

# 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 Loya 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



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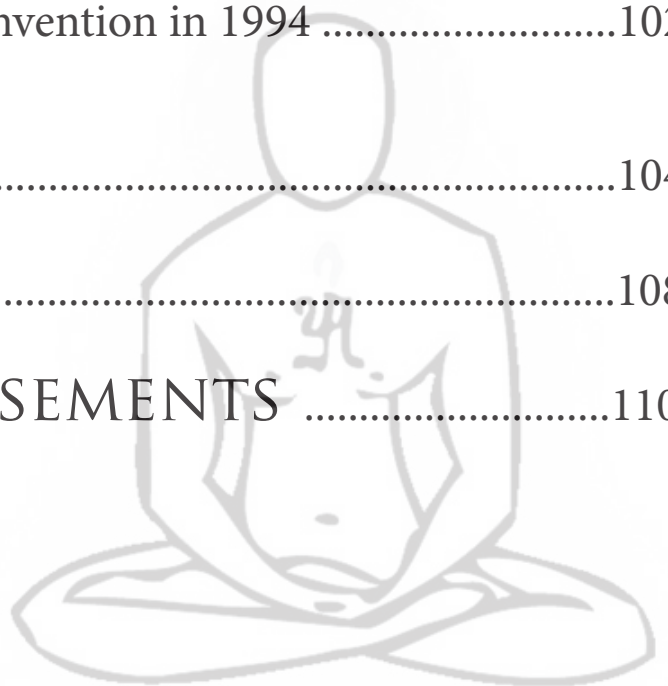
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YOUNG JAINS OF AMERICA

<http://www.yja.org>

# Young Jains of America

iJain: Evolution of a Mind

## The 10<sup>th</sup> Biennial YJA Convention

Sponsored by Jain Society of Tampa Bay and Jain Society of Central Florida

Federation of Jain Associations in North America (JAINA)

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



iJAIN: EVOLUTION OF A MIND  
YJA CONVENTION 2012 | TAMPA, FL

2012@yja.org

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Dear YJA Convention Attendees, Distinguished Guests and Supporters,

Jai Jinendra! It is our sincere pleasure to welcome you to the 10<sup>th</sup> Biennial YJA Convention in Tampa, FL. This gathering represents a tradition that has endured since the first Convention held in 1994 in Chicago, IL. We are sure that with your help this tradition will endure through and beyond the next 20 years and 10 conventions.

Along with our co-hosts, Jain Society of Tampa Bay and Jain Society of Central Florida, we are extremely proud to celebrate the first YJA Convention to be held in the southeast region. As a national organization we are often challenged to continue reaching and engaging Jain youth wherever they may be found. We consider the incredible support and level of engagement we have found in the southeast a sign that we are succeeding in this endeavor.

The theme of this year's convention is **iJain: Evolution of a Mind**. Just as technology is constantly evolving, the practice of religion must evolve in response to the reality of the world around us. The realities of society today have little in common with the realities of the 2,500 years that have passed since Lord Mahavira shared his lessons with us. We are faced in every aspect of life not only with new and evolving forms of violence but also with unprecedented opportunities to perform seva (service).

Here is our call to action: Learn about the world with an open mind, refresh your knowledge of Jain philosophy and, ultimately, re-envision what it means to be Jain. Evolve your mind to view modern issues through the lens of ancient wisdom and take that perspective back with you into your daily lives as you engage with the world, strengthen your communities and help strengthen the future of Jain dharma.

This convention and all that it represents of YJA could not be possible without the support of our community. We are eternally grateful for your tireless efforts on our behalf. Though we are tied together by common heritage, geography separates us here in North America. We must work against the tendency to become islands and strengthen the bonds between our distant sanghs. It is only by working together both within our community and outside it that we can strive toward a more peaceful and less violent world. After all, as we have been taught by Lord Mahavira:

परस्परपग्राहो जीवानाम् | Parasparopagraho Jivanam

“All life is bound together by mutual support and interdependence”

Welcome to the 10<sup>th</sup> Biennial YJA Convention,  
Your 2011-2012 YJA Executive Board and Florida Convention Committee



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Young Jains of America (YJA) is an umbrella youth organization of the Federation of Jain Associations in North America (JAINA)

**YJA CONVENTION 2012 | Tampa, FL**



Interested in getting involved  
in your community?

Want to build lifelong friendships  
with Jains from all over?

## Elections for the 2012-2013 YJA Executive Board will open this August!

- There are 2 Co-Chairs, 8 Directors and 6 Regional Coordinators
- Directorships include Project Development, Events, Fundraising, Finance, Public Relations, IT, Publications and Education
- Regional Coordinators work with local Jain Centers and the Executive Board to plan outreach, events, and retreats to bring together Jain youth

Keep an eye on your inbox for  
election announcements!

## Join the YJA Board!



# 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  
JAINA Headquarters: 43-11 Ithaca Street, Elmhurst, NY 11373 USA: Phone & Fax (718) 606-2885

Young Jains of America  
Tampa Bay, Florida

Dear Young Friends:

Jai Jinendra. Thank you for inviting me to attend the Young Jains of America convention. Please accept my warmest greetings and congratulations as you gather for the 10th Biennial YJA convention. I am grateful for the opportunity to recognize the fine work of your leaders and volunteers.

Your theme, "iJain: Evolution of a Mind," is very innovative and forward thinking. Mutual understanding and respect among citizens of all ages help advance peace, tolerance, and prosperity among all. For decades, YJA and JAINA have demonstrated a commitment to promoting compassion, education and respect for Anekantvad. By preserving enduring beliefs of our faith, your good work enriches our society and sets a positive example for others.

The YJA convention will provide extraordinary spiritual guidance, moral leadership, and service to community. This gathering is a valuable opportunity to share ideas and build the personal and spiritual connections that are essential for social and religious life.

On behalf of the JAINA Executive Committee and Jains of North America, I extend best wishes for continued success.



Sincerely,

Sushil Jain  
*Dr. Sushil K. Jain*  
President

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**YJA CONVENTION 2012 | Tampa, FL**



# JAIN SOCIETY OF CENTRAL FLORIDA

407 W Citrus St., Altamonte Springs, FL 32714  
<http://www.jsocf.org>

## Welcome Letters

Jai Jinendra to All Our Young Jains,

On behalf of the Jain Society of Central Florida (JSOCF), it is our pleasure to welcome the 10th Biennial 2012 YJA convention participants. We are very honored and proud to co-host the convention in Tampa, FL. This convention gives opportunity to the children and young adults of our Jain community to come together and help spread the Jain principles of ahimsa and spirituality that will provide the guiding values for life. We are so happy to see such enthusiastic participation from so many young Jains.

Young members of JSOCF strongly encouraged our executive committee to help bring the YJA convention to our doorstep. We are very thankful to YJA for organizing the convention in Tampa and thus giving Florida's young Jains first-hand opportunity to learn about its goals and activities. This convention will mark an important milestone for the entire Jain community of Florida. We heartily congratulate the energetic YJA committee in mobilizing their network of similarly enthusiastic volunteers, and ensuring that the event was well publicized to attract the participants. We congratulate the youth committees for their hard work in organizing this unique event and in keeping all community members involved.

YJA has done an excellent job of arranging the keynote speakers, scholars, presentations and various activities that will offer many viewpoints of Jainism, our cultural heritage and the values that have guided the spread of Jainism through thousands of years. Such events are critically important in shaping the thoughts of our current generation of young Jains and provide the guidance and motivation to continue spreading Jain values to future generations.

Besides increasing religious awareness, such events provide a good platform to our young adults to enhance the social skills that are so essential in their personal and future professional lives. The various activities you will participate in will help with your social interaction skills, teach you teamwork, let you exercise your leadership skills and teach you the freedom to imagine; all qualities that will stay lifelong with you and guide your adult lives.

We wish you a fun-filled convention. We salute the Young Jains of America for bringing this exciting platform to the young Jains of Florida. As with Jains everywhere, JSOCF members are the wind under the wings of all young Jains. Fly as high as you can. "Connect, Create and Achieve..." The limitless future is yours.

In 2013, JSOCF plans to celebrate the Pratistha Mahotsav of our new Sikhar-Bandhi Derasar in Orlando, FL. We heartily extend a warm invitation to all Jains to attend and share our joy during this auspicious occasion. We will share more details when plans start taking shape.

Jainam Jayati Shasanam,

JSOCF Executive Committee 2012  
"Nonviolence is our way of life"

A NON PROFIT TAX EXEMPT ORGANIZATION UNDER IRS CODE 501(C)(3) AND 170(B)(1)(A)(VI) TAX ID #59-3197501



# Jain Society Inc. Of Tampa Bay

To,  
Young Jains of America (YJA)  
10th Biennial 2012 YJA Convention

Dear Friends,

Jai Jinendra. Jain Society of Tampa Bay (JSTB) is proud to sponsor YJA Convention 2012. We are thrilled to welcome attendees and guests from USA, Canada, India, UK and Australia. In October 2011, YJA and JSTB made a firm commitment to support and improve each other's organizations. From October through today, we

have been able to support YJA financially, voluntarily and many other aspects including the Raas Garba fundraiser on April 21st, 2012. In return, YJA has brought an increased energy to JSTB activities among 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. 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 religious activities.

Young Jains in America and around the world are tomorrow's torch bearers of Jainism. A convention of this magnitude provides a conduit for nurturing the leaders who will carry with them the Jain principles, Jain values and Jain way of life. It's a challenge to transform our community and our culture. Get out and get involved! Don't forget to give back! Help the needy! Educate the masses and demystify the Jain values!

We invite you to visit the Tampa Jain Sangh at any time. We have built Shikharbandhi Jain Temple three years ago. Our Pathshala is held twice a month. We do Snatrapuja once a month and lectures by Samjiniji from Orlando, FL. We are a small sangh with 140 members.

We wish you a productive weekend full of many positive learning, networking and leadership development activities.

Best regards on behalf of Jain Society of Tampa Bay.

Rupesh Shah  
Chair, Board of Trustees

Devang Shah  
President, Executive Committee

Dipak Shah MD  
Ex Chair, Board of Trustees

Rakesh Shah MD  
Ex President, Executive Committee



**YJA CONVENTION 2012 | Tampa, FL**



Bob Buckhorn  
Mayor

Greetings:

It is a pleasure to welcome you to the 10<sup>th</sup> Biennial Young Jains of America Convention held July 5-8, 2012 at the Grand Hyatt Hotel in downtown Tampa, Florida. This conference is hosted by the Jain Society of Tampa Bay and Jain Society of Central Florida, and we appreciate their efforts in ensuring this is a successful and memorable time for all attending.



The conference theme is “*iJain: Evolution of a Mind*” and will bring together people from across the globe and provide the opportunity for connecting, learning and participation in a variety of fun, innovative and interactive activities.

For those of you who are visiting for the first time, I hope you will have the opportunity to experience the many cultural and historical attractions Tampa, Florida has to offer. Whether you visit one of our landmark attractions, ride the streetcar from Channelside to Ybor City, sample a meal at one of our fine restaurants or visit our many first-class shopping areas, we are sure you will find your stay to be an unforgettable experience. We know you will soon learn what many others have already discovered, Tampa is vibrant, full of energy and one of the greatest cities in Florida.

Again, welcome and best wishes to all those attending.

Sincerely,

Bob Buckhorn







## JAIN EDUCATION AND RESEARCH FOUNDATION

3601 SW 137 Ave  
Miramar, FL 33027

T 305-282-1456  
info@jaineducation.org

www.jaineducation.org

Dear YJA Convention Attendees,

On behalf of the Jain Education and Research Foundation, I extend a hearty congratulation to YJA on the occasion of their upcoming biennial convention, which is to be held in Tampa, FL from July 5-8. This is a colossal achievement for which you and the entire Jain community can rightly be proud of.

In the present world, beset by strife and conflict – often waged in the name of religion, by global environmental crisis manifested in rampant global warming, global water and food shortage and poverty – the ancient and eternal message of Jainism shows a path out of the crisis and to a life of freedom and harmony – not only for mankind but for all the living beings of the earth.

This is exciting time for Jain studies all over the world, particularly in the USA. There is a wide realization of ultimate destructiveness of unbridled consumption and of the need to foster compassionate care of our earth and its inhabitants. There is growing awareness that the teachings of Jainism show a path towards this goal.

The youth are always the vehicle of change. To that effect, it is the Young Jains of America who will be the leaders in spreading and adopting the Jain way of life – of kindness, compassion and of responsible consumption.

JERF is delighted to be a part of this movement towards a kinder and compassionate world. Our work is chiefly among the students and faculty in US universities – among the same demographics as YJA – so we are natural partners in our respective missions. We also share the same goal as the theme of this year's convention: "The Evolution of Mind".

We look forward to continuing close collaboration with YJA in furthering our common objectives.

Sincerely yours,

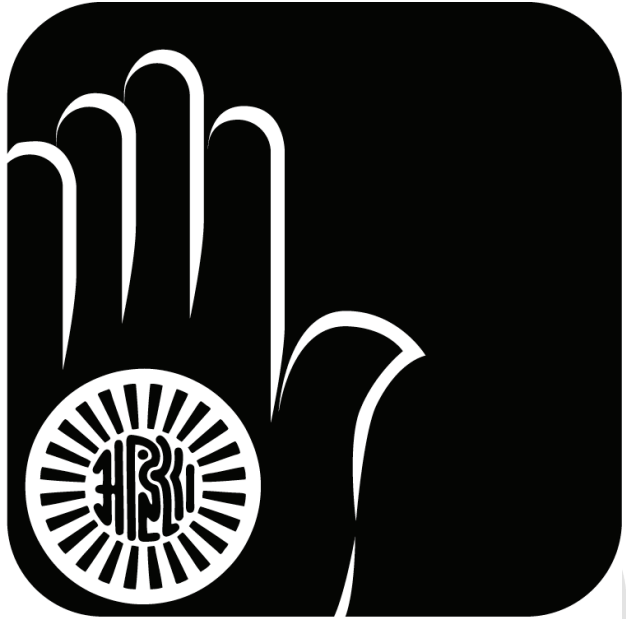
*Neptune Srimal*

Neptune Srimal  
President



discover. learn. share.

**YJA CONVENTION 2012 | Tampa, FL**



# iJAIN: EVOLUTION OF A MIND

YJA CONVENTION 2012 | TAMPA, FL





# CONVENTION SCHEDULE

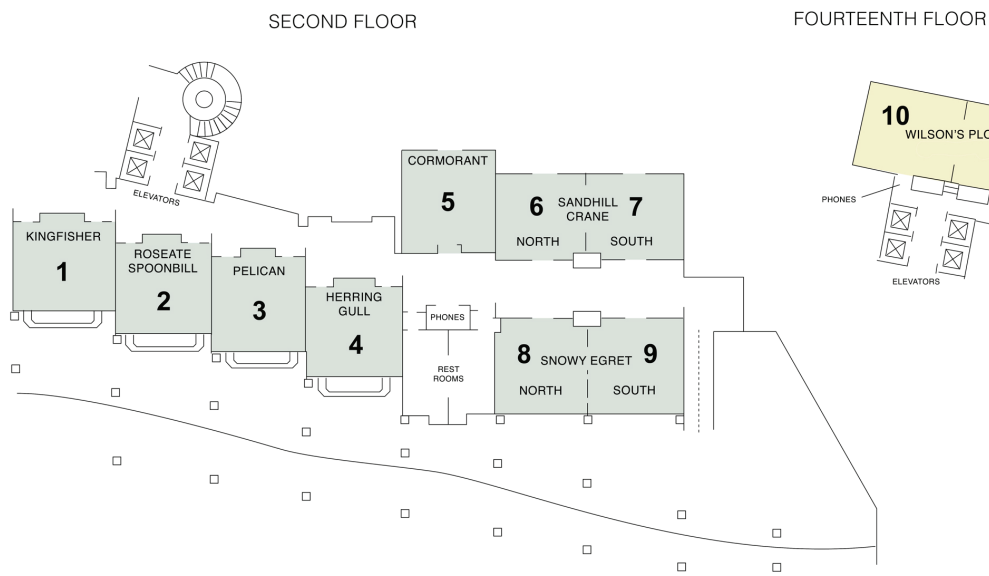
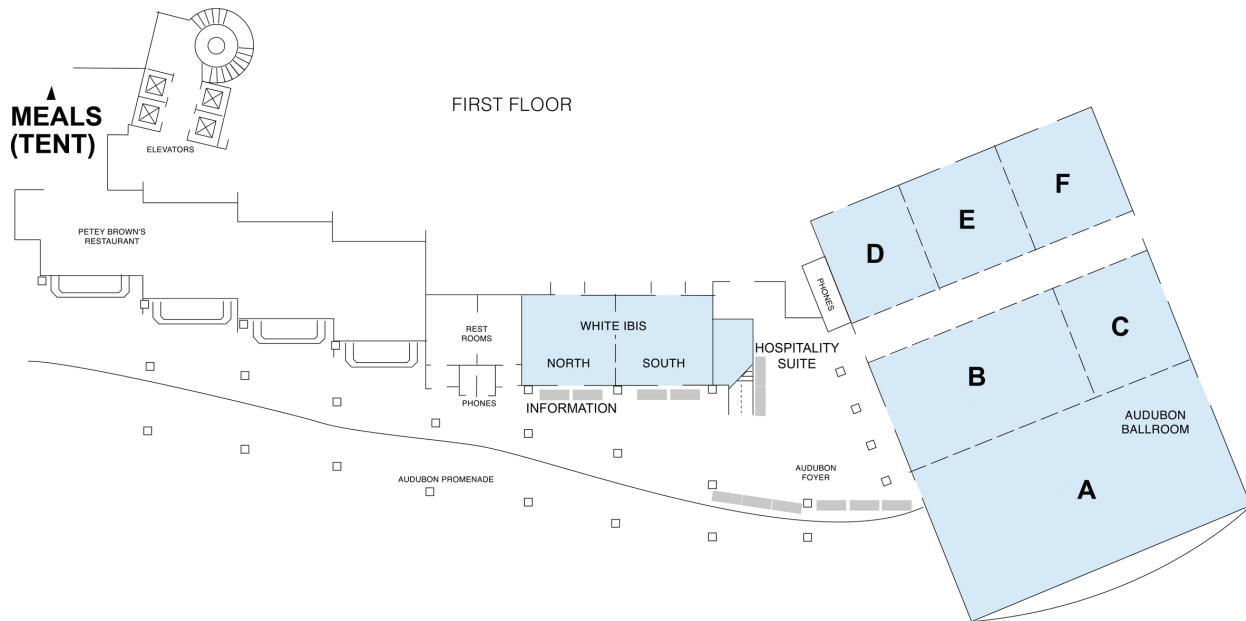
	Thursday July 5, 2011			Friday July 6, 2011								
	High school	College	JNF	High school	College	JNF						
7:00:00				Bhangra Aerobics/Yoga/Puja			7:00:00					
7:15:00							7:15:00					
7:30:00							7:30:00					
7:45:00							7:45:00					
8:00:00				Breakfast Starts at 7:30am - Tent			8:00:00					
8:15:00							8:15:00					
8:30:00							8:30:00					
8:45:00							8:45:00					
9:00:00	On Site Registration (Open all day till 10pm)			HS Session 1	College Session 1	JNF Keynote - Ashwin Madia Room A	9:00:00					
9:15:00							9:15:00					
9:30:00							9:30:00					
9:45:00							9:45:00					
10:00:00				HS Session 2			College Session 2	JNF Session 1	10:00:00			
10:15:00									10:15:00			
10:30:00									10:30:00			
10:45:00									10:45:00			
11:00:00				Keynote 1 Audubon Ballroom					11:00:00			
11:15:00									11:15:00			
11:30:00				Switch Over to Tent					11:30:00			
11:45:00									11:45:00			
12:00:00				Lunch - Tent					12:00:00			
12:15:00									12:15:00			
12:30:00									12:30:00			
12:45:00									12:45:00			
1:00:00				Ice Breakers (Refer to Key)			Switch Over			1:00:00		
1:15:00			1:15:00									
1:30:00			1:30:00									
1:45:00	Ice Breakers (Refer to Key)			HS Session 3	College Session 3	JNF Session 2	1:45:00					
2:00:00							2:00:00					
2:15:00							2:15:00					
2:30:00							2:30:00					
2:45:00							2:45:00					
3:00:00	Ice Breakers (Refer to Key)			HS Session 4			3:00:00					
3:15:00									3:15:00			
3:30:00									3:30:00			
3:45:00	Ice Breakers (Refer to Key)			College Session 4	JNF Session 3	3:45:00						
4:00:00						4:00:00						
4:15:00						4:15:00						
4:30:00						4:30:00						
4:45:00	HS Session 5			College Session 5	JNF Session 4	4:45:00						
5:00:00						5:00:00						
5:15:00						5:15:00						
5:30:00						5:30:00						
5:45:00	Opening Ceremony 5:00pm - Audubon Ballroom			Recreation Hour (Bollywood Aerobics/Outdoor Activies/YJA Social Bar)			5:45:00					
6:00:00									6:00:00			
6:15:00	Switch Over to Tent			Dinner 6:30pm to 8:00pm - Tent			6:15:00					
6:30:00									6:30:00			
6:45:00	Dinner 6:30pm to 8:00pm - Tent			Dinner 6:30pm to 8:00pm - Tent			6:45:00					
7:00:00									7:00:00			
7:15:00									7:15:00			
7:30:00									7:30:00			
7:45:00									7:45:00			
8:00:00	Change for Bollywood Mela Night "Garba With A Twist"			Switch Over			8:00:00					
8:15:00									8:15:00			
8:30:00	Group Photo at Bollywood Mela			Destination India (HS, College, JNF) Doors Open 8:15pm - Audubon Ballroom ABC			8:30:00					
8:45:00									8:45:00			
9:00:00									9:00:00			
9:15:00									9:15:00			
9:30:00				Bollywood Mela Night "Garba With A Twist" 9:15pm - Audubon Ballroom			The 90's Social (HS & College) 10:00pm - Audubon Ballroom			9:30:00		
9:45:00												9:45:00
10:00:00												10:00:00
10:15:00												10:15:00
10:30:00												10:30:00
10:45:00												10:45:00
11:00:00	Change for Ball (JNF ONLY)			JNF Masquerade Ball 11:00pm - Rooms 6-9			11:00:00					
11:15:00									11:15:00			
11:30:00			11:30:00									
11:45:00			11:45:00									
12:00:00			12:00:00									
12:15:00			12:15:00									
12:30:00	Ice Cream Social		JNF Cupcake Mixer 12:30 am - Pool Side Tiki Bar				12:30:00					
12:45:00							12:45:00					
1:00:00	Lights Out						1:00:00					
1:15:00							Lights out			1:15:00		
1:30:00						1:30:00						
1:45:00						1:45:00						
2:00:00						2:00:00						
2:15:00				Lights Out			2:15:00					
2:30:00									2:30:00			
2:45:00									2:45:00			



	Saturday July 7, 2011			Sunday July 8, 2011			
	High school	College	JNF	High school	College	JNF	
7:00:00	Bollywood Aerobics/Yoga/Puja						7:00:00
7:15:00							7:15:00
7:30:00							7:30:00
7:45:00							7:45:00
8:00:00	Breakfast Starts at 7:30am - Tent			Breakfast - Tent			8:00:00
8:15:00							8:15:00
8:30:00	HS Session 1	College Session 1	JNF Session 1				8:30:00
8:45:00							8:45:00
9:00:00							9:00:00
9:15:00							9:15:00
9:30:00				9:30:00			
9:45:00				9:45:00			
10:00:00	HS Session 2			Closing Ceremony 10:00am - Audubon Ballroom			10:00:00
10:15:00							10:15:00
10:30:00							10:30:00
10:45:00							10:45:00
11:00:00	Keynote 2 - Vivek Maru Audubon Ballroom			Checkout			11:00:00
11:15:00							11:15:00
11:30:00							11:30:00
11:45:00							11:45:00
12:00:00	Switch Over to Tent						12:00:00
12:15:00	Lunch - Tent						12:15:00
12:30:00							12:30:00
12:45:00							12:45:00
1:00:00							1:00:00
1:15:00	Switch Over						1:15:00
1:30:00							1:30:00
1:45:00							1:45:00
2:00:00				2:00:00			
2:15:00	HS/College Session 3 Ends at 3:35pm	HS/College Volunteer Activties 1 Ends at 3:35pm	JNF Session 3	2:15:00			
2:30:00				2:30:00			
2:45:00			JNF Session 4		2:45:00		
3:00:00					3:00:00		
3:15:00	3:15:00						
3:30:00	3:30:00						
3:45:00	HS/College Session 4 Starts at 3:50pm	HS/College Volunteer Activites 2 Starts at 3:50pm	JNF Session 5	3:45:00			
4:00:00				4:00:00			
4:15:00				4:15:00			
4:30:00				4:30:00			
4:45:00	Recreation Hour (Bhangra Aerobics/Outdoor Activties/ YJA Social Bar)			4:45:00			
5:00:00				5:00:00			
5:15:00				5:15:00			
5:30:00				5:30:00			
5:45:00	Dinner 6:30pm - 8:30pm - Tent			5:45:00			
6:00:00				6:00:00			
6:15:00				6:15:00			
6:30:00				6:30:00			
6:45:00	Change For Alice in Wonderland/Cocktails in Foyer			6:45:00			
7:00:00				7:00:00			
7:15:00				7:15:00			
7:30:00				7:30:00			
7:45:00	Alice in Wonderland (HS, College, & JNF) 9:30pm - Audubon Ballroom			7:45:00			
8:00:00				8:00:00			
8:15:00				8:15:00			
8:30:00				8:30:00			
8:45:00	All Nighter!			8:45:00			
9:00:00				9:00:00			
9:15:00				9:15:00			
9:30:00				9:30:00			
9:45:00				9:45:00			
10:00:00				10:00:00			
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11:00:00				11:00:00			
11:15:00				11:15:00			
11:30:00				11:30:00			
11:45:00	11:45:00						
12:00:00	JNF Starlight Slumber Party			12:00:00			
12:15:00				12:15:00			
12:30:00				12:30:00			
12:45:00				12:45:00			
1:00:00				1:00:00			
1:15:00				1:15:00			
1:30:00				1:30:00			
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2:00:00				2:00:00			
2:15:00				2:15:00			
2:30:00				2:30:00			
2:45:00				2:45:00			



# GRAND HYATT TAMPA BAY MAP



**YJA CONVENTION 2012 | Tampa, FL**

# RECREATIONAL HOUR AND ICE BREAKERS

ICE BREAKERS KEY - Thursday July 5, 2011									
Rooms	10	11	Ballroom D	Ballroom E	Ballroom F	3	2	4	Outside
Capacity	80	80	130	130	130	75	75	75	
1:00pm-1:30pm									
In my Neighborhood	Disney Charades	JNF - People Bingo	JNF - Winds are Blowing	JNF - Never Have I Ever	In my Neighborhood	Disney Charades	Blanket Game		
2:00pm-2:30pm									
Blanket Game	Sapna Clue Game	JNF - Ball of Questions	JNF - Zip Zap Zap	JNF - Jain Fairy Tales	Blanket Game	Shittles Game	In My Neighborhood		
3:00pm-3:30pm									
Koh	Destination India Mixer	JNF - Marooned on an Island	JNF - Disney Charades	Teach Me How to Dodge - Garba 101	Koh	Freeze Ninja	Freeze Ninja	Nature Walk Outside	
4:00pm-4:30pm									
JNF - Two Truths and a Lie	JNF - Jain Fairy Tales					Beach Ball Game	Sari 101	Beach Ball Game (Foyer)	
Proceed to Ballroom for Opening Ceremony after Ice Breakers End									
Index Key	Room Name:	Room Number Code							
High School College JNF Everyone	Wilson Plover N	10							
	Wilson Plover S	11							
	Ballroom D	D							
	Ballroom E	E							
	Ballroom F	F							
	Pollan	3							
	Roskate Spoonbill	2							
	Herring Gull	4							

RECREATION HOUR ACTIVITIES									
FRIDAY JULY 6, 2012	Outside Basketball Courts	Outside Tennis Courts	Room 2 2nd Floor	Room 3 14th Floor	Room 10 14th Floor	Room 11			
5:30 PM									
5:45 PM									
6:00 PM	Basketball	Tennis	High School Social	Game Room	Bhangra Aerobics with Sarina Jain				
6:15 PM									
6:30 PM									
Dinner in Tent Starts at 6:30pm									
**NOTE: If the weather/climate changes, we will have other arrangements made for the recreation hour.									
SATURDAY JULY 7, 2012	Room 2	Room 3	Room 4	Room 5 2nd Floor	Room 6 & 7	Room 8 & 9	Room 10 14th Floor	Room 11	Outside
5:30 PM									Outside Tennis Courts
5:45 PM									Outside Basketball Courts
6:00 PM	Board Game Lounge	Rec. Hour Activity	College Social	Robert Cheeke Fitness	Wii / XBOX Tournament	Bollywood Aerobics	Forks Over Knives Documentary	Basketball	Tennis
6:15 PM									
6:30 PM									
6:45 PM									
7:00 PM									
Dinner in Tent Starts at 6:30pm									
**NOTE: If the weather/climate changes, we will have other arrangements made for the recreation hour.									



# SESSIONS BY TIME SLOT

HS/COL Sessions - Friday, July 6, 2012	
<b>9:00 AM</b>	3 A's of Jainism Soul Detox and Spiritual Enlightenment Explain Being Jain Cutting to the Chase: Discovering Your Personality Type and Life Purpose Carving a Good Human out of You - How? Jainism and Jain Way of Life - Circle of Life and Soul - Connecting the Dots... Building Muscle on a Plant-Based Diet Packing Light: Aparigraha in your Daily Life How Can Charity Help in our Society, Today?
<b>10:00 AM</b>	Spiritual Entrepreneurship
<b>10:15 AM</b>	Life and Universe: Karma, Free-will, or Predestined? Jain Potpourri! Unleash the Jain in You Leshya, The Culture of Your Mind Science and the Time Cycle: a Comparative Religion Discussion Jain Studies Initiative at FIU What Would Jains Do? Being Vegan: It's Easier than You Think Live Like a Monk
<b>11:15 AM</b>	Toolkit for Jain Dharma
<b>2:00 PM</b>	Am I a "Good" Jain? Animal Ethics and Jainism Punk Rock and Jainism Unity and Diversity of Religious Expressions of World Religions Boldness in Ahimsa E Pluribus Unum: An Honest Look at Interfaith Meditation: Embracing the Voices in Your Head Jain Studies and Research at FIU
<b>3:00 PM</b>	Debate Club: Jain Style
<b>3:15 PM</b>	Oh Pine! Tribal Mentality Anekantvad: Negotiating Across Differences Jain Potpourri! Selfishness, Selflessness, and Unconditional Compassion Jain Swag Meatless Monday Debate Club: Jain Style Packing Light: Aparigraha in your Daily Life
<b>4:15 PM</b>	Toolkit of Jain Dharma
<b>4:30 PM</b>	Turning an Idea into a Successful Startup Jainism and War (Debate) Full-Scholarship Jainism: Jainism in College Teambuilding Game Networking to Achieve Your Potential Meatless Monday Leading from Inside Out Ahimsa: Its Meaning and Application
<b>5:30 PM</b>	Maximizing your NOW

HS/COL Sessions - Saturday, July 7, 2012	
<b>9:00 AM</b>	Jainism and Jain Way of Life - Circle of Life and Soul - Connecting the Dots... Am I a "Good" Jain? The Many Sides of Jainism Five Steps to Healthy, Happy and Peaceful Living Jain Potpourri! 3 A's of Jainism Pass It On: How to Be a Mentor in Today's World Jain Swag Leadership of the Sangh: Supporting Jainism in the United States
<b>10:00 AM</b>	Applied Ahimsa via Eco-Veganism
<b>10:15 AM</b>	Veganism 101 Business and the Law Are you Jain? Walking on the Road Less Traveled Using Social Activism for a Cause Unspoken Taboos The Upside of Anger Debate Club: Jain Style Carving a Good Human out of You-Why?
<b>11:15 AM</b>	Jainism in the Media: Interactive Mediums
<b>2:00 PM</b>	Jain Jeopardy! Social Activism For A Better World Revolution of Mind Do You Have What it Takes to be an Active iJain? Debate Club: Jain Style
<b>3:35 PM</b>	Be the Jain You Wish to See in the World: A Volunteering Activity
<b>3:50 PM</b>	Be the Jain You Wish to See in the World: A Volunteering Activity Generation Waking Up: Wake Up. Stand Up. Build Up. Jain Iron Chef Jains Got Talent Empathy and Division Applied Ahimsa via Eco-Veganism
<b>5:30 PM</b>	Party Like a Jain



# SESSIONS BY TIME SLOT

JNF Sessions - Friday, July 6, 2012	
9:00 AM	JNF Keynote - Ashwin Madia
10:00 AM	
10:15 AM	Vinit Talsania - What Is Your Dream?
	Non-Traditional/Entrepreneurial Career Panel
	Building Muscle on a Plant Based Diet
	Ahimsa: It's Meaning & Application
	Jain Iron Chef
11:15 AM	Jainism in the Corporate World
2:00 PM	Engineering Career Panel
	Cutting to the Chase: Discovering Your Personality Type & Life Purpose
	Using Social Activism for a Cause
	Generation Waking Up: Wake Up. Stand Up. Build Up.
	The Happiness Advantage in the Workplace
3:00 PM	"You live with the Bushmen documenting their dying click languages and you're Gujarati?" Choosing a non-traditional Indian career as a young female Gujarati Jain
3:15 PM	Ethics in the Legal and Political World
	Goodbye Barbaadi.com; Hello VJUncle.com
	Jain Family Dynamics
	Bridging the Gap Between Yesterday and Tomorrow: Generation Y
4:15 PM	Jain Jeopardy
4:30 PM	Jainism and Jain Way of Life - Circle of Life and Soul - Connecting the Dots...
	Jain Bachelor and Bachelorette (casual)
	Jain Bachelor and Bachelorette (serious)
	Teambuilding Games
	The Upside of Anger
5:30 PM	Leading from Inside Out

JNF Sessions - Saturday, July 7, 2012	
9:00 AM	Meatless Mondays
	Packing Light: Aparigraha in your Daily Life
	Social Activism for a Better World
	Thrive Leadership: Creating Personal, Interpersonal, and Systemic Change
10:00 AM	Bhajan Nation
10:15 AM	Thinking Ahead: Jains and Jainism in the Future
	Building Muscle on a Plant Based Diet
	Engaging our Faith
	Jainism in the Healthcare Profession
11:15 AM	Battle of the Sexes
2:00 PM	I Like You. You Like Me. What Can We Be?
	Understanding the X Factor in Relationships
	One Smaller Himsha Footprint for Man - One Giant Leap for Mankind
	Animal Ethics in Jainism
	Peace is Possible
	Communicate to Connect
3:00 PM	Fundamentals of Jainism
3:15 PM	Accidentally Vegan
	The Art of Forgiveness
	The 3 A's of Jainism
	The Jain Tank
4:15 PM	Who is Jain?
4:30 PM	Jain Values
	Calibrate and Celebrate Your Jain Way of Life
	Using Social Activism for a Cause
	Jain Birds and Bees
	Desi Dating and Mating
5:30 PM	Random Acts of Kindness

ONGOING ACTIVITIES	
Onsite Temple Hours (Room 1)	Thursday 9am - Sunday 12pm
Vendor Exhibit Hours (Audubon Foyer)	Thursday 12pm - 5pm Friday 8am - 5pm Saturday 8am-5pm



# KEYNOTE SPEAKER

## VIVEK MARU



Prior to launching Namati, Vivek served as senior counsel in the Justice Reform Group of the World Bank. His work focused on justice reform and governance, primarily in West Africa and South Asia.

Vivek also co-founded and co-directed for four years Timap for Justice, a grassroots justice program in Sierra Leone. Vivek has previously worked at Human Rights Watch and clerked for Hon. Marsha Berzon on the Ninth Circuit of the U.S. Court of Appeals.

His recent publications include “Between Law and Society: Paralegals and the Provision of Justice Services in Sierra Leone and Worldwide” in the Yale Journal of International Law and “Allies Unknown: Legal Empowerment and Social Accountability” in Harvard Journal of Health and Human Rights.

Maru graduated from Harvard College, *magna cum laude*, and Yale Law School.

### At-a-Glance

- Graduate of Harvard College, *magna cum laude* and Yale Law School
- Co-founded and co-directed Timap for Justice
- Clerk for Marsha Berzon on the Ninth Circuit of U.S. Court of Appeals
- Publications in Yale Journal of International Law and Harvard Journal of Health and Human Rights



**Timap**  
FOR JUSTICE

[timapforjustice.org](http://timapforjustice.org)

Timap for Justice is a pioneering effort to provide basic justice services in Sierra Leone. [LEARN MORE.](#)



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**YJA CONVENTION 2012 | Tampa, FL**



# HS/COLLEGE SESSION DESCRIPTIONS

## 3 A'S OF JAINISM | *SPEAKER: MANOJ JAIN*

Jain Philosophy is not complex or convoluted. It can be summarized in the Triple As. Begin to understand the Triple As and then build knowledge about the soul, karmas and Jain universe. The Triple As is an easy way to explain, 'What is Jainism?'

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## AHIMSA: ITS MEANING AND APPLICATION | *SPEAKER: GARY FRANCIONE*

Although Ahimsa is a concept found in several spiritual traditions, Jainism involves an understanding of Ahimsa that is unique in a number of respects. We will explore the particular characteristics of the doctrine of Ahimsa in Jainism and learn practical applications of Ahimsa in our everyday lives. We will also explore how modern life poses particular challenges to embracing Ahimsa as a fundamental principle of spiritual life.

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## AM I A "GOOD" JAIN? | *SPEAKER: APURVA BHANSALI*

From a young age, we are raised to be "good" Jains. Our parents are constantly telling us to work hard, be successful, to have a great career, get married, have kids, have religious values and to follow the teachings of Mahavir Bhagwan and the Tirthankars. But wait - Mahavir teaches us that happiness cannot come from any of these things and that we should give up our worldly possession to find inner peace. So are we really being raised as "good" Jains? Be prepared to discuss your thoughts in this interactive session.

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## ANIMAL ETHICS AND JAINISM | *SPEAKER: GARY FRANCIONE*

Jainism imposes on all--ascetics and laypeople alike--an obligation to not harm multi-sensed beings. What does this mean, both as a theoretical matter and as a matter of our everyday lives? We will explore what Jainism tells us about animal ethics and what that means for our daily lives. We will discuss the relationship between Ahimsa and a total vegetarian, or vegan, lifestyle.

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## APPLIED AHIMSA VIA ECO-VEGANISM | *SPEAKER: SAURABH DALAL*

The global production and consumption of animal products for food is a critical driving force for virtually every major category of environmental damage now threatening the future of the planet and all its inhabitants. These include climate change and particularly global warming, air / land / water pollution, fresh water scarcity, top soil erosion, biodiversity loss, and the spread of disease. The timeless and timely principles of Jainism offer a guiding framework to help avert the environmental crises, where individuals and organizations must be involved in promoting true solutions. This session will show how vegan diets and lifestyles offer a compelling solution for a healthy planet, the health of people, and for the well-being of non-human animals with whom we share the world – all in a Jain philosophical context.



# HS/COLLEGE SESSION DESCRIPTIONS

## **BE THE JAIN YOU WISH TO SEE IN THE WORLD: A VOLUNTEERING ACTIVITY**

Take the knowledge about yourself, Jainism, and its place in the world that you have learned over the week-end, and get ready to put it into action! Learn some basic ways that you can effectively apply Jain principles to helping others, and do a short volunteering activity with your fellow attendees.

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## **BEING VEGAN: IT'S EASIER THAN YOU THINK | *SPEAKERS: SATIEN MEHTA & RIKHAV SHAH***

Thinking about being vegan? Worried how hard it will be? Parents discouraging you? It may not be easy being green, but it is being vegan. Come learn and discuss making the vegan choice. We will discuss how Jainism and veganism relate, and offer practical tips and insights from practicing Jain vegans. Open discussion and opportunity to ask questions.

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## **BOLDNESS IN AHIMSA | *SPEAKER: ROOPAL SHAH***

In *Nonviolent Soldier of Islam*, Eknath Easwaran recounts the story of Abdul Ghaffar Khan. Abdul Ghaffar Khan was widely known as the Frontier Gandhi (he was native to Indian frontier province between what is now Pakistan and Afghanistan). Khan rallied thousands of Pashtuns, for whom killing seemed synonymous with honor, to embrace Ahimsa in India's fight for freedom (from the British). Many suggest that to truly understand Ahimsa, you must have a fighter's spirit. We will co-explore the evolution of the mind from fighting to non-violence with the full force of boldness present in Ahimsa.

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## **BUILDING MUSCLE ON A PLANT-BASED DIET | *SPEAKER: ROBERT CHEEKE***

Learn how a plant-based whole food diet is fuel for a better body for better health. Explore how to eat to fuel your athletic interests and how to lose fat, gain muscle, lower stress, and prevent injuries. Champion vegan bodybuilder and best-selling author Robert Cheeke shares the most important lessons to be learned in the process of building a better, healthier body.

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## **BUSINESS AND THE LAW | *SPEAKERS: GARY FRANCIONE, AMEET SHAH & RUSHABH KAPASHI***

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

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## **CARVING A GOOD HUMAN OUT OF YOU - HOW? | *SPEAKER: MEHUL SHAH***

Discuss and discover the art of learning with the practice of the three jewels- Right Knowledge, Right Perception, and Right Conduct. We will discuss how to fight habits we know are wrong, how to influence the mind, and how to remain on track using "Satsang", Introspection, and Meditation. Apply Right Knowledge to purify Perception, ultimately leading to the joy of living and being.



**CREATIVITY EXERCISES | SPEAKERS: ROOPAL SHAH & HEMANG SRIKISHAN**

Take some time to get out of your seats and your comfort zones and work together to achieve a common goal. Try a team-building exercise and be prepared to experience things you never dreamed you'd get to try at YJA!

**CUTTING TO THE CHASE: DISCOVERING YOUR PERSONALITY TYPE AND LIFE PURPOSE | SPEAKER: PARTH SAVLA**

Self-help gurus say, "Here are the Seven Keys to Effectiveness." Self-development gurus say, "Your childhood made you the way you are." Forget self-help, forget self-development! Rather than trying to fix yourself, wouldn't it be easier to identify your natural gifts and capitalize on them? It's simple. There are two blades to the scissors of your life. On one side, there are relationships (romantic and otherwise). On the other is living your life to the fullest. The linchpin is identifying your personality.

In this session we will do exercises to help you become more aware of who you are. Maybe you're in the same kind of relationship again and again. Maybe you're in a job that you just don't find satisfying. Come to this session to discover your archetype. Using insights from Myers-Briggs and other Personality Tests, you'll gain knowledge about your strengths and potential pitfalls based on your personality type.

**DEBATE CLUB: JAIN STYLE | SPEAKERS: DIPTI DEDHIA, JIGESHA SHAH, JUBIN SHAH, PARAS DOSHI, & SALONEE SHAH**

In today's world, religious communities publicly express their opinions on political and social topics. But what about the Jain Community? Should it have a unified voice as well? Come participate in engaging debates to help formulate your own view as a Jain! Become an active iJain!

**DO YOU HAVE WHAT IT TAKES TO BE AN ACTIVE IJAIN? | SPEAKER: KHUSHBU VORA**

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 country. Get yourself involved in the spiritual, social and service aspect 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!

**E PLURIBUS UNUM: AN HONEST LOOK AT INTERFAITH | SPEAKER: GAUTAM SRIKISHAN**

In July of 2010, Pastor Terry Jones threatened to burn the Qur'an in response to the construction of the "Ground Zero Mosque." Less than a year later, he did just that, and the resulting protests caused the deaths of at least 30 people. As our country and world become increasingly diverse, both racially and religiously, we have to ask ourselves how we might practice peace in the face of ignorance, intolerance, and injustice. Interfaith cooperation can be a great tool in combating these issues. Come learn the ins & outs, dos & don'ts, and myths & facts of interfaith, and how you can harness it to promote common action for the common good. (Recommended for college and high school students)



# HS/COLLEGE SESSION DESCRIPTIONS

## **EMPATHY AND DIVISION | *SPEAKER: HEATHER BROWNING***

Like working in a team? We'll see how well your team can work together to achieve various goals. In this session we will play a game specially developed for this convention. Faced with difficult choices, where will you stand and who will you support?

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## **EXPLAIN BEING JAIN | *SPEAKERS: JAIN STUDY CENTER OF NORTH CAROLINA YOUTH***

It's happened to all of us - someone asks you what Jainism is, and your only response is something like: "Uh... it's sort of like Hinduism... but different." This session will help you develop your Jainism Elevator Pitch - concisely and accurately explain your beliefs in 30 seconds or less, without getting into all the metaphysics. If you've been selling yourself short all these years, now's your chance! You never know what great conversations might follow.

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## **FIVE STEPS TO HEALTHY, HAPPY AND PEACEFUL LIVING | *SPEAKER: GURUDEV SHREE CHITRABHANU***

Healthy Living is important. Achieving a healthy lifestyle depends on individuals own will to change and transform oneself into a holistic person. Today's man is a fractured modern man, over civilized, over mechanized, over educated, yes over sexed and chronically frustrated. He is physically tired, mentally discouraged, emotionally drained and spiritually forlorn. That is why we are passing through a crisis of character of morality and human dignity. To be healthy, happy and wholesome, we will reflect on the five steps of healthy living.

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## **FOOD IN 15 | *SPEAKERS: JYOTI SHAH & RITA LODAYA***

Simple recipes to turn vegetables and tofu into Italian/Thai/Chinese/Punjabi delights. Recipes will be provided. Preparation and Cooking time only 15 to 30 minutes. If you do not know how to cook, do not like to cook, or love healthy tasty food that looks and tastes great, this is the session for you! Bring your questions about Jain diet and vegan baking.

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## **FULL-SCHOLARSHIP JAINISM: JAINISM IN COLLEGE | *SPEAKERS: MALHAR TELI, UMANG JAIN, UJAS SHAH, & HETALI LODAYA***

Starting college and then trying 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 to follow. When everything at the dining halls has onions, garlic or carrots as the ingredient, 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 many different ways to practice Jainism in college, and to see how we, as college students, are able to incorporate Jainism into our daily life and still have the flexibility to do the things we enjoy doing.



**JAIN IN THE MEDIA: INTERACTIVE MEDIUMS | *SPEAKER: MALHAR TELI***

These days, we deal with numerous forms of media. Some, like film, take up your day, stunning you with both visuals and audio that stretches the bounds of the imagination. Others, like music, color your day with beats and lyrics. Books, posing queries, telling stories, etc. all play a major role in society. In recent years, increasing interest has been expressed in a new field called “Interactive media.” While most media can be passively consumed, interactive media demands more of the audience. It demands cooperation, thought, and even a bit of attention. What role can Jainism play in this new and exciting world? How will it be reflected in Interactive media?

**GENERATION WAKING UP: WAKE UP. STAND UP. BUILD UP. | *SPEAKER: VALERIE LOVE***

The Generation Waking Up Experience - called a “WakeUp” for short - is an interactive, multimedia, peer-led workshop that moves young people into lasting hope and inspired action toward a thriving, just, sustainable world. Through powerful videos and music, dynamic group processes, and engaging dialogue, participants explore the critical questions facing society today: Who Are We as a generation coming of age in these times? Where Are We as a global society around key challenges of environmental sustainability, social justice, and human fulfillment? What Has To Change in the way we see ourselves, each other, and our world, if we want to create a world that works for all? What Do We Do Now, given all this? What is our unique role to play, as individuals and as a generation? Come gain an expanded sense of identity and purpose, as members of a generation of young people to transform our world.

**HOW CAN CHARITY HELP IN OUR SOCIETY, TODAY? | *SPEAKER: DEEPIKA DALAL***

People make charitable donations for many reasons, but they most often do so to help people in need. How can the young generation help apart from traditional religious tracks of charity? We will explore the various avenues available for you to change lives, from becoming an organ donor to volunteering at the local Senior Center. “A generous heart, kind speech, & a life of service & compassion are the things which renew humanity.”-Buddha.

**JAIN DEBATE: JAINISM AND HINDUISM | *SPEAKER: TAMPA YOUTH***

Do people consider Jainism to be a branch of Hinduism and to what extent is this true? This debate session will explore the ideas of how closely related Jainism and Hinduism truly are and to what extent people believe Jainism is a branch of Hinduism.

**JAIN JEOPARDY! | *MODERATOR: JIGESHA SHAH***

Get ready to play an all-time favorite game-Jeopardy...with a twist! Learn more about Jainism, show off what you already know, and hopefully win a prize! Answer: What is Jain Jeopardy?!





# HS/COLLEGE SESSION DESCRIPTIONS

**JAIN POTPOURRI! | SPEAKERS: ARPIT MEHTA, JIGNASHA ADHURIA. KHUSHBU VORA, NAMAN SHAH, PAVAK SHAH, PRIYANKA P. SHAH, RIDDHI JHAVERI & SHARDULE SHAH**

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!

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**JAIN STUDIES INITIATIVE AT FIU | SPEAKER: NATHAN KATZ, PHD**

In an unprecedented partnership, the Jain community of South Florida and nationally and Florida International University have embarked on a multifaceted partnership. Both the community and the university maintain that the ethical tenets of Jainism - ahimsa, aparigraha and anekantavada - have a wide range of applications pertinent to modern society. Whether environmental studies, or conflict resolution, interreligious dialogue, or scientific insights, the ancient Jain tradition speaks to FIU students and to the modern world. This talk by the Bhagwan Mahavir Professor at FIU will describe the areas of cooperation and collaboration that have been implemented and are being planned.

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**JAIN SWAG | SPEAKER: RAJ JHAVERI**

This session will help you realize your insecurities and establish several methods to overcome them. With these methods, you will increase self-confidence and positive energy. Learn how to develop optimistic thinking when dealing with difficult situations. When you realize the person you want to be, and start changing certain behavioral mentalities by using Jain philosophy, you will gain your own "swag." This change in lifestyle will help you achieve success in many different forms, at work, school, and even your love life. Come learn to become fearless in a positive and logical way!

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**JAINISM AND JAIN WAY OF LIFE - CIRCLE OF LIFE AND SOUL - CONNECTING THE DOTS... | SPEAKER: YOGENDRA JAIN**

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 classifications in Jain scriptures can at times be distracting. This session will focus on the simplicity of Jainism and connecting the dots. Topics covered will include: relaxation, breathing, elevator pitch (describe Jainism in simple, coherent, and persuasive manner), core principles, and a short survey of Jain history, traditions, and practices. Focus will be on relating these to Jain Way of Life in today's North American life.



**JAINS GOT TALENT | SPEAKERS: ABHISHEK SHAH & MOHANA NAGDA**

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.

**LEADERSHIP OF THE SANGH: SUPPORTING JAINISM IN THE UNITED STATES | SPEAKER: PREM JAIN**

While there are many opportunities available for youth to begin taking leadership positions, we want to reach out to the untapped potential that comes to convention and ask the question: how will you get involved? By better understanding the ways that JAINA and YJA preserve our faith and connect our communities in the US, attendees will learn how they can plug into this network.

**LEADING FROM INSIDE OUT | SPEAKERS: HEMA POKHARNA & MANDA POKHARNA**

What would your life be like if you were experiencing the ultimate state of unshakable inner PEACE and WELLBEING? Learn how to develop inner strength to meet the challenges of life. Dissolve persistent ideas about other people before interacting with them for a better outcome. Recognize the inner resource of emotional triggers and CHOOSE connecting ways to respond.

**LESHYA, THE CULTURE OF YOUR MIND | SPEAKER: HARAKHCHAND MARU**

You may know what your favorite color is, but do you know what color you emit? What if, you could judge the character of the person in front of you by recognizing the color they emit? Everyone radiates some color or vibration depending on their thoughts. These colors are called Leshyas in Jain philosophy. Saints and enlightened monks can actually see Leshyas. However, since you and I cannot visualize them, we can learn other ways to perceive them by understanding the people around us. Different Leshyas (colors) are radiated depending on the state of our mind. In this session, we will learn about the science of Leshyas, their impact on us and others and discuss how we can learn to emit good Leshyas to create a more happy and positive environment around us.

**LIFE AND UNIVERSE: KARMA, FREE-WILL, OR PREDESTINED? | SPEAKER: PRAVIN K SHAH**

Have you ever been confused by the influence on Karma on your path in life? Is it Free-Will, where our own actions determine our karmic consequences? Or is it predestination, where our previous karma has determined our current actions and stage in life? This session 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. Through a lively and integrated discussion, we will analyze several practical examples to understand this important part of Jain philosophy.





# HS/COLLEGE SESSION DESCRIPTIONS

## **LIVE LIKE A MONK | *SPEAKER: SADHVI SHREE SHILAPIJI***

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.

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## **MAXIMIZING YOUR NOW | *SPEAKER: VIDHI DESAI***

As eternal beings, what is our relationship with time? No matter what our past has been, and what our future promises to hold, the fact is that all that we really have is The Now. We will take an experiential look at the present and learn how to maximize this experience. You will learn various ways to shed yourself from the shackles of the past and the anxieties of the future to still yourself in the now and thus enhance your life experience for a fresh and timeless sense of freedom.

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## **MEATLESS MONDAY | *SPEAKER: MICHELLE ICAHN***

Sometimes change is, well, simpler than it looks. We all know that most animals raised for food are jammed and confined inside massive warehouses called factory farms. But, what we may not know is that stopping a lot of that suffering is now happening with a simple action: We're getting millions of Americans to just say no to meat on Monday. Come learn why the Meatless Monday campaign is taking off and, most importantly, how you can personally make it happen at your school. Just think, if we got everyone in the U.S. to do Meatless Monday, we'd save 1.4 billion animals from suffering inside factory farms. Let's make it happen!

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## **MEDITATION AND RELAXATION | *SPEAKERS: SHRAMNIJIS***

Meditation is one of the most accessible ways to control stress and relax the mind. Come learn from the leaders of Jainism on how to incorporate it into your daily life!

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## **MEDITATION: EMBRACING THE VOICES IN YOUR HEAD | *SPEAKER: MITESH KAPADIA***

Whether we realize it or not, all of us have a continuous dialogue that happens within our mind every single moment. This session is designed to creatively understand and embrace the variety of internal voices we experience. By the end of this session, we'll be more aware and be able to better recognize what goes on within us. Once we are aware, we can move forward in an empowered way by being the master of our mind.



**NETWORKING TO ACHIEVE YOUR POTENTIAL | *SPEAKER: RAMEY KO***

Attendees will learn how to establish, expand, and use personal and professional networks to achieve success. The session will focus on practical techniques for developing your personal brand, using social media and marketing techniques to promote personal or community goals, and how to seek out and engage mentors. You will learn how networking can be critical to building human capacity to successfully achieve professional or political objectives and create successful coalitions. We will also cover the dos and don'ts of social networking, and how to market yourself while protecting your reputation and personal brand in the Internet age.

**OH PINE! | *SPEAKER: VIDHI DESAI***

How can we free ourselves of the pain and burden of opinions and judgments? A lot of our vital energy is lost with the pain and burden of opinions that others may consciously or unconsciously pin upon us; and worse still, we pin upon ourselves as well. This session will empower you to recognize them and attempt to free you of the negative influence of these opinions at the personal, interpersonal and various social levels, a first step towards true empathy.

**PACKING LIGHT: APARIGRAHA IN YOUR DAILY LIFE | *SPEAKER: NIRAV SHAH***

Through exercises and discussion, we'll give you tools to bring the vow of Aparigraha, non-possessiveness, into your daily life. Topics covered include "How did I get all this stuff?"; "Why do I keep all this stuff?"; "Does this stuff really matter?"; "What are the real causes of attachment?"; "How can simplifying my life renew my sense of focus?". Be prepared for a fun and interactive session!

**PARTY LIKE A JAIN | *SPEAKER: NAMAN 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.

**PASS IT ON: HOW TO BE A MENTOR IN TODAY'S WORLD | *SPEAKER: JENNIFER CRAIG***

Imagine the face of the one person who had the greatest positive influence on your life. What if you could influence someone's life as much they did yours? You may think you are not wise or experienced enough to mentor the next generation, but in fact you already are! Using collaborative and reflective exercises, this session will explore the areas of expertise you possess and get you thinking about how to be a knowledgeable and trustworthy mentor. Whether you attend this session as a college mentor or a high school mentee, this session will give you new tools for designing a lifestyle that fulfills Jain values in today's world.



# HS/COLLEGE SESSION DESCRIPTIONS

## **PUNK ROCK AND JAINISM | *SPEAKER: GAGAN PALRECHA***

What does punk ethos have to do with Jainism and religious philosophy? What do screaming hare krishnas have to do with ahimsa? How did straight edge move from the underground to the overground, and then back to the fringes? We'll look at subcultures formed around ideas of Jainism and individuality. Explore how punk rock has roots in Jainism, ahimsa, non-violent dissent, and revolutionary ideas, and why you should care.

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## **REVOLUTION OF MIND | *SPEAKER: SUDHIR SHAH***

There is so much around us that is ingrained in us and we just live in a sort of automatic pilot mode. We have this thought in our minds that "this is just the way it is" and we join in. We figure, if everyone has been doing something for hundreds of years, it means that it is the right thing! In this session, we will combine brain science and quantum physics to explore the intricate and intertwined relationship between our belief system and the brain. We will understand and appreciate the relevancy of Jain philosophy in light of scientific studies. We will be digging deep, challenging ourselves/our limiting beliefs and exploring new paradigm. Regardless of your current level of knowledge, you are bound to walk away with a new expanded world-view leading to greater power and freedom.

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## **SCIENCE & THE TIME CYCLE: A COMPARATIVE RELIGION DISCUSSION | *SPEAKER: DEEPIKA DALAL***

We will explore the interpretations of science and the time cycle across Jainism and its comparative religions. Learn the similarities and differences across Jainism, Hinduism, and Buddhism, covering the concepts of Kaal-chakra, Aara, and Yug. I will explain this and much more as we compare these ancient schools of thought to modern scientific thinking.

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## **SELFISHNESS, SELFLESSNESS, AND UNCONDITIONAL COMPASSION | *SPEAKER: FINALE DOSHI-VELEZ***

Unlike many other faiths, Jainism states that you, and only you, are responsible for your destiny; no one can stop you from spiritual journey. This belief can be quite empowering, except then why should we bother being nice and nonviolent for the benefit of other people? Our actions would have no influence on their destinies, correct? So, why should we care? In this talk, we'll explore this dilemma and its resolution through the true meaning of unconditional compassion.

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## **SOCIAL ACTIVISM FOR A BETTER WORLD | *SPEAKERS: PULIN MODI & RYAN HULING***

Innovations in technology allow us to start, join, and win campaigns for social progress more effectively than ever. The potential for increased communication, education, and community-building is greater than most of us realize. We will discuss the best ways to use Facebook, Twitter, YouTube, and websites like Change.org to make the world a better place for people, animals, and the environment.

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**SOUL DETOX AND SPIRITUAL ENLIGHTENMENT | *SPEAKER: PRAMODA CHITRABHANU***

Many people spend very little time to ponder about their spiritual aspect of life. Who has time with college applications, exams, and student debts to pay? Dreams and spiritual directions are forgotten as impractical and impossible. In this session we will find our forgotten soul and discover the toxins that cover our soul and malign the nature of the self. Further we will explore the Jain way to detoxify the soul and attain Enlightenment through practice of the religion –Dharma.

**SPIRITUAL ENTREPRENEURSHIP | *SPEAKER: SUDHIR SHAH***

Have you ever lamented over the disconnect between the challenges of day to day life, school, career, and your spiritual values? Have you separated your spiritual life from your daily life because you don't know how to bring them together?

Learn how to be led by your intuition, how to handle those things blocking you, what needs to “go” to move forward and what needs to “start” so you can be true to yourself. This is a journey to living and working authentically. We will use a case study format to explore the thrills and challenges of designing and launching a business in perfect synergy with your spiritual incline. This journey will be about looking deep into our lives, passions, desires and business to find our unique path of walking into our authentic purpose in business and life.

**THE MANY SIDES OF JAINISM | *SPEAKER: HEMANG SRIKISHAN***

Hemang Srikishan is a Jain Pathshala teacher in Chicago. He and his students have spent the last year talking about the various ways to describe Jainism. Whether it is the Five Vows, the three A's or something else, there are many frameworks to portray Jainism. Come to this session and see some of the many ways to answer the question, “What is Jainism?”

**THE POWER OF MANTRA | *SPEAKER: SWAMI ASHWINI PRAJNAA***

Mantra comes from becomes Man + Atra, or here - the definition of mantra is “your mind is present”. Mantras are a combination or collection of good words that create positive energy or vibrations. According to science, everything is made up of waves or frequencies. Each religion has specific mantra, and the sound of temple bells, Om mantra, Navakar mantra or even buzzing bees are equally important. The science behind mantras lets us bring positive vibration to our bodies and sustain it. Come explore the various benefits that come from being in tune with the mantras around you!

**THE UP SIDE OF ANGER | *SPEAKERS: HEMA POKHARNA & MANDA POKHARNA***

Speak when you are angry and you will make the best speech you will ever regret.” So how should one deal with emotions like anger, which if expressed wholeheartedly, can have negative implications and if these feelings are suppressed they eat away at us from within? Anger, if it is recognized and acknowledged, can become positive energy to enable us to change the situation we are angry about. Explore how anger can be turned into a ‘win-win’ situation with constructive and compassionate outcomes.



# HS/COLLEGE SESSION DESCRIPTIONS

## **TOOLKIT OF JAIN DHARMA | *SPEAKER: JAYESH KHONA***

As a Jain, you often come across situations where people ask you questions that you may be unprepared for. This session will provide you the tools to come up with some answers to work through questions you may be asked in all aspects of life.

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## **TRIBAL MENTALITY ANEKANTVAD: NEGOTIATING ACROSS DIFFERENCES | *SPEAKER: PARTH SAVLA***

One of the main tenets of Jainism is Anekantvad, which is acknowledging the multiplicity of views and realizing that one's own view is simply one view of reality. The more we realize this, the more we are able to meet people where they are, often eliciting a positive response. In this interactive, hands on activity, you will be exploring what it means to negotiate across "tribes," across "differences." You will be tribal people, building structures, bartering with other tribes as "tribal ambassadors," and truly learning what it's like to communicate your needs and listen to others.

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## **TRYING TO DO IT ALL | *SPEAKERS: KAYURI SHAH, FORAM SHAH, & RUHEE SHAH***

Sometimes it's hard to imagine being a Jain and a teen in the pop-culture world we live in, but it's possible! Being Jain is simply a way of life, and you'd be surprised who out there is living with all the Jain values, without even being Jain! It's not just about non-violence to others, but keeping it real for yourself, too. Join us at Trying to Do It All where we'll talk about having fun and partying...but doing it the Jain way! (Yes there's even some jokes involved). Believe it or not, you can have a good time and still keep Jainism in mind.

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## **TURNING AN IDEA INTO A SUCCESSFUL START-UP | *SPEAKER: GAGAN PALRECHA***

Entrepreneurship can be a risky yet rewarding field. Through planning and a bit of hard work, a simple idea can become a career. Come learn how to turn your idea into a success in which you are your own boss!

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## **UNITY AND DIVERSITY OF RELIGIOUS EXPRESSIONS OF WORLD RELIGIONS | *SPEAKER: PRAVIN K SHAH***

During the thousands years of search of mankind's history, 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 from endless variety of Hinduism, emptiness of Buddhism, self-control of Jainism, harmonious approach of Sikhism, to the monotheism of Judaism, Christianity, and Islam and to the oriental philosophies of Shinto, Taoism, and Confucianism. The presentation will highlight the similarities and philosophical differences of World's major faiths.





**UNLEASH THE JAIN IN YOU | SPEAKERS: RUCHITA PARIKH & BONITA PARIKH**

We are currently in the 5th Ara. It is predicted that the Jain religion will start to diminish within this Ara and eventually will be lost in the 6th Ara. You only live once, YOLO. How can you make a difference and preserve our religion for years to come?

**UNSPOKEN TABOOS | SPEAKERS: AMIT SHAH, RESHA SHAH, RUCHITA PARIKH**

Have you ever been in a relationship but had to hide it from your parents? Have you ever wanted to tell your loved ones something about yourself but weren't sure how to bring it up? Relationships, love, sex. All of these topics are often seen as taboo in our society, yet they affect each and every single one of us to some degree. They are never spoken amongst our parents, peers, or community, until now. During this session, we'll break down the walls of each taboo, give examples of how you can personally address each situation with your own family and friends, and answer any questions. You'll be sure to take away something valuable from this session!

**USING SOCIAL ACTIVISM FOR A CAUSE | SPEAKER: RYAN HULING**

PETA is one of the world's most recognizable non-profit organizations, working to keep animal rights in the headlines worldwide and working with supporters and activists to promote a compassionate vegan lifestyle around the globe. Social media has been instrumental to some of PETA's largest and most important victories for animals, and in this talk, you will learn about some of the innovative strategies that PETA uses to promote their message, which could be applied to any cause or movement.

**VEGANISM 101 | SPEAKER: PULIN MODI**

What we eat has an impact on animals, other people, the environment, and our health. Come learn about how you can directly save thousands of animals and promote a more compassionate world with each bite you take. We will also address frequently asked questions so that you can spread the message in your daily life!

**WALKING ON THE ROAD LESS TRAVELED | SPEAKERS: SARINA JAIN, MITESH KAPADIA, SANTIEN MEHTA & HEMANG SRIKISHAN**

Did you know that 80% of job openings are never advertised? Real face-to-face networking is essential. Come meet and learn from the experts in entrepreneurship, the music industry, and the non-profit world. In this panel session, you will learn how to break into a career or field where the starting point isn't very clear. Connect with other working professionals and learn the best tips for building your career and growing your network!

**WHAT WOULD JAINS DO? | SPEAKER: FINALE DOSHI-VELEZ**

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 while tuning into our Jain mindset. Come ready for exciting role-playing and discussions! (Participants welcome to suggest scenarios beforehand to finale@mit.edu).





# JNF KEYNOTE SPEAKER

## J. ASHWIN MADIA

### **Jina 2.0: Using Jain Principles to Build a Fantastic Life**

A keynote address discussing the Jain principles of self-reliance and balance as they relate to living in modern America and building a career and life.

J. Ashwin Madia's parents moved to the United States from Mumbai, India. Madia's family settled in Plymouth, Minnesota, where he went to Osseo Senior High School. He attended the University of Minnesota, where he became student body president. He then attended New York University School of Law. Madia provided pro bono representation to battered women, disabled children, and immigrants seeking asylum while in law school.

Madia then joined the U.S. Marine Corps and completed Officer Candidate School and The Basic School in Quantico, Virginia. His first duty station was Okinawa, Japan, where he served as a prosecutor, defense counsel, and legal advisor to a Marine Corps commander. Madia was one of the first attorneys to successfully defend a fellow Marine from discrimination based on sexual orientation.

Madia later served in Iraq from September 2005 to March 2006. While there, he worked in a non-combat role to strengthen Iraq's criminal justice system. This job included working with Iraqi judicial officers, U.S. military and civilian officials, and representatives of the European Union and United Nations, as well as briefing top U.S. generals on the status of the rule of law in the country. In July 2006, Madia finished active duty and returned to Minnesota, where he began to work as a litigator at a local law firm.

Madia announced his candidacy for Congress in his home district in November 2007, which had not elected a Democrat in fifty years. Despite the lack of any existing political or fundraising base, the political newcomer defeated his heavily favored opponent for the Democratic nomination in April 2008. Because of the Madia campaign's strong organization and fundraising, the Democratic Congressional Campaign Committee placed Madia's race on its "Red to Blue" list, reserved for the top campaigns in the country. In the general election in November 2008, Madia fell just short and lost a three way race to the Republican candidate.

Madia opened his own law firm in May 2009. He specializes in employment and civil rights litigation.





# JNF SESSION DESCRIPTIONS

## **ACCIDENTALLY VEGAN | SPEAKERS: SHEENIKA SHAH AND MITESH SHAH**

This session will cover every day tricks to practicing veganism. There are a lot of items already on our grocery lists that are accidentally vegan - and this session will reveal the secret! Also, we will be exploring alternative options for dairy products, where to buy these products, the best way to use them in cooking and any other helpful tips that will lead to an animal-free diet.

## **AHIMSA: IT'S MEANING & APPLICATION | SPEAKER: GARY FRANCIONE**

Although Ahimsa is a concept found in several spiritual traditions, Jainism involves an understanding of Ahimsa that is unique in a number of respects. In this session, I will be talking about the particular characteristics of the doctrine of Ahimsa in Jainism and I will explore practical applications of Ahimsa in our everyday lives. I will also discuss how modern life presents particular challenges for those who embrace Ahimsa as a fundamental principle of spiritual life.

## **ANIMAL ETHICS IN JAINISM | SPEAKER: GARY FRANCIONE**

Jainism imposes on all--ascetics and laypeople alike--an obligation not to impose injury or harm on mobile, multi-sensed beings. What does this mean, both as a theoretical matter and as a matter of our everyday lives? In this session, I will explore what Jainism tells us about animal ethics and what that means for our daily lives. I will discuss the relationship between Ahimsa and a total vegetarian, or vegan, lifestyle. I will do this session twice: for college students and for high school students.

## **BATTLE OF THE SEXES | SPEAKERS: KRUPA SHAH AND SEJAL DHURVA**

In this session, we will take the competitiveness of trivia and turn it up a notch by making this the ultimate battle to see who can reign supreme! The Battle of the Sexes Game is about defending your gender tooth and nail. As a proponent of your sex, you must test your knowledge of the opposite sex by answering questions from a series of gender-based question cards. Some questions appear terribly easy, until you realize that the opposite sex must answer them. Come join us as we duke it out in a battle of the wits between men vs. women in all areas to determine who can really hold their own. May the best gender win!

## **BHAJAN NATION | SPEAKER: AMEET SHAH**

The Bhajan Nation Session offers participants the opportunity to learn popular Jain stavans and prayers that have been an important part of Jain reflection for generations. This session aims to help youth learn not only the transliterations of these popular prayers, but also provide them the translations to help them sing and understand the meaning behind these inspirational prayers. This process will hopefully encourage regular recitation and reflection. The session will also include a modern remix to supplement the singing of these popular stavans.



# JNF SESSION DESCRIPTIONS

## **BRIDGING THE GAP BETWEEN YESTERDAY AND TOMORROW: GENERATION Y | *SPEAKERS: NEIL SHAH AND NAMAN JAIN***

From the beginning of your journey in JNF to the end, your perspectives may change on many things including life, relationships, religion and even YJA. This session is dedicated to those of you at the beginning and end of your JNF career that can offer various perspectives about life through your twenties. This is your opportunity to learn about what is coming in your future, or reminisce about the views that you may have held at a younger age. It is an opportunity for ages from 21 to 29 to bridge the gap between their past and vision for the future.

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## **BUILDING MUSCLE ON A PLANT BASED DIET | *SPEAKER: ROBERT CHEEKE***

Use a plant-based whole food diet to fuel a better body for better health. Learn how to eat to fuel your athletic interests, how to lose fat, gain muscle, lower stress and prevent injuries. Champion vegan bodybuilder and best-selling author Robert Cheeke shares the most important lessons to be learned in the process of building a better, healthier body.

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## **CALIBRATE AND CELEBRATE YOUR JAIN WAY OF LIFE | *SPEAKER: YOGENDRA JAIN***

Jainism is complex faith that while grounded in a few simple core principles, expands to touch every part of our lives when considered deeply. In this workshop you will assess the extent to which you are living a Jain way of life. The workshop leaders will guide you through a comprehensive life inventory covering many different aspects ranging from professional to family to spiritual life.

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## **COMMUNICATE TO CONNECT | *SPEAKER: MANDA POKHARNA***

The Challenge: 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. The Workshop: 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.

Our practical step-by-step Nonviolent Communication process will enable leaders to connect with each other and communicate with compassion as well as effectiveness

Learning Objectives: Working with examples from participants' lives, and using a mix of structured and experiential exercises, you will learn how to: Communicate compassionately Reduce conflict, foster trust and deepen emotional connections Strengthen personal empowerment. Develop an attitude of gratitude.



## **CUTTING TO THE CHASE: DISCOVERING YOUR PERSONALITY TYPE & LIFE PURPOSE | SPEAKER: PARTH SAVLA**

Self-help gurus say, “Here are the Seven Keys to Effectiveness.” Self-development gurus say, “Your childhood made you the way you are.” Forget self-help; forget self-development! Rather than trying to fix yourself, wouldn’t it be easier to identify your natural gifts and capitalize on them? It’s simple. There are two blades to the scissors of your life. On one side, there are relationships (romantic and otherwise). On the other is living your life to the fullest. The linchpin is identifying your personality. In this session we will do exercises to help you become more aware of who you are. Maybe you’re in the same kind of relationship again and again. Maybe you’re in a job that you just don’t find satisfying. Come to this session to discover your archetype. Using insights from Myers-Briggs and other Personality Tests, you’ll gain knowledge about your strengths and potential pitfalls based on your personality type.

## **DESI DATING AND MATING | SPEAKER: VIJAY UNCLE**

Yes, they do date and mate; it would be a comedy if not for the fact that it is tragedy. Just look around and see all those in mid 30’s on barbaadi.com for years and you shall find the root cause may be the behavior in earlier years.

## **ENGAGING OUR FAITH | SPEAKER: KRITHIKA HARISH**

Participants are led, step-by-step, through creating a narrative of their faith/cultural experiences using tools such as an “identity map” (which uses concentric circles within which participants record internal and external influences and experience which shape their [religious or cultural] identities and how that translates into how they act). The uniqueness of each narrative is noted and shared with the group. We will utilize this experience as an effective exploration of stereotypes, misconceptions and shared values. Mapping out our journeys as individuals and as a group will help us engage in our faith in proactive and tangible ways. How does our faith empower us? How does it encourage service and community action? What has it enabled me to do thus far?

## **ENGINEERING CAREER PANEL | SPEAKERS: PATHIK SHAH, PREETHI BAPNA, KUSHAL DOSHI, AND PRIYANKA P. SHAH**

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 values. Additionally, for those attendees still considering pursuing a career in engineering, the panelists will discuss their educational and professional experiences and offer insights on how to pursue a similar path.



# JNF SESSION DESCRIPTIONS

## **ETHICS IN THE LEGAL AND POLITICAL WORLD | SPEAKERS: ASHWIN MADIA, RAMEY KO, PARAG MEHTA, PROF. GARY FRANCIONE, TARAK SHAH, AND PARAG PAREKH**

In this interactive session, attendees will hear about the experiences panelists encountered when faced with doing what's right ethically vs. doing what's right for the client/employer and how such concerns were addressed. Attendees will have the opportunity to hear from a variety of legal and political professionals and, in addition to networking, attendees will be able to receive useful advice on how to pursue a similar career, whether in the public sector, private sector, or academia.

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## **FUNDAMENTALS OF JAINISM | SPEAKER: HASMUKH SHAH**

Jain should know about Nine Tatvas (Elements) as this will lead them to achieve real knowledge about Jain Philosophy and way to reach path of Liberation (Moksh).

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## **GENERATION WAKING UP: WAKE UP. STAND UP. BUILD UP. | SPEAKERS: VALERIE LOVE AND KRITHIKA HARISH**

The Generation Waking Up Experience - called a "WakeUp" for short - is an interactive, multimedia, peer-led workshop that moves young people into lasting hope and inspired action toward a thriving, just, sustainable world.

Through powerful videos and music, dynamic group processes, and engaging dialogue, participants explore the critical questions facing society today:

Who Are We as a generation coming of age in these times? Where Are We as a global society around key challenges of environmental sustainability, social justice, and human fulfillment? What Has To Change in the way we see each other, our world, and ourselves if we want to create a world that works for all? What Do We Do Now, given all this? What is our unique role to play, as individuals and as a generation?

Participants will gain an expanded sense of identity and purpose, as members of a generation of young people to transform our world.

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## **GOODBYE BARBAADI.COM; HELLO VJUNCLE.COM | SPEAKER: VIJAY UNCLE**

Everywhere you look you shall find most eligible bachelors looking for a spouse. Few JNF later they are still window-shopping! Are all the good ones taken and rest are gay? - Not true. Shifting from dating mode to Marriage mode requires different mindset.



**I LIKE YOU. YOU LIKE ME. WHAT CAN WE BE? UNDERSTANDING THE X FACTOR IN RELATIONSHIPS | SPEAKERS: PARTH SAVLA & JENNIFER CRAIG, SHEENIKA SHAH & SHREYANS PAREKH AND PARAG MEHTA & TARAK SHAH**

There are a variety of relationships, and in this session JNF will present 3 different types of relationships that are common in today's society. Come hear about the experiences, good and bad, from a traditional Jain couple, an interracial couple, and for the first time in JNF history, two gay Jains. Attendees will have the opportunity to hear about what it takes to maintain a healthy relationship in this day and age and will be able to engage in a discussion with the couples regarding their thoughts on any relationship issues they may be experiencing.

**JAIN BACHELOR AND BACHELORETTE (CASUAL) | MODERATOR: JNF COMMITTEE**

Toss out all your pre-conceived notions about speed dating! Jain Bachelor and Bachelorette promises to be a no-pressure, relaxing, and enjoyable event. For those of you just beginning your search and casually looking for a relationship, 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!

**JAIN BACHELOR AND BACHELORETTE (SERIOUS) | MODERATOR: JNF COMMITTEE**

Toss out all your pre-conceived notions about speed dating! Jain Bachelor and Bachelorette promises to be a no-pressure, relaxing, and enjoyable event. For those of you looking for a serious commitment, the session organizers will guide all participants through icebreakers 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!

**JAIN BIRDS AND BEES | MODERATOR: MEIT SHAH**

Small group discussions related to a variety of relationship topics. We're removing the social taboo of discussing marriage, romance and families with your peers. This is your chance to bring out any thoughts about the opposite gender that are always left unspoken!

**JAIN FAMILY DYNAMICS | SPEAKER: HASMUKH SHAH**

As a world evolves into the 21st century, Jainism and family values subsequently evolve as well. This session explains the importance of maintaining traditions in the modern times, and discusses how to adopt new 21st century lifestyles to a Jain Family. As a young Jain in America, the future of Jainism is in your hands, and the lifestyle, traditions and values should be considered in your life. Bring your opinions about how the modern family can adapt Jain principles and continue them to future generations.



# JNF SESSION DESCRIPTIONS

## **JAIN IRON CHEF | *SPEAKERS: JYOTI SHAH AND RITA LODAYA***

Ever been stuck staring at your fridge, not knowing what to make that's healthy and exciting at the same time? With nothing more than a hotplate, Jyoti Auntie and Rita Auntie will show you some foods you can make that are easy, tasty, and Jain. Allez cuisine!

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## **JAIN JEOPARDY | *SPEAKER: JIGESHA SHAH***

Get ready to play an all-time favorite game-Jeopardy...with a twist! Learn more about Jainism, show off what you already know, and hopefully win a prize! Answer: What is Jain Jeopardy?!

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## **JAIN VALUES | *SPEAKER: MANOJ JAIN***

May it be a simple decision, like what to have for lunch, or a life changing decision, who to marry, - All decisions are fundamentally rooted in values. What are your values? How do they differ from American values? Indian values? Christian values? - Learn what are Jain values and then realized that every decision you make comes from a certain set of values.

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## **JAINISM AND JAIN WAY OF LIFE - CIRCLE OF LIFE AND SOUL - CONNECTING THE DOTS... | *SPEAKER: YOGENDRA JAIN***

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

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## **JAINISM IN THE CORPORATE WORLD | *SPEAKERS: AMEET SHAH, APURVA BHANSALI, PREETHI BAPNA, AND CHINTAN DHOLAKIA. MODERATOR: RUSHABH KAPASI***

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. Additionally, attendees will have the opportunity to receive insights from panelists on pursuing a similar career path, from earning a degree to starting and maintaining a career.





## **JAINISM IN THE HEALTHCARE PROFESSION | *SPEAKERS: SAPNA SHAH, MANDA POKHARNA, SURAJ DEVRAJ, MANOJ JAIN, AND AAKASH SHAH***

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. Additionally, for those attendees still considering pursuing a career in healthcare, the panelists will discuss their educational and professional experiences and offer insights on how to pursue a similar path.

## **LEADING FROM INSIDE OUT | *SPEAKER: HEMA POKHARNA***

The Challenge: What would your life be like IF you were experiencing that state of unshakable inner PEACE and WELLBEING?

## **THE WORKSHOP RESILIENCE: ATTAINING SUFFICIENT INNER STRENGTH TO MEET THE CHALLENGES OF LIFE AND WORKPLACE | *SPEAKER: HEMA POKHARNA***

Learning Objectives: Working with examples from participants' lives, and using a mix of structured and experiential exercises, you will learn how to: Recognize the inner resource of emotional triggers and CHOOSE connecting ways to respond. Dissolve persistent ideas about other people before engaging in conversations with them.

## **MEATLESS MONDAYS | *SPEAKER: MICHELLE ICAHN***

Sometimes change is, well, simpler than it looks. We all know that most animals raised for food are jammed and confined inside massive warehouses called factory farms. But, what we may not know is that stopping a lot of that suffering is now happening with a simple action: We're getting millions of Americans to just say no to meat on Monday.

Come learn why the Meatless Monday campaign is taking off and, most importantly, how you can personally make it happen at your school. Just think if we got everyone in the U.S. to participate in Meatless Mondays, we would save 1.4 billion animals from suffering inside factory farms. Let's make it happen!

## **NON-TRADITIONAL/ENTREPRENEURIAL CAREER PANEL | *SPEAKERS: PARTH SAVLA, PULIN MODI, LISA JACOBSON AND HEMANG SRIKISHAN***

Too often, many young adults are steered to traditional careers in business, law, and medicine, without giving thought to the benefits of exploring non-traditional career options, such as teaching and working in non-profits. In this session, attendees will have the opportunity to hear from young professionals that decided to create their own distinct career path and, for budding entrepreneurs, this session will teach how to create a flourishing business aligned with Jain principles.





# JNF SESSION DESCRIPTIONS

## **ONE SMALLER HIMSA FOOTPRINT FOR MAN - ONE GIANT LEAP FOR MANKIND | *SPEAKER: SHARDULE SHAH***

Earth. 7 billion people. Only one of you. What are you able to do about the future of the planet that we and all our one through five-sensed friends call home? Truly, a lot! And it starts with reducing your himsa footprint. As vegetarians, Jains make tremendous contributions toward preserving our planet but there's so much more we can do. Through discussion, open dialogue, role-play, and debate, we'll explore how on a day-to-day basis, we can take better care of our community, our Earth, and ourselves. Come prepared to show how you can help us take reduce our himsa footprint and we'll show you how you can reduce yours.

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## **PACKING LIGHT: APARIGRAHA IN YOUR DAILY LIFE | *SPEAKER: NIRAV SHAH***

Through exercises and discussion we'll give you tools to bring the vow of Aparigraha, non-possessiveness, into your daily life. Topics covered include: "How did I get all this stuff?"; "Why do I keep all this stuff?"; "Does this stuff really matter?"; "What are the real causes of attachment?"; "How can simplifying my life renew my sense of focus?". Be prepared for a fun and interactive session!

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## **PEACE IS POSSIBLE | *SPEAKER: HEMA POKHARNA***

The Challenge: When you see violence and conflict among your family, colleagues and neighbors, do you wish you could do something to offer an alternative to violence, force and domination?

The Workshop: You will learn simple steps for transforming conflicts and mobilizing peace at home, at work and in the world.

Learning Objectives: Working with examples from participants lives, and using a mix of structured and experiential exercises, you will learn how to: (1) prevent, resolve and contain conflict by dissolving enemy images and blame mentality; (2) Appreciatively inquire and build a positive outcome along the way; (3) develop an attitude of gratitude.

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## **RANDOM ACTS OF KINDNESS | *MODERATOR: JNF COMMITTEE***

One of the fundamental teachings of Jainism is the notion of altruism and charity. Come join your fellow JNFers for a community service project dedicated towards bringing happiness to those less fortunate. By performing random acts of kindness, attendees will experience and leave the activity with a greater appreciation for all dimensions of service. Want another incentive to participate: it will be an opportunity to be creative and make new friends.



**SOCIAL ACTIVISM FOR A BETTER WORLD | *SPEAKER: PULIN MODI***

Innovations in technology allow us to start, join, and win campaigns for social progress more effectively than ever. The potential for increased communication, education, and community building is greater than most of us realize. We will discuss the best ways to use Facebook, Twitter, YouTube, and websites like Change.org to make the world a better place for people, animals, and the environment.

**TEAMBUILDING GAMES | *SPEAKER: HEATHER BROWNING***

Come join us for a fun break from the normal conference routine! Like working in a team? We'll see how well your team can work together to achieve your goals. In this session we will play a game specially developed for this conference.

**THE 3 A'S OF JAINISM | *SPEAKER: MANOJ JAIN***

Jain Philosophy is not complex or convoluted. It can be summarized in the Triple As. Begin to understand the Triple As and then build knowledge about the soul, karmas and Jain universe. The Triple As is an easy way to explain, 'What is Jainism?'

**THE ART OF FORGIVENESS | *SPEAKER: SADHVI SHREE SHILAPIJI***

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.

**THE HAPPINESS ADVANTAGE IN THE WORKPLACE | *SPEAKER: LISA JACOBSON***

We've all been told that if we work hard, we'll be successful. And if we're successful, we'll be happy. What if that formula is wrong? What if the opposite were true and happiness is the secret to success at work and at home? Research from positive psychology indicates that happiness improves performance and satisfaction at work and that positivity is contagious.

**THE JAIN TANK | *SPEAKERS: PARAG PAREKH & SURAJ DEVRAJ***

From the creators of "Jain Apprentice" and "Jains Got Talent," welcome to The Jain Tank! In this interactive teambuilding session, attendees will be split into random groups, given the task of developing entrepreneurial solutions to modern issues affecting young Jains and, after developing a concept, the groups will present their concept. Although no one will be able to invest in your product, the session will foster creativity, networking, and a greater understanding of various Jain principles, which is a nice trade-off.



# JNF SESSION DESCRIPTIONS

## **THE UPSIDE OF ANGER | *SPEAKER: MANDA POKHARNA***

The Challenge: "Speak when you are angry and you will make the best speech you will ever regret." So how should one deal with emotions like anger, which if expressed wholeheartedly, can have negative implications and if these feelings are suppressed they eat away at us from within? The Workshop: Our practical step-by-step Nonviolent Communication process will enable you to 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. Anger, if it is recognized and acknowledged, can become positive energy to enable us to change the situation we are angry about. Learning Objectives: Working with examples from participants lives, and using a mix of structured and experiential exercises, you will learn how to: (1) express anger constructively and deal with people compassionately; (2) transform anger to life serving energy and create a 'win-win' situation; (3) know how to connect with the source of anger feelings in you.

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## **THINKING AHEAD - JAINS AND JAINISM IN THE FUTURE | *SPEAKER: YOGENDRA JAIN***

The future of Jains and Jainism and our many institutions is in your hands. Thanks to continued flow of first generation Jains, we remain a vibrant community. However, are we at risk of losing second and third generation? JAINA's Long Range Planning Committee (session speaker is the Chairman of LRP) has researched, analyzing, evaluating other traditions, and interviewing hundreds of Jains and Non-Jains. Based on this a strategy has emerged to not only maintain but expand and thrive the practice of Jain Way of Life in North America. This session will present the current strategy and progress and take your feedback to re-evaluate/update our long-term vision/mission for Jains and Jainism in North America.

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## **THRIVE LEADERSHIP: CREATING PERSONAL, INTERPERSONAL, AND SYSTEMIC CHANGE | *SPEAKERS: VALERIE LOVE & KRITHIKA HARISH***

A key part of creating change in the 21st century is developing the knowledge and skills needed to thrive in the 21st century. This interactive session will provide a cursory skills training in 3 interconnected areas that make up a holistic curriculum for today's young change makers: Thriving Self - purpose, self-knowledge, transformative life practices; Thriving Community - collaboration, communication, conflict resolution; Thriving Planet - systems thinking, global citizenship, action learning. Participants will gain an expanded sense of what it means to be a "leader" in the 21st century and "tools for thriving" to take with them into their everyday lives.

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## **USING SOCIAL ACTIVISM FOR A CAUSE | *SPEAKER: RYAN HULING***

PETA is one of the world's most recognizable non-profit organizations, working to keep animal rights in the headlines worldwide and working with supporters and activists to promote a compassionate vegan lifestyle around the globe. Social media has been instrumental to some of the group's largest and most important victories for animals, and in this talk, you will learn about some of the innovative strategies that PETA uses to promote their message, which could be applied to any cause or movement.

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**WHAT IS YOUR DREAM? | *SPEAKER: VINIT TALSANIA***

A Dream is an inspiring picture of the future that energizes your mind, will, and emotions, empowering you to do everything you can to achieve it. Based off the book “Put Your Dream To The Test” by the New York Times Bestselling Author John C. Maxwell, this session takes you through ten powerful, yet straightforward, questions that if answered will provide you with a step-by-step action plan that you can start using today to see, own, and reach your Dream. The first of the ten questions, The Ownership Question, allows you to realize whether the dream is really your dream, or whether it is a dream you have undertaken to please your parents, your friends, or others. This question emphasizes the point that you cannot achieve a dream that you do not own.

**WHO IS JAIN | *SPEAKER: HASMUKH SHAH***

Who is Jain? Those born in Jain family and does not know about basic fundamentals of Jainism or those who are Non-Jains and adopted Jain Philosophy considering real way of life which can help reaching path to Samyaktarshan (Self Realization) which is first step to enter the Moksh Mahal.

**“YOU LIVE WITH THE BUSHMEN DOCUMENTING THEIR DYING CLICK LANGUAGES AND YOU’RE GUJARATI?” CHOOSING A NON-TRADITIONAL INDIAN CAREER AS A YOUNG FEMALE GUJARATI JAIN | *SPEAKER: SHEENA SHAH***

In this session, I describe what led me to pursue a career path which is so different to my Gujarati peers, beginning with how I majored in French and German during undergraduate and then pursued a doctorate in Linguistics, with a focus on minority and endangered languages. I describe how my career choice has enabled me to travel to all four corners of the world and gain extensive field experience with indigenous communities in some of the poorest and most disadvantaged parts of Africa and Asia. Projects I have worked on include documenting the dying click languages spoken by the Bushmen of Southern Africa and exploring differences in identity formation among second and subsequent generations of Gujaratis in three continents. In particular, I focus on the role that language, culture and religion play on one’s identity when growing up as Gujarati.



# SPEAKER BIOGRAPHIES

## AAKASH SHAH

Hi, I'm Aakash Shah from Toronto, Ontario, Canada! I'm currently living in upstate NY, in Amherst, finishing my DDS (Doctor of Dental Surgery) Degree at the University at Buffalo School of Dental Medicine. I'll be discussing how Jain ethics are incorporated with the medical aspect of my life.

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## ABHISHEK SHAH

My name is Abhishek Shah. I have graduated from University of Florida with Master's in Biomedical Engineering. Right now, I am located in Boston and working for a biotech firm.

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## AMIT SHAH, RESHA SHAH AND RUCHITA PARIKH

Amit, Resha, and Ruchita Parikh met through previous YJA conventions and have been good friends since then. We are Jain on the inside; brown on the outside; and crazy when we get together! We come from three different backgrounds, two different regions, but one religion. Amit Shah is from Chicago, IL. He's currently on the Florida Convention Committee and serving as the Social Co-Chair. He loves everything Bollywood and is an alumni for the UIC's ISA and UIC Bhangra team. Bruaaahh! Ruchita Parikh is from Houston, TX. She is currently pursuing her medical degree at the University of North Texas. She is also on the YJA Board and serving as Director of Publications. Resha Shah is from Houston, TX. She is currently in graduate school for Psychology and served on the YJA board in 2008. We look forward to meeting you this convention!

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## AMEET SHAH

Ameet Shah, Vice President, Finance & Strategy, is responsible for developing A+E Networks' overall distribution strategy for A+E's portfolio of 10 networks that include A&E, History, and Lifetime. Ameet also worked at Fox Networks in their Strategy and Business Development group where he led a number of strategic planning and digital initiatives for the company's broadcast, cable and digital businesses. Ameet began his career as an investment banking analyst in JPMorgan's Latin America M&A group and taught second grade in Compton, CA as a Teach For America corps member. Ameet received his MBA from Harvard Business School and undergraduate degree in economics/political science from Duke University. Raised in North Carolina, he now resides in New York City.

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## 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 who is one of the founding Pathshala teachers in Austin and has two kids, Ayush (12) and Ashna (10).



## ARPIT MEHTA

Jai Jinendra Folks! My name is Arpit Mehta and I am the Director of Education for the Year 2011-2012. I did my Masters in Bioinformatics from University of the Sciences in Philadelphia (USP), and I currently work as a Bioinformatics Scientist at the Miller School of Medicine, University of Miami. I am an adventure lover, and I've done all kinds of adrenaline activities like sky diving, bungee jumping, desert dirt biking, roller-coasters etc. I have a keen interest in reading Jain text and connecting it with scientific logic.

## BONITA PARIKH

Bonita just recently graduated from Texas A&M with a degree in Psychology. She's on YJA board as South Regional Coordinator, and part of the Social Committee. During her free time, she likes to dance, run, eat sweets, and listen to anything Drake/Bollywood!

## CHINTAN DHOLAKIA

Chintan currently works as an associate at a boutique investment bank in New York City. He graduated from Baruch College in 2007 and since then has worked in companies such as JP Morgan (NY and London) and Capital Trust (Real Estate Private Equity). Working in this field, he has gotten used to the long hours and I spend my free time reading and of course with my friends and family. Chintan has a passion for adventure and traveling. H spent over a month traveling across Europe visiting 10 countries and 18 cities. Chintan enjoys participating in YJA and have met lot of interesting people. He has always been a pretty religious guy, went to pathshala as a kid and I try to avoid all non-Jain food as far as possible. Chintan believes Jainism is a religion whose story needs to be told, and will gradually be spread all across the world. I would like to be a part of making that happen!

## DEEPIKA DALAL

K. Deepika Dalal M.D. is an Associate Professor in Anesthesiology/Ob.Gyn at the University of Miami. She is an active leader in the Jain community, working at the grassroots level with particular Jain centers as well as the national level with JAINA programs. She is also a leader in the medical field, having published clinical research as well as participated in multiple Medical Camps.

## DIPTI DEDHIA

Jai Jinendra! My name is Dipti Dedhia and I'm super excited to be this year's Northeast Regional Coordinator. I was born in India, but have grown up in Connecticut. I went to UConn to study Chemistry and will one day revolutionize the way that Chemistry is taught. This coming year, I will be a math/science teacher in Boston who gets to blow things up and spark curiosity. I love to dance around and make silly faces, I bake often for friends, but like it better when there are other people around to eat all the goodies, and I love the outdoors. I lived in a tent for two weeks in high school while hiking the Appalachian Trail, and I am a huge fan of good trails.





# SPEAKER BIOGRAPHIES

## FINALE DOSHI-VELEZ

Finale is a graduate student studying computer science and statistics. She believes that happiness is a choice.

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## FORAM SHAH

My name is Foram Shah and I am soon to be a sophomore at Broad Run High School. I am a 15 year-old from Northern Virginia who is on the debate team and key club. Soon I am going to graduate from Jain School. I am probably one of the shortest teenagers at school. I am very energetic and usually can not stop talking when I am around my friends. I love dancing, music, ice cream, chocolate, traveling, sleeping, my friends and family. I have a hard time drinking milk in the mornings and absolutely hate make-up.

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## GAGAN PALRECHA

Gagan Palrecha is the CEO of Chirply, founder of The First Time Records, and all around technologist. He holds a bachelors degree from the University of Michigan, and a PhD from the school of Hard Knocks.

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## 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 in Newark, New Jersey. Professor Francione teaches criminal law, criminal procedure, evidence, human rights and animal rights, and animal rights and the law.

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## GAUTAM SRIKISHAN

Gautam Srikishan is a recent graduate of the University of Illinois in Urbana-Champaign, where he served as a student leader in organizations like Interfaith in Action and Jain Students Association. A musician and composer by training, he spends most of his time playing whatever instruments he can get his hands on. Aside from music, Gautam is passionate about issues of food & hunger, service work, community organizing, inter-faith collaboration, and radical acts of kindness. He is a committed vegan and (with parents of Hindu and Jain background) a spiritual seeker.



## GURUDEV SHREE CHITRABHANU

For the last 40 years, Gurudev Shree Chitrabhanu has helped transplant and expound the age-old essence of the Jain teachings on Western soil. Because of his vision, thousands of Westerners have become vegetarians and practice the essence of Reverence for Life and Jain Dharma in their daily life. Gurudev Chitrabhanu has been known to the Western world as a man of vision and the pioneer who - as the first Jain Master in more than 2600 years, after 30 years of monastic life in India - brought to the West the essence of Ahimsa Dharma, the heart of Mahavir's teachings. The new generation of Jains has found Gurudev's teachings inspiring and continuously seeks guidance from him in their search for spiritual growth and development. The roaring success of Young Jains of America (YJA), an arm of JAINA, gives hope that the seeds have taken roots and are blossoming with fragrant flowers. He has dedicated his entire life in spreading the message of Ahimsa and compassion amongst the Jains and non-Jains. He has 26 books in his credit.

## HARAKHCHAND MARU

Harakhchand Maru is the former President of the Tristate Cultural society of India, spanning the three states of Kentucky, Indiana and Illinois. He has also founded 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. He has been a speaker at YJA in the past and honored to be here again.

## HARSHA NAHATA

My name is Harsha Nahata and I'm going to be a junior at the University of Michigan. I'm studying public policy hoping to focus in foreign policy/ international security. I love to write and I work for The Michigan Daily - the student newspaper at UofM. I want to either go into journalism or policymaking eventually. I also love to dance and was on the Bollywood/Fusion girls' team at Michigan. In my free time I like to watch Bollywood movies, shop, and play Temple Run.

## HASMUKH SHAH

Mr. Hasmukh M Shah was Chairperson: MIS of JAINA for period of more than 14 years. He was also Associate Editor of Jain Digest Magazine. During his tenure as MIS Chair, there were considerable good results inasmuch as many young Jains married / engaged with the help of MIS. After he renounced as MIS Chair, he was requested by JAINA to Chair the JAINA Adhyatmic Committee. He is Director on JAINA Board. He founded Jain Swadhyay Mandir USA during 1992 and he is President of this Non Profit organization. Sole aim of this mission is to pervade Jain Tatvagyan among desirous Mumukshus in North America. Mr. Shah is having good amount of study in Jain Philosophy and he is organizing Jain Adhyatmic Seminar every year at different places in North America. He was awarded Recognition-Award for leadership in promoting Jainism in North America at JAINA convention: Philadelphia, USA during July 1999. During JAINA Convention 2011 at Houston he was awarded President's special Award for significant efforts to promote Jainism in North America. He is very active with the Jain Society of Tampa Bay, Tampa, Florida. Before this when he lived in Maryland for five years he was active and was Executive of EC of Jain Society of Metropolitan Washington DC He conducted Jain Pathshala for young Jains as well as for children for more than two years. He is also Trustee of Mangalayatan Tirth, Uttar Pradesh, India.



# SPEAKER BIOGRAPHIES

## HEATHER BROWNING

Heather Browning is a freelance game designer operating out of Berkeley, CA. She has been on a quest to change the world for as long as history records. In high school her idol was Vandana Shiva and thus her college courses focused on the political economy of the environment in South Asia, with a particular interest in Indian agriculture. While working on a farm in southern India learning Fukuoka's Natural Farming methods she rediscovered her passion for teaching. Additionally it became clear that to effect deep substantive changes a paradigm shift was needed in the way we relate to others and the world, and what better place to do that than education. After a few years of teaching in schools in far corners of the world with various approaches to pedagogy she felt that there was still something deeply missing in the educational experience. Students rarely wanted to be at school or in class. Even if the classroom activities were designed to be fun students would trudge through them with the enthusiasm of people who wanted to just be allowed to go back to bed. Heather wanted to create educational experiences that people chose to engage and were therefore deeply fulfilling and fun. During her masters in Holistic Science at Schumacher College Heather explored how games could be used to create social change, specifically how games could be educational tools for teaching compassion.

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## HEMA POKHARNA

Hema Pokharna is a Nonviolent Communication Trainer, Coach and Consultant with more than 20 years of experience in communication trainings for leaders and professionals, and their teams. Believing that the diverse religions of the world are all rooted in the same spiritual ground, Hema is committed to the interfaith movement as a vehicle of reconciliation between religions and a way to work towards peace. Her lifelong interest in personal development and relationship dynamics along with her ability to address the unique needs of her clients consistently produces powerful learning experiences.

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## HEMANG SRIKISHAN

Hemang Srikishan is a spiritual thief. Since high school and college he has gleaned teachings from his friends of various faiths and tried to put them in practice in order to strengthen his Jainism and Hinduism. As the son of a Hindu father and Jain mother, Hemang is deeply interested in religion and how principles from any faith can be used for self-improvement. Professionally, Hemang is a middle school math teacher that teaches in a Chicago charter school. His love for service, religion, and youth action has led him to become a teacher both professionally and within the Jain community.

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## JAIN STUDY CENTER OF NORTH CAROLINA YOUTH

The youth of the Jain Study Center of North Carolina are proud to be bringing this session and our largest ever representation at YJA to Tampa 2012. We're all youth from the Triangle area of NC, and we're excited to make new friends, have a lot of fun, and explore our beliefs with our fellow attendees!



## JAYESH KHONA

Jayesh Khona is a Jain Scholar who continues to pursue knowledge even as a professor. He has been teaching Jainism not only to members of the Jain community, but also at universities such as University of California Santa Clara and Cabrillo College. Jayesh has been performing Jain Vidhis in India as a youth, and in the US since 2002. He can currently speak 12 languages and is working on mastering 30.

## JENNIFER CRAIG

Dr. Jennifer Craig has mentored teens and adults from all walks of life in both personal and academic capacities. She trained as a Mentor in 2006 in the Student Network at the University of Glasgow in Scotland, where she helped international students from around the world adjust to life in a new country and a foreign university. She divides her time between teaching, helping develop the educational organization Global Education and Leadership (GEL), and adding new words to Collins Dictionary. She currently teaches College Writing at Fairleigh Dickinson University and Drew University.

## JIGESHA SHAH

Jigesha Shah a molecular biologist, working as a research specialist at the University of Pennsylvania. Her hobbies include reading books, watching movies and listening to music. Most of the Indian friends she has made have been through YJA, and she's super glad that she joined it.

## JIGNASHA ADHURIA

Jai Jinendra! My name is Jignasha Adhuria. I am 23 years old, live in Philly, and work as an account specialist at a beverage company. I graduated from La Salle University as a language major. My hobbies are photography and traveling. See you at the convention!

## JNF COMMITTEE

The JNF 2012 Committee consists of Jains from across the country and in very diverse professions.

## JUBIN SHAH

Jubin is from Louisville, Kentucky and plans to attend the University of Louisville in the fall. He wants to major in business and will try to fulfill the Indian stereotype by becoming a physician. He is normally outgoing and fun to be with!

## JYOTI SHAH

Jyoti Shah is from Cary, NC She has children who are very actively involved in YJA, and is happy to have been asked to help out with this session and pass on her (legendary) cooking talents. If you ever need a recipe for vegan chocolate chip cookies or vegan mango pie, just let her know!



# SPEAKER BIOGRAPHIES

## KAYURI SHAH

My name is Kayuri Shah and I'm going to be a senior in high school. I was born in Tennessee, but I come from Northern Virginia and love to dance. I probably can eat enough ice cream to make most people sick and I still dislike bananas. I'm an official Yerd (Yearbook-Nerd), is daring, and love to ski. Currently, I'm working on my Gold Award as a Girl Scout, and wish I could sleep so much more.

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## KHUSHBU VORA

Khushbu Vora is a Treasury Analyst at the General Motors Treasurer's Office in New York City. Since growing up at the Jain Center of Greater Boston, she has been actively involved in the Jain community through YJA and JMP (Jain Mentorship Program). She is excited to be at her fourth YJA Convention, especially as part of the Daytime Programming Committee.

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## KRITHIKA HARISH

Krithika holds a bachelor's degree from the University of California, Davis in International Relations, with an emphasis in Peace and Security, as well as a minor in Spanish. She previously worked in the California Governor's Office with the Schwarzenegger Administration as an executive writer, and is involved in various community service projects in the Bay Area. Krithika has also done non-profit work focusing on education and health in India. Exposed to a wide variety of faith traditions, Krithika is passionate about fostering and encouraging inter-religious and multicultural dialogue among youth on a global scale.

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## KRUPA SHAH

Krupa is a native New Yorker with an avid passion for sports, food, and all things chocolate! Currently working at NY Presbyterian Hospital as coordinator of conferences, schedules and communications for Internal Medicine Residents. Krupa is attending her 3rd YJA Convention and is looking to take back home even more lasting memories to cherish for a lifetime!

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## KUSHAL DOSHI

While I was born in Long Island, I grew up in Marlboro, NJ (no it is NOT armpit of the U.S.!), graduated as a chemical engineer from Carnegie Mellon University in Pittsburgh, and now work as a resin process engineer at PPG Industries in Milwaukee, WI (yeah, I just keep moving west during each phase of my life). In my free time, I enjoy running in awesome weather, cooking up a storm, hanging out with my crazy family/friends, and love thrilling activities. Next thing on my list is skydiving! I am also a bit of an outdoorsy person...I love to hike, trek, explore the wilderness, and just be adventurous! If you ever need to get in touch with me about anything, please feel free to contact me at [kushal.doshi@yja.org](mailto:kushal.doshi@yja.org)

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## LISA JACOBSON

Lisa Jacobson is a career consultant and executive coach. She holds a Master of Applied Positive Psychology degree from the University of Pennsylvania. She coaches, consults and speaks about Millennials and Baby Boomer career and workplace issues. Lisa's first career was in human resource management at Verizon, Coca-Cola Refreshments and Florida Progress where she recruited, hired, fired and coached employees. Lisa is certified as a Myers Briggs Personality Practitioner and as a Senior Professional of Human Resources. She lives in Tampa, Florida.

## MALHAR TELI

Malhar Teli is currently a student at Northeastern University, studying Marketing and Business administration. He tries to uphold the tenets of Lord Mahavir to the best of his ability. In addition to being a strict vegetarian, he has qualms with sitting on leather, and tries to treat each situation with a sense of peace. He has a younger sister named Minerva, two loving parents, a pair of turtles named Marco and Polo, and a dog named Watson. He lives in Sharon, MA, having graduated from the local high school, and has worked in a variety of places. He believes that learning ought to be an experience, rather than a chore. He is a member of the Jain Center of Greater Boston, and a member of the YJA. He is a returning presenter with a focus on media on Jainism, and enjoys incorporating themes from Jain scriptures into everything he does.

## MANDA POKHARNA

Dr. Manda Pokharna is a practicing human, learning skills to develop self. Grown up as a baby in 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 is trained in Nonviolent Communications (NVC) with Marshall Rosenberg, founder of NVC. She also practices medicine as her profession. She has been practicing Aikido (martial art of harmony) for 5 years to further enable her ability to managing conflict in a loving and constructive way.

## MANOJ JAIN

Dr. Manoj Jain is an infectious disease doctor and a regular writer for the Washington Post. He has authored books on Jain Food as well as non-violence and non-absolutism. He has been interviewed on CNN and NPR, and his writings and interviews can be found at [www.MJainMD.com](http://www.MJainMD.com). He also serves as a YJA Trustee.

## MEHUL SHAH

Motivated individual trying to (l)earn independent and sustaining joy through the path of spirituality. Open minded, objective thinker, reads/listens wide variety of spiritual sources including ancient & modern, eastern and western authors/speakers. Motivated to help people of different age group to grasp the purpose of religion and establish a connection to one's present circumstances/moment. Has been a guest lecturer on Jainism at University of South Florida (USF). Born and brought up in India. In USA since 1994; IT Professional and family man!





# SPEAKER BIOGRAPHIES

## MEIT SHAH

Meit is a 25-year old management consultant and member of the JNF committee. He is involved in his Southern California Jain community and local organizations. He looks to YJA as a network for friends and cultural community.

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## MICHELLE ICAHN

Michelle wanted to help make this world a better place for all living things for as long as she can remember. She grew up in a small town just North of New York City with numerous pets including dogs, goats, rabbits and cats. As she got older, she quickly realized there was an incredible amount of abuse inflicted upon these individual, intelligent animals she loved and spent so much time with - especially animals used for food production. It's now Michelle's goal to help change what is often a broken and inhumane food system that's leading to the current human-health crisis, environmental degradation, and unnecessary suffering of hundreds of millions of creatures. Before becoming the Educational Outreach Coordinator for the Humane Society of the United States, Michelle was an elementary school teacher in New Orleans.

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## MITESH KAPADIA

Mitesh Kapadia is a student of Life first, and a teacher second. He's a motivator, pragmatist and a 'good friend' to all, as his first name means just that. He currently works as a professional trainer, coaching individuals in the realms of Leadership, Team-Building and Self-Empowerment. 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!

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## MITESH SHAH

Mitesh has been affiliated with YJA for the past four years, either as a board member or co-chair. He is a Business Intelligence consultant from Atlanta and grew up in Alabama (Yes, there are Jains everywhere!). Come to the 'Accidentally Vegan' session to learn how to integrate a more vegan-friendly lifestyle into your daily routine. Find him at the convention and you can talk about sports (WAR EAGLE!), life, or maybe even play MAFIA with him!

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## MOHANA NAGDA

Jai Jinendra! My name is Mohana Nagda and I will be a freshman at Drexel University this upcoming school year studying biomedical engineering. I enjoy listening to music, dancing, painting, traveling, and shopping. I've lived in the Boston area all my life and yes, I do say "wicked". Being from Boston, I am a huge Celtics fan. I have an avid interest in Jain philosophy and am truly looking forward to a great convention!



## **NATHAN KATZ, PHD**

Nathan Katz, Ph.D., is Bhagwan Mahavir Professor of Jain Studies, Professor of Religious Studies, and Director of the Program in the Study of Spirituality at Florida International University.

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## **NAMAN JAIN**

Naman Jain grew up and lives in Boston, MA. He has attended Pathshala for most of his life and is a youth representative for the Jain Center of Greater Boston. He has taken the initiative in the Boston area to motivate the youth towards Jain principles with creative and fun activities. He has also been very involved with YJA and been a Co-Chair in the past. He graduated from Northeastern University with a Computer Engineering degree and works in the Boston area as a support engineer. He believes that Jainism can be learned at the temple and through books, but also through our daily activities while having fun. Jain principles are all around us in everything we do, we just need to open our eyes and realize that it's there.

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## **NAMAN SHAH**

Naman Shah grew up among the North Carolina Jain communities and now spends his time between India and US working on tropical diseases for his MD/PhD training.

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## **NEIL SHAH**

Jai Jinendra, my name is Neil Shah I'm a junior in undergrad at a small school in southeastern Michigan called Oakland University. I'm currently the Director of Finance on the YJA Board, this is my second year on board as I served as the Director of Fundraising last year. I'm really into my Detroit sports: Tigers, Red Wings, Pistons and even the Lions! This is my third time attending a YJA Convention and I love all the opportunities this organization has given me. I hope you enjoyed the session and feel free to reach out to me at [neil.shah@yja.org](mailto:neil.shah@yja.org)!

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## **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. With an ongoing interest in interfaith dialog, Nirav was a fellow of the Addir Interfaith Program at MIT that serves to bridge faith groups on campus. Nirav has presented at several YJA, YJP and JAINA conferences as well as local temple events in Boston and Chicago.



# SPEAKER BIOGRAPHIES

## PARAG MEHTA

Parag Mehta is a communications specialist with experience in government, politics and community advocacy. He has served in the last three presidential administrations and has also worked on numerous political campaigns. Mehta served on President Obama's Transition Team as a Public Liaison for Asian Americans and Pacific Islanders and for Lesbian, Gay, Bisexual and Transgender Americans. In 2009, former Governor Gary Locke recruited Mehta to manage his confirmation to become U.S. Secretary of Commerce. From 2005-2008, Mehta worked for the Democratic National Committee as Director of Training and Director of External Communications during four of the most successful election cycles in the modern history of the Party. In 2004 Mehta was Deputy Political Director of America Votes, one of the largest political action committees in the nation. Prior to that, he served as a Deputy Political Director for the presidential campaign of former Governor Howard Dean. Mehta is a second-generation Indian American from Central Texas. He currently directs communications for a civil rights agency at the U.S. Department of Labor.

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## PARAG PAREKH

Parag was born and raised in New York City and is probably the only native NY'er you'll ever meet that is a fan of the Boston Red Sox. After winning numerous awards for his research project on the effects of television viewing on the ability to recall memorized information, he pursued a psychology major in college. Parag received a B.A. in psychology and then went to law school, where he received a JD and a LL.M. in Taxation. Since graduation, he has been working as a real estate attorney in Manhattan, initially for the state government and now, in private practice, for a firm. Parag has been involved with YJA for a few years, including as a member of the YJA Executive Board and convention committees (and currently the JNF Committee 2012 Co-Lead), and has hosted creatively fun teambuilding sessions at past conventions. He enjoys watching and playing basketball and really loves cupcakes!

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## PARAS DOSHI

Jai Jinendra, everyone! My name is Paras Doshi and I am your Director of Events for YJA 2011-2012. I am from New Jersey and I graduated from Carnegie Mellon University with a B.S. in Chemical Engineering. I am currently a Process Engineer, working for L'Oreal USA in New Jersey. I absolutely love sports (playing and watching), dancing, working out at the gym, travelling, watching movies, riding roller coasters, and learn more about Jainism. One thing I really want to do is skydive.



## PARTH SAVLA

Parth is the founder of TruVizon Designs, a business strategy company that builds websites, leverages social media, and connects social entrepreneurs. In addition, a few years ago he and a band of friends started GEL (Global Education and Leadership), which is committed to dissolving boundaries through empathy and compassion by uniting youth locally and globally. They are currently creating a web portal as a learning resource to connect educators and students worldwide, as well as a Young Heroes Program that works with middle school youth to empower them to use their “superpowers” to be the change they want to see in the world. He has also been a life coach and loves supporting people in discovering their passion and living it. He received his undergraduate degree from the California Institute of Integral Studies. Education and community development are central themes in his work.

## PATHIK SHAH

Jai Jinendra! My name is Pathik Shah. I studied Aerospace Engineering at the University of Maryland, and currently pursuing a Masters degree in Systems Engineering there as well. I currently work as a Systems Optimization Engineering with SAIC, working on an airport surveillance and safety system (called ASDE-X), which helps air traffic controllers keep track of all aircraft and vehicle movement on the airport surface. I am passionate about the field of aviation and engineering in general and would love to help any and all younger generations of Jains looking for advice or guidance about how to pursue a career one is passionate about. Discussing the balance of Jain values and the demands of the real world also interests me, so let's talk about it!

## PRAMODA CHITRABHANU

Pramoda Chitrabhanu has a Major in Psychology and Philosophy. She is a Chairperson of Jivadaya Committee of JAINA, a Director of Jain Meditation International Center - NY, Director of PETA - India, and Founding Member of Vegetarian Society in Mumbai. She lectures and teaches the philosophy of Ahimsa, Love and Compassion and has authored and co-authored several books.

## PRAVIN K. SHAH

Pravin K. Shah is a founding member of Jain Study Center of North Carolina (Raleigh). He is also a member of the Harvard University Pluralism Project Advisory Council and director of Triangle Interfaith Association. He is an Electrical Engineer, retired from IBM and lives in Raleigh, North Carolina. As a scholar, vegan, and an activist, he has published several articles and books on Jain philosophy, cruelty to animals, and comparative religions. His works aim to provide Jain religious education to youth born in the Western world. He offers a two-day workshop on Jainism to prepare teachers for Jain Pāthashālā (Sunday school). As a chairperson of the JAINA Education Committee and advisor to YJA and YJP youth organizations, he has published a complete set of JAINA Pāthashālā Educational Materials. Today, more than 3,500 Jain Pāthashālā students across North America use this material. He is also the author of the books: Jainism - a Religion of Ecology and Non-violence and the Book of Compassion and Essence of World Religions. Keeping with modern trends, Pravin Shah has established the Jain eLibrary website [www.jaineLibrary.org](http://www.jaineLibrary.org), to provide Jain religious information worldwide. Currently, more than 4000 books (more than 1,000,000 pages) of Jain literature in English, Hindi, and Gujarati are available on this site. The literature covers many aspects of Jain philosophy and religion such as Jain scriptures, commentaries, philosophy, rituals, conduct, art and architecture.



# SPEAKER BIOGRAPHIES

## PREETHI BAPNA

Preethi is a Biomedical Engineering graduate from Drexel University who has developed cutting edge medical devices for a Biotech start-up company. After working as an Engineer for many years she has recently completed her M.B.A. from Columbia Business School. Join her to discuss these and other issues that face young Jain professionals in engineering.

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## PREM JAIN

Prem Jain is currently Co-CEO of Insieme Networks (startup formed in Jan 2012). He has served in many different senior positions at Cisco, developing an entrepreneurial and technological background. He is currently First VP of JAINA and JAINA director for the Jain Center of Northern California. He is also the founding advisory board member of The Ahimsa Center. The Center is focused on interdisciplinary teaching and learning about nonviolence and its practical applications at various levels. As a current board member of the Jain Education & Research Foundation, he helped to launch the Bhagawan Mahavir Professorship of Jain Studies at Florida International University in 2010.

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## PRIYANKA P. SHAH

Priyanka is a program manager at Lifecell, a regenerative medicine company. She received her B.S. and M.S. degrees in biomedical engineering from Drexel University. Priyanka was on the 2009-10 YJA Executive Board and is a member of the Cherry Hill Jain Sangh.

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## PULIN MODI

Pulin Modi has been involved in social justice organizing for over a decade. His experiences include organizing online campaigns via social media, coordinating offline actions such as demonstrations, conducting outreach at concerts across the US and Canada, and speaking about at conferences and colleges. His goal is to help anyone, anywhere make the world a better place for all. Pulin worked for PETA for over nine years, and currently lives in Washington, DC where he is a Senior Campaigner for Change.org.



## RAJ JHAVERI

Raj Jhaveri is an innovator, entrepreneur, social media persona, comedian, philanthropist, hip-hop dancer, and a TV Host for Sony Entertainment Television and UrbanAsian.com. He is known for his unique ways of charitable fundraising through entertainment. By day, Raj is a visionary entrepreneur and strategist in the Medical and Biotechnology Industry. His main specialty is in the field of regenerative medicine in particular to artificial organ regrowth. He obtained his Bachelor's at The Ohio State University, and continued his graduate studies at Harvard Medical School. In his spare time, he partakes in the fashion, film, music, and dance industry, and enjoys being a true "Curious George" exploring anything that is new and intriguing in a comedic way, hence his social media persona as "The Urban Nerd." The Urban Nerd is also known for hosting The Annual Aquarius Charity Affair, an annual free event held in January, which has attracted thousands of people and raised over \$10,000 worth of funds for multiple charities since 2008. He is currently working on forming his first non-profit, The Urban Nerd Effect, where global causes and charities are conveyed through entertainment and free networking events.

## RAMEY KO

Ramey Ko is a partner with Jung Wakefield PLLC, an Associate Municipal Judge in Austin, Texas, and the first Asian American judge in Travis County. He previously practiced housing and domestic violence law with Texas RioGrande Legal Aid and the Texas Advocacy Project. Ramey also lectures on Asian Americans and the law at the University of Texas. Ramey grew up in Carrollton, Texas, and graduated from Yale University and the University of Chicago Law School. Since September 2010, Ramey has served on the President's Advisory Commission on Asian Americans and Pacific Islanders, which advises the Obama Administration on how to better serve the AAPI community. He also serves on the boards of the Austin Asian American Resource Center, Asian Pacific Americans for Progress, the Capital Area Asian American Democrats, and as a representative of the American Federation of State, County, and Municipal Employees Local 1624 on the Central Labor Council.

## RIDDHI JHAVERI

Hi I am Riddhi Jhaveri, youth co-ordinator for the Jain Center of America for past 2 years. I am currently pursuing my Masters in Exercise Science and Rehabilitation from Brooklyn college, NY. I have been working as a PT Aide at a neurologic physical therapy clinic in the city. Apart from being a full time student and a part time employee, I love dancing and have been choreographing for Mahavir Janma Kalyanak Celebration for the past 5 years. I represent the youth committee whether it comes to social service like Habitat for Humanity or helping at Derasar with the 18 Abhishek, Paryushana Meals, etc.

## RITA LODAYA

Rita Lodaya is from Chapel Hill, NC. She has children who are very actively involved in YJA, and is happy to have been asked to help out with this session and pass on her (legendary) cooking talents. If you ever need a recipe for vegan chocolate chip cookies or vegan mango pie, just let her know!





# SPEAKER BIOGRAPHIES

## ROBERT CHEEKE

Vegan Bodybuilder, Motivational Speaker, Author. Robert grew up on a farm in Corvallis, OR where he adopted a vegan lifestyle in 1995 at age 15. Today he is a best-selling author of the book *Vegan Bodybuilding & Fitness - The Complete Guide to Building Your Body on a Plant-Based Diet*. As a two-time natural bodybuilding champion, Robert has been considered one of VegNews Magazine's Most Influential Vegan Athletes. He tours all over North America regularly, giving talks about his story of transformation from a skinny farm kid to champion vegan bodybuilder. Robert works full-time running Vegan Bodybuilding & Fitness on [www.veganbodybuilding.com](http://www.veganbodybuilding.com), which includes writing books, touring, speaking, and maintaining the popular website. Robert recently moved to Austin, TX and continues to spread the vegan way of life, leading by example as an accomplished vegan athlete. For more information about Robert please visit [www.veganbodybuilding.com](http://www.veganbodybuilding.com)

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## ROOPAL SHAH

Roopal Shah is the co-founder of Indicorps and Ahmedabad Ultimate (AU) – two super intense grassroots service experiences in India. Indicorps and AU have redefined Ahimsa for Roopal: Challenging herself and others to be their best selves in service is much more about who you are being than what you are doing – on and off the field. In 2012, Roopal Shah joined Ashoka.org's re-launch efforts with a focus on nurturing an "Everyone a Changemaker" eco-system in Bangladesh. Roopal has a law degree from the University of Michigan and 8 years as a practicing lawyer (including a stint as a federal prosecutor in San Diego). Roopal is an avid surfer and has deep respect for the Ocean and other forces larger than self.

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## RUCHITA SHAH

Ruchita is currently a medical student at University of North Texas. She's on YJA Board as Director of Publications and part of the Souvenirs Committee. During her free time she likes to hit up the gym, sing loudly in the shower, travel with family, and drink a lot of chai!

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## RUHEE SHAH

Hi, I'm Ruhee Shah and I live in Northern Virginia. I'm a rising sophomore at Thomas Jefferson High School for Science and Technology and I'm in the graduating class at my Jain School. I enjoy debate, yearbook, and softball. In my free time I read a lot and watch way too much TV. I love chocolate, beaches, traveling, and sleeping in. This is my first time at YJA.



## RUSHABH KAPASHI

Rushabh Kapashi is an Engagement Manager with McKinsey & Company in New York, where he is a member of the Financial Services and Corporate Finance practices. He has also previously worked with Goldman Sachs in investment banking and was awarded the William J. Clinton Fellowship for Service through the American India Foundation to spend a year working with rural artisans in India. Rushabh holds an MBA from Harvard Business School, a MPhil in Development Studies from the University of Cambridge (UK), a BSc in Economics from The Wharton School and a BAS from the University of Pennsylvania. He has also completed all three levels of the Chartered Financial Analyst (CFA) program. Rushabh sits on the Board of Advisors of ReachIvy, an educational start-up and mHS, a social housing initiative in India.

## RYAN HULING

A cross-country road trip at age 19 changed Ryan Huling's life forever. As the Boston native drove through the farm country of North Texas and looked at the windowless warehouses dotting the landscape, he wondered what was going on inside that the farmers were hiding from public view. During his junior year, Huling interned at PETA and participated in PETA protests, including an anti-fur protest at the 2004 presidential inauguration and the Running of the Nudes (a humane alternative to the Running of the Bulls) in Pamplona, Spain. Today, Huling heads up peta2's college campaigns and outreach efforts, liaising with student activists, overseeing peta2's concert outreach at Warped Tour and other high-profile events, and helping students organize campus campaigns. Huling's efforts to promote animal rights have garnered him interviews with television and radio stations and newspapers across the country, including Fox News, CNN, and Fox Business Channel.

## SALONEE SHAH

Jai Jinendra YJAers! My name is Salonee Shah and I am the YJA Convention PR Co-lead for YJA 2012. I am from Sugar Land, TX and I am truly a southern girl! I majored in Marketing at the University of Texas HOOK 'EM! I am currently a Teach for America Corps Member working in the Mississippi Delta region as a middle school technology teacher. Yes, I live in Mississippi. It was actually Jainism and YJA that inspired me to take my Teach for America offer and work with some crazy kiddos and I haven't regretted it a day since! I love live music, dancing, ultimate frisbee, and Longhorn Football. I am very outgoing, goofy, and love meeting new people so when you see me at convention stop me, say hi and tell me a little about your self!

## SAPNA SHAH

Jai Jinendra! I'm currently a 4th year medical student at St. George's University Global Scholars Program. I spent my first year of basic sciences in Newcastle, England, my second year in Grenada, West Indies, and my third year working in underserved city hospitals in New York City. I grew up in Rockford, Illinois and went to college and University of Illinois in Urbana-Champaign studying Molecular and Cellular Biology. I couldn't be happier with the profession I chose and wake up each morning loving the diversity of languages, cultures and people I meet. I am known for a love of food, a spitfire personality, and making friends amid strangers regardless of where I am.



# SPEAKER BIOGRAPHIES

## SEJAL DHRUVA

Sejal Dhruva is the YJA West Regional Coordinator and JNF Co-Lead for 2011-2012 currently living and working in San Francisco, California. She graduated from the University of California, Irvine with a bachelors in Behavior Psychology and Political Science and is a certified paralegal working full-time at salesforce.com, Inc. as a contracts negotiator. When not working, Sejal enjoys working out, hanging out with friends, doing yoga and obsessively cheering for the San Francisco 49ers or San Jose Sharks. You can find Sejal on Facebook, Twitter (@SejalDhruva) or e-mail her at sejal.dhruva@yja.org.

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## SHARDULE SHAH

Jai Jinendra everyone! I am as excited to participate in my seventh(!) YJA convention as I was for my first back in 2000! I am a PhD student at Emory University in Atlanta, GA, and my PhD dissertation is on mechanisms of drug resistance to cancer therapy. What excites me is all of the ideas that we all have to offer each other, from suggestions to improve our daily lives to paradigm-shifting thoughts on how can we shape our futures. Come and stop me at any time during the convention if you're looking for someone to bounce ideas off of; would love to talk with you. Let's make YJA 2012 the best convention yet!

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## SADHVI SHREE SHILAPIJI

Sadhviji Shree Shilapiji is 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 has enabled her to connect with people of all faiths and backgrounds across the world. Sadhviji 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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## SARINA JAIN

Coined the "Indian Jane Fonda," global fitness icon Sarina Jain is the creator of the original Masala Bhangra Workout ®. She is the pioneer in bringing Indian dance to the US fitness industry at a global level. 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, Video on Demand and Exercise.com.



## SAURABH DALAL

Saurabh Dalal, from the Washington DC area, enjoys being involved in education, outreach, and greater advocacy of vegan diets and Ahimsa 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 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.

## SATIEN MEHTA

Satien Mehta received his BBA from University of San Diego and has worked for UMG, Sony BMG and Skee.TV. Satien has helped produced 62 music videos in 3 years including "Like A G6" with Far East Movement & worked with Rick Ross, Nadia Ali, Odd Future and many more. He is a Creative Producer & CEO of The Two Five and currently works for Snoop Dogg's company Stampede Management- working as the assistant manager for YMCMB artist Mystikal & Def Jam artist YG.

## SHEENA SHAH

Sheena Shah is a graduate of the University of Cambridge (UK) and is currently completing her PhD in Linguistics at Georgetown University (USA). Her research involves working on endangered and minority languages and cultures, including the click languages spoken by the Bushmen of Southern Africa and Gujarati among the Gujarati youth in the diaspora. Originally from London, UK, she is fluent in English, Gujarati, French and German. She has lived in many countries and has worked with various organizations, including the UNESCO headquarters in Paris (France), the non-governmental sector in Washington DC (USA) and the education sector in Namibia, Togo, Germany, Thailand, Saudi Arabia and the US. Furthermore, her long-standing interest in research and languages has led her to conduct linguistic and anthropological fieldwork with local communities in Namibia, South Africa, Botswana, Cameroon, Singapore, France, England and the US.

## SHEENIKA SHAH

Sheenika Shah is an active member of the Young Jains of America. Previously holding the board position of Director of Publications from 2008-2010, this year she is the Souvenirs Committee Lead for the 2012 Convention. Sheenika received her undergraduate degrees in International Relations and Business Administration from the University of San Diego and graduated law school from California Western School of Law. As a non-practicing attorney, she has found her niche in legal marketing as the Business Development Website Coordinator for a national law firm combining her love of law, technology and marketing. In her free time, Sheenika loves to try new vegan restaurants, travel to visit friends, and explore social media!

**SHRAMNIJIS** | Spiritual leaders in the international Jain Community.



# SPEAKER BIOGRAPHIES

## SHREYANS PAREKH

Shreyans Parekh is an entrepreneur born and bred in Southern California, with some East Coast (Philly for college and MBA) in-between. He loves digital media, social commerce and social entrepreneurship and serves as a Director of KoyalWholesale.com, the world's largest wedding and event supplies company.

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## SUDHIR SHAH

A scientist, an artist and an entrepreneur, Sudhir Shah has earned a Master of Science degree in Molecular Biology and an MBA from Yale University. Labeled as a "rebel," Sudhir has been involved in Jain education for over 20 years, as pathshala coordinator, teacher and an author and has served JAINA in various capacities. He has also presented at many Jain and interfaith events including at the Parliament of World's Religions in Barcelona Spain. He views living a Jain way of life, being in perfect alignment with his passion for self-discovery and self-mastery. As a business coach, he is committed to empowering business owners to lead from their authentic self. His current venture is manufacturing and marketing cruelty free, vegan consumer products.

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## SURAJ DEVRAJ

Suraj Devraj is a resident of Southern California. He obtained his Doctorate degree from the University of Southern California in 2011 and has recently obtain a professional position as a staff Physical Therapist at Nexus Physical Therapy in San Diego, California. Some of his interests include traveling, staying healthy and active by hiking and running, couch coaching the Los Angeles Lakers, and spending time with his dog Tyger.

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## SWAMI ASHWINI PRAJNAA

Swami Ashwini Prajnaa is from Surat, Gujarat, India. He took Diksha (became Sanyasi) from Acharya Tulsi and Mahapragya in the year 1992. He has widely travelled to different countries around the world. Apart from visiting abroad, he has also travelled thousands of kilometers barefoot mainly in Northern and Western part of India. He is an influential orator. He conducts lectures in a simple and practical language with humor. Apart from giving religious discourse to general audiences, he has given camps for specific audiences like prisoners in jail, military camps, police forces, doctors, lawyers, and engineers, just to name a few.

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## TAMPA YOUTH

The youth of the Jain Society Inc. of Tampa Bay are proud to be bringing this session to YJA Convention 2012! We're excited to make new friends, have a lot of fun, and explore our beliefs with our fellow attendees! Sheena is a senior at King High School in the IB program. Pooja is a freshman at USF. Both girls are actively involved in their local Jain temple and share a passion for dance.



## TARAK SHAH

Tarak Shah is a Special Assistant at the Department of Defense who focuses on energy policy. Prior to working at DoD, Tarak spent a year and a half working at the White House. His goal for JYA is to discuss what its like to be both gay and Indian, and in doing so, promote dialogue in our community about accepting gay Jains for who they are.

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## UJAS SHAH

Hi! I'm Ujas Shah, from Poughkeepsie, NY. I am now 22 years old and about to start my second year of medical school at Albany Medical College in Albany, NY. I previously went to college nearby at Rensselaer Polytechnic Institute, recently graduating with a B.S. in Biology as part of a 7-year BS/MD program. At RPI, where the Jain community is small/non-existent, I was involved in academic clubs such as the Society of Biological Sciences, and other clubs such as the Indian Student Association. Having lived in upstate New York my entire life, I'm a lifelong New York Yankees and Jets fan. I've used as much of my free time as possible outdoors taking advantage of the seasonal weather, regularly playing soccer, going camping, hiking, skiing, and recently taking up snowboarding as well.

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## UMANG JAIN

Umang Jain is a 21-year old native of Wellesley, Massachusetts. He just graduated from Northwestern University in Chicago as a member of the 7 year combined medical program, with a degree in Political Science, and will be continuing on to Northwestern's Feinberg School of Medicine this August. Umang has been an active member of the Jain Center of Greater Boston and attended many YJAs and JAINAs in the past. Umang enjoys reenacting scenes from the Avengers movie. In his free time, he spontaneously yells, "Hulk SMASH!", and destroys his apartment.

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## VALERIE LOVE

Valerie is a committed changemaker dedicated to youth empowerment, sustainability, justice, and vibrant local economies. She studied Environmental and Intercultural Studies at Pitzer College. She has coordinated the Buy Fresh Buy Local program in Contra Costa, California; worked with a network of state and local governments to increase socially and environmentally responsible purchasing; and has taught workshops exploring transformational leadership for social change. She is currently serving as the WakeUp Program Coordinator at Generation Waking Up.





# SPEAKER BIOGRAPHIES

## VIDHI DESAI

Atmarpit Vidhi Desai is part of a group of life-long celibate devotees of the Shrimad Rajchandra Mission, Dharampur. Vidhi has the unparalleled opportunity of learning directly under Pujya Gurudev Shri Rakeshbhai, founder of the Shrimad Rajchandra Mission. Atmarpits have chosen to lead a life of sadhana (spiritual pursuit) and seva (selfless service). Under the direction of Pujyashri Gurudev, Atmarpits are progressing towards their goal of complete renunciation. They have reached the fourth 'paushad' pratima (4th level of preparatory monastic practices) out of eleven pratimas of shravaks or lay worshippers on their journey to becoming sadhus (monks). Vidhi currently handles the youth educational programs and is part of the core team of Divinetouch. With over 119 centers worldwide, Divinetouch is an initiative aimed at inspiring and enabling children to live a more enriching life, in line with the teachings of the Enlightened Souls.

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## VIJAY UNCLE

Vijay Uncle retired as the Chief of General Thoracic Vascular Surgery from Central Texas VA few years ago. His passion to understand our generation, ability to think out of the box and presenting politically incorrect views has earned him special place in the hearts of younger generation.

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## VINIT TALSANIA

Vinit Talsania, an avid spiritual seeker and self development student, grew up in New Jersey in a traditional Jain family - reciting the Navkar Mantra, doing Athai during Paryushan, practicing Ahimsa, and being a vegetarian. Still, he felt something deeper was missing. In the last 10 years he has dedicated his life to finding a deeper sense of inner peace - spending the last 3 years in India around different spiritual Gurus, listening to hundreds of discourses by various experts, reading countless books, and completing several 3 to 10 day meditation retreats. Although he does not consider himself an expert, he does enjoy sharing valuable insights and realizations he has had through his own personal journey, in light that it may help fellow seekers on their own path.

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## YOGENDRA JAIN

Yogendra is author of "Jain Way of Life – A Guide to Compassionate, Happy, and Healthy Living. He is JAINA's North East VP, Chairman of Long Range Planning Committee, and teaches Pathshala at Jain Center of Greater Boston. He has led more than a dozen "out of the box" seminars and groundbreaking projects on Jainism. The objective of these projects is to expand the understanding of Non-Violence, Non-Absolutism, and Non-Possessiveness in modern way of life for Jains and Non-Jains. Yogendra started his career at MIT Lincoln Labs and Texas Instruments before founding and operating several successful companies. He holds a B.S. from Boston University, an M.S. degree in electrical engineering from Rice University, and an M.B.A. from Babson College.





# iJAIN: EVOLUTION OF A MIND

YJA CONVENTION 2012 | TAMPA, FL



# Vegan/Vegetarian Restaurants - Nationwide

A helpful guide to popular vegan and vegetarian restaurants throughout the United States

## **Alabama**

Golden Temple Natural Café | 1901 11th Ave South, Birmingham, AL 35205

The Bottletree | 3719 3rd Ave S, Birmingham, AL 35222

## **Alaska**

Middle Way Café | 1200 W Northern Lights Blvd, Ste G, Anchorage, AK 99503

## **Arizona**

Green New American Vegetarian | 2022 N 7th St, Phoenix, Arizona 85004

Pomegranate Cafe | 4025 E Chandler Blvd, Phoenix, AZ 85048

Fresh Mint | 13802 N Scottsdale Rd, Scottsdale, AZ 85254

Govinda's Natural Foods Buffet | 711 E Blackledge Dr, Tucson, Arizona 85719

Lovin' Spoonfuls | 2990 N Campbell Ave, Tucson, AZ 85719

## **Arkansas**

Green Cuisine | Corner of 6th and Chester, Little Rock, AR 72201

Something Better | 1466 N College Ave, Fayetteville, Arkansas 72703

## **California**

### **SAN FRANCISCO/BAY AREA**

Ananda-Fuara Vegetarian | 1298 Market Street, San Francisco, CA 94102

Burma Superstar | 309 Clement St (between 4th Ave & 5th Ave)

Gracias Madre | 211 Mission Street between 18th & 19th

Cha-Ya Vegetarian Japanese Restaurant | 762 Valencia St (between 18th St & 19th St)

Cafe Gratitude | 2400 Harrison St (between 20th St & 21st St) San Francisco, CA 94110

Herbivore - The Earthy Grill | 531 Divisadero Street, San Francisco, CA

Souley Vegan | 301 Broadway, Oakland, CA 94607

Flacos | 3031 Adeline St, Berkeley, CA

Vegetarian House | 520 E Santa Clara St, San Jose, CA

Garden Fresh | 1245 W El Camino Real, Mountain View, CA

### **LOS ANGELES / ORANGE COUNTY**

Native Foods (Various Locations) | The District and The Camp

Happy Family | 1400 Bristol St., Costa Mesa, CA 92707

Au Lac | 16563 Brookhurst Street, Fountain Valley, CA 92708

Veggie Grill (Various Locations) | UC Irvine and Irvine Spectrum

Thuyen Vien | 1740 S Euclid St., Anaheim, CA

One World Vegetarian Cuisine | 178 South Glendora Avenue, West Covina, CA 91790

Real Food Daily | 514-516 Santa Monica Boulevard, Santa Monica, CA

LA Vegan | 4507 South Centinela Avenue, Los Angeles, CA 9006

Stuff I Eat | 114 N. Market Street, Inglewood, CA 90301

Shojin | 333 South Alameda St # 310, Los Angeles, CA 90013



## California cont.

### SAN DIEGO

Sipz Fusion Vegetarian Cuisine | 5501 Clairemont Mesa Blvd, San Diego, CA 92117  
 Jyoti Bihanga (Sri Chinmoy Restaurant) | 3351 Adams Avenue, San Diego, CA 92116  
 Evolution Fast Food | 2949 5th Ave (corner of Quince) San Diego, CA 92103

## Colorado

Leaf Vegetarian Restaurant | 2010 16th St, Boulder, Colorado 80302  
 Watercourse Foods | 837 E 17th Ave, Denver, Colorado 80218  
 Tasy Harmony | 130 S Mason St, Fort Collins, CO 80524

## Connecticut

Shandal's Vegetarian Café | 520 Capitol Ave, Bridgeport, CT 06606  
 Bloodroot Vegetarian Restaurant | 85 Ferris St, Bridgeport, CT 06605  
 G-Zen Restaurant | 2 E Main St, Branford, CT 06405  
 Red Lentil Vegetarian and Vegan Restaurant | 25 Temple St, New Haven, CT 06510

## Delaware

Planet X Café | 35 Wilmington Avenue, Rehoboth Beach, DE 19971  
 Hobos Restaurant | 56 Baltimore Avenue, Rehoboth Beach, DE 19971

## Florida

Choices Cafe | 379 SW 15th Rd, Miami, Florida 33129  
 Mi Vida Cafe Vegetarian Cuisine | 7244 Biscayne Blvd, Miami, Florida 33138  
 Sweet Pea Café | 832 Tharpe St, Tallahassee, Florida 32303  
 Sublime Restaurant and Bar | 1431 North Federal Hwy, Fort Lauderdale, FL, 33304  
 Ethos Vegan Kitchen | 1235 N Orange Ave Ste 101, Orlando, Florida 32804

## Georgia

Chat Patti | 1594 Woodcliff Dr NE, Atlanta, GA 30329  
 Soul Vegetarian | 879 Ralph David Abernathy Blvd SW, Atlanta, GA 30310 (West End)  
 Soul Vegetarian 2 | 652 N Highland Ave NE, Atlanta, GA 30306 (Poncey-Highland)  
 World Peace Cafe | 220 Hammond Dr NE, Ste 302, Sandy Springs, GA 30328  
 Green Sprout | 1529 Piedmont Ave. Ste D, Atlanta, GA 30324 (Morningside / Lenox Park)  
 Harmony Vegetarian | 4897 Buford Hwy, Ste 109, Atlanta, GA 30341  
 Cafe Sunflower - Buckhead | 2140 Peachtree Rd NW, Atlanta, GA 30309  
 Cafe Sunflower - Sandy Springs | 5975 Roswell Rd NE, Ste 353, Atlanta, GA 30328  
 Healthful Essence | 875 York Ave, Atlanta, GA 30310 (West End)  
 Thali | 1709 Church St, Decatur, GA 30033  
 Chopaat | 1707 Church St, Decatur, GA 30033

## Hawaii

Peace Cafe | 2239 S King St, Honolulu, Hawaii 96826  
 Simple Joy | 1145 S King St, Honolulu, Hawaii  
 Legend Vegetarian Restaurant | 100 N Beretania St, Honolulu, Hawaii  
 Choice Health Bar | 1087 Limahana Pl 1A, Lahaina, Hawaii 96761 (at Hwy 30 and Hinau St)  
 Down To Earth Deli Cafe | 305 Dairy Rd, Kahului, Hawaii



# Vegan/Vegetarian Restaurants - Nationwide

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## **Idaho**

Shangri-La Tea Room and Vegetarian Restaurant | 1800 W Overland Rd, Boise, Idaho 83705  
Glow Live Food Cafe | 380 Washington Ave Ste 105, Ketchum, Idaho 83340

## **Illinois**

Chicago Diner | 3411 N Halsted, Chicago IL 60657  
Karyn's Cooked | 738 N. Wells St. Chicago, IL 60654  
Arya Bhavan | 2508 W Devon Ave, Chicago, IL 60659  
Urban Vegan | 1605 W. Montrose Ave. Chicago IL 60613

## **Indiana**

The Owlery | 118 West Sixth St Bloomington, Bloomington, Indiana 47404  
Earth House | 237 N East St, Indianapolis, Indiana 46204 (at east side of downtown Indianapolis)  
A Passage to India | 4225 Lafayette Rd, Indianapolis, Indiana 46254

## **Iowa**

Fresh Cafe and Market | 1721 25th St, West Des Moines, Iowa  
Trumpet Blossom Cafe | 310 E Prentiss St, Iowa City, Iowa 52240  
Fair Grounds Coffeehouse | 345 S Dubuque St, Iowa City, Iowa 52240  
Everybody's | 501 N 2nd Street, Fairfield, Iowa 52556 (at Kirkwood)

## **Kansas**

Miguel's Eat-In Cafe | 1812 S Seneca St., Wichita, Kansas 67213

## **Kentucky**

Green Leaf Natural Vegetarian Bistro | 309 W Cardinal Blvd, Louisville, Kentucky  
Heart and Soy | 1216 Bardstown Rd, Louisville, Kentucky 40204  
Roots | 1216 Bardstown Rd, Louisville, Kentucky 40204

## **Louisiana**

The Wandering Buddha | 2239 St. Claude Ave, New Orleans, Louisiana 70117 (at Marigny St)  
O! Vegasm | 1200 St Roch Ave, New Orleans, Louisiana 70117

## **Maine**

Little Lad's Bakery and Cafe | 482 Congress St, Portland, Maine 04101  
Green Elephant Vegetarian Bistro | 608 Congress St, Portland, Maine 04101

## **Maryland**

The Land of Kush | 840 N Eutaw St, Baltimore, Maryland 21201 (at N Martin Luther King Jr Blvd)  
Liquid Earth | 1626 Aliceanna St, Baltimore, Maryland 21231 (at Broadway, Fell Point area)  
The Vegetable Garden | 11618 Rockville Pike, Rockville, Maryland 20852  
Yuan Fu | 798 Rockville Pike, Rockville, Maryland 20852 (at MD 355/Wootton Pkwy)



## **Massachusetts**

Red Lentil | 600 Mount Auburn Street, Watertown, MA 02472

My Thai | 3 Beach Street, 2nd Floor, Boston, MA 02111

Grasshopper | 1 North Beacon St. Allston, MA 02134

Piece O' Pie | 487 Cambridge St. Allston, MA 02134

## **Michigan**

Red Pepper Vegan Deli | 116 West Main Street, Northville, MI

## **Mississippi**

High Noon Cafe | 2807 Old Canton Rd, Jackson, Mississippi 39216 (at Lakeland Dr)

Good Karma Cafe | 522 B Washington Ave, Ocean Springs, Mississippi 39564

## **Missouri**

Gokul Indian Restaurant | 6101 Delmar Blvd, St Louis, Missouri 63112

PuraVegan | 307 Belt Ave, St Louis, Missouri 63112 (at DeBaliviere neighborhood)

Cafe Gratitude | 333 Southwest Blvd, Kansas City, Missouri

Mud Pie Vegan Bakery and Coffeeshouse | 1615 W 39th St, Kansas City, Missouri 64111

## **Montana**

Lemongrass Thai | 290 W.Kagy Blvd. Suite C Bozeman, MT 59715

Iza Restaurant | 529 South Higgins Ave., Missoula, MT

## **Nebraska**

Maggie's | 311 N 8th St, Lincoln, Nebraska 68508 (at Q St in Haymarket)

Pepe's Veggie Mix Bistro | 6220 Havelock, Lincoln, Nebraska 68507

## **Nevada**

Pura Vida Bakery and Bystro | 1236 Western Ave, Las Vegas, Nevada 89102 (at Oakey)

Veggie House | 5115 Spring Mountain Rd Unit 203, Las Vegas, Nevada 89146 (at Decatur)

Veggie Delight | 3504 Wynn Rd, Las Vegas, Nevada 89102

Pneumatic Diner | 501 W 1st St, Reno, Nevada

## **New Hampshire**

Cafe Indigo | 128 Hall St Ste H, Concord, New Hampshire 03301

Spoon Revolution Vegan Bistro | 55 S Main St, Concord, New Hampshire 03301 (at Concord St)

## **New Jersey**

Kaya's Kitchen | 1000 Main Street, Belmar, NJ 07719

Amani's Veggie Garden | 177 S Centre St, Merchantville NJ 08109

Veggie Heaven | 631 Valley Rd, Montclair, New Jersey

Lalibela Ethiopian Restaurant | 261 Irvington Ave, South Orange, NJ 07079





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## **New Mexico**

Mint Tulip | 2110 Central Ave SE, Albuquerque, New Mexico 87106  
Thai Vegan | 5505 Osuna Rd NE, Albuquerque, New Mexico 87108 (at San Mateo)  
Annapurna's World Vegetarian Cafe - 4th St | 7520 4th St NW, Albuquerque, New Mexico 87107

## **New York**

Gobo | 401 Avenue of the Americas, New York, NY 10014  
Zen Palate | 663 9th Ave., New York, NY 10036  
Vegetarian's Paradise 2 | 144 W. 4th St., New York, NY 10014  
Soy and Sake | 47 7th Ave. S., New York, NY 10014

## **North Carolina**

The Remedy Diner | 137 East Hargett Street, Raleigh, NC 27601  
Irregardless Café | 901 West Morgan Street, Raleigh, NC 27603  
Butternut Squash | University Square, 133E West Franklin Street, Chapel Hill, NC 27516  
The Spotted Dog | 111 East Main Street, Carrboro, NC 27510  
Weaver Street Market | 101 East Weaver Street, Carrboro, NC  
Sage Café | 1129 Weaver Dairy Rd # X, Chapel Hill, NC 27514  
Vimala's Curryblossom Café | 431 West Franklin Street, Chapel Hill, NC 27516  
Mediterranean Deli | 410 West Franklin Street, Chapel Hill, NC 27516

## **North Dakota**

Raw Energy | 228 N Main St, Watford City, North Dakota

## **Ohio**

Hal and Al's | 1297 Parsons Ave, Columbus, Ohio 43206 (at E Gates)  
Banana Leaf | 816 Bethel Rd, Columbus, Ohio 43214  
Whole World Natural Bakery and Restaurant | 3269 N High St, Columbus, Ohio 43202  
Amma's Kitchen | 7633 Reading Rd, Cincinnati, Ohio 45237

## **Oklahoma**

MatthewKenneyOKC | 5820 N Classen Blvd Ste 1, Oklahoma City, Oklahoma 73118  
Brookview Cafe and Veggies Inc Store | 1202 Brookview Dr, Ardmore, Oklahoma 73401 (at 12th St)  
Be Le Vegetarian Restaurant | 6634 S Lewis Ave, Tulsa, Oklahoma 74136 (at 71st St, South Tulsa)

## **Oregon**

Paradox Palace Café | 3439 Southeast Belmont Street, Portland, OR 97214  
Vege Thai | 3272 Southeast Hawthorne Boulevard, Portland, OR 97214  
Blossoming Lotus | 1713 NE 15th Ave, Portland, Oregon 97212 (at NE Broadway St, Lloyd District)  
Prasad | 925 NW Davis St, Portland, Oregon 97209 (at W Burnside & NW 10th)  
Bye and Bye | 1011 NE Alberta St, Portland, Oregon 97211  
Back to Eden Bakery Boutique | 2217 Northeast Alberta Street, Portland, OR 97211



## Pennsylvania

Blue Sage Vegetarian Grille | 772 Second Street Pike, Southampton, PA 18966  
 Govinda's Gourmet Vegetarian | 1408 South Street, Philadelphia, PA 19146  
 Philadelphia Chutney Company | 1628 Sansom Street, Philadelphia, PA 19103  
 Mama's Vegetarian | 18 South 20th Street, Philadelphia, PA  
 Blackbird Pizzeria | 507 South 6th Street, Philadelphia, PA 19147  
 Vedge | 1221 Locust St, Philadelphia, PA 19107  
 Sweet Freedom Bakery | 1424 South St, Philadelphia, PA 19146  
 Grindcore House | 1515 S 4th St, Philadelphia, PA 19147  
 Mi Lah Vegetarian | 218 S 16th St, Philadelphia, PA 19102  
 Kingdom of Vegetarians Restaurant | 129 N 11th St, Philadelphia, PA 19107

## Rhode Island

Garden Grille Café | 727 East Ave, Pawtucket, Rhode Island 02860

## South Carolina

Patat Spot Friet and Falafel | 41 B George St, Charleston, South Carolina 29401 (at King St)  
 Good Life Cafe | 3681-D Leaphart Road, West Columbia, Columbia, South Carolina 29169  
 Lamb's Bread | 2338 Main St, Columbia, South Carolina 29203  
 The Sprout | 627 Johnnie Dodds Blvd, Mount Pleasant, South Carolina 29464

## Tennessee

Sluggo's North Vegetarian Cafe | 501 Cherokee Blvd, Chattanooga, Tennessee 37405  
 Grins | 2521 Vanderbilt Way, Nashville, Tennessee 37212 (at 25th Ave, on Vanderbilt University)  
 The Wild Cow | 1896 Eastland Ave, Nashville, Tennessee 37206  
 Woodlands | 3415 W End Ave, Nashville, Tennessee 37203 (at I-440)

## Texas

### HOUSTON

Radical Eats | 3903 Fulton Street, Houston, TX 77009  
 Green Seed Vegan | 4320 Almeda Road, Houston, TX 77004  
 Sinfull Bakery | <http://sinfullbakery.com/wordpress/>

### AUSTIN

Bouldin Creek Café | 1900 South 1st Street, Austin, TX 78704  
 Conscious Cravings | 1311 South 1st Street, Austin, TX  
 Counter Culture | 2337 East Cesar Chavez Street, Austin, TX 78702

### DALLAS/FORT WORTH

Spiral Diner | 1101 North Beckley Avenue, Dallas, TX 75203  
 Good Karma Kitchen | Food Truck | <http://www.thegoodkarmakitchen.com/>  
 Bliss Café | 6005 Berkshire Lane, Dallas, TX 75231

## Utah

Sage's Café | 473 E 300 South, Salt Lake City, Utah 84111  
 Vertical Diner - Extreme Cuisine | 2280 South West Temple, Salt Lake City, Utah 84115  
 Cafe Supernatural | 600 S 700 E, Bldg P101, Salt Lake City, Utah 84102  
 Omar's Rawtopia | 2148 S Highland Dr, Salt Lake City, Utah 84106  
 Long Life Vegi House | 1353 E 3300 South, Salt Lake City, Utah 84106



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## **Vermont**

Vegetarian Paradise | 10 Canal St, Brattleboro, Vermont 05301

Mint | 4403 Main St, Waitsfield, Vermont 05673 (at Bridge St)

Fiddle Heads Cafe | 18 Worcester Village Rd, Worcester, Vermont 05682

## **Virginia**

Path at Pagoda | 265 West Tazewell St, Norfolk, Virginia 23510 (at /inside the Pagoda)

Quenna's Raw and Vegan | 9619 Granby St, Norfolk, Virginia 23503 (at Ocean View Ave)

Phoenix Garden | 7103 Brook Rd, Richmond, Virginia 23227 (at Hilliard)

Fresca on Addison | 22 S Addison St, Richmond, Virginia 23220 (at corner of Cary St)

Living Foods Cafe | 1209 Independence Blvd Ste 101, Virginia Beach, Virginia 23455

## **Washington**

Araya's Vegetarian Place | 1121 NE 45th St, Seattle, Washington 98105 (at 12th Ave NE, University District)

Highline | 210 Broadway Ave E, Seattle, Washington 98102 (at /between John & Olive Way)

Hillside Quickie's Vegan Sandwich Shop | 4106 Brooklyn Ave NE, Seattle, Washington 98105

Pizza Pi Vegan Pizzeria | 5500 University Way NE, Seattle, Washington 98105

Plum Bistro | 1429 12th Avenue E, Seattle, Washington 98122

Sage Organic Bakery and Café | 324 15th Ave E, Seattle, Washington 98112

## **Washington, D.C.**

Amsterdam Falafel Shop | 2425 18th St., N.W., Washington, D.C

Sticky Fingers Sweets & Eats | 1370 Park Rd., N.W., Washington, D.C.

Java Green | 1020 19th St., N.W., Washington, D.C.

Cafe Green | 1513 17th St., N.W., Washington, D.C.

Soul Vegetarian Cafe | 2606 Georgia Ave., N.W., Washington, D.C.

## **West Virginia**

Riswanto Organic to Go | 202 Hale St, Charleston, West Virginia 25301 (at Quarrier St)

The Wild Bean | 119 E Washington St, Lewisburg, West Virginia 24901

Good Natured | 209 S Raleigh St, Martinsburg, West Virginia 25401

## **Wisconsin**

The Green Owl Café | 1970 Atwood Ave, Madison, Wisconsin 53704 (at Winnebago St)

Riverwest Co-op Café | 733 E Clarke St, Milwaukee, Wisconsin 53212 (at Fratney)

Verduras Tea House and Cafe | 181 N Broadway, Milwaukee, Wisconsin 53202

## **Wyoming**

Sweet Melissa Cafe | 213 S First St, Laramie, Wyoming 82070 (at Iverson and Grand Ave)



## ***Nationwide Chain – Loving Hut – 100% Vegan***

## **Vegan Restaurants**

### **ARIZONA**

Glendale  
Phoenix

### **CALIFORNIA**

Alhambra  
Brea  
Claremont  
Elk Grove  
Fresno  
Huntington Beach  
Milpitas  
Orange  
LaDera Ranch  
Palo Alto  
Sacramento

San Diego/El Cajon Blvd  
San Diego/Mira Mesa Blvd  
San Francisco/Chinatown  
San Francisco/Westfield  
San Francisco/Sunset  
Upland

### **FLORIDA**

Orlando  
Cape Coral  
Tampa

### **GEORGIA**

Atlanta  
Kennesaw

### **ILLINOIS**

Chicago

### **OHIO**

Cincinnati  
Reynoldsburg

### **MASSACHUSETTS**

Worcester/Chandler  
Worcester/Hamilton

### **NEW - JERSEY**

Ledgewood

### **PENNSYLVANIA**

Pittsburgh

### **TEXAS**

Arlington  
Houston

***Know a restaurant to add to this list? Email [sheenika.shah@yja.org](mailto:sheenika.shah@yja.org) with your suggestion!***



# JAINISM FAQs

By: Vandami Namamswami Sramninji  
Edited by Arpit Mehta, YJA Director of Education

## 1. WHY CAN'T JAINS EAT EGGS?

Eggs are the end product of a start-to-finish process which violates the fundamental principle of ahimsa at every step of the way. First, male chicks are killed because they cannot lay eggs and are not useful to the meat industry. Second, females are debeaked through painful methods and then placed in such inhumane conditions that many female chickens will die during transport. Though eggs themselves do not contain a live animal, their production involves the senseless violence of many innocent animals around us.

## 2. WHY CAN'T JAINS HAVE PETS?

Pets are bound with your time schedule. They lose the freedom of movement and desire. You take them for a walk, they can go for a walk. You serve food, they eat. They experience helplessness and we pity them. Bondage is violence. Further when they are sick, people go for putting them to sleep and euthanize them. Is it worth taking the responsibility of a life and making these decisions for them? Especially the tough ones and if you keep them you choose to go through that.

## 3. WHAT IS THE JAIN VIEW ON ALCOHOL? WHY DO JAINS DRINK OCCASIONALLY?

Why they drink is because they lack self-control, or lack the conviction that drinking is bad. They do not think it to be wrong or if other cultures say it is ok, then they think it should be ok.

Alcohol is bad for a simple reason, it has addictive properties. Even coffee can be addictive but alcohol addiction can lead you to lose your sense of control. People speak of all stories inside their mind when they are drunk, because they have no sense of right and wrong. It is such a weird situation. Some doctors say it is good for your health, but medicine is to heal and medicines have alcohol in them. Medicine is ok, because it is taken in a medicinal dose, again with a composition which has different components to balance its impact.



# JAINISM FAQs

**4. IF VEGETABLES AND ANIMALS BOTH ARE CONSIDERED 'JEEVA' IN JAINISM, WHY IS IT OKAY TO CUT AND EAT VEGETABLES? THEY CAN'T EXPRESS THE PAIN AS ANIMALS AND WE DON'T SEE RED BLOOD BUT STILL AT MACRO LEVEL AREN'T WE KILLING SOMETHING?**

Yes, there is violence in both cases. But the violence in animals is more intense as it is brutal. Killing an animal takes a lot more emotional negativity than other wise. Key factors: you cannot survive without eating. Then you have to have a minimum number of things to eat which could be vegetarian. The next factor is Bhakshya and Abhakshya. Bhakshya means that which is edible and Abhakshya means that which is not edible; that which is forbidden. Not all ethical questions are defined by violence and nonviolence. The other criteria are whether it is healthy to eat and will it have good impact on mind-body? Vegetarian food is satvic which means it keeps you physically and emotionally healthy. Non-vegetarian food is tamasic, meaning it has a polluting impact on the mind, and causes disease production in the body which is violence on the body.

**5. JAINS BELIEVE IN REINCARNATION. HOW CAN I BELIEVE IN REINCARNATION WITHOUT KNOWING I'VE HAD PREVIOUS LIVES AND WILL HAVE FUTURE LIVES?**

The answer is very simple. The beings on earth are very diverse. What is the justification for that? God did it? No, why would God give sufferings to anyone? You can have an experience in this life too. You have good feelings for that, that person becomes positive towards you. What you give, you get and what you send, you receive in the same token.

**6. IS DIKSHA THE ONLY PATH TO MOKSHA?**

Not Diksha, but Nonviolence, Detachment, Purity, Tranquil state, Equanimous state. The reason is the values and practices are what give Moksha, not the dress code. Many incidences like Emperor Bharat received Moksha in a palace. One must be internally detached.





# AHIMSA AND VEGANISM BY GARY FRANCIONE

Ahimsa, or non-violence, is the fundamental principle of Jainism. Ahimsa Paramo Dharma - non-violence is the highest religious duty. To injure any living being in one's thought, speech, or action constitutes violence, or Himsa. Dravya Himsa is used to describe the actual action of injuring a sentient being, Bhāva Himsa is the intent to inflict injury. Both types of Himsa result in the accumulation of pap karma. When these two sorts of Himsa are combined - when a violent act is undertaken with a violent intention - the karmic result is the most inauspicious.

The Jain ascetic is enjoined not to commit violence against any living being, including those with one sense (Ekendriyas) and that are immobile (Sthavar), such as plants or those organisms that have earth, water, fire, or air as bodies. But all Jains are forbidden from Himsa against all mobile beings (Trasa), whether they have two (Dwindriya), three (Trindriya), four (Chaturindriya), or five (Panchendriya) senses. The mammals, birds, and fish that humans regularly consume all belong in the highest class of those beings with five senses - a class in which humans, who are mammals, belong as well. This prohibition is not limited to what a person does directly (Krita) and extends to causing others to do Himsa (Karita) and to approving of the Himsa of others (Anumodana). This clear and broad rejection of Himsa by Jainism 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 vegan consistent with the principle of Ahimsa?

I ask you to consider that it cannot be. All animal products - including dairy and wool - involve inflicting suffering and death on mobile, five-sensed beings. Some forms of production are more brutal than others but under the very best of circumstances there is a great deal of suffering involved in the production of these products, and the death of animals is a necessary aspect of any industry or practice that uses animals.

Animals used in dairy production are kept alive longer than animals used for meat, treated as badly if not worse, and end up in the same slaughterhouses after which humans consume their bodies. The male babies of dairy cows are sold into the veal industry and most of the females are used in the dairy industry. It is an endless cycle of exploitation, suffering, and death. There is an inextricable relationship between the meat industry and the dairy issue.

Many people still hold the idyllic concept of the dairy cow that grazes in the pasture, and is provided with good care and has a good life. If milk or other products come from such an animal, how can that be morally problematic? In the first place, no animal products come from such animals. Almost all dairy products - wherever in the world they are produced - come from animals kept in intensive conditions known as "factory farming" that involve unspeakable brutality and violence. Even those animals who are supposedly raised in "free-range" circumstances, or whose products are advertised as "organic," are raised in conditions that *may* be *slightly* less brutal than the normal factory farm, but there is still a great deal of violence, suffering, and death.

The person who keeps only one cow on her or his property must keep that cow pregnant in order for the animal to give milk and this means that there will be a steady stream of calves. In most cases, most if not all of these calves will end up on someone's table. And whenever a calf is separated from her or his mother, there is tremendous suffering from that alone. Is a glass of milk or ghee or raita worth inflicting even that suffering? The picture of the happy cow grazing in the pasture bears no relationship to reality; - the process of producing animal products - however "humane" it may be - involves Himsa.

Similarly, the shearing of sheep for their wool involves an unspeakable amount of violence. The animals are frightened and their bodies often cut and injured. Much wool comes from sheep that are on their way to slaughter. Silk is produced by boiling the silk worms alive. Leather involves wearing the skin of an animal who has endured suffering and a violent death at the hands of humans.

In my discussions with members of the Jaina community, there are several arguments in defense of non-veganism that come up repeatedly and that I would like to address.



First, there is the argument from tradition. Some defend the use of animal products because it has been traditional to use dairy products or wool. But tradition can no more suffice here than it can in any other area of human conduct. If Jainism stands for anything, it represents the notion that ethic principles are a matter of rational thought and careful consideration. It is precisely when we have been lulled into complacency by tradition that we must be most conscientious.

Second, there are some who say that we cannot live a perfect life so it is acceptable for us to eat dairy or to use other animal products as a “compromise.” Jainism certainly recognizes that we cannot avoid all violence in our lives, which is precisely why laypersons are not required to eschew violence to immobile, one-sense organisms. But if our inability to avoid all Himsa means that we can eat dairy or use wool, which involves inflicting injury and death on five-sensed beings, then it must mean that we can eat flesh as well.

Third, some claim that the principle of Anekantavada means that we cannot say with any certainty that it is wrong to consume dairy or use wool. But if we accept this reasoning, then it can be used to say that there are no absolute moral truths - including the basic truth of Ahimsa and the prohibition against eating flesh. That is, if we cannot say that inflicting suffering and death on animals used for dairy or wool is morally wrong, then we cannot say that the prohibition on eating flesh is morally valid. Anekantavada does not mean there is no truth; it means that truth is many-sided and we cannot know complete truth until, like Bhagwan, we become vitaraga. But the Sutras contain the wisdom of Bhagwan and, in Âkârânga Sûtra, it is written: “All breathing, existing, living sentient creatures should not be slain, nor treated with violence, nor abused, nor tormented, nor driven away.”

Fourth, some argue that it is inconvenient to practice veganism. Convenience cannot be the touchstone, no Jain would think that considerations of convenience justified eating meat, poultry, fish, or eggs. If, as I and others maintain, dairy and other animal products involve Himsa inflicted on innocent mobile beings, then convenience can similarly not serve as a moral justification. But having said this, it is certainly no more inconvenient to be a vegan than it is to be a vegetarian. There are a variety of delicious non-dairy “milks” (soy, rice, and almond) available and these can be used for cooking and in beverages. There are delicious vegan “butters” made from soy that can substitute for ghee. The range of vegan clothing has increased dramatically in recent years and it is now easy to avoid the use of animal products for clothing.

For those who find it difficult to practice veganism immediately, consider going vegan in stages. For example, do not consume any animal foods at breakfast for a week or two. Then go vegan for lunch as well for another week or so, and, finally, remove animal products from your evening meal. When making future clothing purchases, avoid leather, silk, and wool. You will see that it is easy to be a vegan. There is no sacrifice involved and you will benefit by removing this significant source of Himsa from your life.

We have an obligation to take care of the domesticated animals we have brought into existence but we should not continue to bring more into existence or to create a demand for animal products. The very institution of domestication, which involves humans owning other beings, raises troubling issues that involve the intersection of Ahimsa and Aparigraha. Although many Jains do not keep domestic animals such as dogs or cats, or own large farm animals, the reality is that all animal products require someone to own domestic animals. So even if we do not own the cow or sheep, someone else does and we necessarily support the institution of animal property if we consume any animal products.

Jainism takes seriously the notion of Ahimsa in a way that no other Dharma does. Jainism is Ahimsa. It is my hope that more Jains will come to see that Ahimsa and veganism are inseparable and presuppose each other. Both the Svetambara and Digambara sources are clear and in agreement that suffering and death imposed on mobile beings is unacceptable. The use of dairy products, wool, leather, and silk necessarily involves suffering and death.

I offer these thoughts for your reflection. If I have offended anyone as a result of this essay, Micchami Dukkadam.



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# YJA CREATIVITY CONTEST WINNER

## ESSAY BY AVANI GANDHI

In today's time, a life takes a long time to be fulfilled. With crazy things like skydiving and climbing Mount Everest added to bucket lists everywhere, fourteen years doesn't sound remotely close to a full life. Therefore, it's hard for me to say that Jainism has made a huge change on my life. However, it has effected me in both the past and the present. I hope for YJA Convention 2012 to create an impact on me, inspiring my future.

Still a teenager, there isn't much of a past for me to reflect on. Of course, Jainism has given me the main principles like valuing other lives. As I continued to get older, I made alterations on my own views on some of this stuff. I stopped eating eggs, placed more luxury limitations on the days of Paryushan, and more throughout the past few years. Besides these small practices, I really have no other connections to my religion. I just turned the age to be able to attend YJA, I don't have friends that have this in common with me, and I only recently became curious about Jain principles and teachings.



As YJA Convention draws closer, I have become more excited to attend for many reasons. There is definitely the social aspect to my excitement. Coming from a small school, that's mostly Christian based, I don't have much exposure to Indian people. It's all fine, and I love my friends, but I'm excited to meet people who I have something else in common besides my age, town, and school. I think and hope that meeting people who have the same views as me, and value other lives as I do will make a positive affect on my life. We can learn from each other, as well as create a friendship that can last for a long time. Also, because I'm so young still, I haven't gone to anything of this magnitude. The amount of people, and the fact that they are coming from all over the country, is something very foreign and appealing to me.

Obviously, the biggest reason YJA is so popular is because of the introduction to Jain teachings through the sessions during the weekend spent at the convention. I could sit here and talk about what I'm curious to learn, and the expectations for my weekend in Tampa. However, I am more interested in the application of what we learn. Going into high school, I believe the convention this year can teach me so much about morals and keep me balanced between having fun and doing the right thing. With all the peer pressure and the society in high school and college, it's hard standing your ground. I believe it's very important to have a strong foundation from your religion to keep the path to your future strong. I hope YJA can give me this foundation which will show me the path to help me make the right decisions through what can be tough years in life.

In conclusion, I can't wait until YJA. I have heard many stories from people that have gone in years past. I learn a lot in school, with good grades in math, history, science, etc. To me, in the long run that doesn't really matter. I mean, of course it matters, education is very important. But, my beliefs and morals mean so much more. The people I learn these things from mean a lot, too. Friends from school are great, and we have great times. But friends who share my core beliefs and overall lifestyle have a different kind of bond with me. As I count down the days until July 5th, it becomes more clear to me of how much I have yet to learn, and I only become more excited.



# A YJA RAP

## LYRICS BY SHIKHAR SHAH



*Beat from the popular Drake song "The Motto"*

[Drake:]

I'm a modern Jain, you don't get it do ya?  
Type of karma everybody acting like they knew ya  
Go down south; Tampa Floridaaa  
Them Indian girls dancin crazy at the garba  
Tell Uncle ji I'mma hit the sessions too  
Learnin hard, eatin' vegan ain't much to do  
Wrist blang, got yoga up in North Crane  
still bein Jain in the main, ain't no change  
How you feel? How you feel? How you feel?  
Twen-ty sittin on five principles uh-hh  
I'm in the Hyatt and I'm feeling myself

Rest in peace Mahavir, I'mma do it all sincere, okay  
Getting darshan lemme know when that stop  
Thirstin for wisdom, don't wanna drink no sodapop  
Snack cart - grab a sandwich with some chutnay  
YMCMB? nah you thinkin of YJA  
Me, Charmi, Pavak Shah at the cribbo  
Shout goes out to Ami, Hiren P, shout to Nimo  
They got...us all together bright and eager  
I know that if you all apply yourselves, we can all be leaders  
Aohhh, That's how you feel man?  
That's really how you feel?  
Cause the throne is ice cold, all these girlies wanna chill  
I mean we got another  
but two more years till  
you gonna miss out? buzz kill  
Real Jains what's up?

[Drake - Chorus:]

Keep my ego small  
No need to own it all  
Jain Way of Life: that's the motto brotha J-WOL  
We bout it every day, every day, every day  
Like we sittin' on the beach, mayne all we do is play  
Every day, every day, wake up and I go pray  
can't see em cause I'm at YJA  
Real jains what's up?





# Attachment to the World

By Anisha Jain



**Have you ever signed on Facebook to take a break from work and find yourself still on Facebook two hours later?** If yes, then

you can understand how much of a shock and disappointment it is to realize how much time you have wasted just checking out photos from some party and commenting on peoples' status messages. Not to mention you have now accumulated a new kind of stress to finish that project or study for that test tomorrow because you have even less time.

Don't worry, this happens to everyone. If you are not addicted to Facebook, then maybe you enjoy long conversations on the phone or text messaging. Maybe computer games or video games intrigue you with their irresistible challenge to beat the next level. Maybe the drama in Indian serials like 'Choti Bahu' commit you to the TV day after day in hopes of learning the solution to the next conflict or mystery. We all have some sort of materialistic possession, whether it is a computer, television, iPod, or cell phone, in which our ability to control ourselves is not to our advantage.

"Well what's the big deal if I have an inclination to spend all of my time on something?" Good question. The big deal is that through this process, we are attaching ourselves to the world more and more without even realizing it. With our excessive dependence on materialistic possessions, we begin to rely on them to satisfy an insatiable craving. In order to control our desires and obsessions with such inclinations, Aparigraha should be practiced. The concept of Aparigraha can be defined as detachment from material objects, people, and places; the practice of not collecting unnecessary items and avoiding over-indulgence. Aparigraha does not only include preventing an addiction of a certain

activity, it also includes abstaining from an excessive amount of clothes, jewelry, video games, and toys.

Jainism teaches all of its disciples to eventually detach themselves from this world and achieve moksh. As householders, many of us are not in any position to do this but there are certain steps we can all take to at least to follow the basic idea.

First of all, we should all go through our closets and take out everything that hasn't been worn for at least 6 months to a year. You will have a lot more room in your closet and you will feel good knowing that you made someone else's life better. Secondly, if you have a shelf of books or a library somewhere in the house, it may be nice to go through the books that you know you will not be needing anymore and donate them to a local library or a children's hospital. Lastly, if you like to use your garage or attic like a storage space like I do, then spending a couple of afternoons cleaning it out is also a good way to free yourself from some attachment.



We all know pastimes such as computers, television, and video games, are a great way to take a break from a long day of work or school. If possible though, it may be advantageous for you to be aware of how much time you are spending in all of these activities. Just by being aware, you may find yourself indulging in these activities less. When we depend on something less, our happiness no longer depends solely on that thing and we find true happiness from inside. This way, not only will you be enjoying all of the pleasures in life, but you will also be practicing Aparigraha, which will lead to a more simple, peaceful and happy way of life.



## 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."





# YOUNG JAINS OF AMERICA (YJA) EXECUTIVE BOARD



## **Aakash Shah, Director of Project Development & Site Committee Co-Chair**

Jai Jinendra! I was born and raised in Toronto, Ontario, Canada but I've been going to school in Upstate NY for the past few years now. I graduated from the University of Western Ontario and am now studying at the University At Buffalo School of Dental Medicine. I first learned about YJA years ago, through my cousins and friends, and have been interested ever since! A little bit about me? I had a great time as last years Director of PR and met a lot of awesome people and wanted to continue that trend. I love hitting up the gym, playing basketball, hockey, and volleyball. Something awesome about me: Skeeter, from the show Doug, is my doppelganger! Feel free to say, "hey!" if you see me running around the #yja12 convention!



## **Ami Maru, Co-Chair of YJA Executive Board**

Jai Jinendra! I am excited to be one of the Co-Chairs for the YJA Executive Board this year! To those who know me well, I am often better known as Amimummymitho, A double M, Ams, or Amdog. I just completed a two-year residency (one year as Chief) in 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. So far, I've been to the US Open, but hope to attend all grand slams around the world at some point. My favorite time of the year is Navratri when I get to play garba and raas and dance the night away. I love baking and experimenting with vegetarian and vegan cooking. One of my favorite TV shows is Ace of Cakes. In fact, my secret dream is to one day open a bakery and a dental office side-by-side and call it "Sweet Tooth!" As we end the 2011-2012 board year, I want to hear what YOU have to say and your ideas to make YJA even better for 2012-2013! Email me at [ami.maru@yja.org](mailto:ami.maru@yja.org) or me and my co-chair, Pavak, at [chairs@yja.org](mailto:chairs@yja.org) with what you want to see from your YJA board!. Enjoy the convention!



## **Arpit Mehta, Director of Education & Hospitality Committee Co-Chair**

Jai Jinendra Folks! I currently live in Miami, FL and my hometown is Bhilwara, Rajasthan, India. I did my Masters in Bioinformatics from University of the Sciences in Philadelphia (USP) and working as a Bioinformatics Scientist at Miller school of Medicine, Uni of Miami. I am an adventure lover, and I've done all kind of adrenaline activities like sky diving, bungee jumping, desert dirt biking, and roller-coasters. I have a keen interest in reading Jain texts and connecting it with scientific logic. Being in this position i would like to provide as much help and support to the youth interested in Jainism. I look forward to hear from you any questions, comments or ideas you have about Jainism and its tenets. I'll do my best to address them. Feel free to contact me [arpit.mehta@yja.org](mailto:arpit.mehta@yja.org)



## **Bonita Parikh, South Regional Coordinator & Social Programming Committee Co-Chair**

Jai Jinendra! I am excited to serve on this year's board, and I have some awesome ideas I want to start up for this region. I want to make this region stronger as a whole by hosting some amazing events and gaining some new friends. I was born and raised in Houston, Texas and I am currently a senior studying Psychology at Texas A&M University in hopes to get my doctorate in the future. One of my biggest passions in life is dancing, along with running, crafting, eating sweets, jamming out to anything Drake/Bollywood, and painting my nails. I'm looking forward to getting to know all the Jains in the South region and instilling a strong network for the future. Get to know me! Contact me via facebook, or email ([bonita.parikh@yja.org](mailto:bonita.parikh@yja.org)). I'm so excited to get to know ya'!!!





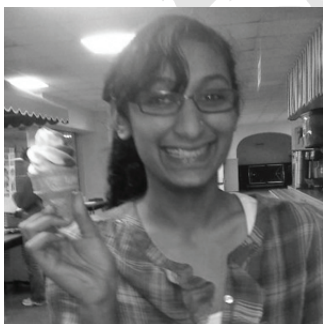
**Charmi Vakhari, Mid-Atlantic Regional Coordinator & Security Committee Co-Chair**

Jai Jinendra! My name is Charmi Vakharia, and I am from Monroe Township, New Jersey. I am a Molecular Biology Major at Rutgers University and will be a sophomore in the fall. A few things about me: I have a passion for bharatanatyam, love to sing, and play tennis as a hobby. I've had a great time as Mid-Atlantic Regional Coordinator and am so excited to meet all of you at the convention this year!



**Dipti Dedhia, Northeast Regional Coordinator & Daytime Programming Co-Chair**

Jai Jinendra! My name is Dipti Dedhia and I'm super excited to be on the board and work on planning YJA this year. I was born in India, but have grown up in Connecticut. I went to UConn to study Chemistry before spending two years teaching through Americorps. I will one day revolutionize the way that Chemistry is taught! I recently started a Masters program at Brown in Urban Education Policy to work on changing education. I absolutely love the outdoors. I lived in a tent for two weeks in high school while hiking the Appalachian Trail, and I am a huge fan of good trails.



**Hetali Lodaya, Southeast Regional Coordinator & Daytime Programming Co-Chair**

Jai Jinendra! I am going to be a junior at UNC-Chapel Hill (Go Heels!) in the fall, majoring in chemistry and public policy. My dream, after some combination of work and grad school, is to help bridge the communication gaps between those that work in the sciences and legislators, funders, and policymakers. I am heavily involved in social entrepreneurship and sustainable, community-based development work at UNC and love to see what's trending under #socent. I also dance with Bhangra Elite. I was lucky enough to move to Michigan (shout-out to all the JOY kids out there) and start pathshala when I was in 5th grade – this really solidified my understanding of Jainism and gave me the start to helping others explore their faith. I love yellow, sci-fi novels, and Twitter (follow me! @HetaliLodaya) and hate socks and pessimism. I can't wait to meet you all!



**Jigar Vora, Director of Information Technology & Registration Committee Co-Chair**

Jai Jinendra! I currently live in New York City and have been working for 3 years at IBM in their Circuit Design group. I was born in Bombay, India and moved to the suburbs of Mass. when I was 10. My undergrad and graduate degrees are in Electrical and Computer Engineering from Carnegie Mellon University. For fun, I enjoy playing tennis, volleyball, and watching/listening to Bollywood/Bhangra/Hip Hop. I'm also a huge Boston sports fan. Go Patriots! I enjoy watching TV shows like Arrested Development, Modern Family, and Master Chef. Although I'm not very adept at cooking, I LOVE FOOD. If you ever want to thank me for my YJA work, just send me some Pav Bhaji, hahaha! Please feel free to contact me via facebook or email (jigar.vora@yja.org).



# YOUNG JAINS OF AMERICA (YJA) EXECUTIVE BOARD



## **Kushal Doshi, Midwest Regional Coordinator & Member-at-Large**

Jai Jinendra, everyone! I am originally from Marlboro, NJ, graduated as a chemical engineer from Carnegie Mellon University in Pittsburgh, and now work at a resin and coatings company in Milwaukee, WI as a Resin Process Engineer (Yeah I keep moving west during each stage of my life). In my free time, I love to cook, run outside, dance, hang out with my crazy family/friends, and enjoy thrilling activities...skydiving is next on my bucket list! I am very excited about getting to know all of you this year! If you have any questions, concerns, ideas for events, or just wanna talk/hangout, shoot me an email at [kushal.doshi@yja.org](mailto:kushal.doshi@yja.org).



## **Naman Jain, Director of Fundraising & Finance/Fundraising Committee Co-Chair**

I grew up and live in Boston, MA. I graduated with a computer engineering degree from Northeastern University, and currently work for Ixia. 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, making sure to eat my favorite meal Kati Roll and my new favorite place, Masala Times. My ideal city to live in would be San Diego because I love the beaches. I have recently become a "GREEN freak" and working toward eating food that is both Jain and vegan, except for when it comes to Taco Bell - I usually can't say no!



## **Neil Shah, Director of Finance & Finance/Fundraising Committee Co-Chair**

Jai Jinendra! I was born and raised in the Motor City and am currently a sophomore in college at Oakland University in Rochester, MI. I look forward to working with a lot of new people and making this year very successful. In my free time I like to listen to music, box, play basketball, travel, and watch all different kinds of movies. Oh and I'm a huge Detroit sports fan, I love my Red Wings, Tigers, Pistons, and yes, even the Lions. Feel free to contact me at anytime with suggestions and ideas whether it is about finance/fundraising or anything else you would like to talk about at [neil.shah@yja.org](mailto:neil.shah@yja.org).



## **Paras Doshi, Director of Events & Member-at-Large**

Jai Jinendra, everyone! I am from New Jersey and I graduated from Carnegie Mellon University with a B.S. in Chemical Engineering. I am currently a Process Engineer, working for L'Oreal USA. I absolutely love sports (playing and watching), dancing, working out at the gym, travelling, watching movies, riding roller coasters, and learning more about Jainism. I am a huge SF 49ers and SF Giants fan. An interesting fact about myself: Winter is my favorite season since I love snow, the cold, and especially winter activities (skiing)! I am a very outgoing and love to meet new people. If you have any questions, please contact me at [paras.doshi@yja.org](mailto:paras.doshi@yja.org).






**Pavak Shah, Co-Chair of YJA Executive Board**

Jai Jinendra! My name's Pavak and I am serving as one of this year's Co-Chairs of the YJA Executive Board! I'm currently a PhD student at UNC Chapel Hill studying Biomedical Engineering and Chief Engineer for Cell Microsystems Inc. I live in Carrboro, NC. I was born in Colorado, but have been in NC since 2001. I've been a YJAer since my first convention in 2008 and vegan since 2011. When I'm not in the lab I love to cook, hike, kayak, travel (pretty much anything outdoors) and love photography. I enjoy cooking new things and lately have been perfecting my recipe for a cheese-free cheesecake!


**Ruchita Parikh, Director of Publications & Souvenirs Committee Co-Chair**

Jai Jinendra, YA'LL! Joining YJA board was one of the best decisions I have made! A little bit about me...I was born in Chicago, but raised in Houston. I'm currently a medical student at University of North Texas, and totally loving every single moment. During my free time I like to experiment in the kitchen, hit the gym and pump some iron, bother my sister, go for thrill rides (skydive, snorkel, roller coasters with an 80ft drop), and drink bottomless cups of cha every morning and afternoon! Feel free to email me at [ruchita.parikh@yja.org](mailto:ruchita.parikh@yja.org).


**Sejal Dhruva, West Regional Coordinator & JNF Committee Co-Chair**

Jai Jinendra! While I was born in Wisconsin, I was raised in California and am a California girl through and through! I graduated from the University of California, Irvine with a bachelors in Behavior Psychology and Political Science. I am a certified paralegal working full time in San Francisco, CA at salesforce.com, inc. as a contracts negotiator. When I'm not working, I'm at the gym, out with friends, doing yoga, obsessively cheering for the San Francisco 49ers or San Jose Sharks or singing at the top of my lungs in the shower. My family and my friends are everything to me. I believe that laughter is the best part of life so I challenge you to make me laugh more than I can make you laugh! You can find me on Facebook, Twitter (@SejalDhruva) or e-mail me at [sejal.dhruva@yja.org](mailto:sejal.dhruva@yja.org).


**Vishal Mehta, Director of Public Relations and Public Relations Committee Co-Chair**

Jai Jinendra! I was born in Ann Arbor, MI and have lived there my entire life. I will be entering my sophomore year at the University of Michigan in the Fall studying Political Science and Public Policy. Outside of school, I am in Air Force ROTC and spend much of my time training to be an officer in the United States Air Force. I also work part time at Best Buy selling everything from computers to iPods. I don't have a lot of free time but when I do, I usually spend it playing basketball or just hanging out with my friends. I am a huge Michigan Football fan and love the Red Wings, the Tigers, and the Lions as well as the city of Detroit. If you have any questions or just want to say hi, shoot me an email at [vishal.mehta@yja.org](mailto:vishal.mehta@yja.org)!



# FLORIDA CONVENTION COMMITTEE



## **Amit Shah, Social Programming Committee Co-Chair**

Jai Jinendra! I was born and raised from Chi City aka: Chicago. I'm working to move farther in my Graphic Design Degree. I'm in love with everything Desi, and secretly wish my life was a Bollywood Movie! I'm one of the rare kind of guys who loves to dance, from Kathak to Raas-Garba, and now I'm a proud alumni of the UIC Bhangra team, Brruah! I'm usually the life of the party with all my energy! And I'm very active in the Jain & Indian Community in Chicago.



## **Arti Shah, Member-at-Large**

Jai Jinendra! I was born in Bombay, brought up in Asunción, Paraguay and currently living in Miami Florida. I am a soccer fanatic (and can't wait for the world cup 2014 in Brazil), 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: Paragliding, watch at least one of the World Cup soccer matches at the stadium in Brazil & Climb Machu Picchu, Peru.



## **Darshan Shah, Public Relations Committee Co-Chair**

What's up?! My name is Darshan Shah. I'm a senior at the University of Florida, perusing a degree in Agricultural and Biological Engineering, minoring in Dance. I was born and raised in the sunny suburbs of Orlando, Florida. I'm serving as PR co-chair for the 2012 YJA convention. My goal was to promote the YJA convention as an exciting and enlightening event. I'm definitely one of those "artsy-fartsy" types. I love to dance, sing, draw, and pretty much any other art form you can think of. Being raised in the south, I definitely have my southern moments (y'all is definitely part of my normal vocabulary). I'm outgoing, eccentric, and often a little crazy. I live every day to its fullest, and don't settle for anything less than amazing!



## **Hiren Patel, Co-Chair of Florida Convention Committee**

Hey, I'm a Biomedical Engineer born in NYC and raised in New Jersey. I love playing Ultimate Frisbee, working out, and all water sports. I'm a Miami Heat fan (since 06) and enjoy any physical and mental challenges. I love logic puzzles and I have an inquisitive personality. I like to cook (but i'm better at doing dishes). My motto is "never live with fear, for each day could be your last." I dream of paradise not just for me, but for the entire planet and can't wait to see you there!




**Khushbu Vora, Daytime Programming Committee Co-Chair**

Jai Jinendra! I am currently a Financial Analyst at the General Motors New York Treasurer's Office in NYC, concentrating in risk management and treasury operations. I love learning about the economic situations in different countries. I hope to one day take that knowledge and apply it in the public sector of a developing country to help them avoid the problems we see today. I am a fan of Bollywood, quirky comedy shows (Arrested Development, Seinfeld, Parks & Recreation), the Patriots, and a cappella music!


**Kuleen Shah, Finance/Fundraising Committee Co-Chair**

Jai Jinendra! I was born in Tampa, FL and graduated from Keiser University and got my Bachelors Degree in Business Administration and Marketing. Few things I like doing is: organizing events being in Committee, love to DJ, travel with family and friends, I love to play and watch sports. My favorite team is the Tampa Bay Buccaneers in NFL, Orlando Magic in NBA. I am glad I got to be a part of YJA Fundraising Committee and look forward to the 2012 Convention and meeting all of you!


**Monica Shah, Site Committee Co-Chair**

Jai Jinendra! I was born and raised right here in Tampa, Florida! I graduated from the University of South Florida with a major in Bio-Medical Sciences and a double minor in Public Health and Bio-Medical Physics, and plan to attend med school in the fall! For fun, I love to dance and spent part of my college life on the USF Bulls Garba Team, go to the gym, travel, and shop! However, I do turn into "one of the guys," and am proud to say my favorite season of the year is Football Season! Sunday's suddenly becomes my favorite day of the week when I get to be front and center to cheer on the Tampa Bay Buccaneers! I am loving life, and can't wait to see what my future has in store for me! I look forward to meeting you all, creating great memories and lasting friendships :) Get to know me further via Facebook, Twitter (@MonsO-MyDarling), or email [monica.shah.fcc@yja.org](mailto:monica.shah.fcc@yja.org)!


**Neeketa Sheth, Registration Committee Co-Chair**

Jai Jinendra! I was born and raised in Fort Lauderdale, Florida. I graduated from Nova Southeastern University (NSU) in 2012 with my PharmD degree, and am currently working on my Masters of Business Administration (MBA). I hope to become a Director of Pharmacy and open my own pharmacy one day. In the meantime, I love to travel, and be outdoors. When I'm stuck inside on rainy days, I like to bake all sorts of desserts and have my apartment smell like chocolate and cinnamon!


**Nimish Maniar, Co-Chair of Florida Convention Committee**

Jai Jinendra! I was born and raised in the South Florida area watching the Miami Heat!! I love playing and watching all types of sports. I graduated from the University of South Florida with a major in Bio-Medical Sciences and a double minor. I will be attending Dental School in the Fall.

Two Truths and a Lie: I know how to decorate cupcakes like a pro. My tongue can touch my nose. My nickname is Nemo  
Come find me to find out which is the lie!





**Parag Parekh, JNF Committee Co-Chair**

Jai Jinendra! I was born and raised in New York City and I am probably the only native NY'er you'll ever meet that is a fan of the Boston Red Sox. Currently, I am working as a real estate attorney in Manhattan and I have a sincere appreciation for tax law. I enjoy watching and playing basketball and really love cupcakes! I can be a nerd sometimes (yep, I love watching the Big Bang Theory!) and I like to create new edible items (anyone up for spaghetti tacos?). A fun fact about me: I am a huge Lady GaGa fan!

**Salonee Shah, Public Relations Committee Co-Chair**

Jai Jinendra YJAers! I am from Sugar Land, TX and I am truly a southern girl! I majored in Marketing at the University of Texas HOOK 'EM! I am currently a Teach for America Corps Member working in the Mississippi Delta region as a middle school technology teacher. Yes, I live in Mississippi. It was actually Jainism and YJA that inspired me to take my Teach for America offer and work with some crazy kiddos and I haven't regretted it a day since! I love live music, dancing, ultimate frisbee, and Longhorn Football. I am very outgoing, goofy, and love meeting new people so when you see me at convention stop me, say hi and tell me a little about your self! You can find me on Facebook (as the girl always spamming you with videos :) or email me at [salonee.shah@yja.org](mailto:salonee.shah@yja.org) Can't wait to meet all of you! :D

**Sheenika Shah, Souvenirs Committee Co-Chair**

Jai Jinendra! I was born and raised in Southern California - born in Los Angeles, raised in Orange County, studied in San Diego and now back in sunny OC in the working world. I received my undergraduate degree in International Relations and Business Administration from the University of San Diego and graduated law school from California Western School of Law. As a non-practicing attorney, I found my niche in legal marketing as the Business Development Website Coordinator for a national law firm combining my love of law, technology and marketing. In my free time, I love to try new vegan restaurants, travel to visit friends, dance and explore all apps and websites related to social media! Add me to Facebook or follow me on Twitter (@sheenikashah) and I would love to talk to you!

**Shikhar Shah, Security Committee Co-Chair**

Jai Jinendra! I am Shikhar Shah, the co-chair for Security. I hail from the beautiful (albeit windy) city of Chicago, where I'm studying mathematics. You may catch me singing randomly in the hallways - my favorite pastime has to be jamming with my a capella team, Dilinois. Friedrich Nietzsche has to be, by far, the philosopher whose ideas ring most true with me. Comparing modern philosophies and trying to extract the truth (using the JWOL of a benchmark, of course) is a fond hobby of mine, as well. I hope you have a safe, secure, and friggin' awesome YJA. Hit me up for whatever -[shikhar.shah.1@gmail.com](mailto:shikhar.shah.1@gmail.com)

**Vaishali Shah, Hospitality Committee Co-Chair**

Jai Jinendra! My name is Vaishali Shah and I was born and raised in Orlando, FL. I am currently in my 3rd year of pharmacy school at the University of Florida (Go Gators!) and plan on pursuing a residency after that. When I have free time from school (very rare), I like to cook & bake, go for a run, read, dance, shop, watch tv (How I Met Your Mother, Modern Family, Big Bang Theory,) etc. I am afraid of clowns and have actually avoided watching the Dark Knight because of that. Because I have been in Florida my whole life I have never seen snow, and maybe that's a good thing considering I get cold in 70 degree weather. I am the Hospitality co-chair and am really excited to plan for this convention and hope everyone has a good time!





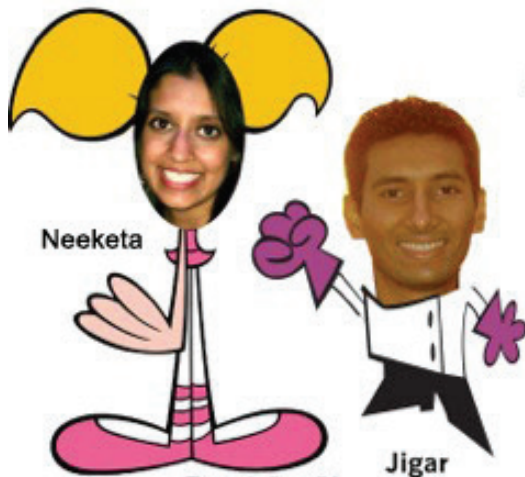




*Members at Large*



# Meet



*Registration*



*Co-Chairs*

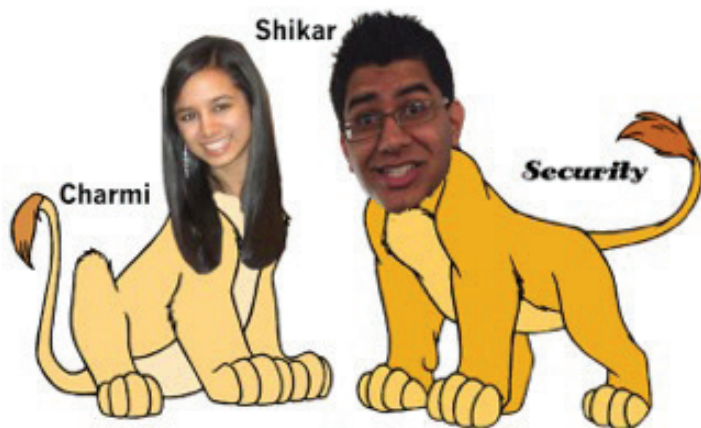
# The



*Social*



*Fundraising*



Souvenirs



Daytime Programming

**Board**

Salonee

Vishal

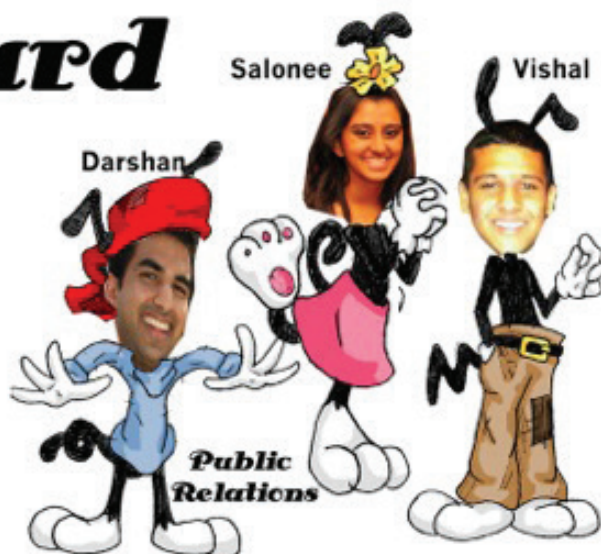
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Public Relations



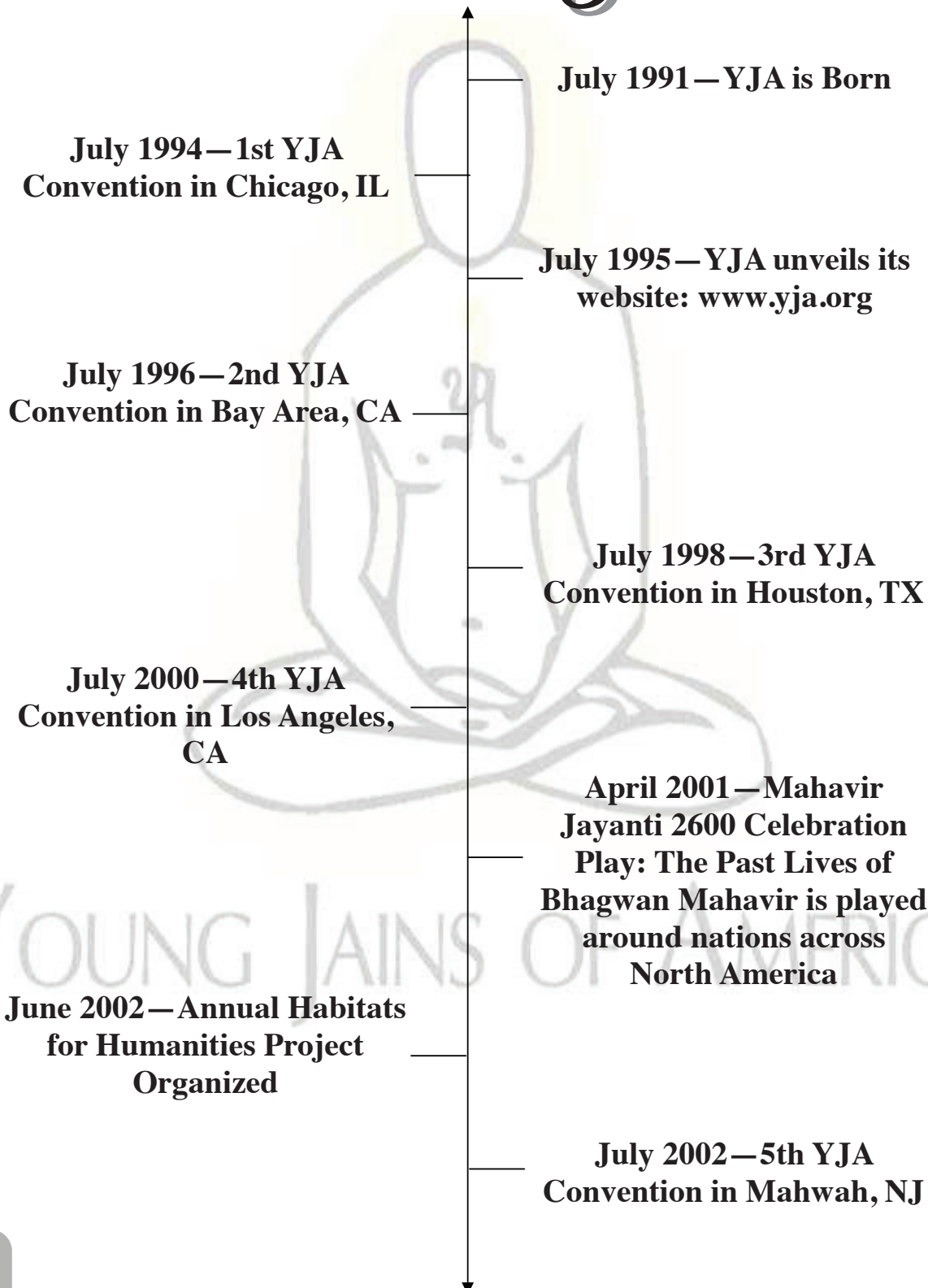
Hospitality

Vaishali





# *YJA Through Time*



# *YJA Through Time*

**December 2002—YJA  
partners with Veerayatan to  
send youth to Kachchh, India**

**July 2004—6th YJA  
Convention in  
Bay Area, CA**

**July 2006—7th YJA  
Convention in Stamford, CT**

**July 2008—8th YJA  
Convention in Chicago, IL**

**November 2009—First YJA  
International Dinner**

**July 2010—9th YJA  
Convention in  
New Brunswick, NJ**

**October 2010—First YJA  
National Service Day**

**October 2011—First YJA  
Southeast Regional Retreat**

**July 2010—10th  
Anniversary YJA  
Convention in  
Tampa, FL!**



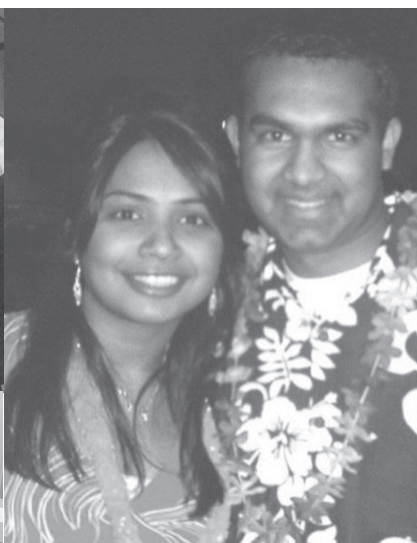




Friendship



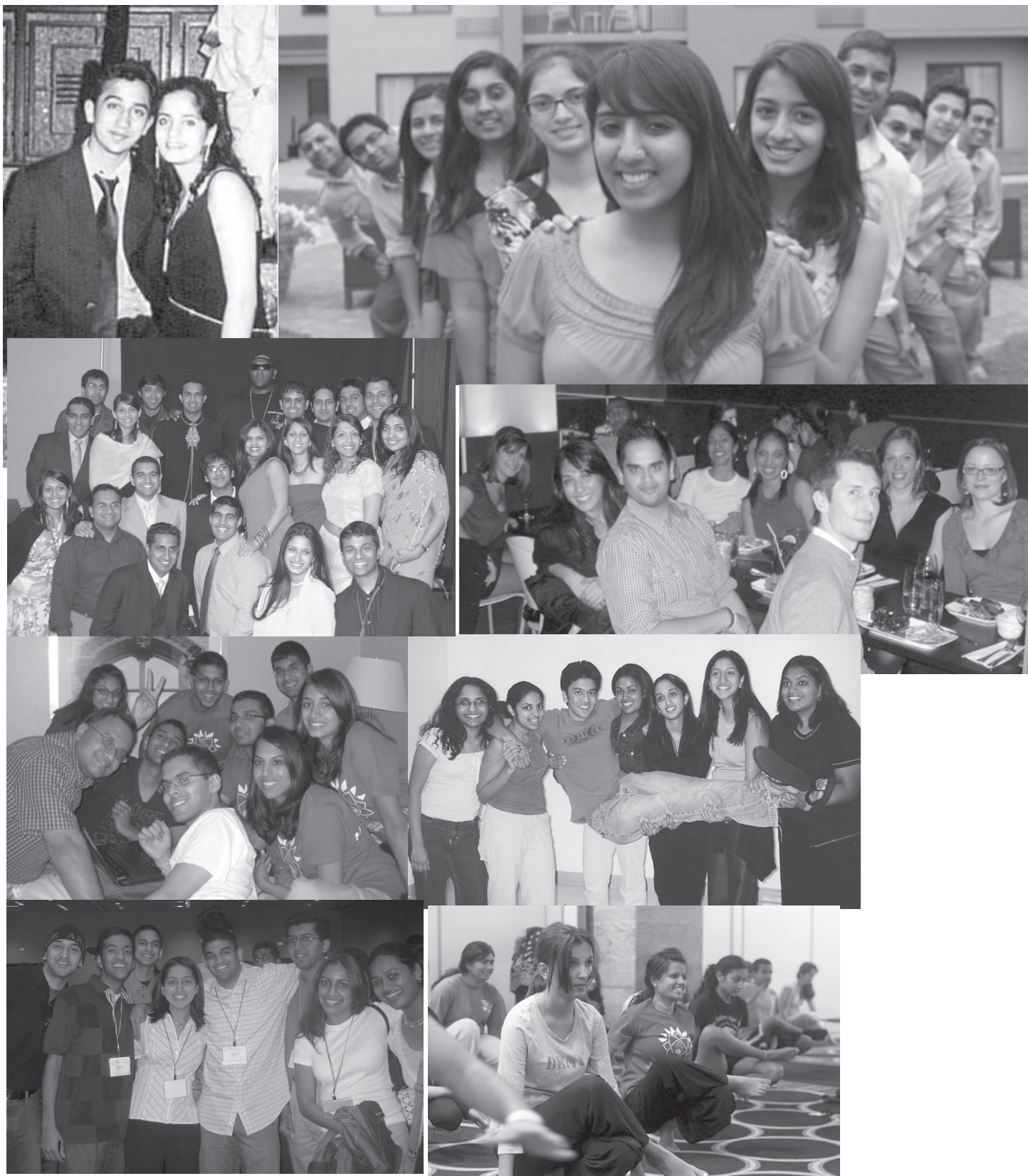
**21st Anniversary  
Blast from the Past**



**LEADERSHIP**





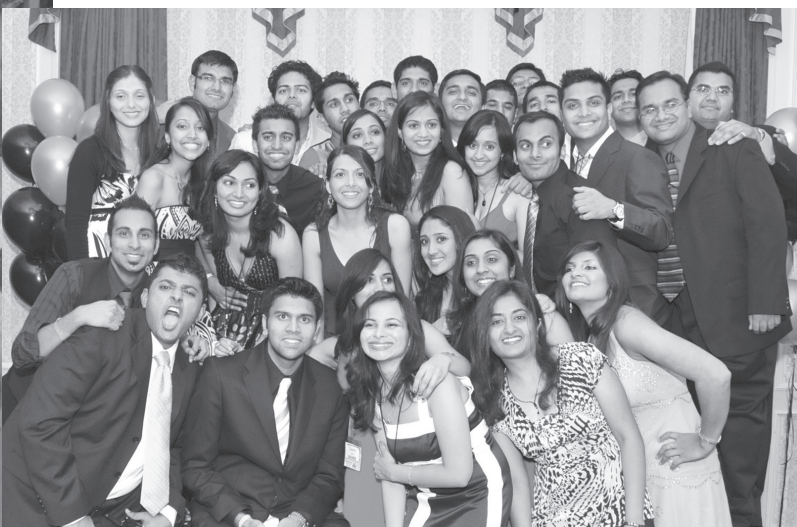


# NETWORKING



**YJA CONVENTION 2012 | Tampa, FL**





NEW FACEBOOK  
FRIENDS!







# RETREATS & NATIONAL DINNERS



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**YJA CONVENTION 2012 | Tampa, FL**



# Memories

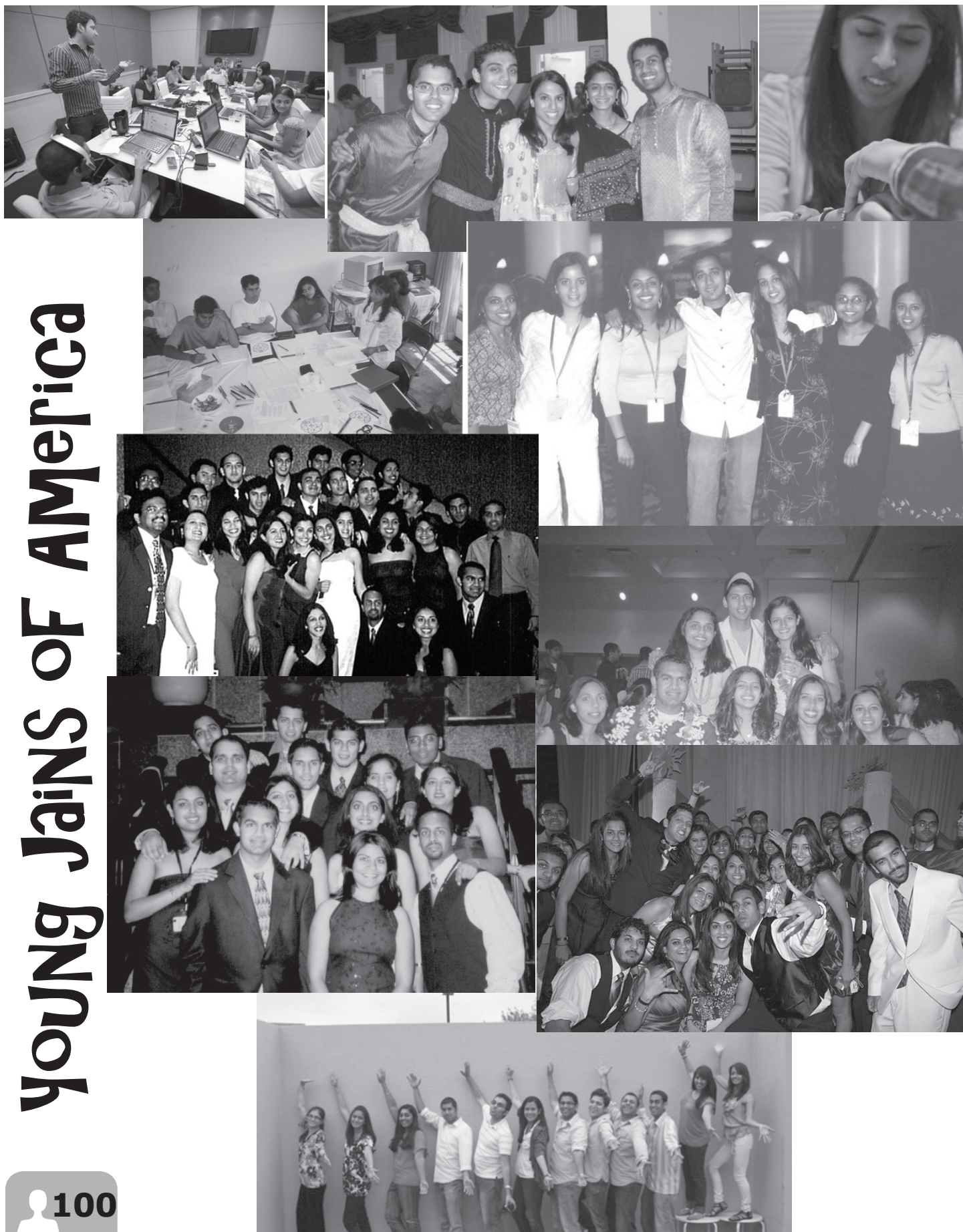


21st Anniversary  
Blast from the Past





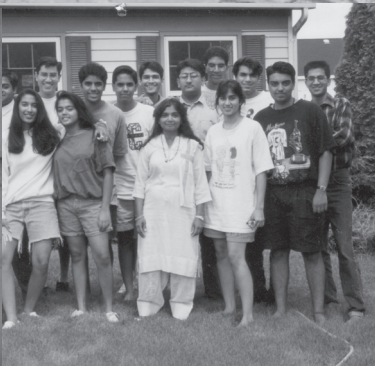
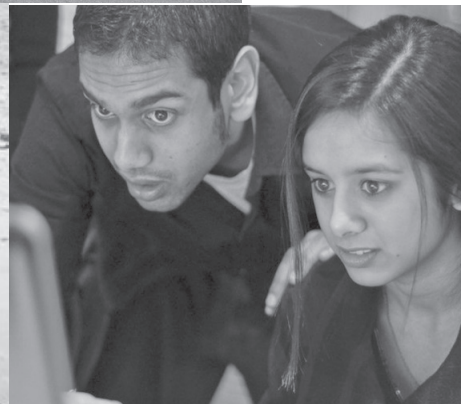
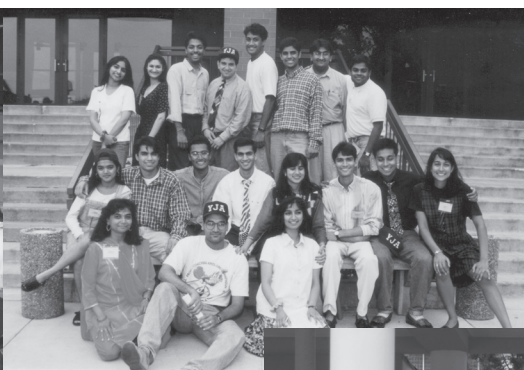
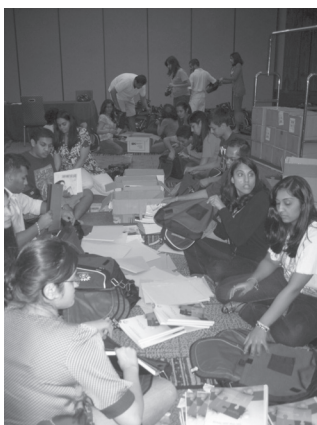
# Young Jains of America



**YJA CONVENTION 2012 | Tampa, FL**



21st Anniversary  
Blast from the Past



SiNce 1991

iJain: Evolution of a Mind

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# A NEW BEGINNING: YOUNG JAINS OF AMERICA

The idea of forming an umbrella youth organization was spearheaded in 1989 at the 5th JAINA Convention in Toronto, Canada. Dr. Urmila Talsania of Chicago Illinois, began the efforts with Young Jains of America (YJA). Two years later at the 6th JAINA Convention in Stanford, California, many youth became involved in Dr. Talsania's efforts and they established a network of youth across the continent with youth contacts in each region. Much momentum was generated at the convention for the organization.

Finally at the 7th JAINA Convention in Pittsburgh, Pennsylvania, an impromptu YJA meeting was held which approximately 50 youth attended. Among these were many from Stanford Convention and also many new faces. A majority of the youth felt that the JAINA Convention due to its format, was not conducive to hold youth meetings and produce a viable result.

Therefore, it was decided to hold a YJA Youth Leadership Conference in Chicago on August 7-8, 1993. The delegation consisted of Dr. Urmila Talsania (the JAINA Youth coordinator), ten youth from around the country, and five youth from Metropolitan Chicago. The main purpose of this delegation was to formalize YJA and to provide clear goals and a purpose for the organization in order to formulate a solid action plan.

The two days of the conference were indeed very productive and many solid decisions were made. Young Jains of America will aspire to impart the Jain heritage to the next generation. Its main function shall be to raise awareness of Jain ideals and principles amongst the youth. This will be accomplished through various activities which encompass the spiritual, religious, cultural and social aspects of the Jain heritage. YJA will incorporate existing local youth organizations under its umbrella, and also help form new local youth groups and foster them.

The delegation selected an Executive Board which will serve as the decision-making body until July 1995. This Transition Executive Board set modest goals for itself for the 1993-1994 year. One of the goals will be to draft a formal document and have it ratified by the end of 1994. The Transition Executive Board will also be involved in establishing sound communication channels with all various youth groups across the continent.

The fall of 1993 served as a period for the continent to become familiar with this new organization, Young Jains of America. This was done with a variety of publications reaching many people across North America. This was a brochure produced by the public relations Committee relating the basic goals, objectives, and agenda of YJA. Youth and adults received this with a surprise as a sign that YJA was serious about continuing the Jain heritage. Also, YJA published its own magazine, Young Minds, in November as a triannual publication containing Jain articles and Jain youth news. The Jain Digest also served as a key tool to introduce YJA to all Jains in North America. All these publications served to produce quite a strong reputation for YJA showing the dedication of youth across the continent to the survival of Jainism.





To reassess the work of the fall of 1993 and focus on the agenda for the spring and summer of 1994, the Transition Executive Board met in Houston, Texas during January 7-9, 1994. Ten board members came and three special guests also attended. The meeting focused on Convention '94, Short-Term Plans, and Long-Term Plans. For the convention, primarily the format and agenda were reviewed. One of the concrete projects produced from the meeting included the YJA Kickoff day. For that, a package including a Win, Lose, or Draw game, Jain topics of discussion, and information about YJA and Convention '94 was sent to all the local youth representatives across the continent. The Kickoff day was held in the months of March, April and May 1994, all across North America by various youth groups.

Continuing to promote the name of YJA, Young Jains of America moved forward by also obtaining space in each JAINA Focus magazine published monthly. Adhering to the schedule of Young Minds, the second issue came out in March 1994 with a much larger audience than the maiden issue. The Jain Digest also saw a large youth section describing youth activities across North America in the latest issue. In addition, for the first time JAINA Executive Board meeting (in Los Angeles, California) had a youth delegation attend to present the activities and status of Young Jains of America.

The primary activity this summer was the First YJA Convention in Chicago, Illinois. With several guests speakers and a variety of discussions and workshops, the youth have many activities in store for the July 4th weekend. To publicize the event, brochures were sent out to many youth and their families throughout the continent early in the spring.

The next generation of Jains are faced with unique problems and challenges. They have different needs from the first generation. For the most part, these needs are only partially addressed by the larger Jain community. Herein lies the main challenge and the purpose for an organization such as YJA. As a youth organization, YJA is suited to clearly define the problems of the youth, address their needs, and provide practical and effective solutions.

Since the last two JAINA conventions, communication has increased amongst youth from different regions. The youth are eager to move beyond the parochial interests that plague some of the first generation Jains. They are eager to see how religion can play a greater role in their lives. They are also eager to develop a sense of urgency, since many people believe Jainism will diminish in the twenty-first century due to the fact that the youth are not taking an active role in their community. We need to and we want to change this notion. The time is perfect to put YJA on a firm footing and develop it into an organization which will cater to the needs of the second generation Jains. We have a solid start, but the efforts must continue for success. We hear the constant fears of our parents and we are responding. We urge all the Jain organizations to encourage youth activity of all kinds on a regular basis within their community.

*This letter was originally published in the first ever convention souvenir book in 1994 held in Chicago, IL.*



# KHAMEMI SAVE JIVA

khāmemi savve jīvā savve jīvā khamantu me  
mitti me savva bhūesu, veram majja na keṇāi

A friendship prayer asking for and granting forgiveness to all souls.



sarvathā sahu sukhī thāo, samatā sahu samācharo  
sarvatra divyatā vyāpo, shānti sarvatra vistaro.

A universal prayer that wishes for happiness, peace and a balanced life for all.

## CHATTARI MANGALAM

chattāri mangalam.

arihantā mangalam.

siddhā mangalam.

sāhū mangalam.

kevalipannato dhammo mangalam.

chattāri loguttamā.

arihantā loguttamā.

siddhā loguttamā.

sāhū loguttamā.

kevalipannatto dhammo loguttamo.

chattāri sharaṇam pavajjāmi. arihante sharaṇam pavajjāmi.

siddhe sharaṇam pavajjāmi. sāhū sharaṇam pavajjāmi.

kevalipannatam dhammam sharaṇam pavajjāmi.

Four things in this world are considered most auspicious and supreme-Arihant (perfect soul), Siddha (liberated soul), Sadhu (monk) and the religion taught by the omniscient. The devotee seeks their asylum.



# JAY KARANARA JINAVARA

jay karanārā jinavarā, duḥkh haranārā dev  
 pāṭh paḍhun pahelo prabhu, āp taṇo nityamev  
 pratham namu arihantane, bījā siddh bhagavān  
 trījā shrī āchāryane, upādhyāy guṇavant  
 sādhu sarve lokamān, sādhavīo shanagār  
 dhanya gurū mābāpane, vandun vāraṃvār

Similar to the Navakār Mantra, this mantra bows to the perfect souls, the liberated souls, the heads of religious orders, the teachers and the saints. In reciting this mantra, we also bow to our gurus and our parents.

## SANSKRIT-STUTI

darshanam dev-devasy, darshanam pāp-nāshanam,  
 darshanam svarg-sopānam, darshanam mokṣa-sādhanam.

arhanto bhagavant indramahitāḥ siddhāshch-siddhisthitāḥ,  
 āchāryā jin shāsanonnatikarāḥ pūjyā upādhyāyakāḥ,  
 shrī siddhānta-supāṭhakā munivarā, ratna-tryārādhakāḥ,  
 panchaite paramēṣṭhinah pratidinam, kurvantu vo mangalam.

mangalam bhagavān vīro, mangalam gautam prabhuhu,  
 mangalam sthulibhadrādhyā, jain dharmostu mangalam.

The word “Stuti” means to praise. Stuti is sung to praise the Bhagwān when we enter a temple and have a first glimpse of Bhagwān. The above stuti are written in Sanskrit language and describe Bhagwān's various virtues.





# DIVO RE DIVO MANGALIK DIVO

dīvo re dīvo mangalik dīvo;  
āratī utārīne bahu chirañjīvo. dīvo...

sohāmaṇu gher parv divālī;  
ambar khele amarā bālī. dīvo...

dīpāl bhāṇe eṇe kul ajavālī;  
bhāve bhagate vighan nivārī. dīvo...

dīpāl bhāṇe eṇe e kalikāle;  
āratī utārī rājā kumārapāle. dīvo...

am gher mangalik tum gher mangalik;

Mangal Divo is a long standing Jain tradition performed in Jain temples. The Mangal Divo platter, containing a lit lamp, is waved in a full circle in front of Bhagwān. The flame of the lamp represents the upward aspiration of our souls. The song displays the celebrations of Bhagwān and people alike as they are inspired and uplifted by the light.



## PANCHA-PARAMESTHI KI ARATI

Iha vidhi mangal āratī kīje,  
pancha parama pada bhaj sukh līje

Pahalī āratī shrī jin rājā,  
bhava-dadhi pār utār jihājā. (Ih..lije)

Dūsarī āratī siddhan kerī,  
sumaran karat mite bhav-ferī. (Ih..lije)

Tījī āratī sūr munindā,  
janam-maran dukh dūr karindā. (Ih..lije)

Chauthī āratī shrī uvajhāyā,  
darshan dekhat pāp palāyā. (Ih..lije)

Pānchavi āratī sādhu tihārī,  
kumati vināshan shiv-adhikārī. (Ih..lije)

Chhatthi gyārah pratimādhārī,  
shrāvak bando ānand kārī. (Ih..lije)

Sātami āratī shrī jinavānī,  
Dhyānat surang-mukati sukhadānī. (Ih..lije)

With 5-wick lamp, respect is paid to five Paramesthis (supreme beings)—Arihant, Siddha, Sur Muni (Āchārya), Uvajjāyā and Sadhus. Respect is also paid to Pratimādhārī Shrāvaks having taken 11 vows towards monkhood. Finally, Scriptures are respected for leading us to the right path of the ultimate liberation.

# ARATI

jay jay āratī ādi jīṇandā;  
nābhirāyā marūdevīkā nandā; jay...

pahelī āratī pūjā kīje;  
narabhav pāmīne lahāvo līje. jay...

dūsarī āratī dīn dayālā;  
dhulevā mandapamā jag ajavālā. jay...

tīsarī āratī tribhuvan devā;  
sur nar indra kare torī sevā. jay...

chothī āratī chaugati chūre;  
man vāñchhit phal shivasukh pūre. jay...

pañchamī āratī puṇy upāyā;  
mūlachande ṛshabh guṇ gāyā. jay...

Āartī, meaning “request” is an act of respect and love that signifies our request for blessings from Bhagwān. The Āartī platter, containing five lit lamps, is waved in a full circle in front of Bhagwān. At the end, we often place our hands over the flame and touch our eyes and top of our head. This act says, “may the light that illumined Bhagwān light up my vision and purify my thoughts.”



# 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 2012 possible:

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

Seema Jain  
Nirav Shah  
Suchita Shah  
Lata Champsee

The souvenir book designers, Darshan Shah (cover) and Sheenika Shah (book), and printers Ketan and Bhavi Shah (DXPrint; Atlanta, GA).

The more than 50 guest speakers who took time out of their busy schedule to provide us with their knowledge and wisdom during the convention.

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

Krupa Shah, 27, Rego Park, NY  
Suraj Devraj, 28, San Diego, CA  
Meit Shah, 25, Carlsbad, CA  
Rujuta Khanderia, 26, New York, NY  
Pooja Nagda, 25, Andover, MA  
Mohana Nagda, 18, Andover, MA  
Sapna Shah, 24, Queens, NY  
Trishla Parekh, 20, Austin, TX  
Sejal Shah, 20, Weston, FL  
Pooja Shah, 18, Tampa, FL  
Sagar Khona, 19, Syosset, NY  
Bhavya Sheth, 17, Dayton Beach, FL  
Eric Shah, 21, Gainesville, FL  
Falini, 20, Orlando, FL  
Bhavini Shah, 20, Wallington, NJ  
Ami Shah, 17, Austin, TX  
Shardule Shah, 27, Atlanta, GA  
Mitesh Shah, 29, Atlanta, GA  
Prerak Adhuria, 26, Philadelphia, PA  
Akash Shah, 18, Cary, NC

# SPECIAL THANKS

## Special Thanks

### The over 100 adult volunteers who helped manage logistics during YJA Convention 2012:

Ajay Shah	Jashwant Shah (Jacksonville, FL)	Prince Shah (Bellerose, NY)
Alka Shah	Jatin Sheth	Rachana Shah (Lutz, FL)
Aruna Mehta (Valrico, FL)	Jigna Shah	Rajendra Shah (Bellerose, NY)
Ashish Shah (Lakeland, FL)	Jyoti Shah (Tampa, FL)	Rajnikant Patel
Ashwin Mehta (Lutz, FL)	Jyoti Shah (Cary, NC)	Rajul Shah
Atul Shah (Tampa, FL)	Kartik Goyani (Tampa, FL)	Rakesh Shah (Palm Harbor, FL)
Atul Shah	Ketan Shah (Lawrenceville, GA)	Rita Lodaya (Chapel Hill, NC)
Bharati Patrawala	Kini Shah (Tampa, FL)	Rita Sheth (Parkland, FL)
Bhavin Doshi (Marlboro, NJ)	Kirit Mithani (Tarpon Springs, FL)	Rupa Mehta (Lutz, FL)
Bhavin Modi	Kirit Shah (Clearwater Beach, FL)	Sagar Shah (Somerville, NJ)
Bhavna Bavishi (Saint Petersburg, FL)	Kirit Shah (Cary, NC)	Sailesh Shah (Oviedo, FL)
Binita Shah	Lata Shah (Lake Mary, FL)	Samir Shah
Bipin Sheth (Parkland, FL)	Linda Shah (Saint Petersburg, FL)	Sandhya Thakkar (Sugarland, TX)
Charmy Shah (Bellerose, NY)	Mahaveer Jain (King of Prussia, PA)	Sanjiv Jain (Tampa, FL)
Chetan Shah	Mahendra Maru (Owensboro, KY)	Sanjula Jain (Tampa, FL)
Chhaya Shah (Bensalem, PA)	Manish Gandhi	Sarita Shah (Altamonte Springs, FL)
Daksha Parikh (Houston, TX)	Mayur Lodaya (Chapel Hill, NC)	Saroj Gandhi (Lake Mary, FL)
Daksha Patel (Winter Haven, FL)	Mehul Shah (Odessa, FL)	Seema Jain (Tampa, FL)
Darshana Shah (Newburgh, IN)	Mina Shah (Tampa, FL)	Shalveen Shah (Chicago, IL)
Deepak Parekh (Tampa, FL)	Mina Shah	Shashikant Shah (Lake Mary, FL)
Deepika Dalal (Cooper City, FL)	Mita Shah	Shreya Shah
Devang Shah	Naina Mehta (Orlando, FL)	Siddharth Shah
Devendra Mehta (Orlando, FL)	Nalini Maru (Owensboro, KY)	Simool Sangoi (Woodcliff Lake, NJ)
Dharmistha Shah (Bellerose, NY)	Naresh Jain (Tarpon Springs, FL)	Smita Shah
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### **Maru Family, Owensboro, KY**

Harakh, Neena, Mahendra, Nalini, Dhenu & Mitesh Savla,  
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**iJain: Evolution of a Mind**



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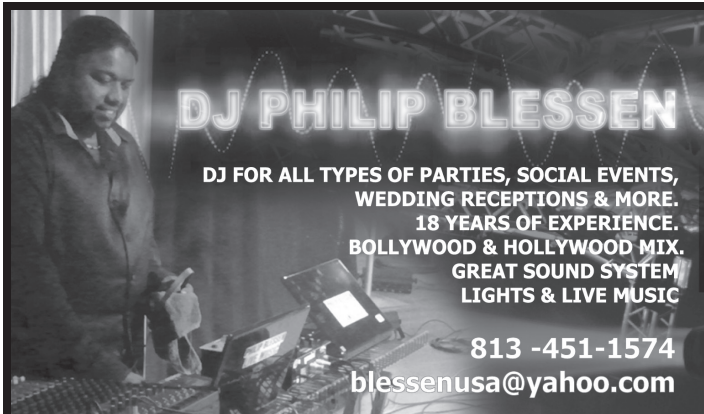
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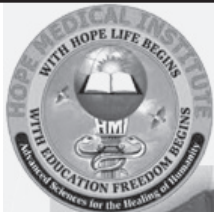


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From Manoj & Urvashi  
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Coming together is a beginning;  
keeping together is progress;  
working together is success.

- Henry Ford

Blessings YJA !  
from Shashikant and Lata Shah,  
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YJA CONVENTION 2012 | Tampa, FL





With Best wishes  
from Asha, Ashok, &  
Dr. Deepika Dalal  
(JAINA S.E.V.P.)

The essence of all knowledge consists in not  
committing violence.

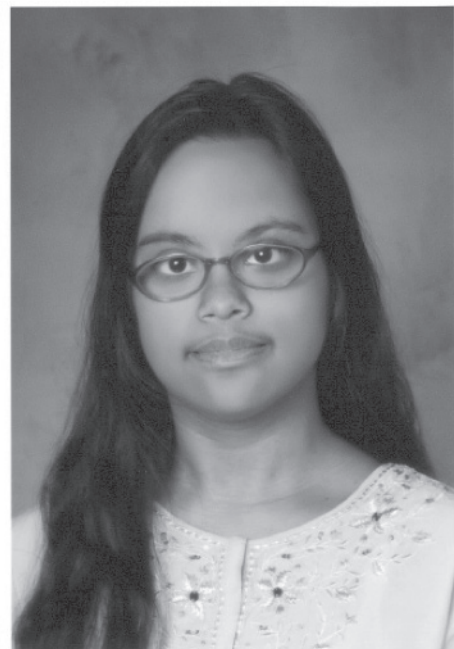
The doctrine of *ahimsa* is nothing but the  
observance of equality i.e.

the realization that just as I do not like  
misery, others also do not like it.

Knowing this, *you should do unto them what  
you want them to do unto you*

Mahavira (Sutrakrtanga, 1/1/4/10)

The purpose of living being is to assist each  
others -Tatvarthsutra



FROM LAKSHMIBEN LODAYA,  
WITH BEST WISHES TO ALL  
THE YJA YOUTH IN  
PURSUIT OF ALL THEIR  
SPIRITUAL GOALS!

Best wishes to  
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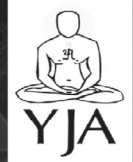
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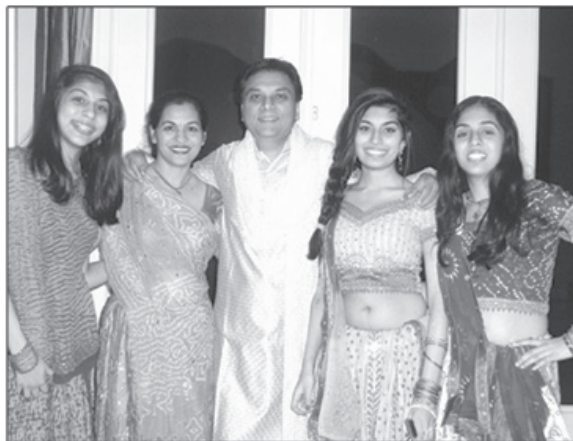
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#### Mission

- To foster the Jain philosophy & religion in the academic world within the Americas.
- To educate the core principles of Jainism, like Nonviolence, Multiplicity of views & Limited possession at the academic level.

#### Objectives

- To enlighten the world with the philosophy of harmonious living. In simple terms, to inculcate the words of Mahavir, "nanassa sara ayaro" which means "Conduct is the essence of Knowledge".
- Teach courses pertaining to Nonviolence, Jainism, Meditation, Spiritual development, Vegetarianism and related topics in US universities (Currently at FIU & looking forward for other centers in the US).
- Promote international University exchange program, where we look forward for University exchange programs for foreign students & teachers.
- Promote Jain Studies at US universities.

#### Accomplishments

- Offered courses in Jain studies (currently 250 student enroll in 7 courses).
- FIU awarded Honorary Doctorate to Dr. Dipak Jain, Chairman of JERF for his community service.
- Recruited Prof Stephen Vose as the 2<sup>nd</sup> professor of Jain Studies at the FIU.
- Established Rajiv and Latika Jain Fellowships for graduate studies in Jainism at the FIU.
- Formed Bhagwan Mahavir Summer Fellowships – a 6 week Jainism studies in India for visiting scholars.
- Organized Annual Bhagwan Mahavir Lecture series
- Organized Meditation session for school children to empower them with self-control, focus and attention.
- Targeted to offer online Jain courses for students to enroll from around the world.

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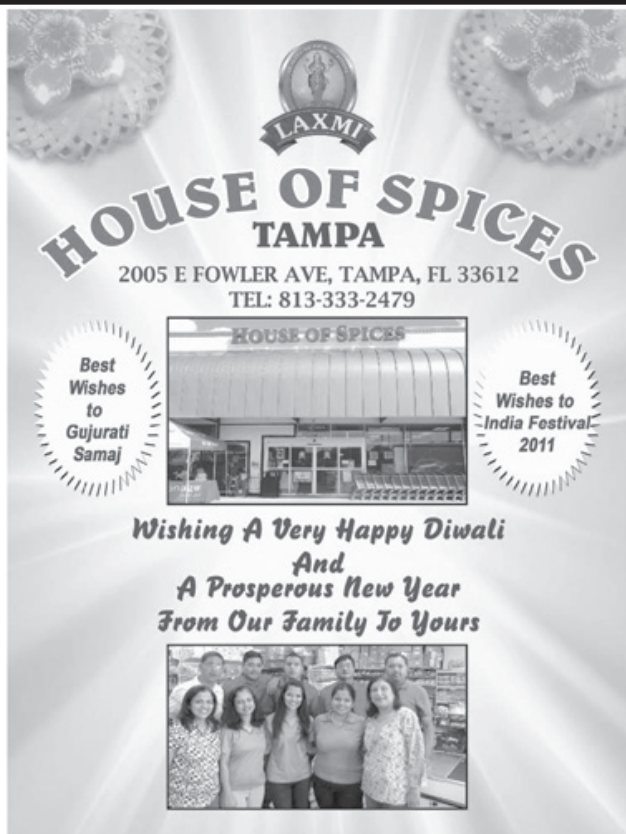
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**iJain: Evolution of a Mind**



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BEST THIS WEEKEND!

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Dr. Kishor, Beena,  
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