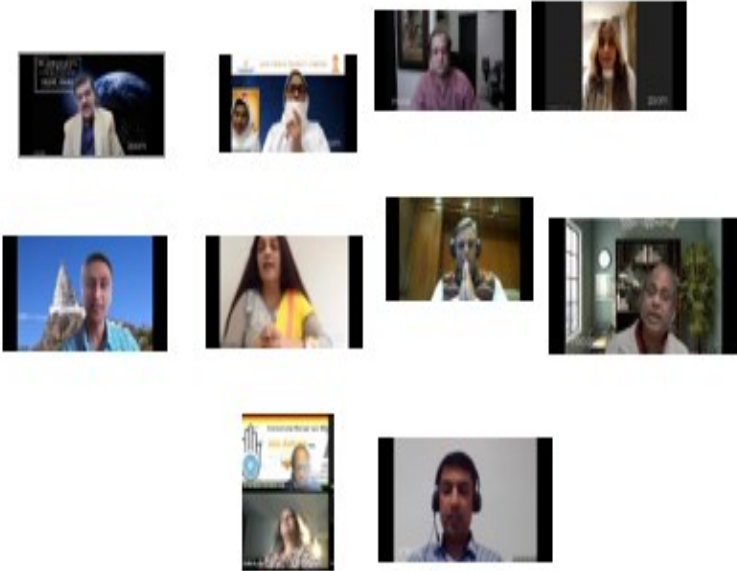


Dr. Manju Jain is a spiritual healer and has devoted her life for the wellness of human kind using the Jain Bhaktamar Stotra. She started her journey of searching incredible secrets of

48 shlokas of Bhaktamar specially focusing on 45th Shloka for incurable diseases. In 2010, she received her PhD. Following that, she spread Bhaktamar as a wellness tool all over the world.

Between 2014 and 2016, Dr Manju Jain researched and presented her research on the effects of mantra chanting on terminally ill patients, in particular cancer patients at the Psycho-oncology World Congress at both Lisbon and Washington D.C.

During her talk, Manju Jain shed light on effect of chanting 45th Shloka of bhaktamar for cancer patients.



Samnji Dr. Pratibha Pragyaji (Ph.D) is the first samnji to complete a PhD at SOAS University (London) in Preksha meditation. She blessed us with her talk on the Incredibility of Bhaktamar Stotra. She explained embedded mantras, spiritual and material gain, power of assimilation, special power of Tirthankaras and dispeller of fear (Shlokas 37-47).

Rajeshji Jain, Rajeevji Shah, Kishoreji Jain and Meena Gandhi were the compères of this event. Hasubhai Vora, ended the workshop by his kind vote of thanks to all the guest speakers and participants and volunteers.

On Sunday 1st Nov'20 at 7.00am Dr. Patibha

Pragyaji started Akhand Bhaktamar jaap event by reciting Bhaktamar stotra followed by Dr. Manju Jain.



We were very blessed with the presence of Pujya Dhyansagarji Maharaj from India. He recited and explained the meaning of each Bhaktamar shlokas.

As this was the very first kind of virtual Akhand Jaap, all the participants had booked their chanting slots in advance. All the JVB devotees were immersed in the blissful bhakti of Adinathnath Bhawan which filled their hearts and homes with pure energy and light.

A very devoted team of moderators under the guidance of Shubhamji Jain, worked tirelessly for this virtual event over the two days.

Our IT experts Mr. Diamond Jain and Mr. Sid Jain (USA) supported immensely for the success of this event.

We are very thankful to all the devotees who took part from India, USA, Kenya, Indonesia, and UK via zoom.

*By Meena Gandhi
(JVB Bhaktamar Coordinator)*

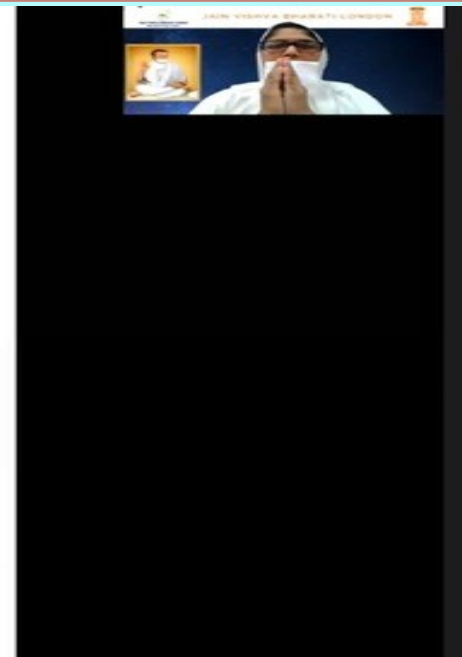
Naming & Jaining Ceremony



Jaining ceremony is an important event in our life. On 25th April 2020 Saminiji had done Jaining ceremony for both our daughter Suhani and Kamniya Surana . Jaining ceremony means that our daughters have become Jains. They need to follow few rules in everyday life after the ceremony.

1. To chant atleast 3 times Namokar mantra everyday
2. To follow vegetarianism till the time they become major.

Regards,
Lakhpatt Harish Surana



We thank God for everyone's safety and good health as we return to some normalcy following the lifting of the major lockdown. It was a difficult year, but despite the challenges, we were blessed with the arrival of our son on 13th November 2020. It was the most special moment but due to lockdown it could not be felt and celebrated at all. We wanted to visit the temple and meet Samani ji's for their blessings in this joyous moment, but we could only share it with her on phone asking for her blessings and advice for his naming. We were unclear of how or what to do when Samani ji's, as a

guiding light, advised and assisted us in planning the most magnificent online ceremony we could have imagined in these unusual circumstances and with such a short notice span. She immediately planned for the naming and jaining ceremony with Hina ben Vora for her presence and beautiful services as 'Jain Sanskar Vidhikarak' (trained by Samani ji's for all different occasions) and Prachiji for IT support and power point. I was extremely appreciative for their promptness and teamwork on such short notice... there are no words to express our gratitude.



On Sunday, November 29th, 2020, at exactly 9.30 a.m, all of our close families and friends from India, the United Kingdom, and Australia gathered for a Zoom meet. Hina Ben Vora began the naming ceremony with a relaxing musical recitation of the Navkar mantra. Following that, she chanted many shlokas and mantras with us as we performed various rites to 'welcome baby to the world' with gifts and tilak as parents, grandparents, and siblings. It was definitely a one-of-a-kind experience. Samani ji's then announced the name of the baby, Rimanshu, and explained the significance of the name in its entirety. This was then followed by the most Unique 'Jaining ceremony'. It was uncommon and something not many had heard of (even for the families in India). A wonderful proud moment for not only the baby, but for all of us as Jains. From the beginning of a baby's life, Samani ji's presented the essential concepts of Jainism and how we can embrace and practise them. She then accepted and announced Rimanshu under the oath of a sharavak. This is a blessed opportunity and we felt divinity all around us. With modesty and understanding, Samani ji's urged us, as Rimanshu's parents, to follow a few things to keep his 'Shravak Vrat,' in which our infant was now showered in. This entailed keeping him vegetarian until he was at least five years old, at which point he would be able to understand and make informed judgments. Samani ji's instructed

us to recite the 'navkaar Mantra' to Rimanshu at least three times every day as a seed that would grow with him throughout his life. Samani ji's recommended that he listen to the audio of the recitation of the 'Sampanoham Mantra' every day as a holistic prayer for his growth stages. This programme lasted about 30 to 40 minutes. The entire ceremony was brilliantly done, complete with a PowerPoint presentation of phrases and photos of the baby and family, enthralling the audience and providing a feast for not only our ears but also our eyes. For all of our blessings, Samani ji's finished the presentation with 'Mangal path' and blessings for all.

After the completion of the Jaining Ceremony, concluded by Samani ji's. We continued on for some more time to welcome family and allow baby Rimanshu to be surrounded by blessings from his extended family and friends from all over the world, who were all eager to see and speak with him for the first time. As the ceremony came to a close, we realised that this event would live on in our collective memory. Rimanshu will be able to witness the recording and images of this wonderful Naming and Jaining ceremony as he grows older, reminding him of all the love and blessings he has not just from his friends and family, but also from Samani ji's herself.

by Dr Jaya Jain

31 Dec: JVB London New Year Celebrations



JVB London New Year Celebrations

we had another lock down at the end of December 2020 as the cases were alarmingly going high. Thus, we celebrated our new year by zoom, lots of family and kids participated in the new year event online. All Gyanshala students got involved with their musical instruments and presented their talent on line. All enjoyed for nearly 2 hours and finally Samani ji's recited the Mangla Bhav for the new year and gave their new year blessings.

By Pragya Damani
(Trustee/President of Executive Committee)



परस्परोपग्रहो जीवानाम्

Parasparopagraho jīvānām

All souls render service to one another

-Lord Mahavira

||Om Arham||

During these unprecedented times, where the world has been enveloped into unimaginable uncertainty, hardships and distress, it lies upon us to be supportive of the community by doing our bit to rekindle the light of love, hope and mutual co-existence.

Therefore, we at JVB London, together with funding from the Coronavirus Community Support Fund, are distributing boxes of groceries to those going through financial hardships due to Covid-19.

In this bag, we have carefully chosen food essentials that should last you for over a month. Packed with deep respect for you in our hearts, these are not just grains & groceries, but our humble attempt at distributing hope and happiness. According to Jain understanding we all grow in co-existence.

Let this leaflet be a gentle reminder that we are all in this journey together and will only come out stronger to a brighter tomorrow.

If you feel you do not need this pls let us know so that we can pass it on to a deserving candidate.

Until then,

with folded hands and respect,

JVB, London

Some of our other ongoing projects that may be of interest to you include:

- Yoga, Meditation & spiritual counselling by resident Jain nuns (Samniji's)*
- Emotional support and guidance by our medical team during these trying times*

Our volunteers are available to hear back from you at :

દરેક જીવો એક બીજાપર આધાર રાખે છે
દરેક જીવો જીવવામાટે એક બીજાપર આધાર રાખે છે.

(ભગવાન મહાવીર)

કોવીદના રોગચાળાના કારણે જીવનના આ કપરા સમયે જ્યારે વિશ્વમાં અનિસ્થિતતા અને પારાવાર મુશ્કેલીઓ આવેલ છે ત્યારે આપણી જવાબદારી છે કે આપણે બીજાને સહાયક બની આપણી માનવ તરીખેની જવાબદારી નીભાવીએ.

આ કાર્ય કરવામાટે જે.વી.બી. લંડનને *Coronavirus Community Support Fund* મળેલ છે તે સાથે પોતાના ફંડનો પણ ઉપયોગ કરીને કોવીદના કારણે નાણા ભીડ ભોગવતા કુટુંબોને *groceries* ના *boxes* આપવામાં આવે છે. જેન ધર્મની અનુકંપાની અને માનવતાની ભાવના ને ધ્યાનમાં લઈને jvb એ મહીના સુધી ચાલે તેટલી જીવન જરૂરીયાતની ચીજો આ બોક્સમાં ભરેલ.

આપ સર્વને જણાવતા અમને આનંદ થાય છે કે આ દુખના દિવસોમાં અમે પણ આપની સાથે જ છીએ.

આપ સર્વને અમારા નમ્ર પ્રણામ

જે.વી.બી.

લંડન



Bhaktamara Stotra & Preksha Meditation

Bhaktamara Stotra & Preksha Meditation class is conducted from 7:00-7:30am and the recitation of Bhaktamara Stotra is done followed by Preksha Meditation.

Bhaktamara has miraculous power and consists of 48 verses and includes devotional

poetry of 7th Century from Acharya Manthu. Bhaktamara Stotra has significant value of health, well being & protective energy of various types of evil effects. Bhaktamara Stotra is one of the most profound prayers in the Jain tradition.

Activities at JVB

JVB London has been established since 2003 and operates under the auspicious guidance of Respected Samani's, based on the philosophy laid out by Late Acharya Tulsi, Late Acharya Mahapragya and currently His Holiness Acharya Mahashraman.

- **Preksha Meditation :** Preksha Meditation is the path of self-awakening and self-realization. Its practice helps to connect one's soul at its most profound level and finally

achieve a state of super consciousness. All seven process of Preksha meditation puts one in touch with enlightenment, peace of mind and permanent bliss that the whole world aspires for

- **Yoga Classes:** Yoga Classes Every Wednesday and Sunday.
- **Gyanshala:** Spiritual Classes for 4-16 Years old.
- **Prayers:** Community prayers and celebrations.



Weekly YOGA Sessions (Sunday/Wednesday)

Yoga & Preksha Meditation by Dinesh Shah:

Dinesh Shah has been practising yoga for 20 years and is a certified Preksha Meditation instructor & practitioner.

Yoga Sessions by Artiji Gidwani :

Artiji is a professional Yoga teacher practising Yoga for many years teaching at JVB Centre and many other centres.

Yoga Sessions by Puja Bhutoria:

Puja has been practicing yoga from last 10 years and completed her yoga training from a certified Yoga School under the Ministry of AYUSH, Government of India.

She wants to raise awareness and spread the message about the benefits of Yoga.

**Every Sunday
9:30am – 10:45am**

**Every Wednesday
9:30am – 10:45am**

BENEFITS OF YOGA & PREKSHA MEDITATION

- Reduce physical stress & strengthen immune system
- Enhance mental and creative abilities
- Improve emotional and physical health
- Increase will-power, achieves goals

Suggested donation for Each Household :

For 1 Session on Sunday/Wednesday – 1 Month £10.00/3 Months £25.00

For 2 Sessions Sunday & Wednesday £15.00/3 Months £40.00

<https://www.totalgiving.co.uk/donate/jain-vishva-bharati-london>



INTER FAITH HEART OF PEACE



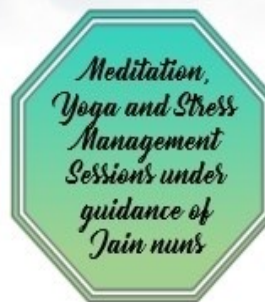
JAIN VISHVA BHARATI, LONDON

Jainism preaches 'to live and let live'

All the faiths focus on peace & harmony

"Do not injure, abuse, oppress, enslave, insult, torment, torture, or kill any creature or living being." – Lord

Mahavira



Upcoming Events

People with different faiths and culture across the globe are fervently praying for the world to overcome the clutches of the COVID-19 crisis. The Jain community in the UK is blessed to have Dr. Samani Pratibha Pragyaji and Samani Swarn Pragyaji conducting various spiritual live broadcasts on the JVB London YouTube channel.

RELOCATION OF JAIN WORLD PEACE CENTRE

It is with great excitement to announce and share that JVB London's, Jain World Peace Centre(JWPC) is relocating to new premises in Pinner a few miles from the existing premises.

The new JWPC will be located on Elm Park Road in Pinner, at the junction of Bridge Street. , Pinner. This new home for JWPC is a 10min walk from Pinner Underground Station (Metropolitan Line), well connected with the bus routes and close to amenities in Pinner town centre.

We have plenty of positive memories from our existing premises in Roxborough Road, where we have enjoyed many spiritually uplifting events by the numerous residential and visiting Samanijis over the past three years, with Dr Samani Pratibha Pragya being our constant source of guidance and inspiration. The current JWPC has also been visited by many prominent Guest Speakers both from abroad and within UK, imparting their knowledge and wisdom to all the members. However, many of us can recall the challenges we experienced when events either ran lat-

er into the evening or holding functions with larger number of attendees whilst trying to maintain the harmony with the local residents.

The feedback received of these challenges prompted the Trustees of JVB London to consider alternative premises, where JVB London has the opportunity to further expand and offer events not governed by the additional restrictions from the neighbours.

The Trustees were fortunate to have received the proposal to purchase this new site in Pinner, which comprises of a large open plan meeting hall with additional two smaller rooms, which historically has been used for religious congregation. Furthermore, the residential dwelling for the Samaniji's is separate from the main hall, hence providing privacy for one-to-one consultation with them.

JVB London look forward to inviting you all to the new JWPC in Pinner hopefully before the end of 2021.

JVB London Gyanshala Curriculum

JVB London Gyanshala aims to impart an understanding of Jainism right from the age of 3+ years. We cater to children of all learning abilities and are supported by a strong and committed of teachers, trained and guided by our H.H Samnijis. We teach all aspects of Jain principles from mantras, shlokas to the science and art of applying Jainism values in all aspects of life. Our courses are continuously being upgraded and refreshed to make them current and relevant to the ever-changing needs of today's environment and generation. We welcome any feedback you may have to help us improve the curriculum.

* *Gautam Group*

Recommended for children from age 3 to 5 years Every Saturday , 10 AM UK time, virtual classes through Zoom

* *Gyan Group*

Recommended for children from age 4 to 7 years Every Saturday , 11 AM UK time, virtual classes through Zoom

* *Darshan Group*

Recommended for children from age 8+ years Every Saturday , 11 AM UK time, virtual classes through Zoom



Jain Vishva Bharati - London Jain World Peace Centre

Jain Vishva Bharati is embarking on a global expansion to propagate the ethos of Jainism and Peace with its esteemed ideals of Anekant (multiplicity of viewpoints), Ahimsa (non-violence), Tolerance and Peaceful co-existence for the amelioration of mankind by establishing a permanent centre of JVB in London to be named as Jain World Peace Centre (JWPC).

With the gracious blessings of His Holiness Gurudev Acarya Mahashramanji, the centre will have constant presence and guidance of Samanijis for the benefit of all Jains and the wider community. This will be the only Jain institution in Europe to have a continuous presence of Jain saints.

It is with immense pleasure and joy we wish to inform you that JVB London (JVBL) will be completing the purchase of 39 Roxborough Road, Harrow, HA1 1NS, UK around 31 April 2018 depending on when all legal formalities are complete. This property will be called Jain World Peace Centre (JWPC) and will meet all our objectives and criteria for this unique centre. The property is a landmark location for JVBL, has D1 use, with large double story floor space for events, on-site parking and walking distance to Harrow-on-the-Hill tube station.

We welcome you to be part of this momentous foundation to propagate Jaina principles of universal



peace and to establish a pinnacle of holistic development for future generations.

We have come up with a scheme of supporting bricks with each Adult Brick having a value of £5000. Our funding requirements will be met if we get support of 108 Adult bricks.

We also believe that children and the youth can sponsor with each Child Brick having a value of £100. These are suggested schemes, however, depending on individual circumstances and preferences, any amount you are able to support will go a long way to establishing this unique centre to benefit the entire society and future generations.

Even a support of £1 from a child's piggy bank given with heartfelt feelings will be most welcome.



ADD YOUR BRICK
(To create landmark for peace!)

Adult Brick Value of £5000
Child Brick Value of £100

MyDonate

on-line link as follows:
<https://www.totalgiving.co.uk/donate/jain-vishva-bharati-london>

Bank Transfer

Account name: Jain Vishva
Bharati London
Sort Code: 60-24-04
Account number: 85716065

Contact Us

Hasubhai Vora | 07950 606462
Mr. Rajesh Jain | 07796 134301
Dr. Sunil Dugar | 07878 312314
E-mail: jvblondon1@gmail.com
www.jvblondon.org

**Jain World Peace Centre JVB
(London)**

39 Roxborough Road,
Harrow, United Kingdom
HA1 1NS
HA1 1NS
0208 427 1757
jvblondon@jvblondon.org

[Ahimsa Paramo Dharma]

Find us on the Web:
www.jvblondon.org

Charity No: 1106357



TRUSTEES



Mr. Hashubhai Vora



Mr. Manickji Choraria



Dr. Sunil Dugar



Mr. Rajesh Jain



Mrs. Pushpaji Banthia



Mrs. Pragnaben Dama



Mr. Rajeev Shah



Mr. Jeet Dhelaria



**Mr. Bansi Shah
(Treasurer)**

ACTIVITIES

- Gyanshala for kids of different age groups
- regular Preksha Meditaion training/sessions
- Weekly Yoga Classes
- Weekly Classes: Stepping into Jainism for Beginners
- Weekly Classes: Introduction to Tatvartha Sutra
- Jain Teachers Training Workshops
- Certificate Course on Jainism : Religion, Life and Philosophy
- Dissolve the Past & Evolve The Future : Family Camp and Retreat
- Woman Health and well-being
- Children Yoga and Meditation Classes
- Various Guest Lectures and workshop
- Jain Cultural/Community Events

JVB London remains eternally grateful for the following Generous Donations received towards establishing a permanent abode - Jain World Peace Centre London

Designed by Y Jain