

# NAMOKAR MANTRA

## **Namo Arihantanam**

I bow in reverence to Arihants

## **Namo Siddhanam**

I bow in reverence to Siddhas

## **Namo Ayariyanam**

I bow in reverence to Acharyas

## **Namo Uvajjhayanam**

I bow in reverence to all Upadhyayas

## **Namo Loye Savva Sahunam**

I bow in reverence to all Sadhus

## **Eso Panch Namukkaro**

This five-fold salutation

## **Savva Pavappanasano**

Destroys all sins

## **Mangalanam Cha Savvesim**

And amongst all auspicious things

## **Padhamam Havai Mangalam**

Is the most auspicious one

णमो अरिहंताणं

णमो सिद्धाणं

णमो आयरियाणं

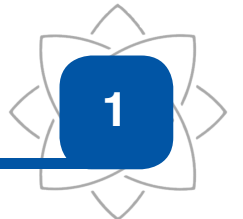
णमो उवज्झायाणं

णमो लोए सव्व साहूणं

एसो पंच णमोक्कारो, सव्व पावप्प णासणो

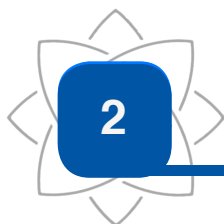
मंगलाणं च सव्वेसिं, पडमम हवई मंगलं

*In memory of Vikas Parikh, 1993-2010*



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# Young Jains of America

Inspire. Connect. Do the Jain Thing.

The 9<sup>th</sup> Biennial YJA Convention

Sponsored by Cherry Hill Jain Sangh

Federation of Jain Associations in North America (JAfNA)  
A Non-Profit Tax Exempt Religious Organization, IRS Code Section 501 (c)(3) EI #54-1280028



July 2010

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Dear Young Jains of America Convention Attendees, Distinguished Guests and Supporters,

Jai Jinendra! It is our pleasure to welcome you to YJA Convention 2010: Inspire. Connect. Do the Jain Thing. The 9th biennial convention is made possible by the dedication of the entire North American Jain community. Because of our collective efforts, we will inspire Jain youth through dialogue with passionate speakers and panelists who have a deep understanding of Jainism. In addition, participants will have the opportunity to connect and share their thoughts with each other on a variety of subjects. Attendees will leave the convention ready to Do the Jain Thing by applying Jain principles to their everyday lives.

This convention represents an opportunity for Jain youth to take a stand toward spiritual prosperity. We have passed through more than a generation since the inception of the first North American dherasar in 1973. Today, we stand at a crossroads. Those who immigrated to North America during the 1970s and 1980s are now seeing Jain values passed to their grandchildren. However, for Jainism to flourish in 2010 and beyond, we must endow today's Jain youth with the resources to become the leaders of tomorrow.

'Inspire. Connect. Do the Jain Thing.' is more than just this convention's theme. It is a call to all Jain youth and their families to get more involved with their local Jain communities. Inspire other youth by joining or becoming a volunteer for your local Pathshala program. Connect with other Jains by participating in cultural or service activities. Ultimately, doing the Jain thing by becoming more involved at your dherasar will lead to greater interaction with other Jain centers across North America. This will help strengthen YJA and JAfNA as international organizations carrying Jain dharma into the future.

In addition, for the benefit of future generations of Jains, we respectfully call on the leadership of all North American dherasars to put aside partisan and personal disagreements and work toward bringing together local Jain communities.

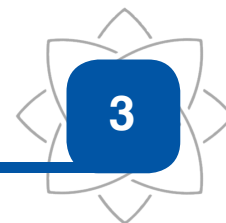
YJA is blessed to have the unified backing of 10,000 North American Jain youth and the support of the entire Jain community. Without you, this weekend would not have been possible. We hope that in our preparation, we did not harm any living being and if we did, Micchchami Dukkadam.

Let us strengthen our community and ourselves by furthering the Jain ideals of ahimsa (non-violence), aparigraha (non-possessiveness) and anekantvada (multiplicity of viewpoints).

-Sincerely,

Your 2009-2010 YJA Board and Cherry Hill Convention Committee

Inspire. Connect. Do The Jain Thing.



# YJA INFORMATION AND ELECTIONS

Jai Jinendra! Young Jains of America (YJA) is a non-profit organization parented by the Federation of Jain Associations in North America (JAINA). YJA consists of Jain youth ages 14-29 across North America. Our mission is to represent young Jains and promote understanding of Jain heritage, faith, and philosophy.

## OBJECTIVES

- Raise awareness of Jain ideals and principles
- Prepare Jain youth to become the successful leaders of tomorrow
- Instill a sense of pride among Jain youth about their heritage
- Develop friendships among young Jains and strengthen local Jain youth groups

## YJA CONVENTION HISTORY

July 1991 – YJA is born!	July 2002 – 5th convention in Mahwah, NJ
July 1994 – 1st convention in Chicago, IL	July 2004 – 6th convention in Bay Area, CA
July 1996 – 2nd convention in San Francisco, CA	July 2006 – 7th convention in Stamford, CT
July 1998 – 3rd convention in Houston, TX	July 2008 – 8th convention in Chicago, IL
July 2000 – 4th convention in Los Angeles, CA	<b>Today – 9th convention in New Brunswick, NJ</b>

## YJA EXECUTIVE BOARD AND ELECTIONS

The YJA executive board is comprised of sixteen individuals: two co-chairs, eight director positions, and six regional coordinators. The board meets twice annually (August and January).

- **2 Co-Chairs**
- **8 Directors:** Education, Events, Finance, Fundraising, Information Technology, Project Development, Publications, Public Relations
- **6 Regional Coordinators:** Northeast, Mid-Atlantic, Southeast, Midwest, South, West

Want to help put together exciting retreats, spiritually fulfilling events at your local dherasar, charity drives and many other unique ideas? Then JOIN the YJA Board! The **Executive Board** provides a forum to make wonderful friendships and build networking opportunities. The experience of serving on the YJA board will help you no matter your profession or field of study. You will learn to work within short deadlines, communicate with others and develop projects with limited resources. However, the most important thing is that YJA is a great way to give back to our community that has given us so much!

For more information on joining the YJA board and the elections process, look out for information during the convention, **visit [www.yja.org](http://www.yja.org) or e-mail [info@yja.org](mailto:info@yja.org)!** **Elections begin in July and board applications can be submitted until mid-August.**



## YJA CONVENTION 2010 | New Brunswick





**The Jain Sangh of NJ, PA and DE**

3401 Cooper Ave., Pennsauken, NJ 08109

A Nonprofit Tax-Exempt Religious Organization, ID 22-2767832



**Welcome Letters**

To all convention attendees, dignitaries and guests,

Jai Jinendra! Cherry Hill Jain Sangh (CHJS) is proud to sponsor YJA Convention 2010! We are thrilled to be welcoming attendees and guests from the United States, Canada, India, UK and Australia. In October 2009, YJA and CHJS made a firm commitment to support and improve each other's organizations. From October through today, we have been able to support YJA financially, with volunteer support and in many other respects including sponsoring the 2010 YJA Fundraising Garba. In return, YJA has brought an increased energy to CHJS activities, particularly amongst youth.

Our sangh's members are very excited to participate in this biennial event. We hope that this is the beginning of a lasting partnership between our sangh and YJA. YJA needs the support of all North American Jain sanghs and we urge all other Jain sanghs to partner with YJA. Through our partnership, we are confident in YJA's ability to help bring Jainism to the next generation with a combination of spiritual, social and service activities.

CHJS just celebrated its 20th anniversary with our 20th Anniversary Panchanika Mahotsav celebration, which took place from May 19-23, 2010. During the course of the weekend, we welcomed over 1,000 individuals into our Dherasar for festivities ranging from Navgrah poojan to 18 Abhishek and Shanti Snatra Poojan to a lively youth cultural program.

Our Pathshala is held on the 1st and 3rd Sundays of each month starting at 10 AM. We feature both Gujarati language and Jain dharma classes for all ages. The Pathshala program is 140 youth and adults strong and growing.

We invite you to visit Cherry Hill Jain Sangh at anytime. We have Snatra Pooja every Saturday and Monthly Pooja on the first Sunday. We do Aarti and Mangal Divo on a daily basis. We also have an exciting lineup of scholars this summer and fall including Shri Girishbhai Shah from June 15-21, Shri Dhirubhai Pandit from July 5-7, Shri Samirbhai Shah from August 12-17, Shri Nautambhai Vakil from August 25-29 and Shri Jitubhai Shah during Paryushana from September 1-11. Please contact President Meena Shah at 302.239.2950 for more details.

Once again, thank you for your participation in 'YJA Convention 2010: Inspire. Connect. Do the Jain Thing.', sponsored by Cherry Hill Jain Sangh and we hope to see you at our Dherasar soon.

-In best wishes,

Meena K Shah

On behalf of the Cherry Hill Jain Sangh Executive Committee, Board of Trustees and Members

**Inspire. Connect. Do The Jain Thing.**

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# JAINA

**Federation of Jain Associations in North America**

*Founded 1981*

*A Non-Profit Tax Exempt Religious Organization IRS Code Section 501(c)(3) EI# 54-1280028*

*NGO in Special Consultative Status with the Economic and Social Council of the United Nations*

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July 2010

Young Jains of America  
9th Biennial Convention  
New Brunswick, NJ

Dear Young Jains of America:

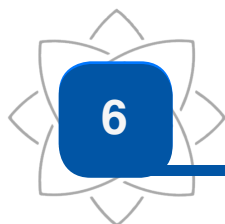
On behalf of the JAINA Executive Committee and Board of Directors, I applaud the tremendous efforts of the YJA Board, Convention Committee, and numerous volunteers towards conducting a convention of this magnitude. Thank you for inviting me to this 9th Biennial YJA Convention. I am so pleased to participate, and look forward to meeting the more than 700 youth attendees, including those attending from India, UK, and Australia. YJA Convention 2010: Inspire. Connect. Do the Jain Thing. is sure to be an incredible experience that will foster spiritual growth and lasting connections for Jain youth throughout North America and the world.

Youth leadership and participation in events such as this are essential to ensuring the preservation, evolution, and growth of the Jain way of life. Since its founding in 1991, YJA continues to be a model for Jain unity by inspiring other Jain youth groups in India, UK, Australia, Kenya, and Singapore to take action in their communities. JAINA is very proud of the leadership skills YJA imparts on its members and looks forward to the day when JAINA is headed by YJA alumni. The next JAINA Convention will be held in Houston in July 2011, and I invite all Jain youth to take active part in the convention's planning.

I hope you all truly enjoy YJA Convention 2010, and gain a wide variety of knowledge, lifelong friendships, and an experience you will cherish forever.

With best regards,

Lata Champsee, President



**YJA CONVENTION 2010 | New Brunswick**



## Jain Vishwa Bharati, Houston

Arham

Jain religion is an ancient golden religion. The preaching, principles and values propounded by Tirthankar are evergreen, significant and applicable in all the time and at all the places. To get Jain religion by birth is our luck and to preserve this fortune is our responsibility. The essence of Jain-teachings is self-discipline (sanyam) and non-violence. Our way of living- what we eat, the things we use, the way we behave – should reflect that we are Jain. Our life-style should be introduction of our religion. In ancient time Jain followers had a unique impression in the heart of emperors because of their self-discipline. In the same way if each jain makes a self commitment to practice jain religion by inculcating non-violent attitude in thoughts, words and action, that will be a great step towards maintaining the glory and dignity of Jain religion in this western world. As Acharya Mahapragya says along with material growth there should be keen desire for spiritual growth as well to make a peaceful, purposeful and progressive life. Let us embrace spiritual growth. Each youth take at least one trigger from the YJA Convention thereby turnaround your life and make a world of difference.

I wish a blissful, successful and enlightening YJA Convention. Appreciate the tireless effort of YJA Team to foster learning, and understanding the core values of Jain religion through such a wonderful gathering.

Samani Akshay Pragya  
JVB Houston



ENERGY AND COMMERCE COMMITTEE:  
HEALTH SUBCOMMITTEE  
CHAIRMAN

ENVIRONMENT AND HAZARDOUS  
MATERIALS SUBCOMMITTEE  
TELECOMMUNICATIONS AND THE  
INTERNET SUBCOMMITTEE

NATURAL RESOURCES COMMITTEE:  
FISHERIES, WILDLIFE AND  
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DEMOCRATIC POLICY COMMITTEE:  
COMMUNICATIONS CHAIR

<http://www.house.gov/pallone>

FRANK PALLONE, JR.  
6TH DISTRICT, NEW JERSEY

**Congress of the United States**  
**House of Representatives**  
**Washington, DC 20515-3006**

May 10, 2010

REPLY TO:  
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(732) 571-1140  
☐ 6769 CHURCH STREET  
KILMER SQUARE  
NEW BRUNSWICK, NJ 08901  
(732) 249-8892

Dear Friends:

It is with great pleasure that I offer my congratulations to the Young Jains of America (YJA) who are holding their 9<sup>th</sup> Biennial Young Jains of America Convention. The event will take place from July 2 to July 5, 2010 at the Hyatt Regency in New Brunswick, New Jersey.

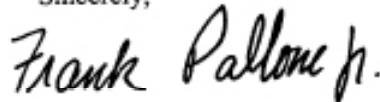
Five-thousand members strong, the Young Jains of America are an intelligent and vibrant community of 14-29 year olds dedicated to the education, interaction, and awareness of Jain youth. Working with the Federation of Jain Associations in North America (JAINA), YJA raises awareness about Jain ideals and principles such as Ahimsa (nonviolence), Aparigraha (non-possessiveness) and Anekantvada (multiplicity of viewpoints). Through interactive community workshops, meditation sessions, and individual members who inspire and lead, YJA plays a vital role for Jain youth nationally and internationally.

As YJA works to engage young Jains to share Jain heritage and religion, they also address the problems, difficulties, and concerns facing Jain youth. YJA assists in and promotes charitable community activities to prepare Jain youth to become successful Jain leaders of tomorrow.

I am a staunch supporter of any organization that works to improve the lives of young adults and YJA certainly has cause to be celebrated as an organization that promotes inherently good-natured values and ideals. The Jain community remains an integral part of my district and the country.

Again, I offer my best wishes to the Young Jains of America. I appreciate the hard work and dedication your organization has to bringing cultural tolerance and education to the members of my constituency.

Sincerely,

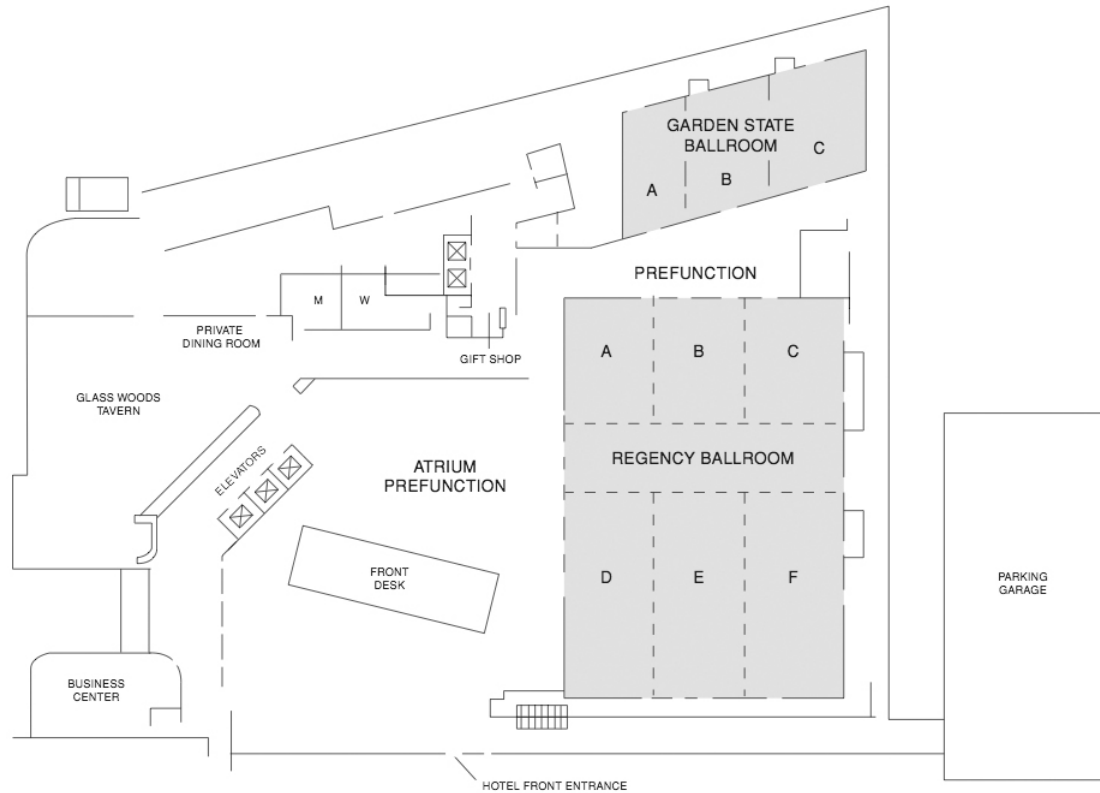


FRANK PALLONE, JR.  
Member of Congress



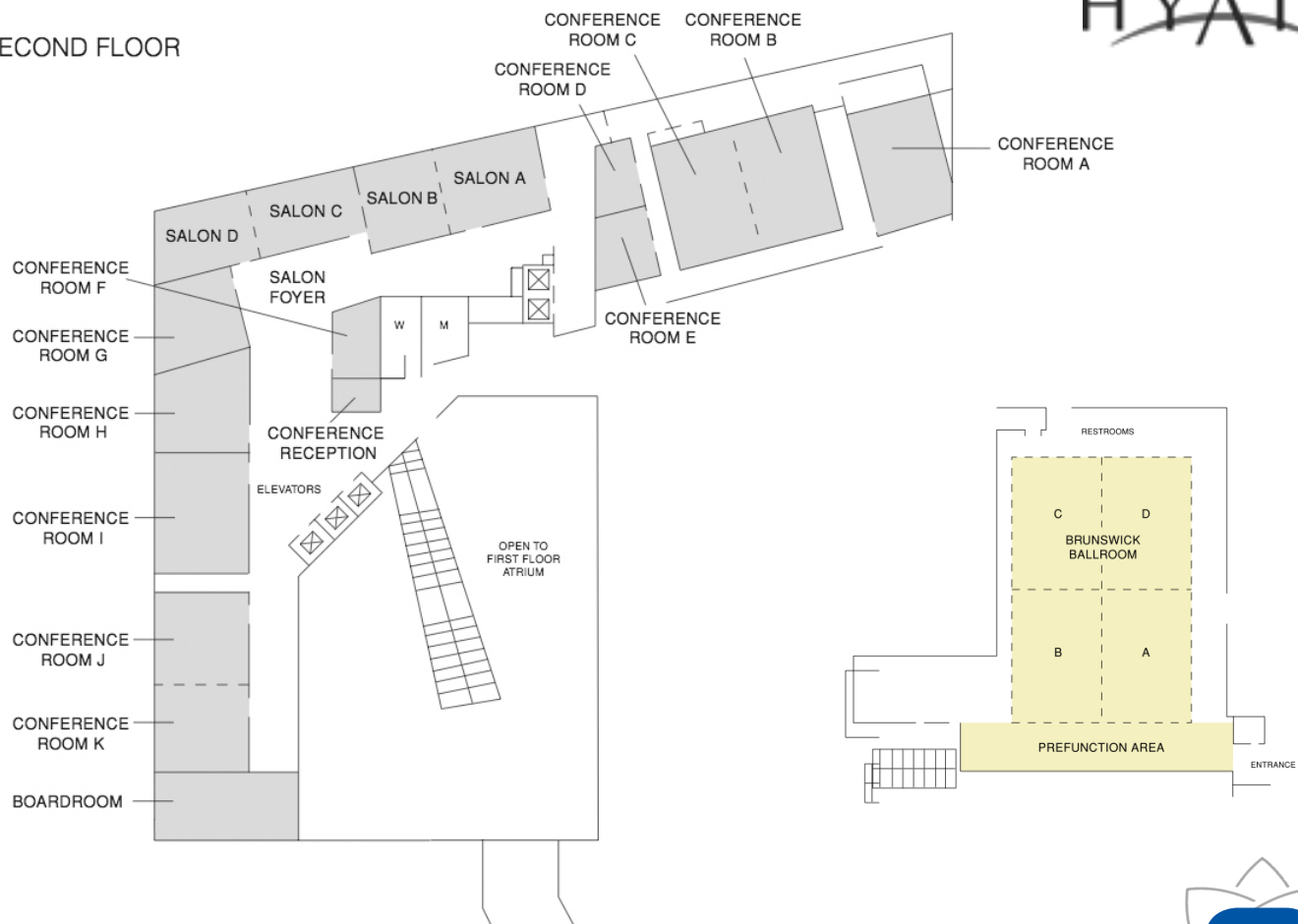
**YJA CONVENTION 2010 | New Brunswick**

## FIRST FLOOR



HYATT®

## SECOND FLOOR

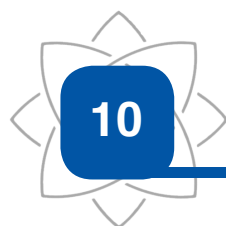


Inspire. Connect. Do The Jain Thing.



# Convention Schedule

	Friday - July 2,2010			Saturday - July 3, 2010						
	High School	College	JNF	High School	College	JNF				
7:00				Yoga/Meditation/Samayik			7:00			
7:15							7:15			
7:30							7:30			
7:45							7:45			
8:00				Breakfast (starts at 7:30 am)			8:00			
8:15							8:15			
8:30							8:30			
8:45							8:45			
9:00	Onsite Registration and Check In (continues all day until 10 pm)			HS Session 1	College Session 1	JNF Session 1	9:00			
9:15							9:15			
9:30							9:30			
9:45							9:45			
10:00							10:00			
10:15				HS Session 2	College Session 2	JNF Keynote: Prem Jain	10:15			
10:30							10:30			
10:45							10:45			
11:00								11:00		
11:15				Keynote Speaker 1: Parag Mehta						11:15
11:30										11:30
11:45										11:45
12:00							Lunch			12:00
12:15										12:15
12:30										12:30
12:45										12:45
1:00							1:00			
1:15							1:15			
1:30							1:30			
1:45							1:45			
2:00	Ice Breaker I			HS Session 3	College Session 3	JNF Session 2	2:00			
2:15							2:15			
2:30							2:30			
2:45							2:45			
3:00	Ice Breaker II						3:00			
3:15							3:15			
3:30				HS Session 4	College Session 4	JNF Session 3	3:30			
3:45							3:45			
4:00	Ice Breaker III						4:00			
4:15							4:15			
4:30				HS Session 5	College Session 5	JNF Session 4	4:30			
4:45							4:45			
5:00	Opening Ceremony			Recreational Hour RTB Stage Rehearsal (starts at 4:20 pm)			5:00			
5:15							5:15			
5:30							5:30			
5:45							5:45			
6:00	Inspirational Kick Off						6:00			
6:15							6:15			
6:30	Dinner			Dinner			6:30			
6:45							6:45			
7:00							7:00			
7:15							7:15			
7:30							7:30			
7:45							7:45			
8:00	Change for Garba/Raas			Regional Talent Battle - HS, COL, & JNF			8:00			
8:15							8:15			
8:30							8:30			
8:45							8:45			
9:00							9:00			
9:15							9:15			
9:30	Garba/Raas - HS, COL, & JNF			A Night on the Jersey Shore Boardwalk			9:30			
9:45							9:45			
10:00							10:00			
10:15							10:15			
10:30							10:30			
10:45							10:45			
11:00							11:00			
11:15							11:15			
11:30	Ice Cream Social			JNF - Lights, Camera, Bollywood!			11:30			
11:45							11:45			
12:00							12:00			
12:15							12:15			
12:30	Lights Out		JNF - M&M: Meet & Mingle Mixer	Lights Out			12:30			
12:45							12:45			
1:00							1:00			
1:15							1:15			
1:30	Lights Out		JNF - M&M: Meet & Mingle Mixer	Lights Out			1:30			
1:45							1:45			
2:00							2:00			
2:15							2:15			
2:30	Lights Out		JNF - M&M: Meet & Mingle Mixer	Lights Out			2:30			
2:45							2:45			
3:00							3:00			

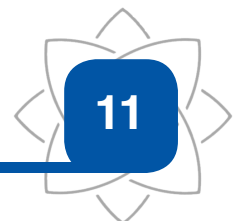


YJA CONVENTION 2010 | New Brunswick

Sunday - July 4, 2010				Monday - July 5, 2010			
	High School	College	JNF	High School	College	JNF	
7:00	Yoga/Meditation/Samayik						7:00
7:15							7:15
7:30							7:30
7:45							7:45
8:00	Breakfast (starts at 7:30 am)			Breakfast			8:00
8:15							8:15
8:30							8:30
8:45							8:45
9:00	HS Session 1	College Session 1	JNF Session 1	Closing Ceremony			9:00
9:15							9:15
9:30							9:30
9:45							9:45
10:00							10:00
10:15	HS Session 2	College Session 2	JNF Session 2	Check Out			10:15
10:30							10:30
10:45							10:45
11:00							11:00
11:15							11:15
11:30	Keynote Speaker 2: Michael Tobias						11:30
11:45							11:45
12:00							12:00
12:15							12:15
12:30	Lunch						12:30
12:45							12:45
1:00							1:00
1:15							1:15
1:30							1:30
1:45							1:45
2:00	HS Session 3	College Session 3	JNF Session 3				2:00
2:15							2:15
2:30							2:30
2:45							2:45
3:00							3:00
3:15	HS Session 4	College Session 4	JNF Session 4				3:15
3:30							3:30
3:45							3:45
4:00							4:00
4:15							4:15
4:30	HS Session 5	College Session 5	JNF Session 5				4:30
4:45							4:45
5:00							5:00
5:15							5:15
5:30	Recreational Hour						5:30
5:45							5:45
6:00							6:00
6:15							6:15
6:30	Change for Formal						6:30
6:45							6:45
7:00							7:00
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7:30	Group Photo						7:30
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8:30	Winter Wonderland Dinner and Formal HS, COL, & JNF						8:30
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2:00	Post WW Formal - NO CURFEW		JNF - Sleepless in New Brunswick: Late Night PJ Party				2:00
2:15							2:15
2:30							2:30
2:45							2:45
3:00							3:00

ONGOING ACTIVITIES	
Onsite Temple Hours (Conference H):	Friday 9am - Monday 12pm
Vendor Exhibit Hours (Atrium):	Friday 9am - 5pm Saturday 7am - 7pm Sunday 7am - 7pm
Jain Art Exhibit Hours (Atrium):	Saturday 7am - 7pm Sunday 7am - 7pm
Hospitality Suite Hours (Conference Reception):	Friday 9am - Saturday 2am Saturday 9am - Sunday 2am Sunday 9am - Monday 2am

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# Keynote Speakers

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## Setting the Agenda: Jainism in the Age of Obama

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*The "separation of church and state" principle doesn't prevent faith from informing our politics. Whether it be the Catholic church's support of immigration reform, Evangelical Christians' commitment to environmental preservation, Jewish influence in social justice causes or Muslim leadership on civil rights and civil liberties, communities of faith play an important role in the political life of our country and in the modern progressive movement. The rapid growth of the Jain-American community calls us to set our own moral compass in the realm of civic life. How can young Jains influence the direction of American public policy and government? Is there a space in the political discourse for the concept of ahimsa? Parag Mehta, a leader in the Democratic Party and member of President Obama's transition team, addresses the challenges and opportunities facing young Jains as we aim to find our political voice and leverage power in ways that are consistent with our values.*



**Parag Mehta** - Parag Mehta is a communications specialist with more than a decade of experience in government, politics and community advocacy. He began his career as a speechwriter in the Clinton administration and is now a highly sought after public speaker in his own right, commanding audiences across the country.

Mehta served on the Obama-Biden Presidential Transition Team as Public Liaison to the Asian American and Pacific Islander (AAPI) and the Lesbian, Gay, Bisexual and Transgender (LGBT) communities. He also managed then President-Elect Obama's outreach efforts around education and the arts. In March of 2009, former Washington Governor Gary Locke recruited Mehta to manage his confirmation process to become the 36th U.S. Secretary of Commerce.

During the 2008 elections, Mehta served as Director of External Communications for the Democratic National Committee. In that role, he worked to keep political opinion leaders, Democratic surrogates and allied organizations on message with the Obama-Biden campaign. Mehta previously spent three years as National Training Director for the DNC, organizing trainings for more than 22,000 Party staff, candidates, leaders and activists in all 50 states and around the world. During his four-year tenure at the DNC, Mehta was one of the most visible leaders of the Democratic Party.

Prior to joining the DNC, Mehta was Deputy Political Director for America Votes, a coalition of the largest progressive organizations in the country who joined forces to register, educate, recruit, and mobilize voters during the 2004 elections. While at America Votes, Mehta developed new media tools that allowed the coalition's 32 partner groups to coordinate voter contact activities and direct their 21 million members to unified campaign events in 17 battleground states. In 2003, Mehta served as a Deputy Political Director for Governor Howard Dean's presidential campaign, based in Burlington, Vermont. There he handled Congressional and union endorsements for the campaign and coordinated political call time with the candidate. He also directed the campaign's Asian, Arab, Muslim and Pacific Islander outreach, working with elected officials, community leaders, and grassroots activists to build support for Governor Dean.



**YJA CONVENTION 2010 | New Brunswick**

# Keynote Speakers

## The Complexities of Non-Violence

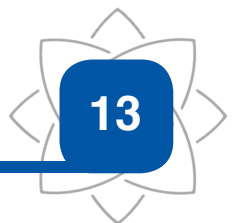
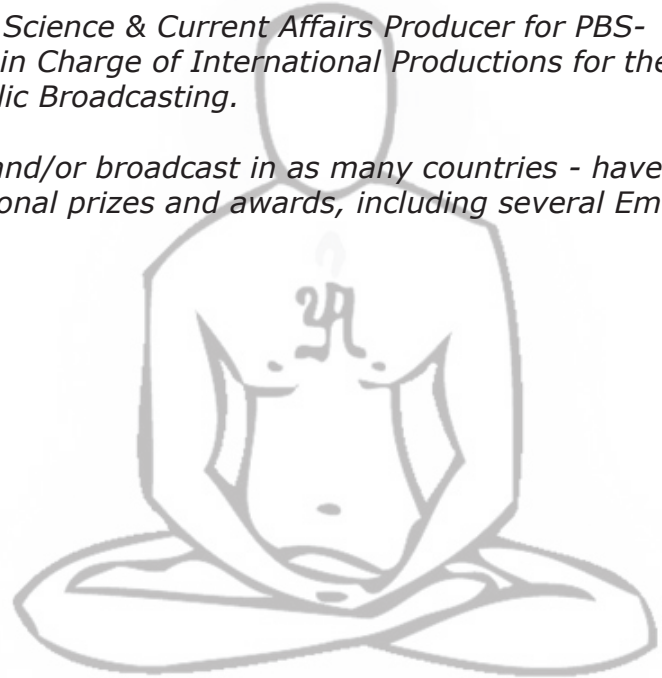
*In a world that rallies around a single word, "hope," we are everyday confronted by the challenges of effecting meaningful change that can soften the burden of a blunt, too often ruthless world. Everyone speaks of peace, peace, peace. Yet achieving it – economically, politically, emotionally, ecologically and ethically- remains the most exasperating and serious undertaking our species has ever confronted. The stakes are far more astounding and critical than at any time in the last 65 million years, when the dinosaurs went extinct. The Jain visions of reality represent a crucial pathway towards achieving the reconciliation of pain and inequity with social and interspecies justice. Dr. Tobias will present the basic Jain tenet of non-violence ("ahimsa") in the globalized context of a multitude of perspectives, initiatives and obstacles that can be viewed with an eye towards turning the biological and spiritual crisis around. This is the generation to make a profound difference.*



**Michael Tobias** - Dr. Michael Tobias is a world-renowned interdisciplinary global ecologist, anthropologist, author, filmmaker, historian, and explorer. As long-time President of the Dancing Star Foundation, based in the U.S. and New Zealand, Dr. Tobias has been a strong policy analyst and advocate for international biodiversity conservation, animal protection, and environmental education. He has worked in more than 75 countries with governments and countless communities in an effort to help formulate conservation, animal welfare and sustainability blueprints that imaginatively meet the needs of people and nations. Tobias obtained his Ph.D. from the University of California-Santa Cruz in 1977 in the History of Consciousness Department. Tobias has studied Hebrew, Sanskrit, French, Italian, Russian, and Greek.

During the 1980s Tobias was the Science & Current Affairs Producer for PBS-San Francisco (KQED) and the Executive Producer in Charge of International Productions for the third largest PBS station in the U.S., Maryland Public Broadcasting.

Tobias' 40 books and more than 100 films – read and/or broadcast in as many countries - have won and/or been nominated for over fifty international prizes and awards, including several Emmys.



## High School / College Sessions

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### 7 Types of Man

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We must consider several conditions when trying to understand types of men and their characteristics. Alfred Adler suggested that people can be typed according to their birth order in the family, while Carl Jung mainly concentrated on the introvert dimension, one who focuses on internal matters, and the extrovert dimension, one who focuses on external matters. Jung claimed that one of these functions tends to dominate although one person can acquire characteristics from each of the different processes. Shri Shrutpragya Swamiji will explain the secret of these 7 types in this session.

**Shrutapragya Swami** - *Shri Shrutapragya Swami is an extremely articulate and captivating young spiritual leader. He took diksha (initiation) at the age of 20 and has been traveling the world spreading the message of Jainism ever since. He has traveled to over 30 countries including the US, Japan, Russia, South Africa, Australia, and the UK to conduct Spirituality, Yoga, and Meditation seminars to thousands of people. While visiting prominent universities or Jain Centers and temples, he has trained more than 5000 youth in various subjects of life such as personality development, body language, mind power, memory development, and how to live a spiritual life. While traveling the world, he continues to publish articles in various newspapers in India.*

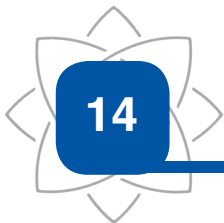
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### 20/20 Jain Vision

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This session will be part presentation, part reading of various people's lives, and part discussion. Bring questions, answers, part answers, and thoughts. Be prepared to speak and debate with your peers. We will be going through a few small snippets from different religious traditions as well as atheism, and reviewing the lives of a few successful leaders for whom their attitude towards faith has proved to be an important guidepost. We will also be watching portions of movies and documentaries. We will then proceed to evaluate which aspects of Jainism we can and should look to for guidance and support in our own leadership journeys. Faith will be looked at critically and functionally – not just as a de facto “right” source of knowledge or guidance.

**Dinkar Jain** - *Dinkar Jain is from New Delhi and is a graduate from the University of Michigan (2006) and Harvard Business School (2010). Currently, he is a consultant with the Boston Consulting Group and lives in Washington, DC.*





## High School / College Sessions

### Ahimsa in Crisis

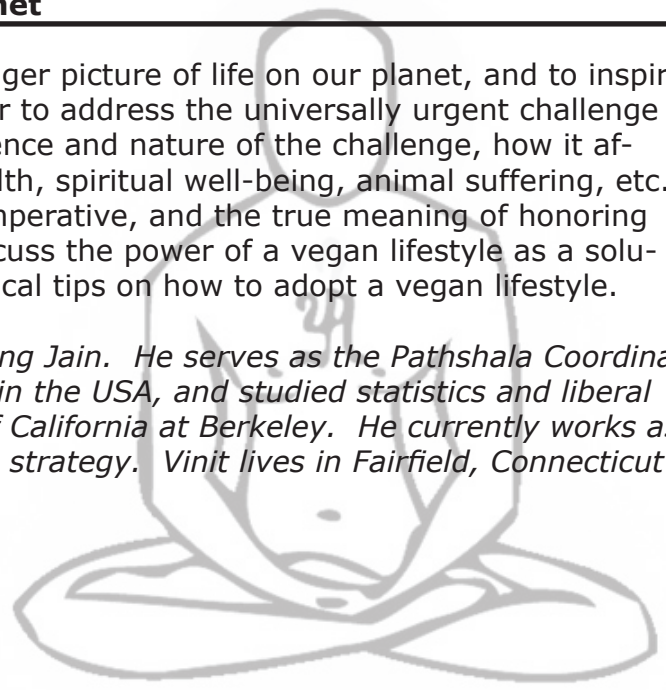
Many Jains interpret the principle of Anekantavada to mean that there are no moral truths; that all truths are relative to a particular perspective. If that is the case, it would seem that we cannot regard Ahimsa as having any clear moral content because both Ahimsa and Himsa are simply a matter of perspective. In this session, we will explore the notion that Anekantavada does not deny that there are moral truths but claims only that truth is complex, and that we cannot understand the whole truth until we have reached keval gyan. We can, however, understand even as non-kevalis that whenever we act, speak, or think without equanimity, with any kashays, Himsa is present. What we can know about Ahimsa is enough to provide a clear blueprint for taking positive social action to make nonviolence a real and meaningful concept in our personal lives and in the world.

**Gary Francione** - Gary L. Francione is Distinguished Professor of Law and Nicholas deB. Katzenbach Scholar of Law and Philosophy at Rutgers University School of Law. He is the author of numerous books and articles on animal ethics, including: *The Animal Rights Debate: Abolition or Regulation?* (2010); *Animals as Persons: Essays on the Abolition of Animal Exploitation* (2008); and *Introduction to Animal Rights: Your Child or the Dog?* (2000). Professor Francione has been a vegan for 28 years based on his acceptance of the principle of Ahimsa and he rejects the use of all animal products, including dairy, leather, wool, and silk. He is a serious student of Jain philosophy and has written about Jainism and animal ethics. He delivered the Opening Keynote Address at the 15th Biennial JAINA Convention in July 2009, and has spoken at other Jain events and has done a series of interviews for Mangalam. His website: [www.abolitionistapproach.com](http://www.abolitionistapproach.com).

### Ahimsa in Our Times – Creating a Livable Planet

The objective of this session is to reflect on the bigger picture of life on our planet, and to inspire a fundamental change in our ways of living in order to address the universally urgent challenge facing mankind. This session will discuss the existence and nature of the challenge, how it affects us (various perspectives of environment, health, spiritual well-being, animal suffering, etc.) and why we should care, our spiritual and moral imperative, and the true meaning of honoring the message of Mahavir Bhagwan. We will also discuss the power of a vegan lifestyle as a solution, what it is, the difficult implications, and practical tips on how to adopt a vegan lifestyle.

**Vinit Doshi** - Vinit M. Doshi is a 38-year old aspiring Jain. He serves as the Pathshala Coordinator at the Jain Center of Connecticut. He grew up in the USA, and studied statistics and liberal arts at the University of Michigan and University of California at Berkeley. He currently works as a consultant in the field of marketing analytics and strategy. Vinit lives in Fairfield, Connecticut with his wife and two children.



## High School / College Sessions

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### Ahimsa Like Never Before

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Jainism is known to the world as the champion of non-violence. While non-violence is prescribed by all religions of the world, it is only Jainism that makes it mandatory normative conduct. What is more, while other religions consider love to be wonderful and ideal, Jainism differs from them and says that the very existence of love in the soul is the genesis of violence. This session will use citations from Jain scriptures and expand on Jainism's interesting philosophical position.

**Manish Modi** - Manish Modi currently lives in Mumbai with his parents, wife, and son. Manish publishes books related to Jainism, business ethics, and moral living. He strives to promote the academic study of Jainism and to educate people about Jain values. To achieve this goal, he edits and publishes Jain texts in English and Hindi, translated from Prakrit and Sanskrit. Manish also gives weekly lectures about Jain scriptures. He takes an altruistic, non-sectarian approach to life and focuses on ethical values as they are integral to the practice of Jainism.

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### Am I Jain Enough? (Debate)

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What does it mean to be "Jain enough"? Are YOU "Jain enough"? What makes someone a Jain? Come discuss what it means to be Jain and how you practice Jainism!

**Hemang Srikishan** - Hemang Srikishan is a self-proclaimed Jindu. Since his mother is Jain and his father is Hindu, Hemang strives to adhere to both religions. He is also an active member of the Chicago Jain Society and particularly enjoys working with youth. Currently, Hemang is earning a Masters degree in Teaching.

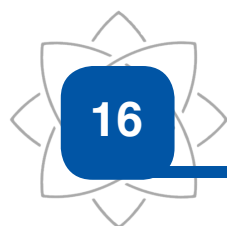
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### Anger Management: Controlling your Inner Demons

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Nonviolent communication is a way of connecting with oneself and others while maintaining harmony at all times. Anger is an alarm indicating there are unmet needs that want attention. It is the tip of the 'iceberg' and just like an iceberg, anger can do much harm and damage. In this session, learn how to: Express your anger constructively, transform your anger to life-serving energy and create a 'win-win' situation, connect with the source of angry feelings within you, make friends with 'anger', and use your anger as you would use 'fire' to cook food. Too much will burn your food and too little or none will keep it raw.

**Manda Pokharna** - Manda Pokharna is a practicing human, learning skills to develop herself. Grown up as a baby of 7 siblings, living with her very own dear older sister, and a human being like all of us, she has faced ANGER in many occasions and forms. She has studied and practiced different ways to help transform anger. Now she is at a place where she still 'slips' (to the point of dislocating the kneecap), yet the idea is how quickly she recovers and stands back up on her feet with minimal harm to self and others. She has trained in nonviolent communications with Marshall Rosenberg, founder of NVC. She practices medicine as her profession. She is also doing Aikido (martial art of harmony) to further enable her abilities of managing physical conflict in a loving and constructive way.



## High School / College Sessions

### Animal Rights 101

Animals are not ours to eat, wear, experiment on, or use for entertainment. We'll discuss how animals are exploited in society, the reasons why animals deserve to be included in our circle of compassion, and simple ways we can make kind choices. We'll have plenty of free peta2 stickers, too!

**Pulin Modi** - Pulin Modi has been vegan and an animal rights advocate for more than a decade. He works as PETA's Action Team manager. His experiences include working on peta2.com where students get advice on everything from starting a school animal rights group to adding vegan options in the cafeteria. He loves corresponding with people all over the country to support their efforts to promote animal rights and other social justice issues. In his free time, he enjoys reading books, listening to music, playing soccer and football, and making the world a better place.

### Application of Jain Tattva (Physics) for Stress Management, Conflict Resolution & Good Decision Making

Your school and work life is filled with conflict, problems, and dilemmas that you may have no idea how to handle. Jain teachings can help make your life simpler! Come learn the simple concepts of Jain Tattva (physics) and its wide-ranging applications to all aspects of our lives such as stress management, conflict resolution and good decision-making.

**Prerit Shah** - Prerit Shah is an Aerospace Engineer working at the NASA Johnson Space Center in Houston, Texas. He has been a pathashala teacher at Jain Society of Houston for a few years and a Young Jain Professional class Coordinator for Mumukshus of North America. Prerit has studied various Jain Scriptures of Acharya Kund Kund and he is specializing in application of Jain Tattva (physics) in various aspects of our lives such as stress management, conflict resolution, and good decision making.

### Are You Smarter Than a Pathshala Student?

Do you have what it takes to move up the Gunasthanak ladder? Do you know the fundamentals of Jainism? This session will test your knowledge of every subject of Jainism, from Kashays to Karma theory. Are You Smarter Than a Pathshala Student?

**Connecticut Youth** - We, the youth of the Jain Center of CT, are an inquisitive group of Jains who like to explore the nuances of Jainism and especially like to find modern connections of Jain principles in our everyday lives. Presenters: Veer Dedhia, Nikhil Shah, Dhanan Lathia, Sneha Mehta, Kousanee Chheda, Sumaali Chheda, Nikin Shah, Kinnari Shah, Tina Lapsia, and Jinesh Mehta.

## High School / College Sessions

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### Ashtapad- Legend of the Hidden Temple!

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Historians and researchers are baffled – where is the mountain Ashtapad in the Himalayan range? The Jain, Buddhist, and Hindu scriptures all have references about Ashtapad but still its search has remained inconclusive and its location not found. Come attend this session as we attempt to answer some of the unanswered questions and shed light on some interesting facts!

**JCA Youth** - JIVA is the Youth Committee Branch of the Jain Center of America in New York City. It caters to a large community of Jain families from Queens, Long Island, New Jersey and Connecticut. For the past few years, JIVA has been facilitating bi-weekly discussions at the Jain temple on various topics relating to Jain dharma and Jain philosophy. The discussions are typically done in an open format where participants are strongly encouraged to raise questions and enter into debate on the items under review. In the past, members of the group became involved in the Jain Academic Bowl and performed very well. Topics that have been covered as part of the discussion group include: the 5 vows of a householder, 12 Bhavana's, 6 Leshya's, Free Will vs. Destiny vs Karma Theory and The 14 Gunasthatana's.

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### Being Jain and Living Green 2.0

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This session will cover different topics of living 'green' such as climate change, energy, water, biodiversity and land use, chemicals, air pollution, waste management, oceans and fisheries, and deforestation. We will discuss these issues and how they tie into Jainism and Jain principles.

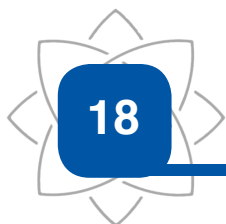
**Amit Jain** - Amit Jain is from Los Angeles and has followed a different path his entire life. He started his first business when he was 15 and completed his MBA at 24. As an individual, Amit has a unique perspective growing up in an interfaith family which follows both Hindu-Brahmin rituals and maintains Jain traditions. He has always been curious, questioning what his own true beliefs are and testing his faith to constantly find a stronger connection to his spirituality. He shares his insight from his many unique experiences through his candid approach of story-telling.

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### Brilliant Minds, and Adventurous Careers in Science, Engineering, and Technology

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Scientists, engineers and technologists find fulfilling careers that provide joy, happiness and prosperity while serving society by improving the quality of life. Over 5 billion people can be served with new, affordable, and environmentally sustainable discoveries. From space exploration to clean water on ground, countless possibilities are open to young people pursuing careers in science, engineering and technology. This session will illuminate and inspire young minds to step up to a career in science, engineering and technology and change the course of the future for a better world.



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**YJA CONVENTION 2010 | New Brunswick**



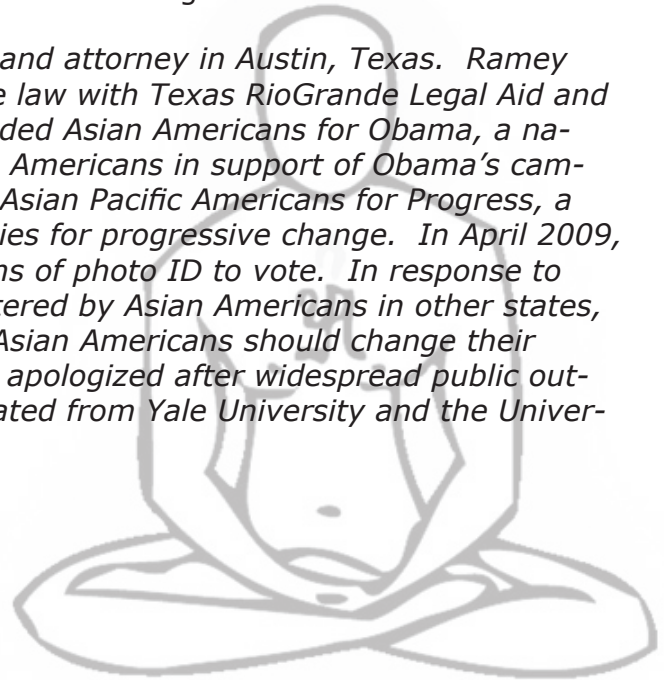
## High School / College Sessions

**Mudhles Rahman** - Mudhles Rahman was born in Bangladesh, and has been in North America since 1975 starting as a graduate student, with a career spanning nearly three decades. His personal hobbies are Sky-Diving, Toastmasters, Marathons, and the Hong Kong Dragon Boat Race. Mudhles has run 7 marathons including NY City, Disney-World, Detroit, Toledo, and Yonkers. He has been at PepsiCo since 2008 working on packaging development for reducing cost, enhancing functionality and improving performances for protection while applying environmentally sustainable goals of recycle, reuse and reduce resource use and waste. Mudhles also worked for Owens-Illinois and Hewlett Packard for 10 years. Additionally, he worked on Trigger Sprayers, Dispensers & Lotion Pumps for design, development & manufacturing for consumer products such as Windex for SC Johnson, Unilever, and P & G. At Kodak worked on high speed copiers, printers, consumer cameras, business microfilming and medical imaging equipment.

### Change the World: Youth, Jainism, and Grassroots Movements in the 21st Century

Since Gandhi, Jainism has had a tremendous impact on political and social movements throughout the world. Jain principles of nonviolence and speaking the truth have inspired grassroots leaders from Martin Luther King, Jr. to Cesar Chavez to President Barack Obama. With the resurgent influence of grassroots movements, young people today have a rare opportunity to shape their community and government through organizing. This session will focus on both well-established organizing practices and principles and new strategies made possible by changing technology, including social media and modern communication networks. Attendees will learn about and discuss how the tenets and lessons of Jainism can have a very real impact when people take action to effect change.

**Ramey Ko** - Ramey Ko is a municipal court judge and attorney in Austin, Texas. Ramey previously practiced housing and domestic violence law with Texas RioGrande Legal Aid and the Texas Advocacy Project. In 2006, Ramey founded Asian Americans for Obama, a national grassroots organization that organized Asian Americans in support of Obama's campaign. Ramey also served as a board member for Asian Pacific Americans for Progress, a national network of Asian Pacific Americans and allies for progressive change. In April 2009, Ramey testified against a bill requiring certain forms of photo ID to vote. In response to testimony about name matching problems encountered by Asian Americans in other states, State Representative Betty Brown suggested that Asian Americans should change their names to make them "easier to deal with." Brown apologized after widespread public outcry, and the bill was later defeated. Ramey graduated from Yale University and the University of Chicago Law School.





## High School / College Sessions

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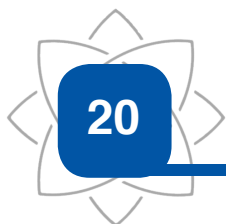
### Circle of Life and Soul – Connecting the Dots

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Harnessing the treasures of Jainism and Jain Way of Life will make us and people around us happy, healthy, and spiritual. However, complex terminology and many classifications in Jain scriptures can at times be distracting for a novice. This session will connect the dots by focusing on the simplicity of Jainism. Topics covered will include: relaxation, breathing, elevator pitch (describe Jainism in a simple, coherent, and persuasive manner), core principles, and a short survey of Jain history, traditions, and practices. Focus will be on relating these to the Jain Way of Life in North America.

**Yogendra Jain** - *Yogendra Jain is a technologist, serial entrepreneur, and a passionate practitioner and promoter of Jain Way of Life. He is author of Jain Way of Life – A Guide to Compassionate Healthy, and Happy Living. Yogendra has been active in the Jain Center of Greater Boston since its inception. He is the North East VP of the Federation of Jain Associations of North America (JAINA), chairman of Long Range Planning Committee, a JAINA director, and teaches Levels 5 and 6 Pathshala (religious school). He has led more than a dozen "out of the box" seminars and groundbreaking projects, including Tattvarth Sutra: Ancient Scriptures Come Alive, Comparative Religion, Essence of Jainism, Rebranding and Repackaging Jainism, Discovery of the Soul, Strengthening of Faith, and Measuring Your Jain Way of Life Progress. The objectives of these projects are to expand the understanding of Non-Violence, Non-Absolutism, and Non-Possessiveness in modern way of life for Jains and Non-Jains.*

**Manoj Jain** - *Manoj Jain, MD MPH is an infectious disease physician, a writer, and a national leader in healthcare quality improvement. Dr. Jain writes regularly for the Washington Post, and the Commercial Appeal (Memphis newspaper). His writings also appear in the New York Times and the Times of India. He received his engineering, doctorate, and public health degree from Boston University. He has served as a consultant to the World Bank on HIV, and has been interviewed by CNN International, National Public Radio, and India Today magazine. Over the past 15 years Dr. Jain has given over a 150 talks, and published numerous scientific articles, chapters and books. Dr. Jain has conducted research on HIV epidemiology, quality improvement, and spirituality & medicine. Presently, Dr. Jain is adjunct assistant professor at Rollins School of Public Health at Emory University and the medical director at Tennessee's Quality Improvement Organizations. [www.qsource.org](http://www.qsource.org). He is a faculty for the Institute for Healthcare Improvement [www.ihl.org](http://www.ihl.org), and is on the leadership team for the Healthy Memphis Common Table Community Partners Council ([www.healthymemphis.org](http://www.healthymemphis.org)) and for the Robert Wood Johnson Foundation Grant. He has founded and chaired the Annual Nonviolence Conference in Memphis. [www.gandhikingconference.org](http://www.gandhikingconference.org).*



**YJA CONVENTION 2010 | New Brunswick**

## High School / College Sessions

### Communal Thinking: From 'Me' to 'We'

Is there only one truth? How do you know what truth is? Come to this session and explore the truth. This interactive session will provide a unique way to learn and experience Anekantavada that attendees will remember and cherish for the rest of their lives. No powerpoint presentation is part of this session, so get ready to participate in this group activity!

**Ashok Jain** - Ashok Jain has been using a variety of non-traditional methods for teaching different aspects of Jainism in practice in a day-to-day life. He is a recognized leader, manager, mentor and motivational speaker.

### Creating a Cruelty-Free Culture

Ahimsa, or non-violence, is the fundamental principle of Jainism. Ahimsa Paramo Dharma—non-violence is the highest religious duty. The Jain ascetic is enjoined not to commit violence against any living being, including those with one sense and that are immobile, such as plants or organisms that have earth, water, fire, or air as bodies. But all Jains are forbidden from Himsa against all mobile, multi-sensed beings. This is the basis for virtually unanimous support among Jains for not consuming meat, poultry, fish, and eggs. But many Jains are not vegans. They consume dairy products, such as milk, ghee, butter. They use dairy, wool, and silk in pooja events. They wear wool, silk, or leather products, or use items that contain animal products. Is not being a vegan consistent with the principle of Ahimsa? I respectfully ask you to consider that it cannot be. All animal products—including dairy and wool—involve inflicting suffering and death on mobile, multi-sensed beings. Learn how you can create your own cruelty free culture at this session!

**Gary Francione** - Please refer to "Ahimsa in Crisis" on page 15 for a full biography.

### Creating Yourself: Finding Success and Happiness Through Entrepreneurship

"Life isn't about finding yourself, life is about creating yourself." – George Bernard Shaw. The secrets to happiness and satisfaction in your life can be unlocked while carving your own career through entrepreneurship. What holds us back from taking the leap from the trodden career path? Where can we find resources, ideas, help and inspiration? Learn about the common thread woven through Jainism and entrepreneurship and how understanding their true nature can set you free. I will also share my own stories and take questions from fellow ambitious Young Jains.

**Nimit Maru** - Nimit Maru is a technologist and entrepreneur from the Silicon Valley in California. He is currently a co-founder at BloomSpot, a venture-backed online startup that sends you ridiculously great local offers and helps small-business owners find new customers. Prior to BloomSpot, he co-founded a popular blog widgets company and spent three years at Yahoo! where he invented and built Yahoo! MapMixer, an innovative new maps product. Nimit has also entertained over 5 million users worldwide with his educational games on social networks. When he is not cooking up his next project, Nimit enjoys playing tennis, guitar, morning yoga, reading, movies, following Indian cricket and finding poetic peace in seeing life unfold around him. He holds a B.S. in Computer Science from the University of Illinois at Urbana-Champaign and has been admitted to the MBA Class of 2012 at The Wharton School of UPenn in Philly.

## High School / College Sessions

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### Do You Have What it Takes to be on the YJA Board?

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The future of Jainism in North America is in your hands! No matter your personality or talent, YJA Board has a spot for you. There are projects 365 days a year in ALL regions of the United States and Canada. Get yourself involved in the spiritual, social and service aspects of YJA. You will not be a part of a more dedicated, fun-loving and active group! Joining YJA Board has the ability to make a mark not just on the year(s) that you serve, but on future generations of Jains in North America!

**Naman Jain** - Jai Jinendra. I am very honored and excited to be a co-chair for YJA this year. This is my second YJA convention that I have taken part in organizing. I grew up in Boston and graduated with a computer engineering degree from Northeastern University. My first passion is YJA, and my second passion is the Boston Red Sox (don't hate Yankee Fans). In high school, I took flying lessons at the same time I took driving lessons. I love to travel, even though most of the time I just end up in New York City. My ideal city to live would be San Diego (I've never been there). I like to cook new food, my favorite cuisines are Mexican and Italian (I can make a good 5 course dinner). I have recently become a "GREEN freak". I am a hypocrite because I drive a gas guzzler, but will be trading it in as soon as the electric car comes out (Nissan Leaf.. December 2010).

**Shardule Shah** - Jai Jinendra! I am starting my PhD in Immunology at Emory University in August 2010. My goal is to develop the first multivalent vaccine (1000 diseases protected with one vaccine!) and deliver this treatment to people in need. When not dreaming about immunology or YJA, I fantasize about having a job in the NFL, being concertmaster of the Boston Symphony Orchestra or becoming the President of the United States. I often think about these dreams while I attack a post-run White Chocolate Macadamia Nut Cliff Bar (or three). Ultimately, my goal in life is to push people to achieve their dreams.

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### Dus Ka Dum - Gameshow

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The Pathshala group of the Jain Center of Greater Boston brings you "Dus Ka Dum - Gameshow," the Jain version of the popular show 'Power of 10.' This is an interactive multimedia show where 'Salman Khan' will be hosting the show by asking questions about the Jain way of life. Do you wonder 'How many Jains in the world are literate?', 'How many Jains are non-vegetarian?' You'll be learning about the Jain population and will get to participate in the audience polling!

**JCGB Youth** - Jain Center of Greater Boston Pathshala has presented a number of sessions in a fun and unique way at JAINA and YJA conventions over the years. Some past sessions are Saved by the "Jain" Bell, Jain "Boy Meets World", Tic Tac Toe: Three Jewels in a Row, and Who Wants to be a Tirthankar?. The JCGB Pathshala group 2010 brings you "Dus Ka Dum - Gameshow," the Jain version of the popular show 'Power of 10.' Ashali Jain, Aastha Kodia, Kopal Jain, Mihir Shah, Monica Vora, Nirali Vagadia, Pankti Tamboli, Sajani Shah, Dhruv Jain, Malhar Teli, and Rishab Kodia will be teaching about the Jain population! They will also bring you an exhibition of non-violence created by the JCGB pathshala.



## High School / College Sessions

### East-West Masala

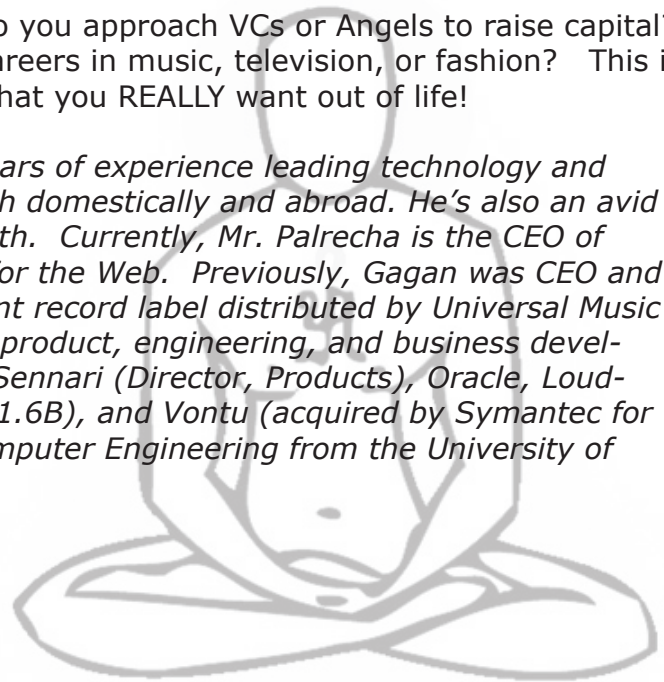
Who are we and what defines us? The Indian-American identity – defined by values (Indian and American), our understandings of ourselves (colonial, post-colonial, and now global), religion, and Bollywood. What others think of us still defines what we think of ourselves. What excites us? What bothers us? The opportunities, and the constitutional guarantees. The challenges. East and West - will the two ever meet? Us and them - they simply don't understand us! How do we overcome the challenges? How should the most educated and the most affluent ethnic group in America conduct itself? Come to this session and connect with your Indian-American Identity!

**Vinod K. Jain** - Vinod Jain is professor of strategy and international business at the Smith School of Business, University of Maryland. He is also the President & CEO of the India-US World Affairs Institute, a non-profit organization building greater awareness for India in the U.S. and vice-versa. A Fulbright Scholar and true cosmopolitan, Vinod has lived and worked in India, the U.S., Western Europe, Eastern Europe, China, and the Middle East. Vinod recently co-authored a major study on "How America Benefits from Business with India" for the India-US World Affairs Institute. He has designed and chaired thought-leadership symposia at international conferences and has conducted over 100 seminars in the last three decades. During the last eleven years, he has won and managed five federal grants with a budget of over \$2 million. And, he has been honored by the Governors of both Ohio (2001) and Maryland (2004) for his services to their states.

### Entrepreneurship aka How to have no life aka How to lose your shirt or get rich quick aka Doctor? Lawyer? What about starting your own company?

What does it mean to be an entrepreneur? How do you approach VCs or Angels to raise capital? How do you bootstrap your startup? What about careers in music, television, or fashion? This is the stuff dreams are made of, so let's talk about what you REALLY want out of life!

**Gagan Palrecha** - Gagan Palrecha has over 12 years of experience leading technology and entertainment companies (music & television), both domestically and abroad. He's also an avid record collector, musician, and all around loudmouth. Currently, Mr. Palrecha is the CEO of Chirply, a new and burgeoning payment platform for the Web. Previously, Gagan was CEO and President at The First Time Records, an independent record label distributed by Universal Music Group. He has held various leadership positions in product, engineering, and business development with Zattoo (VP, Business Development), Sennari (Director, Products), Oracle, Loudcloud/Opware (acquired by Hewlett-Packard for \$1.6B), and Vontu (acquired by Symantec for \$400M). Gagan holds a Bachelor of Science in Computer Engineering from the University of Michigan.



## High School / College Sessions

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### Explore the World of Acupressure

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Ever have a splitting headache that medicine can't seem to work fast enough for? Or how about sore or painful muscles? Explore the exciting world of acupressure and learn the true benefits of using it as a cure to many problems you may face. Acupressure is a healing technique using the fingers and other parts of the body to skillfully press key points, which works to relieve pain, balance the body and maintain good health. This session will teach you easy-to-use methods to integrate acupressure into your daily life.

**Ashwini Prajnaaji** - Ashwini Prajnaa started his holistic journey in Surat and felt a tremendous spiritual change causing a turning point in his life by becoming a Sanayasi. He has widely traveled to different countries around the world to spread the message of humanity and Indian culture and yoga/meditation including Punjab, Haryana, Uttar Pradesh and Rajasthan. He is an influential orator and conducts lectures filled with energy and humor. His commitment to spreading the knowledge of Yoga and Meditation has spread to the western philosophy and has coordinated thousands of training camps and workshops for various organizations such as: Muslims, Christians, Jains, and Buddhists as well as prisoners, police personnel, doctors, and Indian embassies.

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### Forever Young

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Not until you are older will you realize that between 14-22 years old is the optimal time to foster spiritual and personal development. Learn how to get the best of the early years of your life by improving your self-confidence and finding the right sources of inspiration. Whether success is 90% motivation 10% perspiration or the other way around, come find your balance at this session.

**Gurudev Chitrabhanuji** - As the first Jain Master in more than 2600 years, Gurudev Shree Chitrabhanuji in 1970 brought to and established in the Western world Ahimsa and Reverence for Life, the heart of Jain Dharma. He was an inspiring messenger of Ahimsa and a founding father of a Jain Center, similar to an airport where the Dharma plane can land. For this cause he traveled thousands of miles from the East to the West. For the last 40 years Gurudev Shree Chitrabhanuji has helped transplant and expound the age-old essence of the Jain teachings on Western soil and because of his vision, thousands of Westerners have become vegetarians and practice the essence of Reverence for Life and Jain Dharma in their daily lives.



## High School / College Sessions

### Full-Scholarship Jainism: Jainism in College

Coming into college and being able to practice/follow Jainism can be a whole new experience for many people. The Jain way of life in the modern world can be a difficult thing to follow. When everything at the dining halls has onions, garlic or carrots as ingredients, it becomes difficult to resist. Clearly, we can't practice the religion as it has been practiced in the generations before us and during the traditional times. For this reason, we must implement an alternative approach in today's society to continue practicing Jainism while having the many temptations around us. In this session we will discuss the many different ways to practice Jainism in college, for example...(COME FIND OUT!!). Come in and join us for this session, to see how we as college students are able to incorporate Jainism into our daily lives and still have the flexibility to do the things we enjoy doing.

**Jain Association at Rutgers (JAR)** - Monica, Mosum, Priyanka, Rohan, Shaival (now alumni) and Sohil are students of Rutgers University and are the officers of Jain Association at Rutgers (JAR). This group of students is passionate about Jainism and has devoted their time towards JAR. They have planned social events that both spread awareness and apply the principles of Jainism such as Vegetarian Tailgate before a football game and Yoga during finals. These students realized that it was not difficult to continue practicing Jainism in college contrary to their initial belief. JAR was initially a small group of students and now the organization has flourished at Rutgers with a wide-scope audience including many who are not Jain themselves. Monica, Mosum, Priyanka, Rohan, Shaival and Sohil are all very approachable and are eager to provide you with any college advice.

### How to Party Like A Jain

You've probably been there before: out on a Friday night, at a party with tons of people, bumping music, great friends...and alcohol. Or perhaps you went out for dinner instead, and were the one person in the group bombarding the waiter with questions about what's in the food. As a young Jain, you face some uncomfortable decisions when it comes to maintaining a healthy social life while still upholding strong values. We'll show you that partying like a Jain is possible and THE thing to do.

**Paras Shah** - This is Paras's third YJA convention. He plans to succeed Bobby Jindal as governor of Louisiana. He likes flying kites and is a rising sophomore at LSU. Paras is a vegan in the making and would like to advertise to all the single ladies to go to [paras360.com](http://paras360.com). His best 5K time is 14:36.

**Umang Patel** - Umang is a sophomore studying Information Systems at Carnegie Mellon University. He has been professionally DJ'ing at events for the past five years. In 2007, he established Masala Entertainment, a company that specializes in South Asian event entertainment. He is interested in entrepreneurship, and is involved in the Columbus technology startup community. Umang has attended several Jain conventions in the past, and looks forward to sharing his experiences with fellow youth at this year's convention.

## High School / College Sessions

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### How to Talk So People Will Listen

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The key to success is the ability of those within the family or organization to work together and to communicate with compassion, clarity and integrity. Huge amounts of time and energy are often wasted because of relationship difficulties of one sort or another – unclear direction and responsibilities, needs not being met, misunderstandings, unresolved conflicts, lack of support, etc. At the heart of resolving these difficulties is the ability to stay connected to your own and others humanity whilst communicating. Our practical step-by-step nonviolent communication process will enable youth leaders to connect with each other and communicate with compassion as well as effectiveness.

**Hema Pokharna** - Hema Pokharna, Ph.D. is a researcher at the University of Chicago and a director of Journeys of Life, a program to promote health, wholeness and disease prevention. "Journeys of Life" evolved from Dr. Pokharna's quest for inner peace and harmony in the western environment, for which she emigrated from India for advanced Biochemistry studies in 1985. She believes that the body, mind, and soul are integral elements of the human condition, and that spiritual health and wholeness should be an integral part in health promotion programming. The consequences of disconnectedness on physical and spiritual health can be devastating. However, people can learn skills in life that lead to connectedness at three levels, connecting with self, connecting with others, and connecting with a larger meaning or purpose. Dr. Hema Pokharna's program includes different ways to live, learn, and share the principles of reverence and respect for life.

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### Individual Changes: Global Impact

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This session establishes and reinforces the vital connections between fully plant-based diets and countering several global crises, to include environmental devastation, declining public health, and massive exploitation of animals. A review of the fundamental principles of Jainism in an expanded light can help energize transformations that are essential for today's world. Examples of personal and larger Jain community efforts and their integration into growing, progressive, and grass-roots movements will be explored.

**Saurabh Dalal** - Saurabh Dalal enjoys being involved in outreach, education, and greater advocacy of sustainable plant-based diets and Ahinsa as compelling solutions to many global problems. Saurabh serves as Deputy Chair of the International Vegetarian Union ([www.ivu.org](http://www.ivu.org)) and President of the Vegetarian Society of DC ([www.vsd.org](http://www.vsd.org)). He works in various capacities with many other like-minded non-profit groups and has been active in the Jain community on the local, continental, and international levels. He holds graduate degrees in Physics and Engineering, takes part in several professional and technical societies, and explores ways of integrating sound science into related areas of interest.

## High School / College Sessions

### **Integrity: Catalyst to Being the Architect of Your Life**

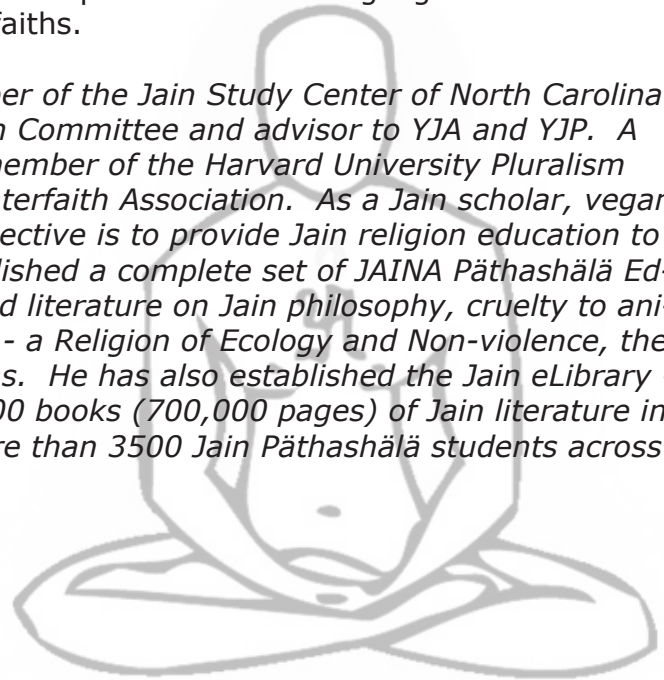
When most of us hear about integrity, it is often mentioned through a moral or dualistic lens: right/wrong, good/bad. What if integrity wasn't about any of that? What if integrity was simply one's relationship with one's word – what you give your word to, and recognizing the true power which already lies within you? In this session, see integrity from a completely different perspective; one that will jumpstart your life into identifying your purpose with clarity. You will also learn how to attract others who live with vision as well, creating a life of power, freedom, and peace of mind in aspects of your life - be it school, personal relationships, or career goals, providing you with new ways to be the architect of your life.

**Landmark Education** - Landmark Education, a global leader in the field of training and development, offers The Landmark Forum and other graduate courses and seminars that are innovative, effective, and immediately relevant. The Landmark Forum, the foundation of all Landmark Education's programs, is designed to bring about a fundamental shift or transformation in what is possible in people's lives. People are able to achieve higher standards of excellence and to think and act beyond existing views and limits - in their personal lives, relationships, and wider communities of interest.

### **It's a Small World After All**

For thousands of years man's search for God / Self has led down many pathways. The result has been the enormous diversity of religious expression found worldwide. It includes the endless variety of Hinduism, the emptiness of Buddhism, the self-control of Jainism, the harmonious approach of Sikhism, to the monotheism of Judaism, Christianity, and Islam and to the oriental philosophies of Shinto, Taoism, and Confucianism. This presentation will highlight the similarities and philosophical differences of the world's major faiths.

**Pravin Shah** - Pravin K. Shah is a founding member of the Jain Study Center of North Carolina (Raleigh) and a chairperson of the JAINA Education Committee and advisor to YJA and YJP. A retired Electrical Engineer from IBM, he is now a member of the Harvard University Pluralism Project Advisory Council and director of Triangle Interfaith Association. As a Jain scholar, vegan, and activist against animal cruelty, his primary objective is to provide Jain religion education to Jain youth born in the Western world. He has published a complete set of JAINA Pāthashālā Educational books for elementary to college levels and literature on Jain philosophy, cruelty to animals, and comparative religions, including Jainism - a Religion of Ecology and Non-violence, the Book of Compassion and Essence of World Religions. He has also established the Jain eLibrary - [www.jaineLibrary.org](http://www.jaineLibrary.org) - which holds more than 2000 books (700,000 pages) of Jain literature in English, Hindi, and Gujarati languages. Today more than 3500 Jain Pāthashālā students across North America use these resources.



## High School / College Sessions

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### Jain Apprentice: You're Hired!

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In this interactive and competition-like session, attendees will be separated into various groups and asked to develop and present entrepreneurial ideas based on Jain values, relating to fashion, sports, and restaurants. This session will foster creativity, networking, and the understanding of many Jain principles. Business suits are not necessary for participation, only a willingness to learn and have fun. Will you be the one who is hired?

**Parag Parekh** - Parag was born and raised in New York City. He has always thought uniquely and has achieved a great deal at an early age. In high school, he won numerous awards for his research project on the effects of television viewing on the ability to recall memorized information. He pursued psychology as a major, went to law school, passed two bar exams, and recently graduated from the Graduate Tax Program at Georgetown University Law Center, where, at 24 years old, he was the youngest graduate from the school's program. In his free time, Parag enjoys basketball, dancing, video games, and reading.

**Suraj Devraj** - Suraj Devraj is currently in his final year of his Doctorate in Physical Therapy at University of Southern California. He received his B.A. in Sociology from University of California at Irvine. He is passionate about exercise, sports and adventure. Suraj is a past member of the 2007-08 JNF Committee and YJA Executive Board 2008-09 and he looks forward to meeting old friends and making new ones.

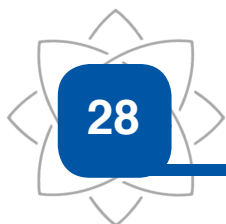
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### Jain and Buster's

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JAINISM is a journey to the inner world by following ahimsa (non-violence) to attain immortality through natural, intellectual, and spiritual manifestation. Most people are so busy in their practical lives that they do not have the time to perform long religious/spiritual rituals very often. Jainism, however, has so many other fun facts that can help us to embark on our journey to the inner world to realize our true nature that is a treasure of endless happiness and bliss. In this session we present how to create an invisible armor around you, Jain Shayaries, Jain jokes, and much more to enhance your interest in 'Jain Way of Life'. So, get ready to get on board...

**JSMC Youth** - On behalf of the Jain Society of Metropolitan Chicago pathsala group, we are pleased to present fun Jain activities. Our core ambition is to reveal the fun perspective of Jainism and introduce it to our young Jains in order to sustain our precious philosophy. We've gone through many of the values of Jainism and hope that you enjoy the fun facts of Jainism as much as we have! - Palak Shah, Hemali Shah, and Rachana Modi





## High School / College Sessions

### Jain Iron Chef

Come to this one-of-a-kind-session where you can literally have your cake and eat it too! Aradhana Kumar will take you through a journey of the best recipes through fresh, healthy and tasty fruits, vegetables, seeds, legumes and beans! Utilize the hotel's 'on-site' cooking facilities to take yourself through the entire cooking journey from preparation to enjoyment of the final product!

**Aradhana Kumar** - Aradhana B. Kumar is a HR Consultant who has worked in the pharmaceutical and healthcare industry. She currently works for a major hospital in Boston, MA. From the age of nine she has been passionate about cooking. The aromatic flavors of the Indian spices and the smell of the simple ingredients harmonizing puts a therapeutic touch to her world. Her goal is to make others realize how just a few simple ingredients can make a dish and regardless of age you can actually cook a meal. Aradhana also enjoys traveling, running, dancing and giving back to the community. She currently sits on the advisory board with a local college in Boston, MA. She holds a B.S. from the University of Massachusetts at Amherst and a MBA from Northeastern University in Boston, MA.

**Rakhi Jain** - Rakhi Jain enjoys working as a sales engineer in the telecomm industry in the Boston area. She feels privileged to be part of the Jain Center of Greater Boston community. Rakhi has been involved with the local Pathshala, presenting and leading sessions at JAINA and YJA over the years. Some projects include play on Saved by the "Jain" bell, Tat-tvartha Sutra, Jain "Boy meets world", 14 Gunasthanas play, and Tic Tac Toe: Three Jewels in a row. Rakhi has served on the YJA board, YJA convention board, and as the local youth rep for JCGB. She teaches at the JCGB Pathshala and continues to lead youth projects. Rakhi graduated from Northeastern University in 2001 and loves painting, hiking, and volleyball. You'll see her around the hotel calming her little brother, Naman Jain, YJA co-chair, throughout the weekend.

### Jain Jeopardy!

Move over, Alex Trebek! We will engage the audience in a THRILLING game of 'Jain Jeopardy'! If you think you know (or want to find out!) the difference between your ghati and aghati karmas or the symbols of the 24 tirthankaras, this session is for you! This session has it all - audience participation, useful information about Jainism and of course, competition!

**Jigesha Shah** - My name is Jigesha Shah and I am both new and old to the United States (that's a long story!) I came back to the U.S. just last year and was very happy to make such great friends at YJA! I am a molecular biologist, working as a research specialist at the University of Pennsylvania. My hobbies include reading books, watching movies, listening to music and dancing. My ambition is to get my PhD and hopefully make a difference in the field of genetics



## High School / College Sessions

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### Jain Jingles

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Part of growing up in North America involves being exposed to established, successful learning practices that are prevalent in the culture. This session takes one such teaching/learning practice, that of English nursery rhymes, and shows how that custom can be utilized and adapted to develop a Jain teaching and learning procedure. The focus of the session will be on encouraging Jains to become aware of surrounding, established Western teaching procedures, utilize them and exercise their creative abilities to develop contemporary teaching/learning materials. The session will include and outline how popular computer software was used to develop a rhymes booklet with an accompanying music CD.

**Balbhadraji - Dr. Bruce Costain** - Dr. Balbhadraji Bruce Costain began meditation practice in 1974. In 1980, at a lecture by Gurudev Chitrabhanu, he learned about ahimsa (non-harming) and became vegetarian; and now vegan. His academic credentials include a B.A. (psychology), M.Ed Master's thesis topic was Jainism: An Ethical Structure for Non-violent Action. Doctoral thesis title was An Ethic of Unconditional Love for All Living Beings as a Basis for Human Development. With both theses, the purpose was to explain and validate Jain insights for Western folks. Both have been combined into a book entitled Applied Jainism. Dr. Bruce Costain has traveled to India six times receiving religious knowledge and inspiration from all Jain sects. Since 1985, he has been involved with the development of Jain education programs and materials in a western instructional format. He was the first Jain in North America to complete training and certification as a Chaplain. He presently resides in Nashville, TN.

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### Jain Potpourri!

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New to YJA conventions is the open forum! Ask anything to other attendees who may have the answers for you and questions of their own. This is an incredible opportunity for Jains from around the world to inquire about the world as another Jain youth might see it. Our session mentors are knowledgeable youth who will be able to guide discussion of the hottest current issues relating to Jain youth. There is no agenda. Ask anything!

### YJA Committee Moderator

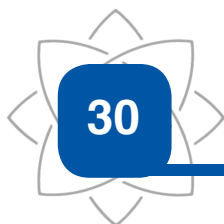
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### Jain Taboo!

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Get ready to get competitive with all your knowledge about Jainism. Come play Jain taboo, a fun and easy way to go through the basics of Jainism. Taboo is a game where you have to guess a certain word or phrase to your team without using certain other key words. For example, try describing Mahavir without the terms '24th,' 'Tirthankara,' 'Lion,' '599 BC,' or 'Gautamswami.' Sign up and come "Do the Jain Thing" with an exciting game of taboo incorporating all your favorite Jain terms!

**Vivek Mehta** - My name is Vivek Mehta. I am a senior at Moorestown High School in New Jersey. Next year, I will be going to college at NYU. I enjoy playing guitar and watching How I Met Your Mother and Lost. I hope that you challenge your knowledge about Jainism and join my session, Jain Taboo! Enjoy the convention!



**YJA CONVENTION 2010 | New Brunswick**

## High School / College Sessions

### Jainism and Ahimsa: Bringing Ancient Practices to the Big Screen

In the late 1980s, Dr. Tobias wrote and directed one of the very first major documentaries on Jainism for worldwide distribution. The 56-minute film, "Ahimsa –Non-Violence" was filmed throughout India and premiered on Christmas Day nationwide on PBS. While the film is now almost a quarter century old, it remains a critical archive of Jain spiritual and daily practices and – more than ever – reveals the many contributions that the Jain ethical traditions have made and continue to make towards a better world. After showing DVD clips, Dr. Tobias will lead attendees in an engaging discussion of the issues and concerns presented in the clips.

**Michael Tobias** - Refer to "The Complexities of Non-Violence" on page 13 for a full biography.

### Jainism & Good Decision Making

Young Jains today are faced with difficult decisions and choices regarding their career and personal lives in the western world. Almost every aspect of our modern lives require decision making and can be related to our career, personal life and spiritual life. Many questions and confusion arise out of diversity of values and conflicting sources of information. This session will provide you with a methodical way of thinking for making good decisions using simple Jain fundamentals.

**Prerit Shah** - Please refer to "Application of Jain Tattva (Physics) for Stress Management, Conflict Resolution & Good Decision Making" on page 17 for a full biography.

### Jainism in the Eye of the World

Ever tried to explain to your non-Jain friends why you can't eat meat or eggs? Ever had to skip an event because it was during Mahavir Jayanti or Paryushan? If you have, then you've heard it many, many times: "You're Jain? What's that?" It's not easy to explain something that takes up 12 holy scriptures of description. But that doesn't mean we can't let our friends know what Jainism is all about! Come listen and discuss on how to explain why we do what we do and change false perspectives published in Wikipedia and other websites. Let's be proud to be a Jain and spread the word about our unique religion.

**Kayuri Shah** - Currently a high school student at Thomas Jefferson High School for Science and Technology and from the Metropolitan D.C. Jain Sangh, I actively participate in our Sunday school activities, and am currently a part of our youth group. I enjoy dancing and have performed many garba and raas dances at our Jain Sang's Mahavir Jayanti programs over the years. I am passionate about guiding others to become more involved in religious activities. My fascination with Jainism's science of the human body has inspired me to stay healthy, exercise, and become the active athlete I am today. I enjoy taking on new challenges and will work with others until the problem is solved!

## High School / College Sessions

**Priya Gandhi** - Jai Jinendra I am Priya Gandhi! I am so excited to attend my first YJA convention. Currently a student at Thomas Jefferson High School for Science and Technology, I come from the Metropolitan D.C. Jain Sangh. Dancing, art, and music are just some of my passions, but most of all, I am 100% proud to be a Jain. I participate in Sunday school and perform in skits and raas-garbas in the annual Mahavir Jayanti program along with being a Gujarati/English MC. I came to the US when I was six, but I enjoy going back to India, especially last summer when I became very close to the Jain Sadhvijis in Mumbai. I even got a chance to do Samvatsari Paushadh with them. While in India, I wowed the maharasahebs and the sangh with descriptions of what our Jain youth knows. I can't wait to share what they said at the convention!

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### Jainism and Journalism

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If you are interested in writing in the newspaper or being on television - you need a lead. In this session Dr. Manoj Jain, who works for the Washington Post and interviews with CNN, will speak about how to work with and share Jain principles on the media.

**Manoj Jain** - Please refer to "Circle of Life and Soul – Connecting the Dots" on page 20 for a full biography.

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### Jainism and the Harmony of Religions: The Wisdom of Anekantavada

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Dr. Jeffery Long of Elizabethtown College will present on anekantavada, the Jain teaching that multiple perspectives are needed in order to arrive at the truth. This ancient concept has urgent relevance to today's world, which is marked by intense conflict among religions and between religion and science. Dr. Long will argue that the system of logic developed in the Jain tradition allows one to accept many points of view without self-contradiction. Through anekantavada, one can see that there is some truth in all perspectives, and that all perspectives are also limited. This way of thinking turns inter-religious harmony from a mere pleasant sentiment into a logically rigorous alternative to dogmatic views of all kinds (religious and non-religious).

**Jeffery Long** - Jeffery D. Long is Associate Professor of Religion and Asian Studies and Chair of the Department of Religious Studies at Elizabethtown College in Elizabethtown, Pennsylvania, where he has taught since receiving his master's and doctoral degrees at the University of Chicago in the year 2000. His doctoral dissertation was focused on anekantavada and is entitled *Plurality and Relativity: Whitehead, Jainism, and the Reconstruction of Religious Pluralism*. He is also the author of *A Vision for Hinduism: Beyond Hindu Nationalism* and *Jainism: An Introduction*. He is the former Chair of the Steering Committee of DANAM, the Dharma Association of North America, which promotes the constructive study of Indic traditions. Dr. Long is also an active member of the Hindu community in America. He is a regular consultant for the Hindu American Foundation, as well as being a member of the Hindu American Religious Institute near Harrisburg, Pennsylvania, and the Vedanta Society.



## High School / College Sessions

### Jainism and War (Debate)

The foremost principle of Jainism is ahimsa (non-violence). However, there have been great warrior kings throughout Jain history including 6 tirthankaras! Should Jains enlist in the armed forces as a civic duty or not because of religious objections? On a broader scale, do Jains 'turn the other cheek' and do our principles of ahimsa not allow us to retaliate? Open up your ideas and voice your opinions as we learn and debate about Jain history in terms of our great conquerors as well as the physical and mental implications of war and violence.

**Siddhee Kasudia** - Siddhee Kasudia recently has graduated and takes on many leadership roles. She was Hospitality Chair for the Chicago YJA Convention 2008 and seeks new ways to meet fresh faces and learn from others.

### Jainism: Back to the Future

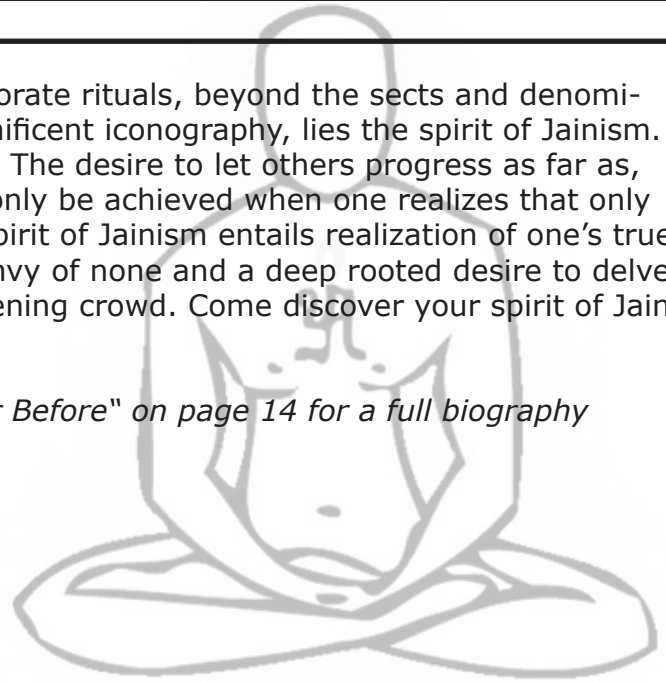
There exists significant misconception in understanding the Jain philosophy of Karma and free will. Some Jains believe that every event is predestined and there is no role of free will or that free will is predestined. This presentation will discuss the proper role of karma, free will, and predestination in explaining the happenings of any events in our life and in the universe. It applies the Jain concept of Anekantavada, the multiplicity of viewpoints. Several practical examples will be analyzed to understand the importance of karma, free will, and predestination in Jain philosophy.

**Pravin Shah** - Please refer to "It's a Small World After All" on page 27 for a full biography.

### Jainism: What Lies Beneath

Beyond the rules and regulations, beyond the elaborate rituals, beyond the sects and denominations, beyond the spectacular temples and magnificent iconography, lies the spirit of Jainism. The spirit of truth, integrity and respect for others. The desire to let others progress as far as, or beyond oneself. The realization that peace can only be achieved when one realizes that only the soul is one's own, the world is transient. The spirit of Jainism entails realization of one's true nature, kindness towards all, hatred, dislike and envy of none and a deep rooted desire to delve into one's own spiritual nature, far from the maddening crowd. Come discover your spirit of Jainism through this interactive session!

**Manish Modi** - Please refer to "Ahimsa Like Never Before" on page 14 for a full biography





## High School / College Sessions

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### Karma Chameleons: Jainism, Karma and “The Secret” of Thought

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“Thoughts are things.” This idea has been heavily discussed in pop culture due to books like “The Secret” and “The Law of Attraction”. Do these ideas fit with Jain philosophy? Yes, they do. This session will attempt to elucidate the importance of thought and thought culture and how Jainism views the subject. We will explore how the power of thoughts directly affect our karmic load and how changing our thought patterns can lead us on a path to fulfillment. We will understand what kinds of thoughts we should cultivate from a Jain perspective and in what way they can positively enhance our lives. Different resources and authors will be cited during the discussion including Napoleon Hill, James Allen, Les Brown, Swami Sivananda, Tattvartha Sutra, Srimad Rajchandra and others.

**Alok Lal** - A native New Yorker, Alok Lal currently works for Goldman Sachs and volunteers part of his time with JIVA, the youth committee branch of The Jain Center of America. He recently helped initiate a subcommittee called “Seva Squad”, which offers members the opportunity to participate in community outreach in all forms. So far, “Seva Squad” members have taken part in blood donations, winter coat drives, and a Habitat For Humanity construction build. His passions include training in Brazilian Jiu Jitsu at the Renzo Gracie Academy, dancing Bhangra with Bollywood Axion, and doing his best to live a vegan and cruelty-free lifestyle.

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### Knights of the Roundtable: Jainism in an Interfaith Society

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A recent article in the Boston Globe called “Separate Truths” pointed out the dangers of focusing on the commonalities between different faiths. What do you think? The first part of this discussion will be about how we as Jains view people of other faiths. Next we’ll talk about how other faiths view us, and, specifically, how their perceptions do and should affect our behavior in a multi-faith society. Come prepared to think, listen, and voice your opinions!

**Finale Doshi** - Finale is a graduate student studying statistical modeling and decision-making under uncertainty. She believes happiness is a choice.

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### Leadership and Youth - Rise up to Your Potential

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Yoga + Empowerment + Service or (YES+) is an innovative leadership training that offers life skills and a creative approach to service that works. With a global network of more than 20 million people, YES+ challenges you to achieve the impossible, impact change both locally and abroad, and remain stress-free. Join Dr. Gowri Krishnamurthy in a fun, dynamic, and insightful session, that will provide an introduction to the extended YES+ program by the Art of Living Foundation and specifically designed for college-aged youth and young professionals.

**Gowri Krishnamurthy** - Dr. Gowri Krishnamurthy has been involved with the world-renowned non-profit organization, the Art of Living Foundation for the last seven years. Inspired to teach the program since 2008, she has been teaching the Art of Living programs in PA as well as across the East Coast. Dr. Krishnamurthy has been actively teaching the Yoga Empowerment and Service Plus (YES+) workshops for students at Lehigh University as well as young professionals in the Lehigh valley area. She regularly conducts stress management and empowerment



## High School / College Sessions

workshops for employees at Air Products Inc. where she is a Research Engineer. Gowri completed her Bachelors in Chemical Engineering at the Indian Institute of Technology, Madras and later received a Ph.D in Chemical Engineering from Purdue University, Indiana. She conducts the Art of Living Mind and Meditation workshops for professors and students at Purdue University. She is currently participating in Renewable Energy Research programs at Air Products.

**Anuraag Agarwal** - Anuraag Agarwal took his first Art of Living course three years ago and now volunteers with the Art of Living Foundation in New York City where he teaches students, young professionals and others various Art of Living workshops including the the Art of Living Course, the Sri Sri Yoga Course and the Know Your Child Workshop. As a professional, Anuraag is a Vice President at Berenson & Company, a boutique investment bank in New York. He previously worked at Donaldson, Lufkin & Jenrette as a member of the Mergers & Acquisitions Group. Anuraag holds a Masters in Engineering Management from Dartmouth College in Hanover, New Hampshire and graduated with Distinction with a M.Sc.(Hons.) in Economics and B.E.(Hons.) in Chemical Engineering from The Birla Institute of Technology & Science in Pilani, India. Besides teaching meditation and other stress-management courses, Anuraag enjoys playing the guitar, reading, hiking, watching movies and listening to music.

**Shephali Agrawal** - Shephali Agrawal is a teacher for the Art of Living Foundation and a public interest attorney. She has been involved with the Foundation for over 8 years and currently she volunteers and teaches the Yoga Empowerment Service Plus course for university students and young professionals. Outside of her work with the Foundation, Shephali is a staff attorney at the Community Health Law Project where she represents low income clients with mental health disabilities in the areas of housing, family, public entitlements, and social security. Shephali graduated with a JD from the George Washington University Law School, a MPH from the George Washington University School of Public Health and Health Policy and a BA in Cognitive Science from the University of Virginia.

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### Lights, Camera, Jainism!

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Many of YJA's attendees are familiar with the concepts of non-absolutism, non-violence, and non-possessiveness. But today, most young Jains have nothing to compare their own moral standing to. Or do they? Where can our generation look to find messages that relate to Jainism? During this presentation, we will explore the connections between today's media and Jainisms' numerous teachings. Here's a hint: Greed is NOT good.

**Malhar Teli** - Malhar Teli is a graduating senior from Sharon High School, in Massachusetts. He plans to attend Northeastern University in the coming year. A member of the Jain Center of Greater Boston, Malhar has shown his conviction to Jainism on multiple occasions, from giving community presentations to traveling to Veerayatan, an orphanage in Kutch-Bhuj region of Gujarat to teach English. Malhar's presentation emerged from a debate with his parents concerning the relativity of Jainism in today's pop culture. Needless to say, he is never afraid to voice his opinions, nor is he afraid of taking center stage. He does, however, dislike scripts, opting for a more human approach: improvisation.

## High School / College Sessions

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### Live and Help Let Live

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Live and help live is not only a motto; it is also a path to achieve awareness of our life and its potential. There is no greater wealth than knowing who we are and our purpose of living. In this session you will realize your freedom of choice and learn how to choose the best life possible.

**Gurudev Chitrabhanuji** - Please refer to "Forever Young" on pages 24-25 for a full biography.

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### Live Like A Monk

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Have you ever wondered what life is like as a Jain sadhu or sadhvi? Come and see why it is not as hard as you might think to live like a monk! Sadhvi Shilapiji will show you how to integrate the ways of monkhood into your daily life! Based on a discussion of the 5 mahavratas (great vows) and 12 vows for laymen, Sadhvi will show the path to a simpler and more spiritual life.

**Sadhvi Shri Shilapiji** - Sadhvi Shree Shilapiji is a great philosopher, an eloquent speaker and multilingual writer. Her numerous publications in magazines and chapters in books have marveled many readers and scholars at all levels. Her fluency in Sanskrit, Prakrit, Hindi, Gujarati, Marathi and English have enabled her to connect with people of all faiths and backgrounds across the world. Sadhvi Shree Shilapiji is often invited to Oxford, Harvard and other well reputed universities as a guest speaker. She has been a representative at the Parliament of World Religions in Chicago; in Cape Town, South Africa; in Geneva, Switzerland, and at many other international conferences. Sadhvi Shree Shilapiji is also the first Jain Monk ever to have studied abroad.

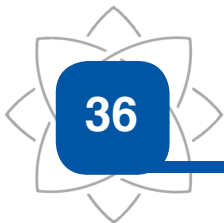
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### Living a Complaint-Free Life

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Do you see the glass as half full or half empty? Do you find that people around you bring you up or bring you down? Do you worry about the next bit of bad luck or look forward to the good luck that will surely arrive? Come join us as we share our journey to living a life with less complaining and more happiness. Discover how complaining affects your life and the lives of those around you. Explore techniques for dealing with challenges in a more positive, constructive manner – topics include bad luck, criticism and creating social change. Learn how taking the 21-day complaint free challenge can change your outlook on life.

**Nirav Shah** - Nirav Shah is a researcher in the aeronautics and astronautics department at MIT. Born in New York and raised on Long Island, he currently resides in Cambridge, MA. His work focuses on understanding why groups of people cooperate and finding the right incentives to help them cooperate more. Nirav has presented at several YJA, YJP and JAINA conferences as well as local temple events in Boston and Chicago. He looks forward to sharing the transformative experience of not complaining for 21 days.



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### Living Your Dream

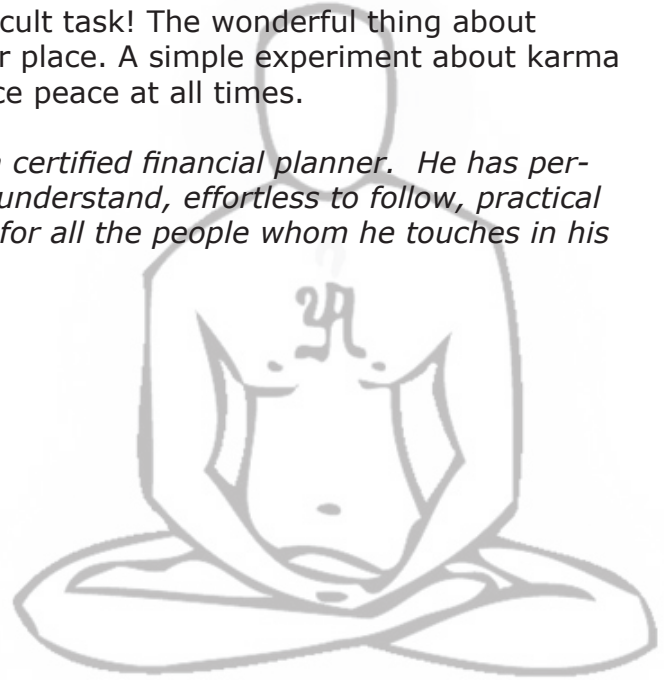
Did you ever have something that you've always wanted to accomplish but didn't know how? Regardless of how big or small, independent of what other people have said? Have you ever had something burning inside of you that you've wanted to manifest, but were stopped due to concerns be it - how you're going to make it happen or how you'll be perceived? In this session, you will be inspired by an enigmatic speaker who has manifested her dream by creating an international organization empowering people, children and communities, after having lost everything in Hurricane Katrina. You will walk away motivated, clear, and empowered to "Live Your Dream."

**Valeri Bocage** - Valeri Bocage is the founder of Powerful Women International (PWI) and has been assisting people in living their dreams for over 15 years. She has coached authors, entrepreneurs, parents, families, public speakers and artists to expand their vision for what was possible in their professional and personal lives globally. She has been recognized by the United States Congress, Senate, Mayor Offices and several companies and organizations around the world. Valeri was born and raised in New Orleans, LA. As a result of Hurricane Katrina, Valeri lost EVERYTHING, except her indomitable spirit and true passion for life. She took the loss as an opportunity to start a whole new life. She moved to San Francisco to fulfill on her dream of "EMPOWERING WOMEN TO EMPOWER THE WORLD." PWI is doing just that. Now, only a few years later PWI has more than 20 connections around the world assisting people to step outside the box and live their dream. Ms. Bocage's dream is that everyone lives their dream and purpose.

### Meditation Made Easy

Abandon those thoughts of meditation being a difficult task! The wonderful thing about meditation is that it can be practiced at any time or place. A simple experiment about karma will teach you how to live stress free and experience peace at all times.

**Ashok Sanghavi** - Ashok Sanghavi is a CPA and a certified financial planner. He has performed various Jain pujas and rituals with easy to understand, effortless to follow, practical advice. His life mission is to create peace of mind for all the people whom he touches in his life.



## High School / College Sessions

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### Moksha in the Modern World

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Moksha is one of the most powerful concepts of Jainism. But in the modern world, how can we use the concept Moksha to govern our daily lives? For just a moment, imagine that the concepts of Jainism were absolutely false. From this point, is it possible to practically implement our Jain teachings to help us battle the challenges of the modern world? The short answer is yes. But the truth is that unless we learn to question our own teachings, we will never learn how to act upon them. For once, let's take off the rose colored glasses and ask ourselves if following the path of Moksha and Enlightenment makes sense in today's world. This will be an eye opening session for all who attend. It may intrigue some, and anger others, but all will walk out with a new perspective on Jainism.

**Parth Savla** - Parth Shah is a better way, or at least what he believes to be a better way. Parth does not wish to force his views upon anyone proud to be a Jain. He likes to question and challenge everything around him. It is these questions that have motivated him to pursue his dreams, regardless of what anyone tells him. His goal is ultimate freedom and happiness and he's tired of people settling for less, and allowing their circumstances to dictate how they live their life. For anyone who listens, he will show them else. The only thing he cares about is you enjoy what you are doing with your life. Suffering is a fact of life. And if you're going to suffer, suffer towards a goal that you've set for yourself, as opposed to a goal that someone else has set for you.

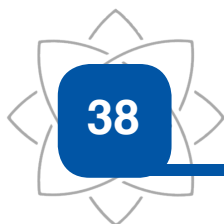
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### No More Drama: 5 Simple Ways To Be Happier and Drama Free

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You don't have to be a reality TV star to have drama in your life. Drama is a force that effects us all and brings a heaviness to an otherwise happy life. Sometimes it seems that if it's not one thing, it's another. Relationship drama, school drama, friend drama... What is the cause of all this drama and do we really have to put up with it? Join session host Dhrumil Purohit in an interactive conversation on the topic of drama and moving beyond it.

**Dhrumil Purohit** - Dhrumil Purohit is a simple sherpa who enjoys guiding people and communities through the world of holistic healing and spiritual living. During the day Dhrumil is a founding partner at the Clean Program, a health and wellness company that manufactures and sells detox and cleansing kits. He and his business partner Dr Alejandro Junger MD have a vision to revolutionize the world of cleansing by providing the most supportive detox program on the planet. Dhrumil is also the Chief Community Organizer behind We Like It Raw, the most popular online raw food community. And Lastly, Dhrumil serves as an advisor to a few non-profits including Donna Karan's Urban Zen Foundation. Dhrumil is based in Delaware, loves his family dearly and strives to be as present as his role model Eckhart Tolle.



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### Organizing for Change - a Young Jain's Guide to Political Empowerment

The 2010 midterm elections are just 122 days away and it's not too late to have an impact. Whether you're a Democrat, a Republican, an Independent, Undecided or anything in between, you can play a vital role by getting active in your own community. Political professionals Ramey Ko and Parag Mehta will train you on ways to get involved in the electoral process and make a direct impact on the future of our country. From setting up a voter registration program and working for a campaign to getting involved in a political party organization or running for office yourself – there are countless ways for you to "Jain the Vote" in 2010 and beyond. This workshop will help you get started, get educated, get registered and... maybe even get running.

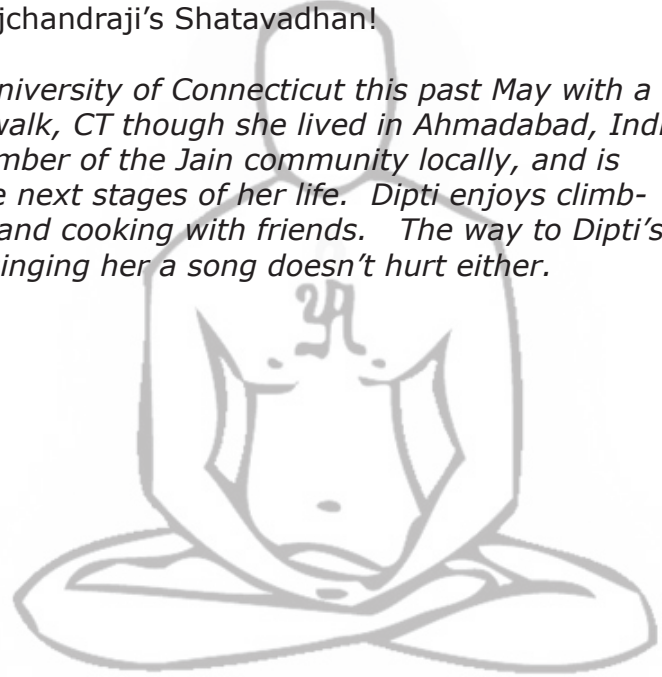
**Parag Mehta** - Please refer to "Setting the Agenda: Jainism in the Age of Obama" on page 12 for a full biography.

**Ramey Ko** - Please refer to "Change the World: Youth, Jainism, and Grassroots Movements in the 21st Century" on page 19 for a full biography.

### Panchavadhan: A Brain Busting Bonanza!

Shrimad Rajchandraji is known for, amongst many other things, Shatavadhan, or the act of doing 100 things simultaneously. During this amazing feat, he was witnessed by various journalists as he played cards, played chess, performed complicated math calculations in his head, composed poems, and completed verses when being supplied with one line, amongst many other mind captivating activities. The challenge is now on YOU. Can you be successful at completing simultaneous tasks accurately? Come challenge your brain, test your concentration and mental capacity, and see how you compare to Shrimad Rajchandraji's Shatavadhan!

**Dipti Dedhia** - Dipti Dedhia graduated from the University of Connecticut this past May with a degree in chemistry. She currently resides in Norwalk, CT though she lived in Ahmadabad, India until the age of three. She has been an active member of the Jain community locally, and is looking to get more involved as she moves into the next stages of her life. Dipti enjoys climbing trees, dancing, reading a good book, napping, and cooking with friends. The way to Dipti's heart is to share chocolate and peda from Kutch; singing her a song doesn't hurt either.





## High School / College Sessions

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### Peer Pressure - Good or Bad?

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Growing up in today's world certainly presents many challenges. Identity. Culture. Morals. Because of these challenges, have you ever done something simply because you don't want to feel left out? Explore the ins and outs of peer pressure and how it can affect your daily lives. Can peer pressure be positive? Can it teach us life lessons? Our session mentors will take you through different scenarios that might happen to you and will discuss the best ways to approach peer pressure.

**Charmi Vakharia** - Charmi Vakharia is going to be a senior in high school and has been attending Pathshala and Gujarati classes since kindergarten. She actively participated in the Jain Academic Bowl at JAINA conventions and won the First Place prize for the Jain Center of New Jersey along with two other students. She also holds a teacher's certificate in Preksha Meditation that she learned from Samani Mudit Pragyaji and Samani Shukla Pragyaji. Last summer, she completed her Bharat Natyam Arangetram (dance graduation). She is a member of the Spanish Honors Society, Tri M Music Honors society and National Honors Society and plays for her school's tennis team. She also has been selected for Regions and All State Choral Programs and has performed at New Jersey Performing Arts Center.

**Juhi Shah** - Juhi Shah is from Somerset, New Jersey and will be a senior in the fall. Juhi is very involved in school through Student Council and is going to be Vice President of the club as a senior. Juhi also has been dancing since the age of three and is also in the process of reaching her arangetram. She has won several competitions with her dance team. She has also played the piano since the age of seven, and has won several awards. Juhi aspires to be a dentist when she goes to college.

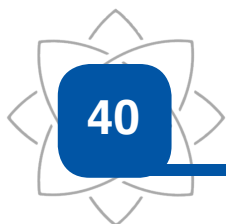
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### Prescription: Extra Strength Jainism

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Life transitions define those who attend this conference. School, college, work, family, kids are all just some of the pressure filled challenges that await. The youth are constantly being trained on how to excel and succeed in all these areas, but are we given a roadmap on how to handle the pressure? Jainism can help us and in this session we will talk about how.

**Apurva Bhansali** - Apurva found Softex in 1992 along with his father Mahendra Bhansali. After both his parents died in a car accident in 1998, Apurva became the CEO of Softex. Located in Austin, TX, Softex was named as an Inc. 500 Top 500 Fastest Growing Private Company in 2000. Softex employs approximately 35 people with offices in Austin and Mumbai. Apurva was involved in the creation of the Jain Sangh of Greater Austin and has served as President of the Sangh. Apurva is married to Nehal Bhansali and has two kids, Ayush (10) and Ashna (8) years old.



## High School / College Sessions

### Puja in Practice

How do you 'Do the Jain Thing?' One way is by performing Jain pujas as a form of worship. This session will provide an overview on various Jain pujas, the rituals involved, and the history and significance of these various rituals.

**Preyas Shah** - Preyas Shah has taught patshala at the Cherry Hill Dherasar for over ten years. As a first-time convention speaker, he is excited to share Jain knowledge with the Young Jains of America.

### Punk rock and the vegan, straight-edge, Jain lifestyle

Doesn't the world of punk rock contradict Jain Dharma? In this session we'll explore the world of alternative lifestyles of clean-living based around the underground cultural phenomena of straight-edge and its associated roots in music, specifically punk music. We'll look at how and why these groups of people (celebrities to people like you and me) have converted their lifestyle for the good of themselves and the world-at-large, and what you can do in your lives to break away from the herd (sheep - baaaah) mentality.

**Gagan Palrecha** - Please refer to "Entrepreneurship aka How to have no life aka How to lose your shirt or get rich quick aka Doctor? Lawyer? What about starting your own company?" on page 24 for a full biography.

### Putting the FUN back in FUNdamentals

Jainism is the oldest living religion, which is incredibly scientific, environmentally friendly, and ecology protecting. It is an independent faith with built-in respect and equality for all living beings (human, animals, creatures, birds, insects, etc) and provides for highest level of enlightenment for all. How can we enrich our lives by following these core values of Jainism?

**Vinod Daryapurkar** - Vinod Daryapurkar is the creator of the most popular and comprehensive web site on Jainism - [www.jainworld.com](http://www.jainworld.com). Born into a scholarly Jain family, Vinod has always followed a deep study of Jainism and Jain scriptures in Prakrut and Sanskrit. He went on to study Buddhism, Christianity, Hinduism, Islam, Tao, Zen, and Sufi. His diverse knowledge on world religions led him to become an accomplished speaker to a cosmopolitan audience of professionals, managers, university students/faculty and others over the last 20+ years through lectures, articles, radio, and TV appearances. In addition to his lectures, he has taught yoga and meditation to more than 5000+ people over a 20 year period. He graduated with an engineering degree and did his post-graduate degree in business management. He has worked at senior levels in MNC's and big groups in the information technology field for the last 20+ years, visiting 40+ countries for business and travel.



## High School / College Sessions

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### Putting the Heart Into Helping

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In Jainism, charity or donation is called Dana. It should be done with compassion, with no desire for material gain, and in a spirit of self-sacrifice, but should also include joy in giving. If you have heard of the concept of 'microfinance' (or are interested in learning more about it), this session is for you! We will learn how best to use the resources of the developed world to help families in need in India. Rural entrepreneurs are hard-working individuals looking to provide for their families but need some assistance in doing so. Microfinance is a fundamentally sound way to help promote entrepreneurship in the rural areas of India. Come learn how to get involved in Dana by helping families develop and run successful businesses!

**Miral Shethia** - Miral Anoop Shethia is currently a team leader at, 30 Dollar Finance, a microfinance company designed to help struggling female entrepreneurs in rural India. He has a Master of Engineering Management from Dartmouth College and a Bachelors in Mechanical Engineering from Mumbai. He is passionate about social change and the impact that we can have on the rest of the world, specifically in rural India.

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### Raagas to Riches

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Bhajans based on classical raagas, or melodies, stay with us as permanent memories. Multiple raagas have been developed from ten basic "thoughts": Kalyaan, Bilawal, Khamaj, Bhairav, Poorvi, Marwa, Kaafi, Aasavari, Bhairavi, and Todi. This session will teach the rich musical basis and meanings of the Jain bhajans we sing at the derasar.

**Nirmal Dosi** - Nirmal Dosi is the Chairperson of the JAINA Scholars Program. He came in contact with many monks and scholars in India from an early age and later studied philosophy at the Banaras Hindu University. As a part of the JAINA scholars program, he works on a unifying vision for all Jain sects in North America. Mr. Dosi developed a great interest in Indian classical music and learned to play the violin from an expert in Saragi (reverse Violin). He now participates in local poetry recitals: two of his poems were published in a collection of poems written by overseas Indians. His profound interest in poetry drove Mr. Dosi to write many bhajans. He has spoken as an advocate for decreasing poverty at the UN world religion conference in 2000. He has organized several seminars at the last six JAINA conventions and made a very effective and heartfelt presentation advocating vegetarianism for over 200 temple organizations at the North America Hindu Mandir conference.

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### Samayika – Attaining Equanimity That Non-Jain Friends Will Enjoy

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We live in a western culture with established procedures for experiencing a variety of activities, one of which is the way we experience religion. Most of the procedures for experiencing what Jainism maintains will occur from procedures established in India. For some western Jains these procedures are difficult to learn and follow and so they are denied access to experience the greatness of the Jain tradition and ultimately the experience of their Atma/Soul. This session will outline the theory and provide the group practice of a time-tested western procedure by which Jains and non-Jains alike can experience the effect of traditional Jain practice.

**Balbhadraji** - Dr. Bruce Costain - Please refer to "Jain Jingles" on page 30 for a full biography.

## High School / College Sessions

### Secret to Success and Happiness

What is the secret to success and happiness? Human beings are forces of immense energy. Once we realize how to utilize that energy effectively, happiness and success follows effortlessly. This session offers insight into how we can facilitate spiritual, mental, and physical wellbeing by incorporating a variety of Jain concepts.

**Ashok Sanghavi** - Please refer to "Meditation Made Easy" on page 36 for a full biography.

### Sharpening Sathiyo Skills!

The sathiyo serves as one of the most prominent symbols related to Jainism. It is a universal symbol of peace and is a symbol of the 4 destinies of the soul. You see it everywhere in the dherasar and in art exhibits throughout the world. Come learn the art of making sathiyo and several intricate variations with rice through this interactive workshop series.

**Snehal Shah** - Snehal Shah helped plan fun patshala activities at the Cherry Hill Dherasar for over ten years. As a first-time convention speaker, she is excited to share Jain knowledge with the Young Jains of America.

### Should Jains be Doctors?

It is ironic that many Jains aspire to be doctors when the job requires them to prescribe antibiotics and to get into contact with ashuddha bodily discharges. Can Jains become doctors? Or do medical practices conflict with fundamental Jain principles. Professor Sarma will lead a discussion to discuss this and related topics.

**Deepak Sarma** - Professor Sarma received his BA in Religious Studies from Reed College in 1991 and then attended the Divinity School at the University of Chicago. After spending several years in India doing research for his doctoral thesis, Sarma graduated with a Ph.D. in Philosophy of Religions in 1998. Sarma joined Case Western Reserve in 2004. He has published two books on the Madhva School of Indian Philosophy (An Introduction to Madhva Vedanta, and Epistemologies and the Limitations of Philosophical Inquiry: Doctrine in Madhva Vedanta) as well as a reader in Hinduism (Hinduism: A Reader). In addition he continues to publish articles on method and theory in the study of religion, Hinduism, and Indian philosophy. Sarma's Reader in Indian philosophy is currently in process with Columbia University Press.

### Socially Responsible Entrepreneurship for Jains

What does it take to be an entrepreneur? How does one find opportunities to make an impact socially while still being profitable? Are there opportunities for Jains that do not compromise our value system? This interactive session gives the audience a chance to generate ideas for potential ventures that encompass Jain ideals while practicing social responsibility. Some concepts covered will be CSR, Triple Bottom Line, Environmental Issues and Opportunities, Sustainability, and social impact.

**Amit Jain** - Please refer to "Being Jain and Living Green 2.0" on page 18 for a full biography.



## High School / College Sessions

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### Soul Detox through Spiritual Enlightenment

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It is a fundamental fact, accepted and experienced by all, that all the living beings in this world experience unhappiness and everybody wants to rid themselves of this unhappiness. Since most do not know the correct path to the state of perfect happiness, all their attempts are in vain. The basic question, thus is, what is the real path to liberation? This session will describe the path one can take to free oneself from pain and grief and attain complete liberation from suffering.

**Pramodaben Chitrabhanu** - Pramoda Chitrabhanu has a Major in Psychology and Philosophy. At an early age she developed an interest in Jain philosophy that started her into studying the philosophy in depth, which eventually led her to practicing the dharma. This dharma gave a direction to her life, enriching her vision, knowledge and practice. Her philosophy is "Reverence for one's self leading to Reverence for all life forms." She has authored and co-authored five books.

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### Survival of the Fittest

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There is Jainism. And then there is the modern world. How do the two go together? We will run through a brief history of Jainism, detailing points of evolution and specifically how those points of evolution have shaped today's interpretation of Jainism. In addition, we will delve into a discussion of how tomorrow's Jainism will be affected by the practices of today based on Jainism's assimilation into western culture in the 20th and 21st centuries.

**Hemang Srikishan** - Please refer to "Am I Jain Enough? (Debate)" on page 16 for a full biography.

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### Tattvarth Sutra – Ancient Scriptures Come Alive

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Tattvarth Sutra is one of the most comprehensive scriptures in Jainism which covers topics in philosophy, sociology, psychology, geography, and science. This highly popular seminar will go deep into Jain philosophy and juxtapose the universal views described in the scriptures (written over 2000 years ago) to the scientific views of today.

**Yogendra Jain** - Please refer to "Circle of Life and Soul – Connecting the Dots" on page 20 for a full biography.

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### The 12 Reflections in Your Mirror

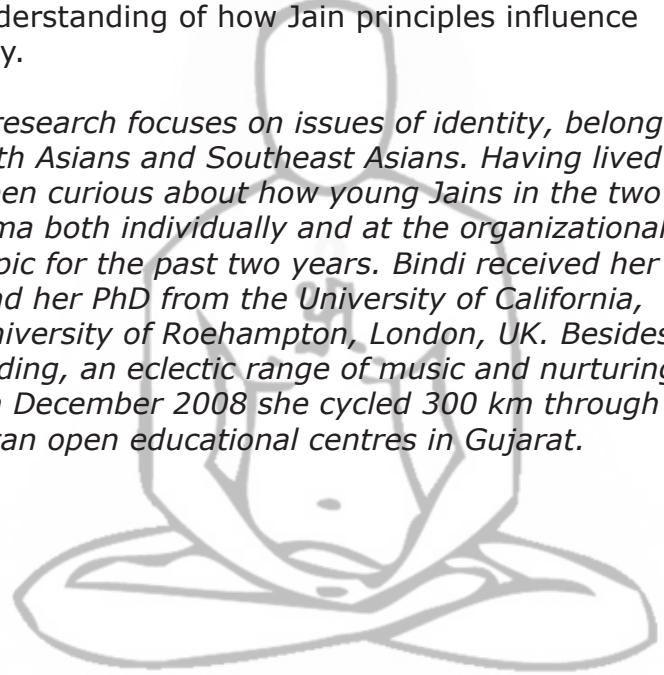
Contemplation on the twelve bhavnas, reflections, or thoughts, is absolutely essential in our spiritual progress. This session will give an overview of these 12 reflections and talk about how they are useful not only in our spiritual paths, but also in dealing with the realities we face in our daily lives. This session will delve briefly into each of the twelve bhavnas using both descriptions from Jain texts and modern day examples.

**Nisha Kapashi** - Nisha Kapashi graduated from the Fashion Institute of Technology with a Bachelors in Fashion Merchandising Management. She has worked for J.Crew as a financial planner and a distribution analyst. Over the past two years Nisha has developed a keen interest in learning about the Jain philosophy and as a result is in the process of conducting an in-depth study about Jain principles. She also assists in teaching a Jain paathshala for children and is actively involved in study sessions and other events at the Jain Center of America (Queens, NY).

### The Chai Party: Getting Involved in Politics

Can we 'do the Jain thing' through our politics? The foundation of Jain dharma is Ahimsa, which permeates every aspect of our lives. In this interactive session we will explore linkages between Jain dharma and politics with a small 'p'. We will discuss a number of questions: How do the principles of Ahimsa, Anekantavada, Aparigraha and the idea of compassion influence whether we vote Democrat or Republican, and our positions on issues such as abortion, gay rights, ecological concerns, wars etc? Can we apply Jain principles to think about the positive and negative aspects of American society? As Jains and as citizens, what role can we play in creating the kind of ideal society we would like to live in? Do Jain principles lead us to do voluntary/charitable work? The session aims to deepen participants' understanding of how Jain principles influence their political and civic activities in the wider society.

**Bindi Shah** - Bindi Shah is a Sociologist and her research focuses on issues of identity, belonging, and citizenship among second-generation South Asians and Southeast Asians. Having lived in both the USA and UK for many years she has been curious about how young Jains in the two countries are interpreting and practicing Jain dharma both individually and at the organizational level, and has been conducting research on this topic for the past two years. Bindi received her Bachelors from the London School of Economics and her PhD from the University of California, Davis. Currently she is a Research Fellow at the University of Roehampton, London, UK. Besides being an academic, Bindi enjoys yoga, cycling, reading, an eclectic range of music and nurturing two boys to be responsible citizens of the world. In December 2008 she cycled 300 km through beautiful Rajasthan to raise funds to help Veerayatan open educational centres in Gujarat.



## High School / College Sessions

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### The Power of Prayer

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Various religions approach the idea of communicating with God, nature, or a supreme being differently. In this session, we will discuss these various approaches from a Jain perspective and interactively discuss the power of prayer.

**Mulchand Gala** - Mulchand Gala was born and raised in Mumbai, India. At a young age, he got the chance to learn the Jain poojans from Vidhikaars like Narendrabhai Nandu. He has performed poojans at various Jain centers and also currently teaches at South Jersey Jain Temple pathshala. He is married to his beautiful wife Aruna and has two lovely daughters Pankti and Mehal.

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### The Shad Sthanak or Six Fundamental Truths of Jainism

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In a famous letter to a friend, Srimad Rajchandra described what has come to be known as the six fundamental truths of Jainism. This session will discuss these six truths in detail and will seek to understand how these truths provide a holistic view of Jain philosophy. These truths will also be connected with the tattva as well as the three jewels of right perception, right knowledge and right conduct. Questions, challenges and debates are thoroughly encouraged during this session!

**Alok Lal** - Please refer to "Karma Chameleons: Jainism, Karma and 'The Secret' of Thought" on page 34 for a full biography.

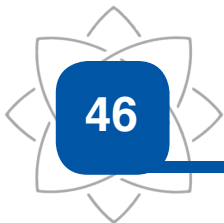
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### The Stick Model: An Artistic Representation of Reincarnation

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How many times have you had to explain to a friend what happens to the soul after a person dies? - Too often. Usually the conversation comes up when a bunch of friends are sitting around on a Friday evening after pizza and cola. In this session, we go through the simple way of explaining the philosophy of Eastern and Western religions so that it all makes sense - with stick models, not just words.

**Manoj Jain** - Please refer to "Circle of Life and Soul - Connecting the Dots" on page 20 for a full biography.



## High School / College Sessions

### Tribal Values - Anekantavada: Negotiating Across Differences

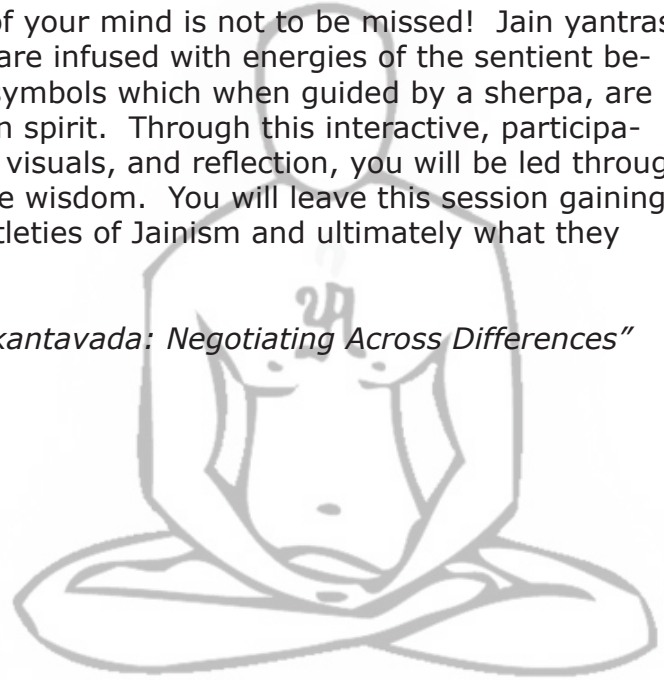
Two teams or “tribes” evenly split by number and by gender are to create a “tent” which can house at least 3 of their members while adhering to their assigned “tribal values”. Each team only has two of the four items and while keeping with their “tribal law” each tribe has to negotiate/barter with each other. This interactive session will help you understand that “culture is a social construct” and that one’s view is only one view of reality.

**Parth Savla** - From the mountains of Ben Lomond in the Redwood Forest to the concrete jungle of NYC, Parth appreciates living in and traveling in a variety of places. For the past several years, he has embarked on learning how to bridge technology with education and community development. This endeavor to build teams with people who are equally passionate about making a difference resulted in the creation of Truvizon, a web consultancy company dedicated to serving social entrepreneurs, non-profits, and small businesses. Over the past decade, he has engaged in a variety of self-development, leadership, and spiritual modalities. Combining his interests in how people/cultures evolve, human nature, and service, Parth recently started GEL (Global Educational Leadership Project) a non-profit in motion which focuses on designing transformative educational curriculum, community development projects, and sustainability platforms primarily working with youth and leaders of indigenous communities. Parth graduated from the California Institute of Integral Studies with a focus on Interdisciplinary Studies, which explores how the balance of mind, body, and spirit is critical to human learning. He is based out of NYC. Feel free to contact him for any questions you may have at [parth@truvizon.com](mailto:parth@truvizon.com).

### Unraveling the Mysteries of the Jain Yantra

This trippy spiritual journey into the inner depths of your mind is not to be missed! Jain yantras are often described as geometric diagrams, which are infused with energies of the sentient beings in the Jain tradition. They are also however, symbols which when guided by a sherpa, are pathways into tapping the inner depths of your own spirit. Through this interactive, participatory, and experiential format that includes sounds, visuals, and reflection, you will be led through your own journey as you tap into your own intuitive wisdom. You will leave this session gaining a deeper understanding and experience of the subtleties of Jainism and ultimately what they mean to you.

**Parth Savla** - Please refer to “Tribal Values - Anekantavada: Negotiating Across Differences” above for a full biography.





## High School / College Sessions

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### Veganism 101

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Over one million animals are slaughtered every hour in the United States due to consumer demand for meat, dairy, and eggs. We'll discuss how veganism benefits animals, the environment, and human health. The session will also go over some frequently asked questions including how to get vegan options at your school and what to eat while dining out! We'll have plenty of free peta2 stickers, too!

**Pulin Modi** - Please refer to "Animal Rights 101" on page 17 for a full biography.

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### Where Is Atma in our Jain Mantras?

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Each individual who adheres to the Jain tradition has, for the benefit of their Soul purification, a responsibility to know that what she/he is practicing is precise and true. There are a multitude of mantras in Jain practice. How clearly do you understand their meaning and supposed benefit? How accurate are they in representing the precise Jain teaching? From the recitation of the mantras, will you be gaining the maximum benefit of your efforts and moving toward the goal of Atma/Soul liberation? There are popular Jain mantras to which these questions need to be addressed. This session will present an equation that explains the essential factors in the purification procedure, present two popular mantras, apply this questioning, and demonstrate and practice refined versions which can be used as additions to one's current mantra recitation.

**Balbhadraraj - Dr. Bruce Costain** - Please refer to "Jain Jingles" on page 30 for a full biography.

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### Will Power: Yes You Can!

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Quality of life is determined by choices we make, choices which are good vs. pleasant for us. When a choice is made based upon our likings and interests, it is very easy to act and follow it through to its conclusion. However, when we resolve to do something that is good but not pleasant for us, it is difficult to sustain that resolve and see to its conclusion. Power of determination and will is a faculty of our inner instrument, which gives us strength and courage to choose and pursue those resolutions that help us grow. Will power is developed through coordinating our inner instruments and focusing their direction. In this interactive session we will present some practical teachings to develop power of will. By unfolding this power that lies dormant within all of us, we can lead a life which is holistic and successful within and without.

**Charu Mehta** - Charu Mehta has been a practitioner of yoga and meditation for more than 20 years. She received her training and certification from Himalayan Institute in 1993. Since then, she has been teaching yoga and meditation in NJ & NY. In 1998, Oxford Health Plan and Hackensack Medical Center approached her to join their Alternative Medicine Provider Program as a yoga therapist and she is still actively involved with them. Several insurance companies, government instrumentalities and various youth organizations (YJA, Youth Group of Sanatan Mandir, etc.) have invited her to give lectures/seminars on meditation and stress reduction. She holds a bachelor's degree in life sciences. In 1985, she met Swami Rama at the Himalayan Institute and was inspired to begin her practice in earnest, transforming her approach to living life as a joyful journey. She likes to share her experience and knowledge with others while gaining insights from the people she comes in touch with.

## High School / College Sessions

### WWJD: What Would Jains Do? A Jain Role-playing Activity

Daily life is full of countless dilemmas and unmet desires. In this fun, interactive workshop, we'll explore a few case studies in a judgment-free setting. Trying to tune into the Jain mindset, we'll work through some complex situations with a combination of small group discussion and role-playing.

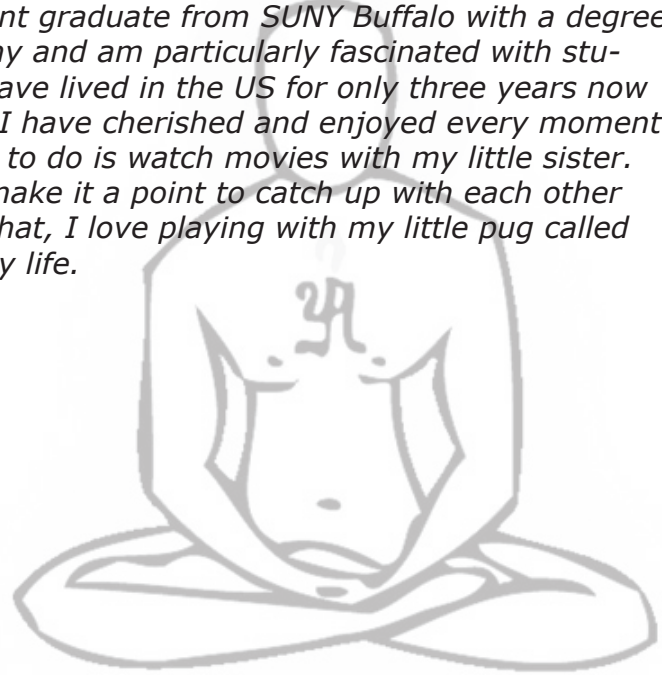
**Finale Doshi** - Please refer to "Knights of the Roundtable: Jainism in an Interfaith Society" on page 34 for a full biography.

### X Marks the Spot: A Jain Treasure Hunt!

Move outside the bounds of a session conference room with this hotel-exploring treasure hunt based on looking for clues written about 'Jain values'! This session will have you explore the breadth of both the hotel and your Jain knowledge. You will work in teams to unravel mysteries about Karma Theory, the 4 Gatis, the 18 Sins, and other popular Jain topics! Follow a set of clues – and go from one clue to another. Be the first one to solve them all and win a prize! After this session, you'll definitely need a breather!

**Anand Shah** - Hi folks! My name is Anand Shah. I am a 6th year pharmacy student at SUNY Buffalo. I was born and brought up in Pune, India, I moved to the US 6 years ago. During my time in the US, YJA has really helped me keep my connection with my culture and religion, and at the same time allowed me to make great friends. I love spending time with my family and friends and in my free time I enjoy bowling, cricket and, baseball.

**Roshni Sanghvi** - "The harder you fall, the higher you bounce". I have always believed in this quote while in trouble. I Roshni Sanghvi am a recent graduate from SUNY Buffalo with a degree in Psychology. In my free time, I enjoy photography and am particularly fascinated with studio photography. With my family back in India, I have lived in the US for only three years now and YJA has been like my home away from home. I have cherished and enjoyed every moment I have spent with the YJA family. My favorite thing to do is watch movies with my little sister. Though I do not get to see her very often, we do make it a point to catch up with each other every now and then to watch movies. Apart from that, I love playing with my little pug called Pepsi. I love dogs and Pepsi is a true blessing in my life.



## High School / College Sessions

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### Your JAINA, Your Future

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Come talk about social entrepreneurship, microfinance and the benefits of giving to a noble cause. How do we create social impact using technology, internet and social media? What is changing the face of rural India? How can you make a difference and give back to India? We will answer these questions and much more.

**Lata Champsee** - Lata Champsee, current President of JAINA, is the first woman to achieve this position. She has also served as First VP, Secretary and Regional Vice President on the JAINA Executive Committee. For 10 years she managed Jain Digest as Editor in Chief. She has served as President and Trustee of The Jain Society of Toronto. She has served on a women's organization for many years. She is a founder of a South East Asian Seniors association. She was a board member of YWCA. In addition to her substantial community work, she heads a property management company. She enjoys renovating and restoring large buildings. At present she is involved in a 200-unit condominium project. She has lived in Toronto for over 40 years and is a proud Canadian. Her motto is: A community should be run like a business and a business should run like a community organization.

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### Your Life's Greatest Challenge, True Happiness, and How Jainism Can be Your Secret to Success

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Human birth, the precious gift from our karmic destiny presents us with incredible challenges and breath-taking opportunities. How can we maximize our utilization of this gift? In this session, we will examine true effort (purusharth), its effect on our short-term and long-term happiness, and what stops us from giving our 100% towards this pursuit. This session will reveal Jainism's greatest challenge, also its greatest opportunity. Come and learn how Jainism can be the secret to your life's success.

**Harakhchand Maru** - Harakhchand Maru is currently the President of Tristate Cultural Society of India, spanning the three states of Kentucky, Indiana and Tennessee. He has also founded the Tristate Jain Group, a growing Jain sangh, for which he teaches Jain philosophy at a regular Satsang and coordinates regular religious and cultural activities. He is a graduate of St. Xaviers College, Mumbai in Microbiology.

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#### Jainism Comes Alive! The YJA Convention Art Exhibition

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The Jain Art Exhibition will provide attendees the ability to better visualize the Jain stories and theories described in the daytime sessions! The subjects of these exquisite paintings are all related to the soul and journey to Moksha. Take a break from the busy convention day to enjoy the wonderful world of Jain art!

**Shubhra Jain** - Shubhra Jain is an artist from Chicago, IL and has spent her life enjoying her hobby. She teaches painting classes and drawing classes privately and at the Jain Society of Metropolitan Chicago (JSMC). She has had several exhibitions of her paintings and has specialized in drawing and painting to a professional level.

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## Jain Networking Forum (JNF) Keynote Speaker

### Being Jain in a Professional World

As today's young Jains graduate from college and graduate school, they seek guidance from the older Jain generation in embarking their professional careers while still upholding Jain values. In his keynote speech for the JNF audience, Prem Jain will discuss his personal path in his professional career. As SVP at Cisco Systems, he will discuss the challenges and obstacles he has faced in his career, and how he was able to overcome them to be where he is today. He will discuss the challenges that he sees facing the current generation of young Jains, and also how to deal with those challenges and stress while balancing our religious views in and outside of work. As a husband and father, he will talk about what it will take today's young adults to succeed in the next 10 years, highlighting trends and how to strike the work/family/life balance. As a YJA Board of Trustee, Prem Jain will impart his knowledge on how to use our Jain community as a platform for future networks. Prem Jain will also identify his own personal 5-7 keys to success that have led to success in his career and personal life, and "practices" he does to keep himself on the right path.



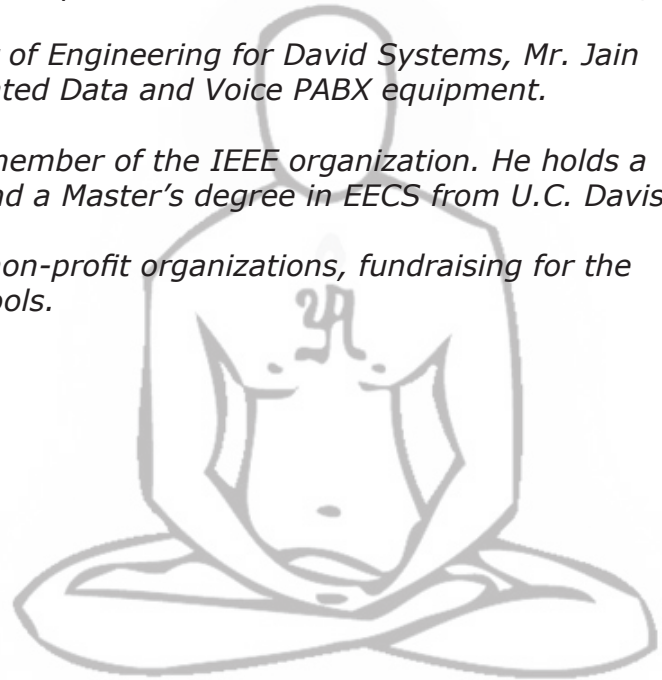
**Prem Jain** - Prem Jain is Senior Vice President/General Manager, Cisco's Routing Technology Group at Cisco Systems. He joined Cisco in 1993 as Director of Engineering when Cisco acquired Crescendo Communications. Subsequently, his positions at Cisco have included: Vice President of New Business Ventures and Vice President and General Manager within Enterprise Line of Business.

Prior to joining Cisco, Mr. Jain was at Crescendo Communications as Vice President of Systems Architecture, and was responsible for the design and development of Crescendo's FDDI products as well as the first LAN switch,

now known at the Cisco Catalyst 1200. As Director of Engineering for David Systems, Mr. Jain architected and developed third-generation integrated Data and Voice PABX equipment.

Prem Jain is the recipient of two patents and is a member of the IEEE organization. He holds a B.E. degree with honors from BITS Pilani, India, and a Master's degree in EECS from U.C. Davis.

Mr. Jain is actively involved in volunteer work for non-profit organizations, fundraising for the homeless and helping San Francisco Bay Area schools.





# Jain Networking Forum (JNF) Sessions

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## A Happy Life: Getting the Past Out of the Future

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Do you ever feel that your past experiences are limiting your present and future potential? Have you ever felt that you know how to overcome challenges, but are unable to turn that into action? This highly engaging session will discuss how to remove filters from your past experiences and how to empower yourself today and for the future.

**Landmark Education** - Landmark Education, a global leader in the field of training and development, offers The Landmark Forum and other graduate courses and seminars that are innovative, effective, and immediately relevant. The Landmark Forum, the foundation of all Landmark Education's programs, is designed to bring about a fundamental shift or transformation in what is possible in people's lives. People are able to achieve higher standards of excellence and to think and act beyond existing views and limits - in their personal lives, relationships, and wider communities of interest.

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## Agams - Our Jain Scriptures

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What is the Jain equivalent to the Bible? Bhagwan Mahavir's followers compiled his teachings into many texts which are collectively known as Agams. This highly informative session will discuss the meaning and purpose of the Agams as well as other important Jain scriptures.

**Sadhvi Shri Shilapiji** - Sadhviji Shree Shilapiji is a great philosopher, an eloquent speaker and multilingual writer. Her numerous publications in magazines and chapters in books have marveled many readers and scholars at all levels. Her fluency in Sanskrit, Prakrit, Hindi, Gujarati, Marathi and English have enabled her to connect with people of all faiths and backgrounds across the world. Sadhviji Shree Shilapiji is often invited to Oxford, Harvard and other well reputed universities as a guest speaker. She has been a representative at the Parliament of World Religions in Chicago; in Cape Town, South Africa; in Geneva, Switzerland, and at many other international conferences. Sadhviji Shree Shilapiji is also the first Jain Monk ever to have studied abroad.

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## Can You Meet Your Match in 3 Minutes?

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Toss out all your pre-conceived notions about speed dating! Meet your Match in 3 Minutes promises to be a no-pressure, relaxing, and enjoyable event. The session organizers will guide all participants through ice-breakers and most importantly how to let that special someone know that you're interested! The activities will be conducted one-on-one and in small groups, allowing for everyone to feel comfortable in this fun-filled session!

**JNF Committee** - The Jain Networking Forum (JNF) is for young Jains between the ages of 21-29 from across North America. JNF provides programming at YJA which is specifically tailored to the needs of this dynamic group. This year we are proud to present 30 engaging and enlightening daytime sessions, as well as fun and exciting social events for the 250 JNF attendees at YJA Convention 2010!



**YJA CONVENTION 2010 | New Brunswick**

## Jain Networking Forum (JNF) Sessions

### Career Networking Panel

Did you know that 80% of job openings are never advertised? Real face-to-face networking is essential. Connect with other working professionals and learn the best tips for building your career and growing your network! Come meet and learn from the experts in the following areas:

#### A Checkup On Your Healthcare Career

**Dr. Vinod K. Shah** is a board-certified internist and board-certified cardiologist. He received his medical degree from Bombay University, completed his cardiology training at Georgetown Hospital and Virginia Hospital, and founded Shah Associates with his wife and his brother in southern Maryland over 30 years ago. Apart from being a well-known cardiologist in Southern Maryland and Washington, D.C., Vinod Shah has worked very closely with many community organizations such as St. Mary's Ryken High School, St. Mary's College, and the Rotary Club of Charlotte Hall. His passion is to provide the best healthcare with an emphasis on the early detection and prevention of diseases.

**Dr. Jyoti Shah** is a practicing Family and Cosmetic Dentist in North Brunswick, NJ since 1998. Her education began at the Bombay University - Nair Hospital Dental College. After coming to the USA, Dr. Shah decided to join the NYU School of Dentistry to further her education. She enjoys providing all-inclusive dentistry, giving the patient the best care possible with the latest technology & technique. Dr. Shah is an active member of various professional organizations including: American Dental Association, Indian Dental Association, and New Jersey Dental Association. Dr. Shah is also an active member of "Donated Dental Services," where she donates her talent and skill to those less fortunate. At home, she is busy mom who recently retired from her chauffeur duties as her children started driving. She can be reached at [jyotishahdds@gmail.com](mailto:jyotishahdds@gmail.com).

**Sunita K. Jain, MD**, was born in Indore, India and emigrated to the US at age 11. She attended Wellesley College in Wellesley, MA, and went to medical school at UMDNJ - New Jersey Medical School in Newark, NJ. She did her residency at NEMCH Tufts University in Boston, MA. She is currently the medical director at Baptist Rehabilitation Hospital Germantown, TN and President of the medical staff. She has been in practice of Physical Medicine and Rehabilitation for 16 years. Sunita is a teacher for the Jain Pathshala for The Jain Center of Greater Memphis. She is married to Dr. Manoj Jain, and they have 3 children - Sapna, 17; Monika, 14; and Rishab, 10.

**Dr. Mamta Shaha** is an assistant professor of pediatrics at New York University, and a board certified pediatrician. She is also a board certified ophthalmologist from Bombay University. Academically she has been actively involved with teaching medical students and residents throughout her career. She has been also involved with American Academy of Pediatrics and has served on its research committee as the chapter representative. Actively involved with JAINA for last 5-6 years, she organized the very first Women's Forum at the JAINA convention in 2005 at San Jose California. She also organized a multi-faith women's forum at the JAINA convention held at Edison, NJ in 2007. She has been Director for two years from NY Jain Center and served on various committees of JAINA. Her hobbies and interests include playing tennis, swimming, traveling and music.

# Jain Networking Forum (JNF) Sessions

## Engineering Your Career

**Achira Shah** lives in a quiet suburb of Boston with her husband, Adam Pierce. She did her undergraduate and master's degrees in Chemical Engineering at Case Western Reserve University. Currently, she works in the Nuclear Energy business and loves every minute of it. Her company is nice enough to pay for continuing education, so Achira has decided to embark on the longest degree ever and is in the 4th year of her PhD in Environmental Engineering at Tufts University. In her spare time, she loves to read, play the piano, and ski with her husband.

**Adam Pierce** resides in the suburbs of Boston with his wife, Achira Shah. He did his undergraduate work as an Electrical Engineer at Cornell University and is currently working as a Project Manager of Nuclear Energy projects for Invensys Systems. Adam is also working on his MBA from BU, and in his non-existent spare time, he loves to play flag football, company sports and ski. One of his recent accomplishments has been completing the 80-mile Pan-Mass Bike Challenge with his father two years in a row.

**Dr. Ambika Bumb** was born in 1984 in Rajasthan and raised in Wyoming until her family moved to South Carolina. She earned her Bachelors in Biomedical Engineering and Economics Minor from Georgia Institute of Technology in 2005. In 2008, she completed her PhD from Oxford University while on the Marshall Scholarship. Ambika's interest is in nanomedicine, or the application of nanotechnology for diagnosing and treating diseases such as cancer and multiple sclerosis. Her doctoral work that combined nanoengineering and medicine, brought together four laboratories from two institutes, four fields, and two countries. She is currently at the National Cancer Institute on a post-doctoral fellowship. Outside of research, Ambika and her sister have taken part in the Himalayan Health Exchange that provides healthcare to underserved populations in remote areas of the Indo-Tibetan Borderlands. She also works with nano-policy, i.e. the National Nanotech Initiative to make recommendations to the Cabinet council by which the President coordinates science policies.

**Pankaj K. Shah** (MSME, MSEE, MBA, PE) is the owner of a small engineering consulting firm in Needham, MA. He was the Education and Pathshala Director for eight years for the Jain Center of Greater Boston (JCGB). He was one of the key persons in organizing the First Conference of the Pathshala Teachers and Jain Educators of USA. He was also a JAINA Director and represented the Boston Jain Center. He is one of the active members of the JCGB. His hobbies are Indian classical music and astronomy.





## Jain Networking Forum (JNF) Sessions

### Risky Business: Running Your Own Company

**Gagan Palrecha** has over 12 years of experience leading technology and entertainment companies (music & television), both domestically and abroad. He's also an avid record collector, musician, and all around loudmouth. Currently, Mr. Palrecha is the CEO of Chirply, a new and burgeoning payment platform for the Web. Previously, Gagan was CEO and President at The First Time Records, an independent record label distributed by Universal Music Group. He has held various leadership positions in product, engineering, and business development with Zattoo (VP, Business Development), Sennari (Director, Products), Oracle, Loudcloud/Opsware (acquired by Hewlett-Packard for \$1.6B), and Vontu (acquired by Symantec for \$400M). Gagan holds a Bachelor of Science in Computer Engineering from the University of Michigan.

**Nimit Maru** is a technologist and entrepreneur from the Silicon Valley in California. He is currently a co-founder at BloomSpot, a venture-backed online startup that sends you ridiculously great local offers and helps small-business owners find new customers. Prior to BloomSpot, he co-founded a popular blog widgets company and spent three years at Yahoo! where he invented and built Yahoo! MapMixer, an innovative new maps product. Nimit has also entertained over 5 million users worldwide with his educational games on social networks. When he is not cooking up his next project, Nimit enjoys playing tennis, guitar, morning yoga, reading, movies, following Indian cricket and finding poetic peace in seeing life unfold around him. He holds a B.S. in Computer Science from the University of Illinois at Urbana-Champaign and has been admitted to the MBA Class of 2012 at The Wharton School at UPenn in Philly.

**Tirusha Dave** - Tirusha Dave is the editor-in-chief of Bravura Artist Magazine. She began her magazine two years ago and since then it's grown into one of the leading South Asian fashion, entertainment & music magazines online! Through her magazine she's had the opportunity to sit down and interview personalities such as Shahrukh Khan to Sean Kingston. Not only is she the Editor of Bravura Artist, but she also works as a publicist in the South Asian music industry. Some of the clients she represents are RDB, Nindy Kaur, Lomaticc, Sunny Brown & Baba Kahn! She lives by the tagline of her magazine: Be Yourself! Be Exceptional! Be Bravura! Her message to all those attending YJA Convention 2010 is to believe in yourself & your dreams and to pursue what it is that you're most passionate about!

**Rushabh Kapashi** is a management consultant with McKinsey & Company in New York. He has previously worked with Goldman Sachs and Oliver Wyman. In 2006, Rushabh was awarded the William J. Clinton Fellowship from the American India Foundation. During his fellowship year, he assisted underprivileged artisan groups across India in developing business plans and raising capital. He has also taught business and finance to high school students at the University of Cambridge (UK). Rushabh holds an MBA from the Harvard Business School, an MPhil from the University of Cambridge, a BAS from the University of Pennsylvania and a BSc from The Wharton School, where he was a Joseph Wharton Scholar. He has also completed all three levels of the Chartered Financial Analyst examination. His hobbies include international affairs, cricket, tennis and traveling.



## Jain Networking Forum (JNF) Sessions

### Profitable Experiences from a Non-Profit Career

**Pulin Modi** has been vegan and an animal rights advocate for more than a decade. He works as PETA's Action Team manager. His experiences include working on [peta2.com](http://peta2.com) where students get advice on everything from starting a school animal rights group to adding vegan options in the cafeteria. He loves corresponding with people all over the country to support their efforts to promote animal rights and other social justice issues. In his free time, he enjoys reading books, listening to music, playing soccer and football, and making the world a better place.

**Ramey Ko** is a municipal court judge and attorney in Austin, Texas. Ramey previously practiced housing and domestic violence law with Texas RioGrande Legal Aid and the Texas Advocacy Project. In 2006, Ramey founded Asian Americans for Obama, a national grassroots organization that organized Asian Americans in support of Obama's campaign. Ramey also served as a board member for Asian Pacific Americans for Progress, a national network of Asian Pacific Americans and allies for progressive change. In April 2009, Ramey testified against a bill requiring certain forms of photo ID to vote. In response to testimony about name matching problems encountered by Asian Americans in other states, State Representative Betty Brown suggested that Asian Americans should change their names to make them "easier to deal with." Brown apologized after widespread public outcry, and the bill was later defeated. Ramey graduated from Yale University and the University of Chicago Law School.

**Valeri Bocage** is the founder of Powerful Women International and has been assisting people in living their dreams for over 15 years. She has inspired hundreds of people to fulfill on their life's mission. She has coached authors, entrepreneurs, parents, families, public speakers and artists to expand their vision for what was possible in their professional and personal lives globally. She has been recognized by the United States Congress, Senate, Mayor Offices and several companies and organizations around the world. Valeri was born and raised in New Orleans, LA. As a result of Hurricane Katrina, Valeri lost EVERYTHING, except her indomitable spirit and true passion for life. She took the loss as an opportunity to start a whole new life. She moved to San Francisco to fulfill on her dream of "EMPOWERING WOMEN TO EMPOWER THE WORLD." Powerful Women International is doing just that. Now, only a few years later PWI has more than 20 connections around the world assisting people to step outside the box and live their dream. Ms. Bocage's dream is that everyone lives their dream and purpose.

**Vinod Jain** is professor of strategy and international business at the Smith School of Business, University of Maryland. He is also the President & CEO of the India-US World Affairs Institute, a non-profit organization building greater awareness for India in the U.S. and vice-versa. A Fulbright Scholar and true cosmopolitan, Vinod has lived and worked in India, the U.S., Western Europe, Eastern Europe, China, and the Middle East. Vinod recently co-authored a major study on "How America Benefits from Business with India" for the India-US World Affairs Institute. He has designed and chaired thought-leadership symposia at international conferences and has conducted over 100 seminars in the last three decades. During the last eleven years, he has won and managed five federal grants with a budget of over \$2 million. And, he has been honored by the Governors of both Ohio (2001) and Maryland (2004) for his services to their states.



## Jain Networking Forum (JNF) Sessions

### Crossroads of Jainism and Buddhism

Did you know that Mahavir Swami and Siddhartha Gautama once studied in the same center for a short period, but never met each other? Join us to discover the intersections, similarities and differences between Jainism and Buddhism. We will explore topics such as meditation, philosophy, and culture. You will leave this session gaining a deeper understanding of how these two paths evolved into two distinct but similar traditions.

**Parth Savla** - Refer to "Tribal Values - Anekantavada: Negotiating Across Differences" on page 45 for a full biography.

### Ethics in Engineering

How does a Jain biomedical engineer deal with animal testing? How does a Jain civil engineer handle unethical zoning laws? Throughout their careers, Jain engineers come across issues which contradict their values. Join us to discuss these topics and how to best handle them while incorporating Jain ethics.

**Preethi Bapna** - Preethi is currently working with Bioconnect Systems, an early stage venture backed medical device company, to develop medical devices to enhance the quality of life for dialysis patients through the improvement of arteriovenous fistula surgery. She has developed two medical devices that are soon to be patented. She graduated from Drexel University with a B. S. in Biomedical Engineering. She plans to attend Columbia Business School this fall to attain her M.B.A in Project Management and Entrepreneurship. She aspires to use this degree to one day start her own venture-backed medical device company. In her free time she enjoys practicing improvised comedy, reading, and running.

**Samir Shah** - Born in Queens, raised in Jersey, Samir graduated from Stevens Institute of Technology (Hoboken, NJ) with an Engineering degree focusing on Computers. After his bachelors degree, Samir's interest in startup companies and global business drove him to pursue an MBA in Global Business and Finance from the University of Maastricht in Netherlands. After a short stint in the Venture Capital industry, Samir started getting involved with his own start-ups. All business ventures are considered an adventure to him. His adventures have taken him to China, Japan, and India -- where he imports building materials and outsources work for construction projects he has been involved with in NJ. His primary focus in the real estate development industry is in the recently booming sustainable "green" building sector. He is a LEED AP (Leadership in Energy and Environmental Design Accredited Professional) and a certified Geothermal systems designer, planner, and installer. As a LEED AP, Samir is involved with green building projects in the residential and commercial sectors. His company, Geothermal System Installers ([www.geosysteminstallers.com](http://www.geosysteminstallers.com)) installs geothermal heating and cooling systems for high-end custom residential homes, thereby completely removing the need for fossil fuels to heat a home. He brings close to 8 years of experience in the engineering sector and has dealt with many unethical issues in NJ which he hopes to share with you.

# Jain Networking Forum (JNF) Sessions

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## Ethics in Healthcare

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Are Jain ethics compatible with the medical profession? How can Jain values be incorporated to understand and solve the medical challenges of the 21st century? For maximum health, human beings require a deep understanding not just of the body, but also of the mind and soul. Our panelists will introduce Jain ethics and values relating to the health sector, and continue the session in an interactive format allowing participants to discuss topics most relevant for budding medical professionals.

**Shrenik Shah** - A product of the South and North, Shrenik was born in Tennessee but raised in Boston. After receiving his bachelor's degree from the University of Chicago, he worked in environmental consulting. He earned his Master's degree in Biochemistry from Boston University, but then decided to accept a job as an elementary school music director north of Boston. Another change in direction led him to Albany Medical College and then to General Surgery residency at Temple University. He spends his free time running, playing and composing music for piano and guitar, cooking, hiking, and anything related to environmental causes.

**Sudha Shah** was born in the Bronx, NY and raised in Atlanta. A tireless advocate for the underserved, she accepted a scholarship to attend Albany Medical College with the intention of going into Family Medicine. She is in residency at Thomas Jefferson University Hospital. She plans to continue advocating for refugee health and attempting to help solve the complex public health policy issues we now face. While not tackling such immense tasks she can be found running, practicing Spanish, hiking, cooking or traveling.

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## Ethics in the Corporate World

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Have you ever been confronted with an ethical dilemma at work? It is quite common for employees at all levels of a corporation to find themselves in situations where their ethics and values are tested. This informative and engaging session will discuss Jain ethics and how to recognize, react, and solve ethical issues which arise in the corporate world.

**Dipak Doshi** - Dipak Doshi, Founder and CEO of Protocol Link, Inc., has extensive experience in the pharmaceutical, biotechnology, and device industries that spans 25 years. In 1996 he launched a niche consulting firm. Having delivered 590+ projects in 31 US states and 21 countries, Mr. Doshi possesses a wide range of technical and management experience. He was a Chair of Board of Trustees of the Jain Society of Metropolitan Chicago in 2008-2009 and a Chief Election Judge for JSMC elections in 2001 and 2003. As a Trustee of the IMD Memorial Trust, he promotes charitable work towards Jain Religion, Education, Medical Assistance, and Relief since 1987. He executed a disaster relief drive in March 2001 for the earthquake victims in India and reached out to 450 earthquake victim families across Gujarat. Mr. Doshi holds masters degrees in Microbiology & Genetics from IIT, Chicago and in Industrial Microbiology from Gujarat University, India.



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## Jain Networking Forum (JNF) Sessions

### Ethics in the Legal and Political World

How should attorneys and public policy professionals respond to unethical situations in their professions? Learn about the difficult choices which they encounter on a daily basis and what the ethical response would be in these situations.

**Reshma Saujani** - Reshma Saujani is running for Congress in New York's 14th congressional district. Her parents, originally of Indian origin, barely escaped the brutal regime of Idi Amin in Uganda and came to the United States with almost nothing. Reshma paid her way through college with student loans, receiving her undergraduate degree at the University of Illinois, her Masters in Public Policy from Harvard University's Kennedy School of Government, and her law degree from Yale University. She was an associate at Davis Polk & Wardwell while volunteering on social justice cases, including asylum cases to ensure legal representation for the most vulnerable defendants. She worked with community organizers to register young voters across New York City and volunteered with the New York Bar Association after the enactment of the Patriot Act to offer free legal services to documented immigrants in Queens. Before running for Congress, she was deputy general counsel of the liquid markets business at Fortress Investment Group. Throughout her campaign, Reshma has focused on comprehensive immigration reform and the need for innovation and entrepreneurship to create jobs. She also has pledged not to accept any corporate PAC money because she's committed to ending special interest influence in politics.

### Goodbye Barbaadi.com

Remember when your parents told you, "Beta, don't worry, get a good education and there will be dozens of great prospects for you when the time comes?" You may have been told that Bhagwan created Barbaadi.com for you so thousands of prospects are only a mouse-click away. Isn't there something horribly wrong with this picture? Come listen to the coolest Desi uncle in North America - Vijay Uncle, discuss his politically incorrect and scientifically unproven views on how to find a life partner.

**Vijay Mehta** - Dr. Vijay Mehta, who is now retired, is a board certified general surgeon from Temple TX. He was Asst. Professor of Surgery at the Texas A & M Health Science Center. Dr. Mehta has served on the admission committee for twenty years and has counseled many Desi kids through the process. Dr. Mehta is a motivational speaker who has personally helped more than 1000 Desi youth as they struggle to balance the east and the west. His natural ability to connect and understand the predicament of Desi youth trying to balance two opposite worlds has made him a most sought out speaker at university campuses and youth conventions across this country. And his personal commitment to help the youth and break the wall in our families has changed many lives. He speaks from the heart and brings our Indian values back in the focus. With his involvement with the youth across this nation he is widely known as Vijay Uncle! Vijay uncle is the coolest Desi uncle. You may even find him on the Friendster, Facebook or My Space - first name - Vijay Uncle, last name - Mehta. As the new generation discover it extremely hard to find a soul mate, Vijay Uncle is working on new approach to match making - an assisted match making. His new mantra is "Good bye Barbaadi.com and Hello Vijay Uncle.com!!"



# Jain Networking Forum (JNF) Sessions

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## Greater Than You: A Commitment to Service

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As Aesop's famous quote reads, "No act of kindness, no matter how small, ever goes wasted." Come join 249 other JNF attendees as we volunteer to serve the New Brunswick community.

**JNF Committee** - Please refer to "Can You Meet Your Match in 3 Minutes?" on page 49 for a full biography.

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## Jain Evolution: The Origins and Historical Development of Jainism

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How did Jainism begin? How has it changed over time? And what will be its future? This session consists of an overview of the history and substance of Jain philosophy and practice. It answers questions like: Why did Jains begin practicing vegetarianism? What is the basis of the rules Jains follow? What is the meaning of the three primary Jain values of ahimsa, aparigraha, and anekantavada? What can the rest of the world learn from the Jain way of life?

**Jeffery D. Long** - Jeffery D. Long is Associate Professor of Religion and Asian Studies and Chair of the Department of Religious Studies at Elizabethtown College in Elizabethtown, Pennsylvania, where he has taught since receiving his master's and doctoral degrees at the University of Chicago in 2000. His doctoral dissertation was focused on anekanta-vada and is entitled *Plurality and Relativity: Whitehead, Jainism, and the Reconstruction of Religious Pluralism*. He is also the author of *A Vision for Hinduism: Beyond Hindu Nationalism* and *Jainism: An Introduction*. He is the former Chair of the Steering Committee of DANAM, the Dharma Association of North America, which promotes the constructive study of Indic traditions. Dr. Long is also an active member of the Hindu community in America. He is a regularly consultant for the Hindu American Foundation, as well as being a member of the Hindu American Religious Institute near Harrisburg, Pennsylvania, and the Vedanta Society.



**YJA CONVENTION 2010 | New Brunswick**

## Jain Networking Forum (JNF) Sessions

### Jainism for Global Good

How can we live our lives with purpose? How can organizations and communities be transformed through Jain values? During this workshop, we will explore how to fully welcome the Jain way of life and spiritual presence in all that we do.

**Hema Pokharna** - Hema Pokharna, Ph.D. is a researcher at the University of Chicago and a director of Journeys of Life, a program to promote health, wholeness and disease prevention. "Journeys of Life" evolved from Dr. Pokharna's quest for inner peace and harmony in the western environment, for which she emigrated from India for advanced Biochemistry studies in 1985. She believes that the body, mind, and soul are integral elements of the human condition, and that spiritual health and wholeness should be an integral part in health promotion programming. The consequences of disconnectedness on physical and spiritual health can be devastating. However, people can learn skills in life that lead to connectedness at three levels, connecting with self, connecting with others, and connecting with a larger meaning or purpose. Dr. Hema Pokharna's program includes different ways to live, learn, and share the principles of reverence and respect for life.

### Jainism: Going Green vs. Sustainability

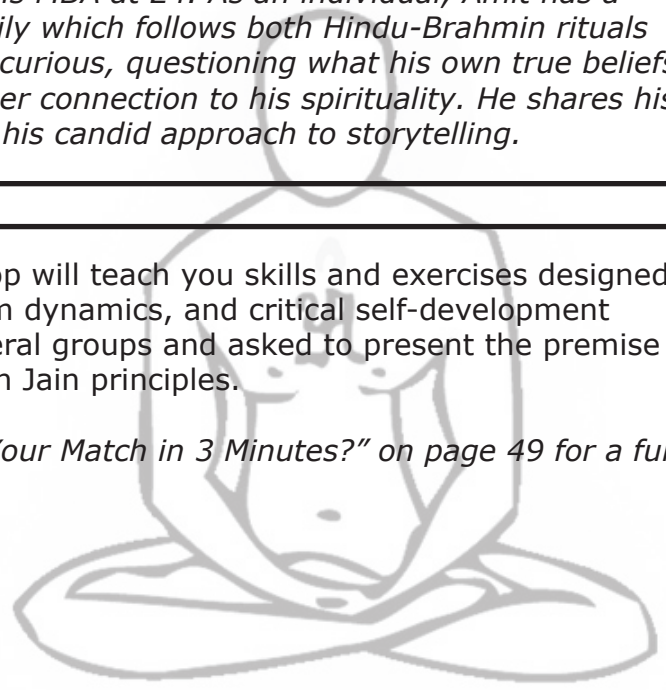
Did you know that Jainism is incredibly friendly to the environment? In this session, participants will explore what core elements of Jainism promote environmentalism, and discuss the differences between 'going green' and true sustainability.

**Amit Jain** - Amit Jain, 28, Los Angeles, has followed a different path his entire life. He started his first business when he was 15 and completed his MBA at 24. As an individual, Amit has a unique perspective growing up in an interfaith family which follows both Hindu-Brahmin rituals and maintains Jain traditions. He has always been curious, questioning what his own true beliefs are and testing his faith to constantly find a stronger connection to his spirituality. He shares his insight from his many unique experiences through his candid approach to storytelling.

### Jains Got Talent

This fun and engaging participant-focused workshop will teach you skills and exercises designed to build positive group communication, strong team dynamics, and critical self-development techniques. Participants will be separated into several groups and asked to present the premise of recent pop culture items as they relate to certain Jain principles.

**JNF Committee** - Please refer to "Can You Meet Your Match in 3 Minutes?" on page 49 for a full biography.



## Jain Networking Forum (JNF) Sessions

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### LEAD from Your Strengths: A Jain Way to Address Daily Challenges & Opportunities

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This one-hour program is for leaders at all levels who want to rediscover and reconnect with their strengths and help their family and team members do the same. You will leave with an energizing planning tool and a process for using your strengths and engaging the best of others everyday!

**Hema Pokharna** - Please refer to "Jainism for Global Good" on page 55 for a full biography.

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### Love Actually

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Get relationship and marriage advice from the experts themselves! We bring to you a diverse set of couples: two 'YJA' couples, and one 'mixed' marriage between a Jain and a non-Jain. The couples will briefly discuss the joys and difficulties of their particular partnerships, and we will then have an open discussion where you can ask anything! Whether you have a significant other or are looking for one, this session is bound to leave you with great relationship advice that you can use today and in the future.

**Achira Shah and Adam Pierce** - Please refer to "Career Networking Panel - Engineering Your Career" on page 50 for full biographies.

### **Purvi Ranka and Mitun Ranka**

Mitun and Purvi Ranka are a newly married couple who just celebrated their one-year anniversary on June 27, 2010. They met on July 4th at the 2002 YJA Convention at the Sheraton in Mahwah, New Jersey, the venue at which they married seven years later. They were introduced by a mutual friend and struck up a conversation because Mitun was a freshman at MIT and Purvi was about to attend Boston University. They developed a strong friendship throughout college and became inseparable by the time they both moved to New York City. Mitun started graduate school at Columbia for biomechanical engineering and Purvi started her first job at a boutique PR agency.

Mitun currently works for Frankel Group as a healthcare consultant and Purvi is an executive assistant at Warner Brothers. They enjoy spending their time cooking, watching TV, traveling, hanging with friends, and playing football and rollerblading together.

### **Seema Jain and Sunit Jain**

Seema Jain is an Account Executive for Marriott International. She manages over 30 corporate accounts in the Chicago and Milwaukee areas. She co-founded SEED (Supporting Excellence in Education) with Sunit and other friends in 1998. This non-profit organization (seedfoundation.org) provides scholarships to American born Indian students pursuing undergraduate studies. Seema also co-chaired the first YJA Convention in Chicago in 1994. Seema has her B.S. in Finance from Miami University of Ohio and her M.B.A. in Marketing from DePaul University. In her free time, she enjoys exercising, cooking, yoga and relaxing with her family.



## Jain Networking Forum (JNF) Sessions

*Sunit Jain is a Regional Director for Forsythe Solutions located in Skokie, Illinois. He is responsible for sales in the Central Region and oversees a team of 14 sales managers. Sunit has also worked at Sun Microsystems and AT&T. Sunit has his B.S.E.E. from Rutgers University and his M.S.E.E. from Cornell University. He received his MBA from Northwestern University. He enjoys sports, magic, multi-media technologies, and spending time with his family. Sunit and Seema reside in Chicago with their three children ages 15 (Sarina), 12 (Sahil), and 9 (Sanjana) and their vegetarian dog (Sage). They have been married for 20 years. Sunit's parents live with them 7 months out of the year.*

### Modern-Day Mahavirswami

Featuring YJA's first ever session in Gujarati and Hindi! These exciting sessions will revolve around social justice during the time of Bhagavan Mahavir (599 BC) and applicable modern-day lessons. Dr. Vora will lead the attendees through a discussion of how Bhagavan Mahavir helped to change conditions in the society he lived in and how this change can be a guide to engendering improved social justice today. These sessions will truly encompass the past, present and future.

**Saroj Vora** - Dr. Saroj Vora holds a Ph.D. in Jain literature. Her speciality is Modern Jain Literature. Her experience includes, but is not limited to being a lecturer for 7 Years in S.N.D.T Women's University, a lecturer for 20 years in M.S. University and holding a faculty position in Jain Indology, M.S. University, Vadodara. Dr. Vora has published various literary books, essays, short stories, plays, poems in last 18 years, - "Manbhavan", "ManManjusha" and "Soch-Vichar" are few titles. Her articles have been published in many magazines, newspapers and journals.

### New Frontiers of Activism and Service

What is the Jain view of activism and service, and how should we incorporate both into our daily lives? This exciting session will leave you with a greater appreciation for all aspects of service and activism, including the strong relationship each has with self-reflection.

**Hans Roy** - Born in Haiti, I came to the United States, at the age of ten! It was such a culture shock; it would take a few years, to find firm ground. In attending college, I was conflicted, with subjects, that I was developing interest in, particularly, social sciences, and the need to make my parents proud, Engineering, I did neither and drop out instead! My discovery, in transformative approaches, for a better world, was when I read, Paulo Freire's, "Pedagogy of the oppressed". It became my gospel! A momentary pause with Ivan Illich, with Deschooling Society and a number of his lectures. This travel began, in 1984, it has me here, where, Jeddy Krishnamurti has been my companion. It is this experience, with these travelers, that The Zeitgeist Movement, along with The Venice Project, has become an interest of mine! My work with the foundation called Rasanble, is but a recent phenomenon, I cannot affirm, nor predict, where it will bring me! I can only plow!



# Jain Networking Forum (JNF) Sessions

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## Optimal Health Through Jainism

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How healthy are we? Most young adults when asked about the status of their health will reply positively or see no issues. However, we often look at health through a limited scope. This session will discuss how we can incorporate Jain perspectives to take our health to a higher level and boost our overall well-being.

**Mitesh Kapadia** - Mitesh Kapadia is a student of yoga first, and a teacher second. He's a motivator, pragmatist and a 'good friend' to all, as his first name means just that. By trade, he's an IT Professional with a Masters in Information Systems, and has spent time in both the Telecom and Financial sectors while last holding an IT Auditor position for Goldman Sachs. However, his passion of Yoga soon consumed Mitesh to such an extent that he decided to leave the land of Wall St. and pursue a life dedicated to passing on the timeless wisdom of Yoga on Main St. Mitesh enjoys guiding those who struggle with stressed out, tense mindsets and leading them to a place of peace and inner solitude. The goal within each of his presentations is to peel the layers that hold a person back from reaching his or her true potential. Today, Mitesh enjoys spending time with those close to him, learning about the hidden truths of the Universe, and simply making efficient use of the time that matters most... the Present!

**Sarina Jain** - Sarina Jain coined the "Indian Jane Fonda," global fitness icon Sarina Jain is the creator of the original Masala Bhangra Workout ®. An A.F.A.A. certified fitness instructor for over 19 years, she teaches a range of classes including step, kickboxing, cycling, total body conditioning, high/low impact aerobics, cardio salsa, and much more. She has successfully created dance routines for TV commercials, cultural festivals and concerts with her knowledge and passion of Bhangra and Bollywood. You can see her on the Discovery Channel's Fit TV, Exercisetv.tv and beYOU.tv.

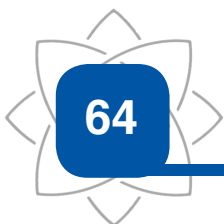
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## Putting the Heart Into Helping

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In Jainism, charity or donation is called Dana. It should be done with compassion, with no desire for material gain, and in a spirit of self-sacrifice, but should also include joy in giving. If you have heard of the concept of 'microfinance' (or are interested in learning more about it), this session is for you! We will learn how best to use the resources of the developed world to help families in need in India. Rural entrepreneurs are hard-working individuals looking to provide for their families but need some assistance in doing so. Microfinance is a fundamentally sound way to help promote entrepreneurship in the rural areas of India. Come learn how to get involved in Dana by helping families develop and run successful businesses!

**Miral Shethia** - Miral Anoop Shethia is currently a Team Leader at 30 Dollar Finance, a microfinance company designed to help struggling female entrepreneurs in rural India. He has a Master of Engineering Management from Dartmouth College and a Bachelors in Mechanical Engineering from Mumbai. He is passionate about social change and the impact that we can have on the rest of the world, specifically in rural India.



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## Jain Networking Forum (JNF) Sessions

### Secret to Success and Happiness

What is the secret to success and happiness? Human beings are forces of immense energy. Once we realize how to utilize that energy effectively, happiness and success follow effortlessly. This session offers insight into how we can facilitate spiritual, mental, and physical well-being by incorporating a variety of Jain concepts.

**Ashok Sanghavi** - Ashok Sanghavi, CPA is a certified financial planner. He has performed various Jain pujas and rituals with easy to understand, effortless to follow, practical advice. His life mission is to create peace of mind for all the people whom he touches in his life.

### Significance of Jain Rituals

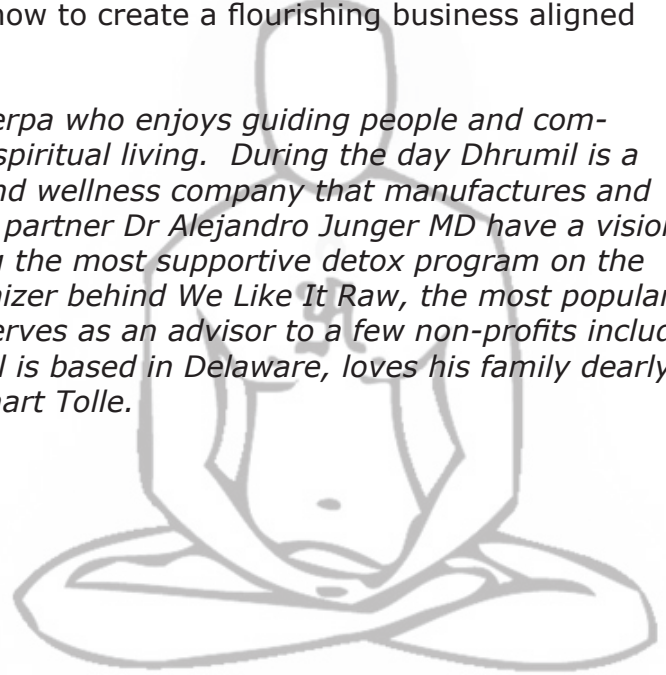
What is the purpose of doing pujas, pratikramana, and fasting during Paryushana? Have you ever wondered the meaning behind the rituals Jains perform? Are they ancient relics or an important practice of our faith, helping us achieve self-realization? This thought-provoking session will provide an overview of various Jain practices and rituals, including the history and significance of each.

**Preyas Shah** - Preyas Shah has taught pathshala at the Cherry Hill Dherasar for over ten years. As a first-time convention speaker, he is excited to share Jain knowledge with the Young Jains of America.

### Who Wants to be a Jain Entrepreneur?

Did you know that Jains are amongst the most entrepreneurial communities in the world? This exciting session will teach budding entrepreneurs how to create a flourishing business aligned with Jain principles.

**Dhrumil Purohit** - Dhrumil Purohit is a simple sherpa who enjoys guiding people and communities through the world of holistic healing and spiritual living. During the day Dhrumil is a founding partner at the Clean Program, a health and wellness company that manufactures and sells detox and cleansing kits. He and his business partner Dr Alejandro Junger MD have a vision to revolutionize the world of cleansing by providing the most supportive detox program on the planet. Dhrumil is also the Chief Community Organizer behind We Like It Raw, the most popular online raw food community. And Lastly, Dhrumil serves as an advisor to a few non-profits including Donna Karan's Urban Zen Foundation. Dhrumil is based in Delaware, loves his family dearly and strives to be as present as his role model Eckhart Tolle.



## ***Jain Networking Forum (JNF) Sessions***

## Women's Role in Modern Society

**Mamta Shah** - Refer to "Career Networking Panel - A Checkup On Your Healthcare Career" on page 53 for a full biography

## WWJD: What would Jains Do? A Jain Role-playing Activity

Have you ever wondered what the ideal Jain response would be to a certain situation which arises at school, work, or in your personal life? What is the Jain view on dealing with problems, opportunities, and ambitions? In this fun, interactive workshop, we will explore a few examples and case studies in a judgment-free setting. Tuning into Jain philosophy, we will work through several scenarios through role-playing as well as small group discussions.

**Finale Doshi** - Finale is a graduate student studying statistical modeling and decision-making under uncertainty. She believes happiness is a choice.

## Your JAINA, Your Future

Come talk about social entrepreneurship, microfinance and the benefits of giving to a noble cause. How do we create social impact using technology, internet and social media? What is changing the face of rural India? How can you make a difference and give back to India? We will answer these questions and much more.

**Lata Champsee** - Lata Champsee, current President of JAINA, is the first woman to achieve this position. She has also served as First VP, Secretary and Regional Vice President on the JAINA Executive Committee. For 10 years she managed Jain Digest as Editor in Chief. She has served as President and Trustee of The Jain Society of Toronto. She has served on a women's organization for many years. She is a founder of a South East Asian Seniors association. She was a board member of YWCA. In addition to her substantial community work, she heads a property management company. She enjoys renovating and restoring large buildings. At present she is involved in a 200-unit condominium project. She has lived in Toronto for over 40 years and is a proud Canadian. Her motto is: A community should be run like a business and a business should run like a community organization.

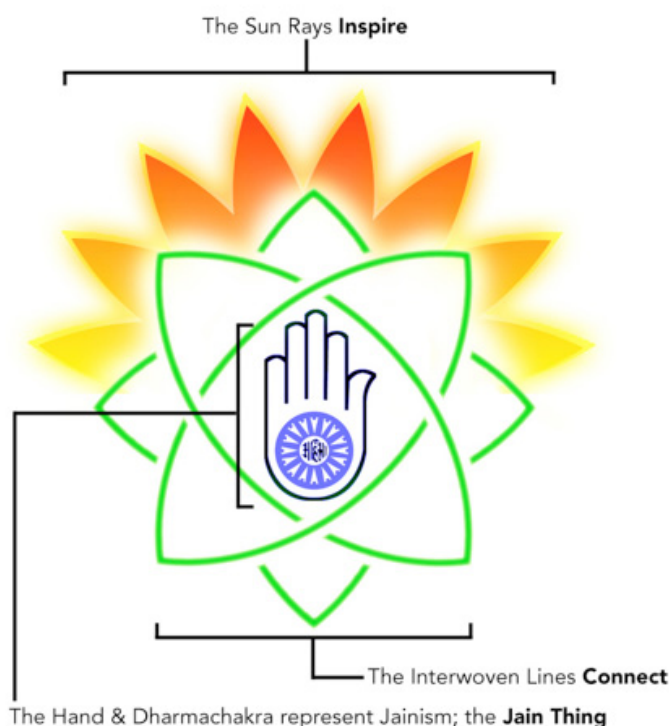
## Jainism Comes Alive! The YJA Convention Art Exhibition

The Jain Art Exhibition will provide attendees the ability to better visualize the Jain stories and theories described in the daytime sessions! The subjects of these exquisite paintings are all related to the soul and journey to Moksha. Take a break from the busy convention day to enjoy the wonderful world of Jain art!

**Shubhra Jain** - Shubhra Jain is an artist from Chicago, IL and has spent her life enjoying her hobby. She teaches painting classes and drawing classes privately and at the Jain Society of Metropolitan Chicago (JSMC). She has had several exhibitions of her paintings and has specialized in drawing and painting to a professional level.

## ***The Logo for Inspire. Connect. Do the Jain Thing.***

Every YJA convention follows a particular theme, and this theme is represented in the convention logo. This year, the 9th biennial convention has the theme of **Inspire. Connect. Do the Jain Thing.**



**Inspire:** Interactive educational sessions enlighten and inspire all on their spiritual journey.

**Connect:** Social activities create long-lasting friendships and bonds and connect Jain youth.

**Do the Jain Thing:** The convention experience leads us to do the Jain thing by incorporating an enhanced understanding of Jain dharma into our everyday lives.

Logo credits: Nirav Bhavsar, Rushabh Jhaveri, and Sneha Parikh, along with the rest of the YJA Board and Cherry Hill Convention Committee.

**Inspire. Connect. Do The Jain Thing.**



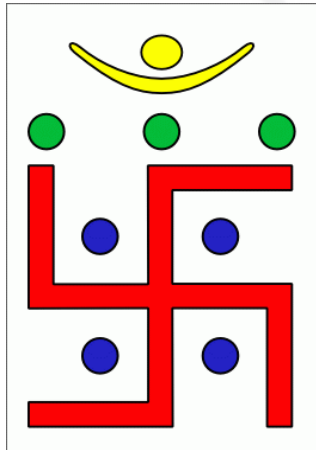
# Jain Symbols

Symbols by definition are things which have deep significance and meaning. There are many Jain symbols that we come across in our homes, dherasars, and scriptures. Although we might see these symbols often, we may not know their significance or meaning. It is important for us to understand the meaning of each symbol in order to better appreciate its purpose in Jainism. Below we explore several Jain symbols and learn their importance in relation to our faith and our lives!



## The Jain Universe

This symbol outlines the entire Jain universe that we live in. The lower half within this symbol signifies the 7 hells (Naraki), the middle portion contains the Earth and all the other planets, while the upper part contains the heavenly beings (Devs). At the very top is the crescent moon, which signifies the Siddhas or liberated souls that reside in Siddhashila. The universe contains a picture of a raised hand which means stop. Within the hand are the words Ahimsa, or non-violence. Thus, in our daily actions, one must stop and think twice before doing actions that will hurt any other soul mentally, physically, or verbally. The swastika in the middle will be discussed next.



## Swastika

Swastika is considered to be an auspicious and good luck symbol for Jains as well as Hindus and Buddhists. It is a symbol of prosperity and good fortune. There are four realms that each have their own representation. These four realms represent four places of rebirth: heaven, humans, animals and hellish beings. The swastika is made out of rice. Just as a grain of rice does not grow once it is planted, the ultimate goal of our lives is to be uplifted from the cycle of birth and death. The three dots signify the 3 jewels. Starting from left to right, they are: Right Faith (Samyak Darshan), Right Knowledge (Samyak Gnan) and Right Conduct (Samyak Charitra). The very top crescent moon represents Siddhashila, which is the home of all the Siddha bodies. The very top dot signifies the Siddha (liberated souls) who have destroyed all of their karmas and have reached the final goal of nirvana.

## Jain Symbols



### Om Hrim Arham

This ancient mantra is a common mantra that is recited during meditation. This simple mantra is quite powerful and is a mantra of peace. Ultimately, the chanting of this mantra brings positive vibrations and its experiences can help one become liberated from the cycle of birth and death.



### Aarti

This devotional song that is sung in praise of our Bhagwans, is filled with a moment of light and happiness. The lamp that is used in aarti is swayed in a circular motion as a worship to the Jinas. It is a peacock shaped lamp with five wicks (lamps) as a way to offer devotion. On special religious days, 108 lamps are lit. The flame is lightened on a cotton wick soaked in ghee and the light is a symbol of divinity. The evergrowing light of the aarti dispels darkness and represents the overcoming of negativity through virtue, courage and knowledge. The five lamps represent the 5 supreme beings: Arihants, Siddhas, Acharyas, Upadhyas, and Sadhus/Sadhvis.



### Deepak/Devo

This single wick lamp is lit and waved right after the devotee finishes aarti in the evening. The lightening of the lamp illuminates their hearts with truth and compassion. The final flame signifies liberation and gaining ultimate knowledge which is the final goal of life.

## ***Jain Way of Life (JWOL)***

**Jainism is a religion and a way of life.** For thousands of years, Jains have been practicing vegetarianism, yoga, meditation, and environmentalism. Jains have three core practices: Ahimsa (Non-Violence), Anekantavada (Non-Absolutism), and Aparigraha (Non-Possessiveness).

**Non-Violence** is compassion and forgiveness in thoughts, words, and deeds towards all living beings. For this reason, Jains are vegetarians.

**Non-Absolutism** is respecting views of others. Jains encourage dialogue and harmony with other faiths.

**Non-Possessiveness** is the balancing of needs and desires, while staying detached from our possessions.

Jains believe in the existence of a Soul – in each living being – which is eternal and divine.

The Jain Way of Life (JWOL) respects and honors all living beings through the practice of Non-Violence, Non-Absolutism, and Non-Possessiveness. We are all interdependent and, by living a Jain Way of Life (JWOL), we can bring peace and spirituality to our lives and to those around us.





## Step Forward...As a Humanitarian

By Vaibhav Ajmera (Floral Park, NY)

What moves us in life? What makes us want to achieve more or to go above and beyond all expectations? It's strange, but sometimes the kashayas, or

passions, that are "net negative" are responsible.

When I say "net negative," I am referring to the concept that good is derived from something that is innately corruptive in nature. On a macro level, the potential negative effects outweigh the positive effects. For example, sometimes anger or deceit pushes you to become more aggressive and work harder. Other times ego or greed may push you to prove that you're something of value. We can see this clearly within the sports arena. A myriad of athletes, in various sports, would confess that they use whatever they can to motivate themselves to play their best. In a similar way, life imitates sports. Several times we find motivation through these various passions. And of course, these feelings are but natural. So what's the problem?

In using such kashayas to inspire ourselves, more often than less, it seems that we become more and more disassociated with the world we live in and more self-centered in our search to become "someone." We can rarely use these passions to help others or society as a whole without eventually succumbing to selfish desires. When was the last time you went out of your way to help someone without any personal recognition or gain? This is a rhetorical question and be completely honest to yourself.

To do genuine social good on a long term basis, inspiration isn't derived from these passions. It can't be. It is derived from deep within your character. First, you have to realize that there is more you can contribute to the world than your own personal success. Second, you have to want to do something good and beneficial for others without any selfish agenda. And third, you have to be able to create time and energy for these efforts.

One of the basic tenets of Jainism is being a humanitarian. If you see something wrong in our society, try to address it and fix it. At least put an honest foot forward and try without giving in to personal recognition (ego) and fighting over trivial issues that place the larger accomplishment away from reach (anger).

I strongly feel and believe that we all as individuals have an innate desire to do good. But somewhere, along the way, we have all become very involved in only our lives and do the bare minimum that is required to not feel guilty about not contributing to society. As for those that have gone above and beyond in helping others and repairing the smallest of things, you are leading by example. I hope that fire always lives inside you and spreads to motivate and inspire others.

For the rest that always wanted to contribute but never knew how, start with the smallest thing and move forward. The humanitarian effort lies on a spectrum, from fixing a "garden patch" for your neighbor to "redeeming a social condition." As Jains, the fundamental quality we should all be working on is becoming better humanitarians. And that means helping members in our community; Jain and non-Jain, human and non-human, whenever and wherever, in any way possible. Start initiatives in your local communities at all levels; through temples, schools, or community centers and bring attention to various concerns and issues that may help the community as a whole.

We are the future of Jainism and we carry a torch that needs to shine light not only through principles but by action as well. As someone once said, "Do not try to be better than your predecessors or your contemporaries, try to be better than yourself."







# Career, Ambition, Obsession?

By Ami Doshi (Toronto, ON)

The principle of Aparigraha - has great importance in the today's world. We are increasing our requirements and desires to the maximum, but yet no one is happy. Why?

Our desires are ever-growing and form a never-ending cycle. "The more you get, the more you want, and the more your desires increase with every gain." This has been even more evident for me with a recent series of events I experienced after graduating from college.

When I was in college, my goal was to get good grades so I could find myself an awesome internship with the eventual goal of landing a great full-time job. When it was about time for me to graduate, my next big wish was just to find 'a job' in the tough economic climate.

Most of us found our first job within months of graduation, however, a friend of mine took a lot longer. He, thus, became lot more involved with the search process. Eventually, when he did find a job, he felt that all of his wishes and desires at that time had been accomplished. As I mentioned, desires are ever-growing and form a never-ending cycle. The next step for him was to move up the corporate ladder.

The job my friend had was very demanding and required him to work long hours, which is the nature of



some jobs. Furthermore, there was encouragement from the company to have that 'company pride' almost to the point where he was obsessed with his work. Employees are trained to think that the company and the role, represents who you are and they will be in future. That begs the question: is that really the only thing that represents us?

There is nothing wrong about having pride in your work. However, there is a fine line between being proud and being obsessed. Management encourages employees to enjoy the company of their co-workers even after work. The apparent reason is studies show employees who tend to enjoy the company of their co-workers after work have higher productivity rate than those who do not.

Slowly, I noticed him working longer hours, and hanging out more with his co-workers. He was drifting away from his friends and this had a negative impact on his personal relationships. He was no longer doing things that once interested him or just enjoying simple things in life. His desire and ambition to become successful became his obsession. Currently, he is doing great from a career perspective, and has received many awards while moving up the corporate ladder, but at what cost?



We tend to think non-possessiveness is related to material things. But it could be related to almost anything we are involved with. It is important that we ask ourselves are we overly ambitious/possessive about something? Does it also have a deeper meaning in our life. There is nothing wrong in being ambitious and goal oriented, but it is equally important to enjoy the simple parts of life. This may mean we may have to push aside the promotion or award to consider the bigger picture of our lives.

**50 years from now,  
It will not matter what kind of car you drove,  
What kind of house you lived in,  
How much you had in your bank account,  
Nor what your clothes looked like;  
But the world may be a little better because  
You were important in the life of a child**

-Anonymous



## Actions and Aparigraha

By Finale Doshi-Velez (Cambridge, MA)

As a graduate student, aparigraha appears, on first glance, to be a solved problem: there's only so much junk that one can acquire on a student stipend, and frequent moves provide

incentive to minimize one's possessions. Moreover, not being hugely well-off is a socially-acceptable excuse for limiting one's possessions, even among more materially-minded friends. Grad student, did you say? No one minds if the plates don't match. End of story?

Not quite. Like many, my first encounter with aparigraha was in connection with material objects, but this great vow provides much more toward happiness. I mentioned "socially-acceptable" in the previous paragraph. As Jains, we probably aren't particularly attached to our toasters or televisions--but we're often attached to our image (a "sense of mineness" TS 7.12). For me, the toughest attachments are the expectations that stem from my actions.

Rowdy children, slow lines; these daily "annoyances" rarely bother me, but when I act, I want to see results. I want appreciation if I sacrifice a weekend working. I want to see progress from students I tutor. When these expectations are not met--for example, if several people cancel last-minute at a dinner party--I often feel upset. Attachments to the results of one's actions can cause as much as--or perhaps more--suffering than attachments to material objects.

The Yog-Saar text states, "When one has no expectations then there is no anxiety, and when there is

no anxiety there is a healthy mind, and a healthy mind leads to the best kind of happiness" (communication with a friend). The concept of actions without expectations is prominent in Eastern thought, and ideas such as Karma-Yog (activity without expectation of results or personal gain) and Nishkam Karma (detached involvement) are now common in Western self-help guides. Aparigraha has much to offer.

A few weeks ago, a relative complained that a cousin never called. I replied, "Can't you just accept him? There's no point in getting upset." I was fully aware of the irony of my words, yet powerless to control my frustration. I love my relatives. I wanted them to be happy. I'm sad when they aren't happy, and my attempts had failed to help. It's the same when people I love engage in unhealthy behaviors. These attachments are clearly the source of pain, but what I am to do? It seems heartless, even selfish, for me to ignore them; doesn't Jainism itself tell us to have compassion for all beings?

Again, the key is separating the action from its result. Actions are for the actor's benefit, not the recipient (as suggested in TS 7.33). We do good deeds because they are right conduct. Truly unconditional compassion requires removing the conditions we place on ourselves as well as on others. By giving up these expectations, one of the more subtle forms of attachment, we are free to be happy, regardless of our circumstance. And isn't that our ultimate goal?

If this article has misrepresented information or caused misunderstanding, I ask for forgiveness. Michchha Mi Dukkadam.



Inspire. Connect. Do The Jain Thing.

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# Jain Recipes

Compiled by Preeti Jain (Wellesley, MA)

## JAIN VEGETARIAN/VEGAN MEXICAN RICE

### **Ingredients**

2 tablespoons olive oil  
1 green pepper -- finely chopped  
1 cup green beans – diced  
1 cup corn  
1 1/2 cups long-grain white rice  
1 tablespoon chili powder  
1/2 teaspoon salt  
freshly ground pepper to taste  
3 tablespoons tomato paste  
3 cups water  
2 cups cooked kidney or pinto beans  
3 tablespoons cilantro -- finely chopped  
1/2 teaspoon dried oregano

### **Directions**

- Heat oil in large skillet over medium-high heat.
- Add green pepper, green beans, rice, chili powder, salt, and pepper and, tossing often, cook about 2 minutes.
- Combine the tomato paste with about 1/2 cup of the water and stir to thin out the tomato paste.
- Stir in the remaining water and mix well.
- Pour into the skillet and cover.
- Bring to a boil then reduce to a simmer.
- Cook 20 minutes or until all liquid is absorbed and rice is done.
- Remove from heat.
- Gently stir in the beans, cilantro, and oregano.
- Cover again and let sit 5 minutes.
- Serve immediately or let cool uncovered, then reheat.

## JAIN VEGETARIAN/VEGAN SALSA

### **Ingredients**

1 cup de-seeded and finely chopped tomatoes  
1/2 chopped green bell pepper  
1/2 chopped red bell pepper  
1/4 cup finely chopped coriander  
6 pieces whole jalapeno in vinegar (do not take crushed ones)  
1/2 fresh jalapeno  
1/2 teaspoon cumin seed (jeera) powder  
1/4 teaspoon oregano  
Salt to taste  
Red Pepper to taste  
Fresh Lemon juice as needed

### **Directions**

- Combine all the ingredients together, mash and refrigerate for at least 3 to 4 hours.
- Keep refrigerated till serve.
- **For partially cooked Salsa:** you can put the tomatoes in hot water for 10 minutes and then remove the skin and seeds and chop finely. Pierce the green and red bell pepper with a fork and hold over open flame to char the skin. Remove charred skin and chop finely.



# Jain Recipes

Compiled by Preeti Jain (Wellesley, MA)

## JAIN VEGETARIAN/VEGAN TABOULEH

### Ingredients

2 bunches of fresh parsley (1 1/2 cup chopped,  
with stems discarded)  
2 tablespoons of fresh mint – finely chopped  
6 medium tomatoes - diced  
1 tablespoon salt  
1/2 teaspoon black pepper  
1/2 cup bulghur - medium grade  
6 tablespoons lemon juice  
6 tablespoons extra virgin olive oil  
Romaine lettuce or grape leaves to line  
Serving bowl (optional)

### Directions

- Soak bulghur in cold water for 1 1/2 to 2 hours until soft.
- Squeeze out excess water from bulghur using paper towel.
- Combine all ingredients, except for salt, pepper, lemon juice, and olive oil.
- Line serving bowl with grape leaves or romaine lettuce and add salad.
- Sprinkle olive oil, lemon juice, salt, and pepper on top.
- Serve immediately or chill in refrigerator for 2 hours before serving.

## JAIN VEGETARIAN/VEGAN HUMMUS

### Ingredients

1 cup dried garbanzo beans (also called chick peas)  
3 cups water for soaking beans  
1/4 cup freshly-squeezed lemon juice  
1 & 1/8 cups additional water  
1 tablespoon cooking oil, extra virgin olive oil preferred (optional)  
1/2 teaspoon salt  
1/4 teaspoon cayenne pepper  
1/2 tablespoon whole sesame seeds or tahini (sesame seed paste)  
3/4 teaspoon cumin  
3/4 teaspoon paprika  
2 cups water, distilled preferred

### Directions

- Preparation (1 hour, plus 3-4 hours for beans to soak prior to cooking)
- Rinse garbanzo beans; pour into large jar or bowl with lid.
- Add 3 cups water, cover, and soak 3-4 hours or overnight (yields over 2 cups after soaking).
- Drain water when ready to use. Steam or boil garbanzo beans until tender.
- Combine water, sesame seeds, salt, and spices in electric blender; puree for 2 minutes to break up sesame seeds. (If using tahini, only blend for a few seconds to mix.)
- Add lemon juice, oil (if used), and half of the cooked beans ; blend until smooth.
- Add remaining beans and blend; remove from blender and mash any remaining whole beans with a fork.
- Top with an extra dash of oil, lemon juice, and paprika, if desired.
- Use as a spread or dip for bread, sandwiches, crackers, and vegetables. Keep refrigerated.





# Jain Recipes

Compiled by Preeti Jain (Wellesley, MA)

## JAIN VEGETARIAN/VEGAN FATTOUSH SALAD

### *Ingredients*

2 to 4 pita breads  
1 tsp. cumin seeds (optional)  
1 head romaine lettuce  
4 tomatoes  
1 cucumber  
1 cup mint leaves (optional)  
1/2 cup cilantro leaves (optional)  
1/2 to 1 cup flat-leaf parsley leaves (optional)  
3-4 Tbsp. lemon, vinegar, and olive oil salad dressing  
12 to 24 Kalamata or similar black olives (optional)

### *Directions*

- Toast pita breads, cool, and break into bite-size pieces. Set aside.
- If using cumin, heat a small frying pan over medium-high heat and toast cumin seeds until fragrant, about 1 minute. Let seeds cool and crush lightly in a mortar and pestle or with the bottom of a small frying pan. Set aside.
- Tear or chop lettuce into bite-size pieces, wash and dry lettuce, put leaves in a very large bowl.
- Chop tomatoes and add to lettuce.
- Peel cucumber, if you like. Cut in half lengthwise. Spoon out seeds, if you like, cut into thin half-moons, and add to lettuce.
- Cut mint into ribbons, chop cilantro and parsley, and add to lettuce.
- Add pita pieces to lettuce. Drizzle salad mixture with lemon, vinegar, olive oil salad dressing and toss thoroughly.
- Divide salad between serving plates to arrange on a large platter. Top with olives. Drizzle with tahini. Sprinkle with reserved toasted, ground cumin seeds.

## JAIN VEGETARIAN/VEGAN SPRING ROLLS

(Makes 15 spring rolls)

### *Ingredients*

15 sheets of spring roll wrappers (use Thai wrappers –  
they are made of white flour)  
1/2 cup Tofu, cut into strips  
1/2 cup French beans, cut into strips  
1/2 cup Cabbage, cut into strips  
1/2 cup snow peas, cut into strips  
1/2 cup rice vermicelli noodles, cooked and drained  
2 teaspoons soy sauce  
1 tablespoon chopped coriander  
1 teaspoon lemon juice  
1 teaspoon oil  
1/4 teaspoon pepper  
salt to taste  
oil to deep frying

### *Directions*

- Heat the oil in a wok, add the tofu and stir fry for 2 minutes.
- Add the green beans and noodles, stir in the green chilies, soy sauce, coriander and lemon juice.
- Add salt and pepper.
- Cool and keep aside.
- Place one wrapper on a dry surface.
- Place a spoonful of the filling mixture in one corner of the wrapper.
- Roll the wrapper over the filling, folding the sides as you go to form a small spring roll. Press the seams together with a little water and seal the edges.
- Deep fry in hot oil until golden brown.
- Serve hot with any sauce or relish of your choice.

# Jain Recipes

Compiled by Preeti Jain (Wellesley, MA)

## JAIN VEGETARIAN/VEGAN LASAGNA

### Ingredients

1 (16 ounce) package of lasagna noodles (egg-less)

hint: check Prince brand

2 tablespoons olive oil

4 (14.5 ounce) cans stewed tomatoes

1/3 cup tomato paste

1/2 cup chopped fresh basil

1/2 cup chopped parsley

1 teaspoon salt

1 teaspoon ground black pepper

2 pounds firm tofu

1/4 cup chopped fresh basil

1/4 cup chopped parsley

1/2 teaspoon salt

3 (10 ounce) packages frozen chopped spinach, thawed and drained

broccoli (boiled)

green bell pepper (boiled)

ground black pepper to taste

### Directions

- To make the sauce: place the tomatoes, tomato paste, basil and parsley in the saucepan. Stir well, turn the heat to low and let the sauce simmer. Add salt and pepper.
- While the sauce is cooking bring a large kettle of salted water to a boil. Boil the lasagna noodles for 9 minutes, then drain and rinse well.
- Preheat the oven to 400 degrees F.
- Place the tofu blocks in a large bowl. Add the basil and parsley. Add vegetables. Add the salt and pepper, and mash all the ingredients together by squeezing pieces of tofu through your fingers. Mix well.

- Assemble the lasagna: Spread 1 cup of the tomato sauce in the bottom of a 9x13 inch casserole pan.
- Arrange a single layer of lasagna noodles, sprinkle one-third of the tofu mixture over the noodles.
- Distribute the spinach evenly over the tofu. Next ladle 1 1/2 cups tomato sauce over the tofu, and top it with another layer of the noodles.
- Sprinkle another 1/3 of the tofu mixture over the noodles, top the tofu with 1 1/2 cups tomato sauce, and place a final layer of noodles over the tomato sauce.
- Finally, top the noodles with the final 1/3 of the tofu, and spread the remaining tomato sauce over everything.
- Cover the pan with foil and bake the lasagna for 30 minutes. Serve hot and enjoy.



# 2010 ESSAY COMPETITION

AGE GROUP: 14-17

WINNER: PRIYAL GANDHI, ASHBURN, VA

## To Inspire

What makes an artist create a beautiful painting? What is it that helps the author write an award-winning book? What power aids the musician in playing a heartfelt piece?

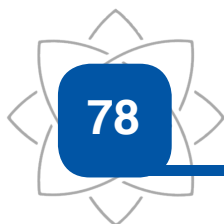
It is the same power that makes non-Jain, non-Indians do upvas. The same power that convinces them to search Wikipedia for more information about the Jain religion. What is it? The power of inspiration.

If the words of my gurus can move me, imagine what sticking to Jain vegetarianism and performing fasts during paryushan can do to non-Jain friends and teachers. It's not easy to stick to a strict Jain diet in a foreign country, especially one such as the U.S. It's also not easy to explain to every person you meet why eggs are considered non-vegetarian or why root vegetables are unacceptable in a Jain's diet. But the awe that comes from watching a Jain stick to their diet every day is exactly what drives them to try it themselves or quench their curiosity by learning more about the religion.

A simple "I can't eat that" prods them to ask why. Stating religious restrictions is not enough for them- they must know what religion, what principle, what concept drives that restriction? And if your answers aren't satisfactory enough, they'll ask Wikipedia. My friend, intrigued by my queer dietary restrictions, fired question after question about Jainism. I gave him the regular responses: "I have religious restrictions. You've probably never heard of my religion before. Okay, it's called Jainism. What's that? It has to do with non violence and just becoming a better person. Why can't I eat eggs? Well..." I love being a Jain. When explaining what it means to be one, I literally glow with excitement to be able to show how unique it is. But, at some point, you have to give up. You have to say, "Oh, it's complicated, or oh, it's hard to explain." You know you want to dive into the philosophy of Jainism- but you know you can't. So we parted ways, and the next day, he comes in with this excited look on his face: "Guess what! I know all about Jainism! I looked it up on Wikipedia!" As he starts spitting out fact after fact, I sit there and grin, but at the same time, I'm saddened. What he learned from the web undermined what our religion was really about- in fact, it gave the wrong idea about our religion. His inspiration to research Jainism fueled my inspiration- to really show non-Jains what Jainism is about.

Telling them about Jainism is one thing, and showing is another. It was paryushan 2008, and I had my mind made up- I was going to perform atthai for the first time, and I did it. The day of parnu, members of our Jain group attended, along with other family and friends- most noticeably two American friends and two American teachers. Feeding me the first few drops of liquid after eight entire days of not eating fascinated them. The unimaginable gave them so much awe- it carried over into the sanji celebration, where my two friends learned how to play dandiya and watch other cultural customs. My friends gave vivid descriptions to their family, and my teachers showed their exuberance to other colleagues. I couldn't have been more thrilled. My fasting had inspired them to spread the word about an amazing religion people knew very little about.

Paryushan gave rise to other incredible stories too. One year, I had taken up the vow for upvas on a day I had gym- much against the wishes of my parents. They insisted on giving me a note to excuse me from gym if needed, but I chose to run and exercise anyway. My gym teacher was impressed- he asked what I was allowed to eat and drink during fasting, and raised his eyebrows in shock when I said, "Nothing." I didn't think much of it; I was used to expressions of surprise when it came to Jain fasts and diets. Two days later, I had gym again- and my excited teacher came up to me and said, "I tried it! I didn't eat for an entire day." I was speechless- my mouth dropped open. I never knew the extent of his curiosity in my fasting. I ran home with a huge grin on my face- telling my parents my gym teacher performed upvas because he was inspired by me surprised them as well. How secretly lucky are we to live somewhere where we can spread the word about our religion! It makes the fasting, the ridicule, and the difficulty, everything about being a Jain in the US, worth it. I love to inspire.



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**YJA CONVENTION 2010 | New Brunswick**

# 2010 ESSAY COMPETITION

AGE GROUP: 18-21

WINNER: KUSHAL DOSHI, MARLBORO, NJ

Live and allow others to live. Make a difference in the world. Use that experience to inspire. Following these basic principles of a rewarding life will not only teach one to be human, it will allow one to be humane. Arguably, the most important facet of life that one can live by is through inspiration. The strength in the word branches out an even powerful meaning. Living a successful life is determined by the influence one bestows on other humans, ranging from something as simple as making one smile to helping one make the right career choice. Without having the ability or desire to inspire someone, one would be living a life that lacks the satisfaction one gets after knowing they helped someone in a positive direction. This sort of fulfillment outweighs any degree of contentment one receives from material gain or selfish pleasure. It allows one to grow into a more disciplined and selfless person by teaching others how to succeed in the proper paths to a wholesome life. The importance of inspiration lies not in the satisfaction one receives from enhancing someone's life, but in the fact that it improves humanity as it will cause a chain reaction. The inspiration of one will influence another to inspire someone else, yielding a healthier population of people. Inspiration has been a huge aspect in my life and it has ultimately shaped me into the kind of person I am now. Not a day goes by when inspiration is not applied either to my life or others. It has allowed me to think in a certain way and has taught me into having an optimistic attitude. Not only does it control the decisions I make every day, it allows me to advise to others what is right and wrong.

Looking at my parents' choice in my upbringing, I can certainly say their inspirations have developed me into what I am now. My father, being a successful engineer, always inspired me about his career choice and why it is such a useful field in today's technologically dependent society. His encouragement ultimately helped me pick the career I am currently pursuing, a chemical engineer at Carnegie Mellon University. My professional choices would not have been easy had my father not been such an inspiring parent, a privilege that many unfortunately do not have. My mother has also greatly inspired me in my personal side. She helped me gain a strong passion for Jainism. Having a significant amount of knowledge in religion, she instilled many Jain values in me that I still follow by today. I learned and understood the importance of fasting, performing Samayik and Pratikraman, and even self-control. Appreciating the value of religion in one's life allows one to alleviate the stress that life brings. My mother was the one who taught me that, and her inspiration allowed me realize the strength of Jainism in one's daily life. My parents' inspirations have shaped me into a humble person, learning that not only does an education prove one to be successful, but when it is juxtaposed with religion does it give great value to one's life.

These inspirations infused by my parents allowed me to motivate others about what choices to take and whether they are leading the proper path that correctly defines the kind of person they are. Being a Jain, I have refrained from not only eating meat, but I also abstain from eating anything that contains eggs or other product derived from animals. My friends, some of them being Jain as well, noticed that I do not consume any food derived from the killing of any animal. By my being friends with them, I inspired my Jain friends to abstain from eating eggs, even though they did so in the past. Not only have I inspired people I am familiar with, I also had an impact on people with whom I had no prior contact with. As a current senior at Carnegie Mellon, I have a good understanding about the different majors at the university. Having learned from my father about the value of engineering, I was able to take this advice to inspire underclassmen when they were uncertain of what path to choose. I encouraged many freshmen that chemical engineering is a great field to follow, as it requires a very diverse skill set that can satisfy any mindset. Many students officially registered to become chemical engineering students as the enrollment substantially increased.

Inspiration makes the world a better place by having one person instilling positive advice on another, yielding a series of events. The attitudes and outlook on life of everyone would exponentially increase as inspiration allows one to think in a different way. Without such an important aspect of life, the world would not continue to revolve.

Inspire. Connect. Do The Jain Thing.

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# 2010 ESSAY COMPETITION

AGE GROUP: 22-29

WINNER: PARAS DOSHI, MARLBORO, NJ

Live your Jain life to the fullest and set a great example so other Jains can be inspired by your existence. Inspiration is a key element in the everyday life of Jainism. Inspiration, according to [www.dictionary.com](http://www.dictionary.com), “is a divine influence directly and immediately exerted upon the mind or soul.” As one can see, inspiration even has a religious meaning. Inspiration is a very important aspect of Jainism because it truly allows one person to impact another one’s life. If inspiration did not exist in Jainism, many Jains would not be pursuing the right path to Moksha. Being inspired by the right people and divinity, many Jains can lead a more successful Jain life that can lead them to their ultimate destination, Moksha.

Inspiration has been a huge aspect of my daily Jain life and thus, has shaped me into the human being that I am now. Every day, I am inspired by others, both old and young and Jain and non-Jain. Inspiration has allowed me to think in a certain way and has also led me to make the proper choices.

The inspiration I received came mainly from my family I grew up with. Unlike the modern day American household which consists of four to five family members, I grew up in a family that still valued the traditional Indian lifestyle and thus valued the extended family. I was inspired by many of my family members.

I was very fortunate to have been under the same roof as my grandparents. They taught me a lot about Jainism and its way of life. I would definitely have been a different person today if I did not live with my grandparents. Since my parents were occupied with work, my grandparents had the time to show me the true path of Jainism. At a very young age, they inspired me to recite the Navkaar Mantra. I was able to recite the first four parts of Samayik at a very early age. They told me that these words of prayers I am speaking are very important to all Jains. They should come first and foremost before anything that is auspicious. This is the last saying of the Navkar Mantra- Manglananch Savvesim, Padhamam Havei Mangalam. I, unfortunately, did not attend any paathshala but my grandparents taught very well.

My grandparents taught me about the Jain diet. They explained to me why they do not indulge in eating onions, garlic, and other root vegetables. This inspired me to consume root vegetables to the minimal amount. Living in America, it is difficult to lead a life without eating root vegetables, but I try to refrain from eating it as much as possible. In fact, we do not bring, and therefore, cook root vegetables into our house. Every attham and paakhi (8th and 15th day of the Jain calendar), my family and I do not consume root vegetables or even leelothri which are raw vegetables. I was inspired by my grandparents also to not to step on the grass and lawn because they are living things. I, therefore, try to avoid stepping on grass during attham and paakhi. I was inspired not to eat eggs at all because no one in my family ate it. We then even stopped eating honey because we are stealing the food bees make and eat. Also, in the process, the bees are killed and their hives are destroyed.

My grandparents have inspired me to become a better Jain by not only teaching me the rights and wrongs of our physical being, but they have also taught me the importance of our mental being. Ever since I was young, my family has always done amazing tupa during Peryushan. My grandfather will always complete at least one Upwaas during Peryushan. I have always noticed that my family would do some sort of tupa during Peryushan. I, by observing others, also wanted to try and accomplish my first Upwaas. I was able to complete it when I was 10 years old. Every Peryushan after that, I was completing more and more Upwaas. In 2003 when I was 17 years old, I was able to successfully complete my first Atthai. I figured out that if I set out to do something and if you had will-power, you can accomplish anything. I would not have been able to accomplish this goal without my grandparents’ inspiration.

I was very fortunate to have been inspired by grandparents. Hopefully, I can learn as much as I can from them so that I can inspire my children and my grandchildren. The key to upholding our traditional values through generations is to make sure that we get inspired by the right people and then, we in turn, can inspire others.



**YJA CONVENTION 2010 | New Brunswick**











## Young Jains of America (YJA) Executive Board



### **Shardule Shah, 25, Co-Chair**

Jai Jinendra! I am starting my PhD in Immunology at Emory University in August 2010. My goal is to develop the first multivalent vaccine (1000 diseases protected with one vaccine!) and deliver this treatment to people in need. When not dreaming about immunology or YJA, I fantasize about having a job in the NFL, being concertmaster of the Boston Symphony Orchestra or becoming the President of the United States.



### **Naman Jain, 27, Co-Chair**

Jai Jinendra. I grew up and live in Boston. I graduated with a computer engineering degree from Northeastern University, and currently work for a speech recognition company. My hobbies and passions are YJA. I love most Disney and Pixar movies, my favorite is "The Lion King." In high school, I took flying lessons at the same time I took driving lessons. I love to travel, even though most of the time I just end up in New York City. My ideal city to live would be San Diego (I've never been there). I have recently become a "GREEN freak."



### **Ajay Dagli, 25, Director of Fundraising**

I'm Ajay "Daggles" Dagli from Detroit, MI. I'm an automotive engineer, biding my time and gaining experience to move into a more 'productive' field. YJA has had a huge impact on me, since I've first become involved in a retreat back in 2003. My hobbies include football, baseball, basketball, hockey, action movies, learning the intricacies of Jainism, the newest cars, and having a good time!



### **Nivar Bhavsar, 23, Director of Information Technology**

Hey Everyone! Jai Jinendra! I was born and raised in Danbury, CT, lived in Orlando, FL for 2 years, and currently reside in Nashua, NH near the Boston area. I attended Boston University for undergraduate studies graduating in 2009 with a degree in Biomedical Engineering and I am currently enrolled in my first year at Boston University School of Medicine. My hobbies include photography, drawing, graphic and web design, videography, and Bollywood!



### **Salonee Shah, 20, Director of Public Relations**

Jai Jinendra everyone! My name is Salonee Shah and I am a Marketing major at the University of Texas at Austin. I have a passion for working with nonprofits, one of the reasons why I interned at the Center for Child Protection last summer. I love anything outdoors and adventurous: camping, hiking, skydiving, and jet skiing, which is pretty ironic because I have the worst allergies in the world.



### **Sheenika Shah, 23, Director of Publications**

Jai Jinendra! My name is Sheenika Shah and I was born in Los Angeles, raised in Orange County and currently live in San Diego. SoCal for life! I graduated from the University of San Diego in 2008 and I just finished my second year of law school at California Western School of Law. I love to travel, spend time with family and friends, and dance.



### **Shital Shah, 24, Director of Education**

My name is Shital Shah and I am from Chicago, Illinois. I recently graduated from Midwestern University-Pharmacy School and will enter the real world of working soon! Some of my favorite hobbies are playing tennis, painting or drawing, reading, and doing adventurous and outdoor activities! I would have to say one of my favorite movie is "Pursuit of Happiness"!



### **Sonia Shah, 23, Director of Events**

Hi guys! I'm from and have been apart of the Boston Jain community since I was a kid, and have been actively involved with Pathshala, discussions, youth activities, holiday celebrations, and various projects. Currently, I am working in the medical device field after graduating from Boston University with a Biomedical engineering degree. I enjoy watching and playing basketball, reading, cooking and traveling.

## Young Jains of America (YJA) Executive Board



### **Sumeet Bhandari, 25, Director of Project Development**

Jai Jinendra Guys! I was born and raised in Bangalore, India before moving to United States in 2007. I have completed my Engineering in Information Science and working as a Software Engineer with HP in Phoenix. I am very enthusiastic, ambitious and have a special interest towards sports such as Cricket, Soccer, Formula 1 & Ping Pong etc. Working out, traveling, dancing and Jainism are my other areas of interests.



### **Vruddhi Choksy, 23, Director of Finance**

Jai Jinendra! I was born and raised in Surat, India, moved to NJ, then PA, and now have been living in Ohio for the last 6 years. I did my undergrad in accountancy and finance and currently working on Masters of Accountancy, while working in the exciting field of investments. I like dancing, playing tennis and basketball, doing bollywood fitness workout, watching TV and movies, and hanging out with friends.



### **Apurva Patel, 23, Midwest Regional Coordinator**

My name is Apurva Patel. I grew up in Columbus, Ohio and I currently work in Columbus for a startup company. I graduated from Babson College in the Boston area in 2009, where I studied finance and entrepreneurship. I enjoy listening to music, playing piano, biking, watching football and basketball, reading about new tech gadgets, and discussing business. I also love eating burritos at Chipotle!



### **Arti Shah, 25, Southeast Regional Coordinator**

I was born in Bombay, brought up in Asunción, Paraguay and graduated from The University of Miami, Miami FL. I am a soccer fanatic (Paraguay is qualified for South Africa 2010!), love running, like odd numbers, doing bollywood/zumba workouts, chocoholic, traveling, learning new languages and trying different cuisines. Some things on my to-do list: Sky diving, running a marathon and climbing Machu Pichu, Peru.



### **Paras Shah, 19, South Regional Coordinator**

My name is Paras Shah. I do all kinds of neat things, I jog for the LSU track team, fly kites, and run a website with no purpose at all, [www.paras360.com](http://www.paras360.com). On a serious note, I currently reside in Baton Rouge, Louisiana where I go to school and am an avid Jain. This convention will be the best yet.



### **Priyanka Jain, 21, Northeast Regional Coordinator**

I was born and raised in Wellesley, MA and I graduated from Univ. of Connecticut in May 2010. This summer I started graduate school at Massachusetts General Hospital Institute of Health Professions in Boston, MA to pursue a doctorate in physical therapy. When I'm not studying, I'm dancing. I've taken 12 years of Bharathanatyam and in college I danced and choreographed for UConn Surya, a South Asian Fusion dance team.



### **Priyanka A. Shah, 18, West Regional Coordinator**

So as the youngest member on the YJA Board, I have rightfully earned the nickname 'baby'. I am a graduating Senior attending Pepperdine University in Malibu, CA this fall to study Sports Medicine! I someday hope to become a team doctor for a professional sports team. Some of my hobbies include gymnastics, diving, photography, baking, and traveling. I absolutely love meeting new people and am really excited to meet all of you!



### **Priyanka P. Shah, 23, Mid-Atlantic Regional Coordinator**

Jai Jinendra! My name is Priyanka Shah, and I am from Philadelphia, PA. I graduated from Drexel University with my Master's in Biomedical Engineering and now work in the biotechnology industry. Some of my hobbies include running, tennis, dancing, traveling, cooking, and decorating.



## Cherry Hill Convention Committee (CHCC)



### **Mayha Parikh, 23, Convention Committee Co-Chair**

Jai Jinendra! I am Mayha Parikh from central Connecticut. I graduated from Boston University with a degree in Economics and Mathematics, and am currently residing in New York and working for Kaplan. After attending the previous two YJA conventions, I am honored to be involved in organizing this one. I enjoy reading and playing tennis, but absolutely love dancing and recently started taking a salsa class!



### **Tejas Kadia, 25, Convention Committee Co-Chair**

Jai Jinendra! I am from central New Jersey, graduated from Rutgers University with a degree in public policy, and now work in the nation's capital. My interests include entrepreneurship, political participation, India-US relations, and Jain philosophy. I love playing basketball and more recently have gotten into running. I hope you have an amazing time at YJA Convention 2010!



### **Ami Maru, 25, Daytime Programming Committee Chair**

Jai Jinendra! I am currently in Bronx, NY doing my first year of Dental General Practice Residency. I will be moving to Buffalo, NY shortly after the convention to bring smiles to the faces of kids as I start my Pediatric Dental Residency at University at Buffalo (SUNY) and the Women's and Children's Hospital. As an avid tennis fan, I love traveling to different tournaments around the country. My secret dream is to one day open a bakery and a dental office side-by-side and call it "Sweet Tooth!"



### **Apurvi Mehta, 24, JNF Committee Chair**

Hi! I was born in Germany, and am from Long Island, New York. I received a Bachelors degree from Tufts University in 2007 (go Yankees!), and graduated from Columbia University in 2009 with a MPH degree in Health Policy and Management. I love to travel, hang out with family and friends, dance, and run 5K races. I am intrigued by anything related to medicine and healthcare. As one of the very few Hindi-speaking Jains on the convention committee, I like to watch Bollywood movies without English subtitles.



### **Dhaval Shah, 26, Fundraising & Finance Committee Chair**

Hi! I'm currently working for Siemens Water Technologies in New Jersey. I received a chemical engineering degree from Rutgers in 2006, and recently completed my masters at Columbia University. Hobbies include running (with the goal of running the Boston Marathon one day!), playing tennis (like all Indians), and listening to National Public Radio (NPR). Interesting fact about me: I had to get stitches on my face 11 times before the age of 11. I guess I was a rowdy child.



### **Jay Bhankharia, 23, Member at Large**

Jai Jinendra! Hi everyone. My name is Jay Bhankharia. I am a recent graduate of Rutgers University working in New York City now. Hobbies of mine include golfing, reading, and spending time with friends. I am a music video expert and in another life I would have been a movie director. Anything else you want to find out about, please ask me at the convention!



### **Nikhil Bumb, 21, Security Committee Chair**

Jai Jinendra! Born in Wyoming and raised in South Carolina, I recently moved to New Jersey to work for a consulting firm called ZS Associates. I graduated from Princeton University in 2008, where I studied electrical engineering and finance, and got masters in electrical engineering from Georgia Tech in 2009. I enjoy traveling, tennis, dancing, martial arts, reading, and pretty much anything Bollywood. It's my goal to set foot on all seven continents by the time I'm 30 - 4 down, 3 to go.



## Cherry Hill Convention Commitee (CHCC)



### **Nirav Patadia, 25, Registration Committee Chair**

Jai Jinendra! I am currently residing in New York City working as a Systems Analyst at USI. I received my Telecommunications Engineering degree from Mumbai. I was born in USA, raised in India and now working in USA. I am a complete sports buff. I try to indulge myself into whatever outdoor games I can find time for (and afford!). I love traveling to new places and trying out new foods. I love the fast life and the buzz of living in a mega cosmopolitan - a la Mumbai and New York.



### **Prachi Shah, 19, Site Committee Chair**

Hi! I will be going into my sophomore year of college at Rutgers University New Brunswick in Fall 2010. My major is undecided. I am from central New Jersey and have been there my whole life. I love to dance and have been dancing since i could walk. I have graduated from two different Indian classical dances. I love the color blue and Winnie the Pooh (as kiddish as that sounds). I am a fun and relaxed person to be around.



### **Prerak Adhuria, 24, Hospitality Committee Chair**

Can I get a Jai Jinendra?! My name is Prerak Adhuria and I am from Philadelphia, PA. Currently, I finished my Biology degree from Penn State en route to working in the pharmaceutical field. I have an extreme ambition for sports, especially for football! My favorite hobby is definitely traveling. In fact, I became involved with YJA while visiting various Jain Derasars across the US! Shout out to Detroit!



### **Riddhi Jhaveri, 22, Souvenirs Committee Chair**

Jai Jinendra! I am currently studying Doctorate in Physical Therapy from SUNY Downstate Medical, NY. I was born and brought up in "Amchi Mumbai" and migrated to USA in 2006. I have been an active JIVA Youth member in Jain Center of America, NY. I love socializing, making new friends and dancing. I have choreographed for Mahavir Jayanti events for the past 3 years. My dream is to have a PT Clinic where Dance Movement Therapy would highly be encouraged.



### **Rushabh Jhaveri, 25, Member at Large**

Jai Jinendra. I have always strived to live life and enjoy every passing second. I am currently working as a Gait Training Specialist in Manhattan, New York, and simultaneously working to obtain a PhD in Kinesiology with a specialization in Motor Learning & Control from Columbia University. YJA has been my second family since October 2009. When I am not busy working, I eat, drink & sleep cricket! Hope ya'll have a wonderful time at the convention!! See you there! :)



### **Sneha Parikh, 20, Public Relations Committee Chair**

Jai Jinendra! My name is Sneha Parikh and I am from Hartford, Connecticut. I am currently a senior at the University of Connecticut where I am studying Speech Therapy/Audiology. Some of my interests include dancing, playing tennis, reading and swimming. I love summer and going to the beach!



### **Suhani Shah, 24, Social Programming Committee Chair**

Jai Jinendra! I graduated from the University of the Sciences in Philadelphia (USP) in 2009 with a PharmD degree. Currently, I am wrapping up with my PGY-1 Pharmacy Practice residency at Christiana Care Hospital in Delaware, where I will be taking on the Clinical Pharmacist position. I enjoy traveling, playing soccer (Drug's R US!) and spending time with my family and friends. I love teaching pharmacology classes at UDel, dancing, and volunteering at one of DE's local camps for kids with cancer.





## YJA Highlights of the Year

YJA has spiritual, social and service events EVERYWHERE around North America! No matter where you are, we're there. Below is a small sampling of what YJA has brought to local communities in the last year.

### **Mid-Atlantic – Delaware; Maryland; New Jersey; New York (South of Westchester County, inclusive); Pennsylvania; Virginia; Washington, DC; West Virginia.**

- YJA Convention 2010 Fundraising Garba – Chalfont, PA
- Diwali Aangi 20th Anniversary Celebration Aangi - Cherry Hill Jain Sangh
- Presentations from Nipun Mehta and Dhrumil Purohit - Cherry Hill Jain Sangh
- Fall Camping Retreat – Vineland, NJ
- Regional Dinners – New York, NY, Philadelphia, PA, Southampton, PA and Washington, DC



### **Midwest – Illinois; Indiana; Iowa; Kansas; Michigan; Minnesota; Missouri; Nebraska; North Dakota; Ohio; South Dakota; Wisconsin; Manitoba, Canada.**

- Winter Ski Retreat – Grand Geneva, WI
- Bollywood Bhangra – Dayton, OH
- Regional Dinners – Chicago, IL, Columbus, OH and Detroit, MI



## YJA Highlights of the Year

If you have not seen exciting YJA happenings in your neighborhood but would like to help plan some, please e-mail [info@yja.org](mailto:info@yja.org) or call our 24-hour hotline at (757) YJA-ORG1.

### **Northeast – Connecticut; Maine; Massachusetts; New Hampshire; New York (North of Westchester County, exclusive); Rhode Island; Vermont; Ontario, Canada; Quebec, Canada; Toronto, Canada.**

- Poconos Ski Retreat – South Sterling, PA
- Boston Vegetarian Food Festival – Boston, MA
- Gurudev Chtirabhanuji Lecture – Boston, MA
- Jain Center of Greater Boston Temple Cleanup – Norwood, MA
- YJA Convention 2010 Fundraising Dinner – Norwood, MA
- Regional Dinners – Storrs, CT and Boston, MA



### **South – Arkansas; Louisiana; New Mexico; Oklahoma; Texas.**

- Regional Dinners – Austin, TX



**Inspire. Connect. Do The Jain Thing.**

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## ***YJA Highlights of the Year***

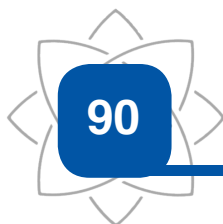
### **Southeast – Alabama; Florida; Georgia; Kentucky, Mississippi; North Carolina; South Carolina; Tennessee**

- National Gandhi Month of Service - Miami, FL
- Rangoli – Miami, FL
- 1st anniversary celebration performance – Miami, FL
- Jain Picnic - Central Florida
- Gandhi Seminar – Memphis, TN
- Dherasar Anniversary Celebration – Atlanta, GA
- Regional Dinners – Atlanta, GA, Cary, NC and Miami, FL



### **West – Alaska; Arizona; California; Colorado; Hawaii; Idaho; Montana; Nevada; Oregon; Utah; Washington; Wyoming; Alberta, Canada; British Columbia, Canada; Saskatchewan, Canada.**

- UPCOMING: Relay for Life – Los Angeles, CA and San Jose, CA – July 2010 (check [www.yja.org](http://www.yja.org) for more details)
- West Winter Retreat – Seven Hills (Fresno), CA
- Regional Dinners – Los Angeles, CA, Phoenix, AZ, San Diego, CA and San Jose, CA



**YJA CONVENTION 2010 | New Brunswick**



**Inspire. Connect. Do The Jain Thing.**

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## **Convention Committee Volunteers**

Thank you to all the convention committee volunteers for their essential support in making the convention a success!

Akash Shah	Khushbu Shah	Roshan Parikh
Akash Shah	Khushbu Vora	Roshan Shah
Akta Shah	Komal Mehta	Rujuta Shah
Amar Mehta	Kumar Shah	Rushab Shah
Anand Shah	Megha Shah	Rushabh K. Shah
Anand Shah	Monica Kadia	Rushabh Shah
Ankit Doshi	Nikita Shah	Rushil Mehta
Aparna Kothary	Nilesh Dagli	Sagar Sanghvi
Arpen Javeri	Nirali Vagadia	Sahil Ramchandani
Charmi Vakharia	Nirav Shah	Shaili Shah
Chintan Dholakia	Niyti Shah	Sonia Jain
Dhara Shah	Parag Parekh	Suraj Devraj
Ishita Doshi	Parth Savla	Vaibhav Ajmera
Jahnavi Shah	Pavak Shah	Vandita Shah
Jenil Shah	Priyanka Shah	Vedika Agrawal
Jigesha Shah	Rahul Dalal	Vishali Shah
Jignesha Adhuria	Ronak Shah	
Jimika Mehta	Rosani Bhavsar	

## Special Thanks

Young Jains of America would like to give a special thank you to the following people for their tremendous support in making YJA Convention 2010 possible:

The YJA Board of Trustees, whose advice and guidance has been indispensable:

Nirav Shah  
Prem Jain  
Sulekh Jain  
Pavan Zaveri

The souvenir booklet designers Nimish Ladani (cover) and Sheenika Shah (book), and printers Pradip and Nisha Gosalia (Sir Speedy).

The more than 55 guest speakers who took time out of their busy schedules to provide us with their knowledge and wisdom during this 4th of July weekend.

The over 100 adult volunteers who help manage the logistics during YJA Convention 2010:

Achira Pierce  
Adam Pierce  
Akshobh Gandhi  
Alpa Shah  
Anju Kodia  
Arpi Shah  
Aruna Gala  
Ashim Lakhpatt  
Ashok Shah  
Atul Bhankharia  
Bharat Shah  
Bharati Vadhar  
Bharati Juthani  
Bhavesh Shah  
Bhavna Nagda  
Bhuuti Sultani  
Bonita Parikh  
Chetan Shah  
Darshna Shah  
Deepak Kadia  
Devendra Shah  
Dhiren Mehta  
Dilip Shah  
Dimple Doshi  
Dinesh Shah  
Divyesh Shah

Eshani Shah  
Girish Sanghvi  
Gurvant Shah  
Haresh Shah  
Harshad Shah  
Hiren Shah  
Jatin Shah  
Jaya Shah  
Jayashri Shah  
Jyoti Shah  
Jyoti Lapsia  
Jyotsna Patel  
Kalpana Shah  
Kalpana Gandhi  
Kalpesh Shah  
Kaushik Shah  
Kavita Shah  
Kirti Shah  
Kokila Shah  
Kul Jain  
Kunal Bavishi  
Kusum Shah  
Mahaveer Jain  
Meena Shah  
Mina Jain  
Minal Mehta

Minal Visaria  
Mita Shah  
Mrudula Shah  
Mulchand Gala  
Munjal Shah  
Nalin Patel  
Neena Sheth  
Nilesh Patwa  
Nina Mehta  
Nina Sheth  
Nita Vakharia  
Pallavi Shah  
Pankaj Shah  
Parul Shah  
Payal Shah  
Pinky Patwa  
Piyush Sheth  
Pradip Shah  
Pragna Shah  
Prakash Lapsia  
Preeti Jain  
Preeti Shah  
Priti Shah  
Punita Shah  
Purnima Doshi  
Purnima Shah

Rani Jain  
Robby Shah  
Rohit Vadhar  
Rohit Doshi  
Rashmi Shah  
Ruchita Parikh  
Rushabh Shah  
Sachin Haria  
Sachin Choudhari  
Seema Jain  
Shail Shah  
Shailesh Shah  
Shilpa Shah  
Shruti Bhankharia  
Smita Shah  
Snehal Shah  
Sunil Vakharia  
Sunit Jain  
Urmi Kadia  
Vibha Mehta  
Vijay Kodia  
Yogendra Jain

Michhami Dukkadam to all the volunteers we have forgotten to mention above. We are incredibly grateful for your support.



# Attendee Directory

## Alabama

### College

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Jinen Shah	Dothan	12/21/90	jinenshah09@gmail.com	M

### JNF

Darpan Dagha	Hoover	5/30/83	dvdarpan@gmail.com	M
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## Arizona

### High School

Megha Khona	Scottsdale	9/22/95	megha.was.here@gmail.com	F
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### College

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### JNF

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## California

### High School

Lisa Chhaddva	Fremont	5/18/93	lisachhaddva@yahoo.com	F
Neha Dharod	Newport Coast	9/6/93	Ashah@ffcorp.org	F

### College

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## Connecticut

### High School

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### College

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### JNF

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## Delaware

### High School

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### College

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### JNF

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### **JNF**

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## ***Florida***

### **High School**

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### **College**

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### **JNF**

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## ***Georgia***

### **High School**

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### **College**

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### **JNF**

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### **College**

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### College

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### JNF

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## Louisiana

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## Maryland

### High School

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### College

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## Michigan

### High School

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### College

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### JNF

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## Missouri

### JNF

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## New Hampshire

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## New Jersey

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## College

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## JNF

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## New York

### High School

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Ritu Shah	Poughkeepsie	5/24/94	kittenritu@gmail.com	F
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### College

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Umang Shah	New Hyde Park	8/21/92	umangshah821@gmail.com	M
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## North Carolina

### High School

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### College

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### JNF

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## Ohio

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**Oregon**

**College**

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**Pennsylvania**

**High School**

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**College**

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**High School**

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Purvish Shah	Dallas	8/31/81	vish831@gmail.com	M
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**JNF**

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**High School**

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**College**

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**JNF**

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**Canada**

**High School**

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**JNF**

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602-863-1073

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Carmichael, CA 95608  
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Milpitas, CA 95035  
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Jain Center of Southern California  
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Fort Meyers, FL 33912  
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Jain Association of Palm Beach  
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Chicago  
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Bartlett, IL 60103  
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Quincy, IL 62301  
217-223-7735

## Kansas

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15404 W-79 Terrace  
Shwanee Mission, KS 66219  
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Jain Sangh of New England  
124-A Cummings Park Drive  
Woburn, MA 01801  
781-272-3666  
www.jsne.org

Jain Center of Greater Boston  
556 Nichols Street  
Norwood, MA 02062  
781-762-9490  
www.jcgb.org

## Maryland

Jain Society of Metro Washington  
1021 Briggs Chaney Road  
Silver Spring, MD 20905  
301-236-4466  
www.jainsocietydc.org

## Michigan

Jain Society of Greater Detroit  
29278 W. 12 Mile Road  
Framington Hills, MI 48334  
248-851-5246  
www.jain-temple.org

Jain Society of Greater Lansing  
1047 Prescott Street  
East Lansing, MI 48823  
517-203-0888

## Minnesota

Jain Center of Minnesota  
147 14th Avenue S.W.  
St. Paul, MN 55112  
651-636-1075  
www.jaincentermn.org

## Missouri

Jain Center of Greater St. Louis  
582 Bridge Bend Road  
Manchester, MO 63021  
314-394-1015

## New Jersey

Jain Center of New Jersey - Essex Fells  
233 Runnymede Road  
Essex Fells, NJ 07021  
973-226-2539  
www.jaincenternj.org

Jain Samaj of USA  
538-540 52nd Street West  
West New York, NJ 07093  
201-330-0115  
www.jsou.org

International Jain Sangh  
17 Maplewood Road  
Closter, NJ 07624  
201-784-0118

Jain Sangh of NJ, PA, and DE - Cherry Hill  
3401 Cooper Ave.  
Pennsauken, NJ 08109  
856-662-2627  
www.jainsangh.org

Siddhachalam  
65 Mudd Pond Road  
Blairstown, NJ 07825  
908-362-9793  
www.siddhachalam.org

Atlantic Jain Sangh  
609 South 6 Avenue  
Galloway, NJ 08205  
609-748-0032

## New York

Jain Society of Capitol District - Albany  
16 Omega Terrace  
Latham, NY 12110  
518-785-7470

Jain Society of Rochester  
2171 Monroe County Line Road  
Macedon, NY 14502  
716-377-2100

JAINA - JAINA Headquarters  
P.O. Box 700  
Getzville, NY 14068  
716-636-5342  
www.jaina.org

Jain Center of Syracuse  
4013 Pawnee Drive  
Liverpool, NY 13090  
315-622-3287

Jain Association of Elmira  
108 Lincoln Road  
Horseheads, NY 14845  
607-796-9065

Jain Sangh of Hudson Valley  
3 Brown Road  
Wappingers Falls, NY 12590  
845-297-9061

Jain Community of Buffalo  
1071 Ransom Road  
Grand Island, NY 14072  
716-774-8143

# Jain Centers in North America

Jain Center of America – NY  
43-11 Ithaca Street  
Elmhurst, NY 11373  
718-478-9141  
[www.nyjaincenter.org](http://www.nyjaincenter.org)

Jain Center of Long Island  
614 Woodbury Road  
Plainview, NY 11803  
516-827-0010  
[www.lijaincenter.org](http://www.lijaincenter.org)

Greater Binghamton Jain Sangh  
505 African Road  
Vestal, NY 13850  
607-754-6010

Elmira/Corning Jain Center  
919 Broad Street  
Horseheads, NY 14845  
607-739-3807

Acharya Shushil Jain Ashram  
722 Tomkins Avenue  
Staten Island, NY 10305  
212-447-9505

## North Carolina

Jain Study Center of N. Carolina  
(Raleigh)  
509 Carriage Woods Circle  
Raleigh, NC 27607  
919-859-4994

Jain Study Group of Charlotte  
7400 City View Dr.  
Charlotte, NC 28212  
(704) 535-3440  
Ohio

Jain Society of Greater Cleveland  
3226 Boston Mills Road  
Richfield, Ohio 44286  
440-748-3420  
<http://www.jsgc.org/>

Jain Center of Central Ohio,  
Columbus  
2770 Sawbury Blvd.  
Columbus, OH 43225  
614-596-7887  
[jcoco.org](http://jcoco.org)

Jain Center of Toledo  
7219 Cloister Rd.  
Toledo, OH 43617  
419-841-8985

Jain Center of Cincinnati/Dayton  
6798 Cincinnati Dayton Road  
Cincinnati, OH 45044  
(513) 885-7414  
[www.jccinday.com](http://www.jccinday.com)

## Oklahoma

Tulsa Jain Sangh  
8707 E. 133rd Place  
Bixby, OK 74008  
918-369-3163

## Oregon

Jain Society of Oregon & SW  
Washington  
5432 S.W. Seymour St.  
Portland, OR 97221  
503-292-1965

## Pennsylvania

Allentown Jain Sangh  
4200 Airport Road  
Allentown, PA 18103  
610-264-2810  
[www.hindutemple-allentown.org](http://www.hindutemple-allentown.org)

Samarpan Hindu Jain Temple  
6515 Bustleton Avenue  
Philadelphia, PA 19149  
215-537-9537  
[www.samarpantemple.org](http://www.samarpantemple.org)

Samarpan Jain Sangh  
9701 Bustleton Avenue  
Philadelphia, PA 19115  
215-464-7676

Jain Center of South Central PA  
301 Stelgerwalt Hallo Road  
Philadelphia, PA 17070  
717-898-6173

Jain Society of Pittsburgh  
1010 Summer Ridge Court  
Murrysville, PA 15668  
724-327-6570

## South Carolina

Jain Group of Greenville  
108 Meaway Court  
Simsonville, SC 92681  
803-967-4605

## Tennessee

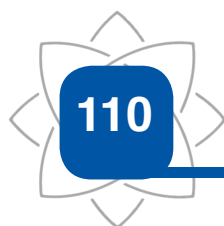
Jain Society of Middle Tennessee  
2273 Dewitt Drive  
Clarksville, TN 37043  
931-648-9535

Jain Center of Greater Memphis  
2173 East Glenalden Drive  
Memphis, TN 38139  
901-755-3600

## Texas

Jain Center of West Texas  
1110 Juneau Avenue  
Lubbock, TX 79146  
409-295-1600

Jain Society of North Texas  
538 Apollo Road  
Richardson, TX 75081  
972-470-0606  
[www.dfwjains.org](http://www.dfwjains.org)



**YJA CONVENTION 2010 | New Brunswick**

## Jain Centers in North America

Jain Society of Houston  
3905 Arc Street  
Houston, TX 77063  
713-789-2338  
[www.jain-houston.org](http://www.jain-houston.org)

### Virginia

Jainova (Jains of Northern Virginia)  
3728 Persimmon Circle  
Fairfax, VA 22031  
[www.jainova.org](http://www.jainova.org)

### West Virginia

Prerana Yoga & Meditation Foundation  
1302 Deer Run  
Morgantown, WV 26505  
304-594-1818

### Wisconsin

Jain Religion Center of Wisconsin  
N. 4063 W. 243 Pewaukee Road, Hwy  
164 N.  
Pewaukee, WI 53072  
262-242-0245  
[www.Jainwi.org](http://www.Jainwi.org)

Jain Social Group of Milwaukee  
11117 North Rangeline Road  
Mequon, WI 53092  
414-242-1581

## Jain Centers in Canada

Jain Society of Alberta  
2136-104B Street  
Edmonton, AB T6J 5G8  
780-435-9070

Jain Center of British Columbia  
4431 Price Crescent  
Burnaby, B.C. V5G 2N5  
604-438-2243

Jain Association of Ottawa-Carleton  
3 Huntwood Court  
Ottawa, ONT K1V 0R3  
613-736-0783

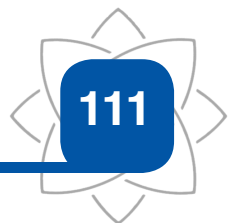
Jain Center of Toronto  
48 Rosemeade Avenue  
Toronto, ONT M8Y 3A5  
416-439-3086

Jain Samaj of Montreal  
1830 Edouard Laurin Blvd  
St. Laurent, QC H4L 2C2  
514-747-9707



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# Vegan Restaurants

## Alabama

### Birmingham

Marie's Vegan Minchies  
205-637-6467

## Arizona

### Cotton Wood

HIP  
928-203-9393

### Flagstaff

Morning Glory  
928-203-9393

### Patagonia

Tree of Life Café  
520-394-2589

### Phoenix

Green  
480-941-9003

Loving Hut  
602-978-0393

Thai Elephant  
480-966-0351

Tree House Bakery  
480-560-5233

### Sedona

D'lish  
928-203-9393

## California

### Los Angeles

Better Life Cuisine  
310-458-7620

California Vegan  
323-874-9079

Cru Vegan Cuisine  
323-667-1551

Cruzer Pizza and Pasta  
323-666-0600

Eat your Veggies  
310-963-4287

Golden Mean  
310-393-6500

Happy Family Restaurant  
626-282-8986

Loving Hut  
480-941-9003

Mama Z Cuisine  
323-857-0412

My Vegan  
626-578-9017

Planet Raw  
310-587-1552

Rahel Ethiopian Vegan  
323-937-8401

Stuff I Eat  
310-671-0115

Vegan Express  
323-851-8837

Vegan House  
213-483-2105

### San Diego

All Vegan  
619-299-4669

The Greenery  
760-479-0996

Loving Hut  
619-683-9490

Nature's Express  
619-583-1818

Sipz Fusion Cafe  
858-279-3747

### San Francisco

Cha-ya  
415-252-7825

Millennium  
415-345-3900

## Colorado

### Boulder

V.G Burgers  
303-440-2400

### Denver

Beet Box  
303-332-7963

## Connecticut

### Bridgeport Area

Shandal's Vegetarian  
Café  
203-345-8903

### Hartford Area

Shayna B's & The Pickle  
860-428-3835

### New Haven Area

Elaine's Healthy Choice  
203-773-1897

## District of Columbia

### Washington

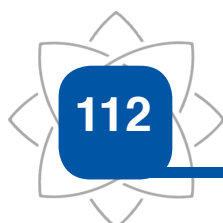
Soul Vegetarian  
202-328-7685

Sticky Fingers  
202-299-9700

## Florida

### Fort Lauderdale

Green Wave Café  
954-701-9993



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## Vegan Restaurants

Natural Vibes  
954-733-2040

Sublime  
954-539-900

### Miami

Galerie Gourmet  
305-640-8383

Garden of Eatin'  
305-754-8050

La Vie en Raw  
305-444-3826

Life Food Gourmet  
305-856-6767

Om Garden  
305-856-4433

### Orlando

Café 118  
407-389-2233

Ethos Vegan Kitchen  
407-228-3898

No Blood No Bones  
407-296-9441

Sah Nevaeh  
407-644-3868

### Tampa Bay

Grass Root Organic  
Restaurant  
813-223-7668

Leafy Greens Café  
727-289-7087

Vida de Café  
727-289-7164

### Georgia

#### Atlanta

Café Life  
770-977-9583

Cosmo's Vegan  
Shoppe  
678-921-0102

Everlasting Life  
404-758-1110

Raw Dreams  
678-468-8608

### Hawaii

#### Paia

Abundant Aina  
Café  
808-893-AINA

Annon Cafe  
808-237-5444

#### Honolulu

Licious Dishes  
808-536-9680

### Idaho

#### Ketchum

Glow Live Food  
Café  
208-725-0314

### Illinois

#### Chicago

Amitabul  
773-774-0278

Café Bloom  
773-363-6000

Cousin's Incred-  
ible Vitality  
773-478-6868

Delicious Café  
773-477-9840

Great Taste Café  
312-527-1211

### Iowa

#### Iowa City

The Red Avocado  
319-351-6088

### Maine

#### Portland

GRO  
207-541-9119

K's Vegan Delights  
207-939-7583

### Maryland

#### Baltimore

So Good for You  
Vegan Bakery  
410-963-4982

The Yabba Pot  
410-662-8638

#### Rockville

The Vegetable Garden  
301-468-9301

### Massachusetts

#### Boston

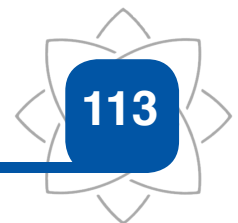
Bake My Day  
978-987-4281

Grasshopper  
617-254-8883

Grezzo  
857-362-7288

My Thai Café  
617-787-9884

Prana café  
617-527-7726



# Vegan Restaurants

## Michigan

### Detroit

Karmic Café  
313-967-7777

## Minnesota

### Twin Cities

Ecopolitan  
612-874-7336

Pure Express  
952-452-4865

## Missouri

### Kansas City

Be Free Bakers  
816-803-1101

Café Seed  
816-561-7333

Lemon in the Kitchen  
816-838-1121

## Nevada

### Las Vegas

Yummy Cakes  
702-722-0108

Go Raw Café  
702-450-9007

## New Hampshire

### Nashua

Tails to Freedom  
603-819-5387

## New Jersey

### Merchantville

Amani's Veggie Garden  
856-317-1949

## New Mexico

### Santa Fe

Vegan Santa Fe  
505-983-2954

## New York

### Manhattan

Angelica Kitchen  
212-228-2909

Blossom  
212-875-2600

Bonobo's Restaurant  
212-505-1200

Hangawi  
212-213-0077

Peace Food Café  
212-362-2266

Sprout Café  
917-881-2285

Stogo  
212-677-2301

Tien Garden  
212-388-1364

### Rochester

Eco Bella  
585-503-2488

## North Carolina

### Asheville

Firestorm Café  
828-255-8115

Great Tree Zen  
828-645-2085

## Ohio

### Cleveland

Happy Buddha  
216-291-2446

No Whey!  
216-544-3057

## Oklahoma

### Oklahoma City

105 Degrees  
405-842-1050

### Tulsa

Pure Café  
918-749-8000

## Oregon

### Eugene

Cornbread Café  
541-505-9175

Lotus Garden  
541-344-1928

### Portland

Back to Eden Bakery  
503-477-5022

Blossoming Lotus  
503-228-0048

Bye and Bye  
503-281-0537

Dovetail Bakery  
503-288-8839

Green Wok  
503-246-1683

Open Heart Café  
503-318-4237



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YJA CONVENTION 2010 | New Brunswick

## Vegan Restaurants

### **Pennsylvania**

#### *Philadelphia*

Bella Sera Café  
267-939-5178

The Black Olive  
215-247-8400

Genmai Café  
215-238-9214

New Harmony  
215-627-4520

### **South Carolina**

#### *Charleston*

The Sprout  
843-743-1439

### **Tennessee**

#### *Memphis*

Balewa's  
901-859-0590

The Greenhouse  
901-674-8345

### **Texas**

#### *Austin*

Casa de Luz  
512-476-2535

Happy Vegan Baker  
512-657-3934

#### *Houston*

Loving Hut  
281-531-8882

Quan Yin  
281-498-7890

San San Tofu  
281-988-5666

The Vegan Café  
832-891-0507

### **Utah**

#### *Salt Lake City*

Evergreen House Cafe  
801-328-8889

Living Cuisine  
801-486-0332

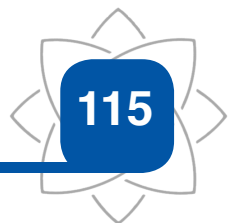
Sages Café  
801-322-3790

### **Washington**

#### *Seattle*

Bamboo Garden  
206-282-6616

Café Reiki  
206-898-4627





# YJA Convention 2010

I am excited for YJA because I know it will be a lot of FUN!

- Anand Shah  
(Philadelphia)

I am excited for YJA 2010 because we are...

... inspired by renowned speakers

... connecting to other Jain youth.

... doing the Jain thing every day!

- Anand Shah  
(Philadelphia)

I'm excited to learn about Jain from a social point of view and meet people

Sagar, Philadelphia

YJA Convention 2010

- a place to learn and meet other Jain youth from across the country! - Tejas

I'm excited to meet new people and network with people around the US

- Ankit Savellia

I am sooo excited to be inspired, to connect, and to 'do the Jain thing' at YJA 2010!

- Priyanka Shah  
Warminster, PA

I am ready for a Jain Convention that beats the 2008 Chicago Convention.

- Chintar Shah  
Manalapan, NJ

I am excited to go to the YJA Convention 2010 and see the convention as not just an attendee, but from the back scenes as a planner and presenter!

- Ami Marie  
Dundore, KY  
Norwalk, CT

I'm so excited to make new friends + come away with a better sense of how to apply Jainism in daily life!

- Mayha, NY

# We are ready. Are You?

I'm excited  
to hear all the  
great speakers!

Why? 1000 people  
Inspiring each other  
in one special weekend  
who? The Young Jains  
of America  
where? Here in NJ!!  
Come Meet Everyone

COME JOIN THE  
"JAIN FIESTA" as  
800 Jain Youth from  
around the country  
INSPIRE you to  
CONNECT, & DO THE  
JAIN THING!!!  
YJA CONVENTION 2010

I'm excited to go to  
YJA because I want  
to connect with other  
Jains!  
-Komal Menta ♡  
Sewell, NJ

This is my first  
Convention!!! Can't  
wait for Garbas  
sessions, etc with a  
group of 800 attendees  
REGISTER NOW  
-Riddhi

I am excited  
to go to YJA  
to meet Jains  
from all over  
the United States  
-Akash Shah ♡  
Doriestown, PA

Supporting my sister on  
YJA E-board!!!

-Sahil Shah  
Warminster, PA

I'm so excited about YJA  
2010 because the youth  
inspire me to become a better  
person. The convention is going  
to be an awesome time. Can't  
wait to come & volunteer!  
Shail Shah

Looking forward to  
meeting loads of friends  
@YJA 2010.  
GO YJA!!

-ADARSH PATEL  
New York

Inspire. Connect. Do The Jain Thing.

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*The KOTHARI Family*

Heartily Welcomes All The Invitees,  
Guests and Delegations To

*Shri Ashtapadji*  
PRATISHTHA MAHOTSAV

*Nivea, Beeneet,  
Beena & Navneet*



Congratulations  
to Young Jains of America and  
Cherry Hill Convention Committee  
for their dedication and tireless efforts  
in putting together a spectacular  
2010 convention.



Best wishes from  
Dr. Ranjan Rohit Shah

Rajiv, Hemali  
Yashil & Layla

Sonal, Anish  
Rhea & Rohan

**Inspire. Connect. Do The Jain Thing.**

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*"A mother holds her children's hands for a short while,  
but their hearts forever."*



Vejbai Champshi Maru

(May 1923 - July 2009)

*We Love you Mom.*

---

**Best Wishes for YJA Convention 2010**

Usha and Hansraj Maru

Jaya and Jayanti Maru

Neena and Harakhchand Maru

Nalini and Mahendra Maru

Vasundhara and Jagdish Mamanian

Jyoti and Suresh Dedhia



# PEPSICO



*Best Wishes for the Grand Success of  
the 9th Biennial YJA 2010 Convention -  
New Brunswick, NJ*



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Email: [party@medleyentertainmentinc.com](mailto:party@medleyentertainmentinc.com)

WILL TRAVEL INTERNATIONALLY

*Conquer anger by forgiveness,  
pride by humility  
deceit by straight-forwardness  
and greed by contentment.*

- Shri Mahavir Swami Bhagwan

*Congratulations & Best Wishes to*  
**Young Jains of America**  
for **YJA Convention 2010**



**Jain Center  
Of New Jersey**



For Pratistha Sponsorship & Information, please contact:  
Ashok Shah at 732-309-3505 or Rashmi Shah at 609-860-1565

**Jain Center Of New Jersey**  
233 Runnymede Road, Essex Fells, NJ 07021  
Phone (973) 226-2539

E-mail: [info@jaincenternj.org](mailto:info@jaincenternj.org)  
Web: [www.jaincenternj.org](http://www.jaincenternj.org)

**Inspire. Connect. Do The Jain Thing.**

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# Cherry Hill Jain Sangh

## Dhwaja Arohan

### 2011-2015

At precisely 12:39PM, each year beginning in 2001 our Derasar has performed Dhwaja Arohan during the Anniversary Program on the same day that we have performed the 18 Abhishek. The benefactor families (Arunbhai and Sunitaben & Multani and Dr. Ranjanben Shah) who were granted this auspicious privilege for a 10-year period (2001 to 2010) will be raising our Derasar's Dhwaja for the 10th consecutive year on May 22, 2010. We wish to thank them for their support.

This auspicious privilege beginning 2011 is now available. In an effort to make this privilege available to everyone, the EC and BOT have decided to adopt a new Fund Raising Plan as opposed to the traditional Ghee Boli.



Two sets of Coins marked beginning with the number 51 to the number 501 (total 451 Coins) will be prepared. One set of Coins will be High Quality Coins (Souvenirs) and the other will be Simple Coins (Draw Coins).

The number on the Coin you randomly pick determines your contribution amount to participate in this event. For example, if you pick a Coin number 99 then your contribution will be \$99, if you pick a Coin number 376 then your contribution will be \$376, if you pick three Coins numbered 52, 79 and 498 then your contribution total will be \$629, and so on...

One Privileged Coin Holder will be eligible to select up to seven persons to participate in the Dhwaja Arohan ceremony assigned to them.

For more information please contact:  
Rameshbhai Shah (267) 259-9225  
Kirtibhai Shah (856) 979-2724  
Hareshbhai Shah (302) 740-9232  
Meenaben Shah (302) 545-9241



*Jain Center of Greater Boston  
Proudly supports  
Young Jains of America*

*In their efforts to Unite Jain Youth around the world.*



JCGB welcomes all who are interested in Jain philosophy, live & learn 'Jain way of life.'

UTHAPAN/STHAPAN CELEBRATIONS JUNE 26-28, 2010

Come visit us in our new location!!  
556 Nichols St, Norwood, MA 02062  
[www.jcgb.org](http://www.jcgb.org)

Facebook Group: "Young Jains of America - Northeast Region"

**Inspire. Connect. Do The Jain Thing.**

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Jai J nendra

Congratulations to YJA for a  
Successful 2010 Convention

Good Luck from:

**Rajiv Shah**

**Rohit Shah**

**Hemali Shah**



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YJA CONVENTION 2010 | New Brunswick

Best Wishes for the  
Grand Success of the  
YJA Convention 2010

from

Prem and Sandhya Jain  
Ankit and Mona Jain  
Mohit Jain

Fremont, CA





# *Best Wishes to YJA for the 9<sup>th</sup> Biennial Convention*

Kaushik, Meena, Kashyap and Melissa Shah

**SHAH AND ASSOCIATES, P.A.  
WILMINGTON, DE**

**अहिंसा परमो धर्मः**  
*Ahimsa Paramo Dharma*

*(Non-Violence is the Supreme Religion)*

# TIME SQUARE

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*Best wishes from:*

*Mala, Kul Bhushan, Rani,*

*Rakhi (former YJA Board) &*

*Naman Jain (YJA 2010 Co-Chair)*



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the change  
YOU  
wish to see  
in the  
world.

Inspire. Connect. Do The Jain Thing.

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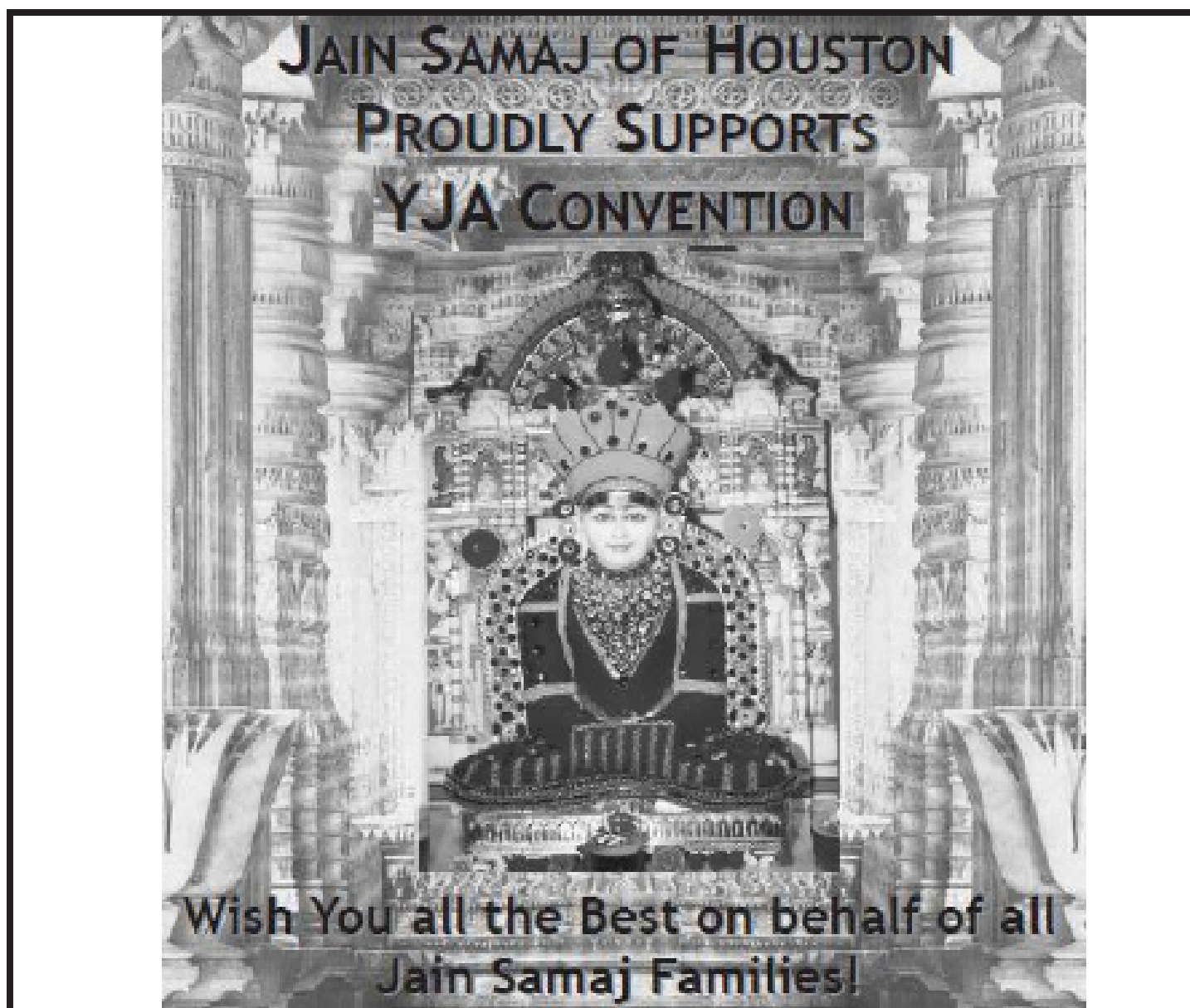
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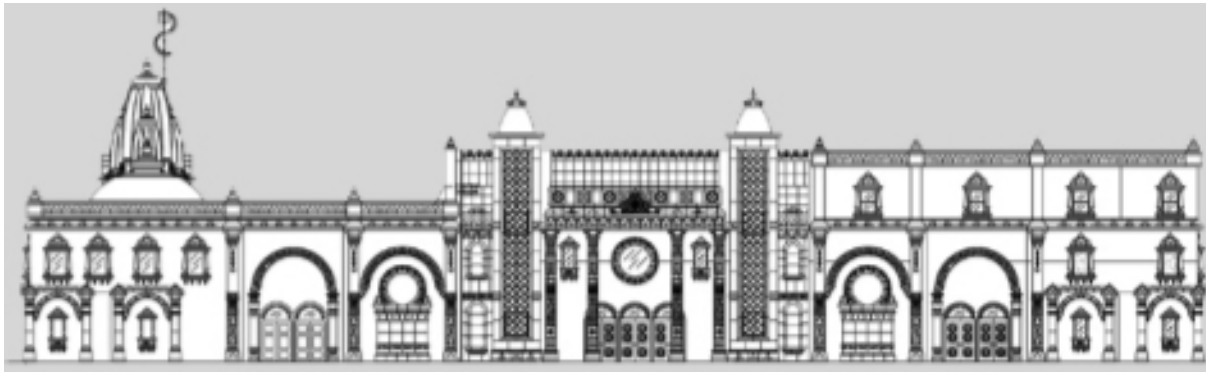




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Best wishes to YJA and the Convention Committee!



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# GOOD LUCK TO ALL AT THE 9th BIENNIAL YJA CONVENTION



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परस्परपग्राहो जीवानाम्

***All life forms are dependent on one another***

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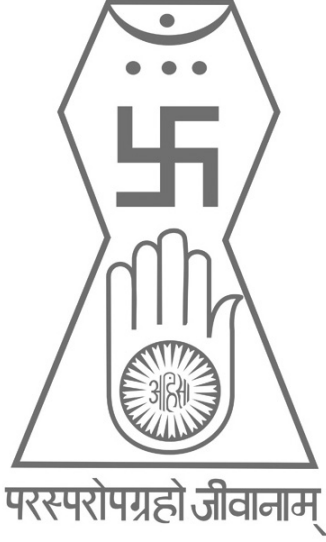
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YJA 2010 Convention –  
New Brunswick, NJ*

Jai Jinendra to All,  
Dilip, Kusum, Ekta, Rajesh, Nirali, Dhaval & Family

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Chetan, Shilpa, Vivek and Rushil Mehta



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*Rajiv Shah, Executive  
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## **Wishing Very Best to YJA for their 9th Convention**

*QUESTIONS you have by the Dozen... But, do they pertain to your LIBERATION??*

*If not, Worthless they are! Harbor those leading to SALVATION!*

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*Kirit and Pramila Daftary*

**To YJA,**

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***From,  
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Jai Jinendra

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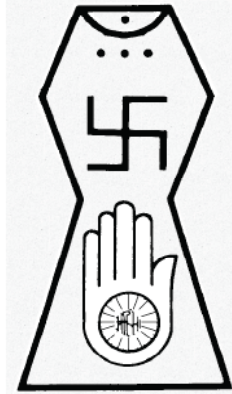
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*With Best Wishes  
and Compliments*

from

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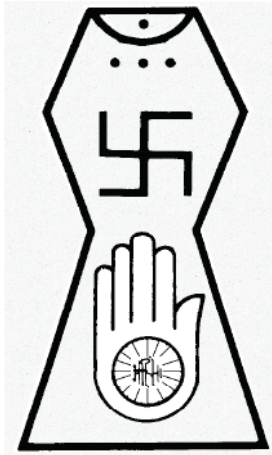
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**Dhiren, Priti, Parth and  
Jaini Haria**

Jai Jinendra

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Vijay and Parul Shah

Best Wishes and  
Compliments from

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BEST WISHES TO ALL AT  
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# Reflection Letter

Reflection Letter