



JSOC NEWSLETTER MAY 2021

A Message from the JSOC Board of Directors:

Jai Jinendra!

While it's uncertain what the future holds for the remainder of the 2021 year, we can look ahead with some hope that we may be able to return to normal if we all do our part with adhering to AHS guidelines and restrictions. We sincerely hope that our community will consider taking the safe and effective vaccines available to them. Please discuss if this is the right decision for you with your family doctor, especially if you have any underlying health concerns already.

Our prayers are going out to all of our loved ones in India as they struggle through one of the most difficult Covid-19 waves to hit the area in the last year. If you are searching for ways to help, please consider the organizations that are featured in these two links. We pray for everyone's health and safety.

<https://indiafightscorona.giveindia.org>

<https://donate.indiacovidresources.in/>

With gratitude for your ongoing support for our community,

JSOC Board of Directors:

President - Sachin Vakharia

Secretary - Rahul Shial

Director, Pathshala - Vishranti Vakharia

Director, Events - Rishabh Gandhi

Director, New Ideas - Rahul Bohra

Advisors: Mukesh Shah and Suhas Shah

Vice President - Biren Shah

Treasurer - Alak Shah

Director, Youth Development and Fundraising - Renu Chandarana

Director, Logistics & Facility Operation - Subodh Peramanu

Director, Web and Communication - Shilpa Salgia

H A P P Y
M A H A V I R J A Y A N T I

Lets Pray For Peace And Hormony For All The Human Kind
On This Auspicious Day

Virtual Christmas Celebrations:

For the kids the JSOC Pathshala Team and parents organized a very successful first ever virtual Christmas celebration with level 1 & 2 where the kids were combined. 18 kids participated.

A very special thank you to Jiya Suhas Shah who volunteered to teach all of the kids how to draw and paint a Christmas Tree on a canvas!

A very special thank you to Varsha Shial who helped the kids aged 7-13 play a fun Bingo game! Winners were:

Jayan Shah - first 7 numbers

Riya Shah (ON) - 4 corners

Jiya S. Shah - all numbers before 45

Sanyam Shah - all numbers after 45

Jinen Vakharia - first full house

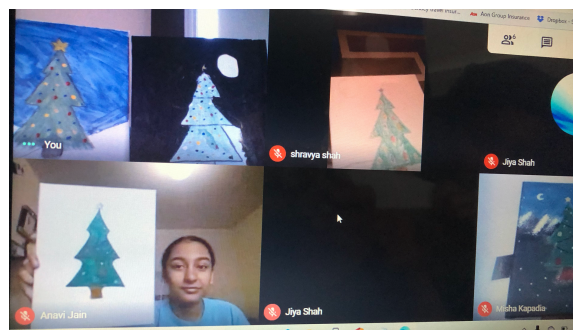
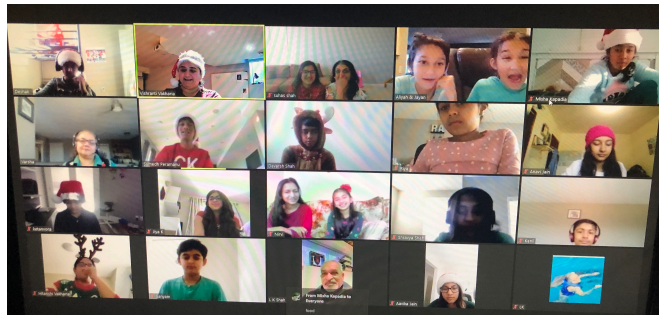
Sanyam Shah - second full house

For kids under 6 years of age, there was a simultaneous virtual Christmas event where 15 kids participated.

Every child received a Christmas bag with a surprise activity set and some treats!

Thank you to the parent volunteers: Tripti and Hitesh Jain, Sachin Vakharia, Suhas Shah along with the Pathshala teachers: Payal Gandhi, Hiral Shah, Jasmine Shah, and Vishranti Vakharia for distributing the Christmas bags to all of the participating kids in Calgary.

Adults participated in a special night of different musical games hosted by Mitra Shial, Rishabh Gandhi, and Rahul Bohra. Thanks for such a fun evening of socializing!



Women's Committee Activities:

The JSOC Women's Committee was so pleased to host an Ayurveda Workshop with Vaidhya Dhara Shah from Edmonton. Many women participated from Alberta, BC and even the USA. The feedback received was that this session was highly informative. Thank you to everyone who participated!

Not Pictured:

On a beautiful sunny and warm March 27th the Women's Committee hosted a socially distanced walk at the Glenmore Reservoir. It was a wonderful way to catch up, enjoy some sunshine, and get out and move our bodies. As weather and AHS Guidelines permit, we look forward to doing more outdoor activities where members of the group can exercise and be social (in a safe way!)



THE JAIN SOCIETY OF CALGARY'S
WOMEN'S COMMITTEE PRESENTS

Ayurveda Workshop

WITH VAIDHYA DHARA SHAH

Sat, Feb 6, 2021 2:00 PM - 3:30 PM (MST)

Please join our meeting from your computer, tablet or smartphone.
<https://global.gotomeeting.com/join/430155525>

You can also dial in using your phone:
Canada: +1 (647) 497-9373
Access Code: 430-155-525

Vaidhya Dhara Shah (Master's in Ayurveda, India), DNM (Canada), RMT (Canada), is an Ayurvedic practitioner and consultant in Edmonton. She graduated with a Master's degree in Dravyaguna (therapeutic uses of Ayurvedic medicinal plants) from the world famous "Gujarat Ayurveda University" in Jamnagar, India. She has been practicing and teaching Ayurvedic Medicine for more than 25 years.

Workshop will include

- What is the true meaning of Ayurveda in modern life
- Question and Answer period from attendees

*This event is an inclusive event, open to all ages and genders.

JSOC Annual General Meeting:



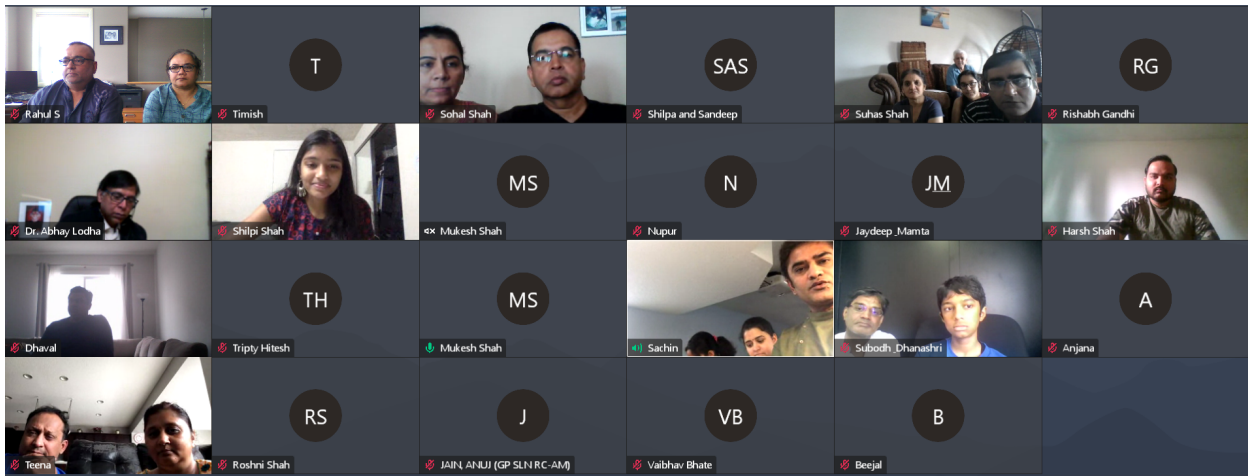
Our JSOC AGM was held successfully on February 27, 2021. We had more than 20 members attend. Summary of points from the meeting are:

- Provided 2020 program highlights of regular events
- Presented new initiatives from the Board of Directors for example: formation of Women's Committee, newsletter creation and distribution, and virtual events such as puja and game nights
- Financial update
- Sponsorship update
- Future direction on converting to an Alberta registered charitable organization

Thank you to Level 1 Pathshala kids for opening our AGM with Namokar Mantra as well as presenting your experiences of Pathshala at the AGM. It was wonderful to hear from you!

2021 Mahavir Janma Kalyanak Puja:

JSOC Mahavir Janma Kalyanak Puja was held on Sunday, April 25th 2021. Thank you to Shefali and Rajen Shah for hosting the virtual Snatra Puja. We also had special guest, YJA Executive Board Member Shilpi Shah, Director of the West Region, share some information on how to get involved with YJA.



JSOC Pathshala Update:

Kids Pathshala will continue online and will continue to follow the JAINA curriculum.

This current session will end on June 27th 2021.

Over the summer there will be no Pathshala activities or classes.

In the fall, Pathshala will commence after Labour Day however official dates are TBD. Stay tuned for updates.

JSOC PATHSHALA IS SEEKING VOLUNTEERS!

If you are interested in teaching, please contact Vishranti Vakharia at: pathshala.jsoc@gmail.com



Pathshala for Adults:

Adult Pathshala will continue if there is significant interest from our members.

Sessions on Baharah Bhavna have been completed and were presented by Mihir Shah and Harsh Shah

Sessions on Karma Theory were presented by Rahul Bohra



YOUNG JAINS OF AMERICA

Young Jains of America:

If you have children between the ages of 14 and 29 we urge them to visit <https://www.yja.org> for up to date information on all Jain events as they take place throughout the year. These events are geared towards the youth perspective and anyone who practices the Jain faith in a North American setting.

YJA West Region is looking for a youth to step forward and become a Calgary representative.

Please send inquiries to Renu Chandarana:

fundraising.jsoc@gmail.com

You and your youth children can follow YJA on Social Media:

Instagram: @youngjainsofamerica

Facebook: Young Jains of America (YJA) or Young Jains of America (YJA)- West Region



Upcoming Events:

We are hopeful to have any of the upcoming events provided they fit AHS guidelines for gatherings:

- The JSOC Women's Committee is participating in the Sport Chek Mother's Day Virtual Walk/Run/Ride charity event. Please cheer on any family members or friends who are participating!
- Summer picnic or outdoor social event
- Swamivatsalya
- Diwali Puja - Lord Mahavir Puja, Nirvana Day Celebration
- December Social Event
- JSOC Online Pathshala for Kids continues online until June 27th 2021

Did you Know?

Puja material has been uploaded to the JSOC Website under News & Publications > E-Library > e-Books

Link: <https://jainsocietyofcalgary.com/media-and-publications/use-full-Links>

Update from Subodh Peramanu, Director of Logistics and Facility Operations on JSOC Board of Directors:

Subodh has conducted a feasibility study on converting our JSOC to a charitable organization. The study recommends that we convert to a charitable organization, considering the significant benefits even if it comes with higher responsibilities and obligations.

The study outcomes will be further reviewed by JSOC advisors and key members for approval.



Tapasya in our Community:

A very special mention to Mamta Mehta who, along with other Tapasyas, has completed the following two Tapasyas:

- Shivkumar No Belo Tap (12 Chhath) 36 days
- Sundari Tap - this involves 60 consecutive Ayambils

Send Us Your Announcements:

JSOC is here to support you and all of your accomplishments!

Submit announcements by emailing:

calgaryjains@gmail.com

If there is anyone you know who is not receiving JSOC communication please tell them to email us

at calgaryjains@gmail.com with a written request for their email address added to our newsletter and email updates.

Thank you for your continued support.

**JSOC MEMBERS NEWS &
ANNOUNCEMENTS**