



# JSOC NEWSLETTER FEBRUARY 2023

## A Message from the JSOC Board of Directors:

Jai Jinendra!

We are so excited to share the final year end JSOC Newsletter for 2022. Jain Society of Calgary (JSOC) had a very successful year with all major events and activities being in-person. Our community is growing as we continue to meet and greet. Please share our group with anyone who you think would be interested in meeting other Jains in Calgary.

We hope you enjoy reading this update and we look forward to seeing you again for JSOC events in 2023.

With gratitude for your ongoing support for our community, JSOC Board wishes you a very Happy New Year 2023.

### JSOC Board of Directors 2022-2024:

**President** - Biren Shah

**Vice President** - Tarun Jain

**Secretary** - Nilesh Shah

**Treasurer** - Hitesh Jain

**Director, Pathshala** - Tripty Jain

**Director, Youth Development** - Vishranti Vakharia

**Director, Events** - Jasmine Shah

**Director, Newsletter & Youth Support** - Renu Chandarana

**Director, Logistics, Operations & Charitable Trust** - Subodh Peramanu

**Director, Communications and Fundraising** - Abhay Jain

**Director, Website & Networking Group** - Bhupendra Ranawat

### Non Elected Posts:

**Advisors:** Mukesh Shah, Suhas Shah, Sachin Vakharia

*“Community is much more than belonging to something; it’s about doing something together that makes belonging matter” ~ Brian Solis*

# Lord Mahavir Nirvana Parva and Diwali Celebrations:

JSOC members celebrated Diwali and Lord Mahavir Nirvana Day on October 30<sup>th</sup>, 2022, at Westgate Community Hall.

We celebrate *Mahavir Nirvana* on the new-moon day of *Kartik* (eighth month of the Indian lunar calendar). It was during this time year that Mahavir attained *Nirvana* (liberation) in the year 527 BC. This means Mahavir reached *moksha*—or freedom from the cycle of reincarnation. The festival of Diwali falls on the last day of the seventh month of the Indian lunar calendar, also known as *Ashvin*.

Each year Jains light lamps on Diwali to symbolize keeping the light of lord Mahavir’s knowledge alive.

Diwali is celebrated to remove darkness from our life and to spread light to the lives of others as well as ourselves.

Our event began with *Panchamrit Abhishek and Shanti Dhara*. Then we performed *Mahavir Nirvana Laadoo Puja* and *Aarti*. A delicious Jain luncheon concluded the event.

Sweets Prabhavana by Sachin and Vishranti Vakharia Family.



## JSOC Women’s Group

A year-end social for the JSOC Women’s Group was hosted by Vishranti Vakharia in December. All attendees brought vegetarian non-perishable food items to be donated to the University of Calgary’s Student Union Food Bank. Coincidentally, this food bank had just run out of rice when our donation arrived in their hands.

### Plans for 2023:

- Gathering for International Women’s Day
- Mother’s Day and Father’s Day Celebrations
- Fun Summer Outdoor Activities
- Year End Holiday Celebrations

Thank you to all the volunteers who made this amazing event possible!



No one has ever become poor by giving.

## JSOC Pathshala Update:

Pathshala, an incredibly important part of the JSOC community, had been conducting all their 2022 sessions virtually. This virtual platform allowed more participants to take part in the sessions on a regular basis.

The end of the school session in June 2022 and year end celebration December 2022 were both great successes.

There are 3 different Pathshala levels for kids. Each level holds classes twice a month. The Levels are:

Kids under 6, Level 1, and Level 2.

The Pathshala year runs alongside the regular school year, taking breaks for Christmas holidays, spring break, and summer break.

For this current Pathshala year of 22-23, we are still continuing the use of the online platform.

Currently we have 31 active students.

We want to thank the Pathshala teachers who are currently volunteering their time to teach our JSOC kids:

Level 1 teachers are Sohal Shah and Vishranti Vakharia. (15 Students)

Level 2 teacher - Jasmine Shah. (10 Students)

Kids under 6 teachers are Hitanshi Vakharia and Vishranti Vakharia (6 Students)

We encourage all JSOC families to enroll their children into Pathshala to build a strong foundation for Jainism. Also, we urge any interested youth and adults to volunteer for the role of Pathshala teachers.



**YOUNG JAINS OF AMERICA**



## JSOC PATHSHALA IS SEEKING VOLUNTEERS!

If you are interested in teaching or enrolling your child, please contact our current Director of Pathshala, Tripty Jain at:

[pathshala.jsoc@gmail.com](mailto:pathshala.jsoc@gmail.com)



## Young Jains of America:

If you know anyone between the ages of 14 and 29, tell them about YJA. They can visit <https://www.yja.org>

YJA offers so much knowledge to any youth practicing the Jain faith in a North American setting.

Anyone can follow YJA on social media:

Instagram: @youngjainsofamerica

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



## Member Recognition and Achievements:

### Dr. Abhay Lodha honoured as Immigrant of Distinction in STEM

Our esteemed member of Jain Society of Calgary, Dr. Abhay Lodha, was honored as an Immigrant of Distinction in STEM at the 25th annual Immigrants of Distinction awards ceremony hosted by Immigrant Services Calgary on November 3, 2022.

Dr. Lodha is a fellow of the Royal College of Physicians & Surgeons of Canada in Pediatrics and Neonatal-Perinatal Medicine, and a fellow in pediatrics at institutions in India, the U.S.A. and the UK. He was named a member of the American Pediatrics Society in 2022, a prestigious honour among child health leaders internationally. He also chaired the Douglas K. Richardson Lifetime Research Award Committee of the Society of Pediatric Research for three years.

Dr. Abhay Lodha, MD, leads research teams that have identified how premature babies' developing brains benefit from caffeine therapy and that delayed umbilical cord clamping can improve a range of health outcomes for preemies.

Congratulations to Dr. Abhay Lodha on this great achievement.



## Upcoming Events:

We look forward to seeing everyone again for the following upcoming events:

- **Annual General Meeting:**  
**Date:** Sunday, February 12, 2023  
**Time:** 2:00pm to 4:30pm  
**Location:** Fish Creek Library, 3<sup>rd</sup> Floor Program Room, 11161 Bonaventure Drive SE, Calgary AB T2J 6S1  
<https://goo.gl/maps/EpjugRUsYsqHWW5o6>
- Mahavir Janam Kalyanak (TBD)
- Summer Picnic (TBD)

## Did you Know?

- Pooja material has been uploaded to the JSOC Website under News & Publications > E-Library > e-Books  
<https://jainsocietyofcalgary.com/media-and-publications/use-full-Links>
- JSOC has a Facebook group! Please search Calgary Jains - Jain Society of Calgary - JSOC and an admin will let you in.
- JSOC has WhatsApp groups you can join: Jain Society of Calgary, Calgary Jains Networking Group, and a JSOC Women's Group. Please email [calgaryjains@gmail.com](mailto:calgaryjains@gmail.com) to request that your phone number be added to a group(s). Please note, each group has rules to participating and only those who identify as female may join the JSOC Women's Group.

## Send Us Your Announcements:

JSOC is here to support you and all your accomplishments!

Submit announcements by emailing:  
[calgaryjains@gmail.com](mailto: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](mailto: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**