



THE JAIN
FOUNDATION

Rediscover Jainism
Rediscover yourself



THIS CHATURMAS JOIN US TO TAKE THE
≈ **31 DAY COMPASSION &** ≈
DIGITAL FASTING CHALLENGE
29TH AUGUST TO 28TH SEPTEMBER 2023

Stand a chance to win a visit to VARANASI,
the birthplace of 4 great Tirthankaras

A WORD FROM THE FOUNDER

JAI JINENDRA!

The Jain Foundation is marking its 4th year, and we are delighted to present the **3rd Compassion and Digital Fasting Challenge, during the auspicious month of Chaturmas.**

As part of this challenge, we have curated very innovative rewards for the winners, making this experience even more special and rewarding for everyone.

COMPASSION is a profound feeling that can only be experienced. This challenge offers a unique opportunity to create compassionate moments in your day-to-day life, spreading kindness and love to the world.

In today's fast-paced world, DIGITAL FASTING from the INTERNET has become an urgent necessity. Through this 31-day journey, we encourage participants to taste FREEDOM from the VIRTUAL WORLD and gain inner peace.

I invite each one of you to participate wholeheartedly in this wonderful journey. Embrace this challenge and discover the transformative power of compassion and mindful living.

RAMESH KUMAR SHAH

OUR MISSION

To bring forth the foundational values of Jainism and make them relevant to our current generation and beyond.



EVERY CHATURMAS, WE ORGANISE THE
COMPASSION & DIGITAL FAST CHALLENGE

In an effort to cleanse our souls during this auspicious time, fast digitally by disconnecting from the INTERNET. Give your mind a break from all the screens for these 31 days, and take that time to make an impact on your community by choosing from a curated list of 41 Acts of Compassion broadly classified under...

PRACTICE JAINISM PRINCIPLES, DONATE, VOLUNTEER & BE KIND

WHAT IS DIGITAL FASTING?

In the contemporary age, technology and social media excel at forging virtual connections, yet they often fail to foster genuine in-person bonds.

A Digital Fast involves conscientiously refraining from INTERNET usage on ALL digital devices daily, granting a reprieve from the virtual world and liberates you from the shackles of the Digital realm, providing invaluable moments for self-reflection.

It detaches you from the addiction of mindless surfing and reclaims your precious time.

As a result, your mind de-clutters, gaining thought coherence, and undivided attention essential for success in every aspect of life. This challenge seeks to provide opportunity to transform your life and lead a more focused and purposeful existence.



PRACTICE JAINISM PRINCIPLES

- 1) Write 'Navkar Mantra' 1008 times over 31 days.
- 2) Study the life of a Tirthankar and write your thoughts on compassion you learnt from their life in 60 words.
- 3) Summarise 1 Hymn or Stavan, as per your understanding, in either Hindi or English.
- 4) Follow 'Chauvihar' for 31 days.
- 5) Don't use slippers/shoes (walk barefoot) for 31 days.
- 6) Observe '24 hour Maun Vrat' (Silence) for any 9 out of 31 days.
- 7) Don't use a vehicle (cycle, two-wheeler, three-wheeler, four-wheeler, bus, train, airplane) for 31 days.
- 8) Invite a Sadhu or Sadhvi for 'Gochari' at home or elsewhere.
- 9) Don't cut your hair/shave/visit a beauty parlour/barber for 31 days.
- 10) Drink boiled water for 31 days.
- 11) Perform 9 Ambil on any 9 out of 31 days.
- 12) Observe Samayik for 31 days.



DONATE

- 13) Give a blanket to someone in need.
- 14) Give foot wear to someone in need.
- 15) Give an umbrella to someone in need.
- 16) Give a warm jacket or sweater to someone in need.
- 17) Give your driver/any driver (auto, taxi, bus) a meal.
- 18) Give a full meal to a beggar.
- 19) Give a poor family ration for a day.
- 20) Donate books, notebooks, stationery, or uniforms for student(s) at a local government school.
- 21) Visit a government hospital and purchase medicines for a needy patient.
- 22) Give food / sheets / towels / blankets / medicines / money to an animal shelter or a cowshed.
- 23) Donate blood to a Blood Bank.
- 24) Give up an indulgent habit for 31 days and donate the equivalent amount you would have spent on it for this period at the end of the 31 days.
- 25) Sign up for organ donation.



VOLUNTEER

- 26) Volunteer at an old age home and assist the staff/inmates.
- 27) Volunteer for a day at a special needs school.
- 28) Volunteer for a day at a Mental / Cancer hospital.
- 29) Organize the cleaning of any public place which needs maintenance.



BE KIND

- 30) Help old people in your neighborhood with buying groceries / vegetables medicines / paying utility bills.
- 31) Plant a tree.
- 32) Feed a stray animal or feed grain to birds / squirrels / insects or place a water pot outside your house / terrace for thirsty animals/birds.
- 33) Wash the dishes at home for one day.
- 34) Cook one meal and eat with parents or elders.
- 35) Surprise your house help by cooking a meal for them.
- 36) Give up a bad habit.
- 37) Reconcile with 5 people you have fought/had a misunderstanding with.
- 38) Touch your parents/elders' feet, every morning, for 31 days.
- 39) Thank your security, auto driver, waiter, office boy, lift man etc.
- 40) Send a gift or thank you note to one of your teachers.
- 41) Send a handwritten letter or card to a loved one by post.

GUIDELINES

ACTS OF COMPASSION

- Activities from the Compassion list cannot be repeated.
- You may participate in more than one activity from Compassion List but only a maximum of 25 points will be counted per day.
- For acts of compassion that are to be followed for 31 days, they must be followed for all 31 days to gain 25 points.
- You will be informed when to share your notes & summary from the Practice Jainism principles section.

DIGITAL FASTING

- Digital Fasting means staying away from the Internet.
- Must be done every day for the points to be counted.
- 5 & 8 hour Digital Fast must be done during day light hours.
- Digital Fast that is done for more than 5 hrs but less than 8 hrs, will be counted as 5hrs. The same applies for 8 to 24hrs.



KEEP A SCORE CARD....

- A score card will be provided for self-scoring.
- Please print the scorecard and maintain a daily score.
- Kindly ensure the entries are neat and legible.
- Share an image of the completed score card at the end of the 31-day challenge.

POINTS PER DAY

Complete any one activity (no repeat) from the list to earn 25 points per day.

Digital Fasting earns you:

Hours of Fasting	Points
5 Hours.....	3 Points
8 Hours.....	6 Points
24 Hours.....	12 Points

Maintain a scorecard and share an image of the completed challenge at the end of the 31-day challenge.

Max. possible points / Day: $12+25= 37$

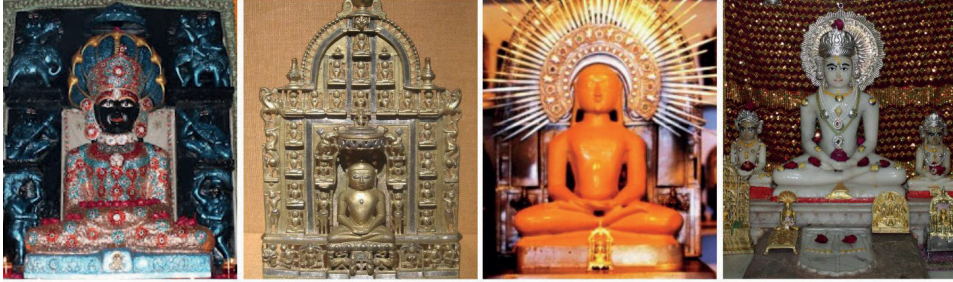
Maximum points over 31 days: $31\text{days} \times 37 \text{ points} = 1147\text{points}$

Minimum points per day : 0

We encourage you to share videos and photos during this 31 day journey to inspire and motivate others on the group.

NO GOOD DEED GOES UNREWARDED!

Stand a chance to win an opportunity to explore VARANASI

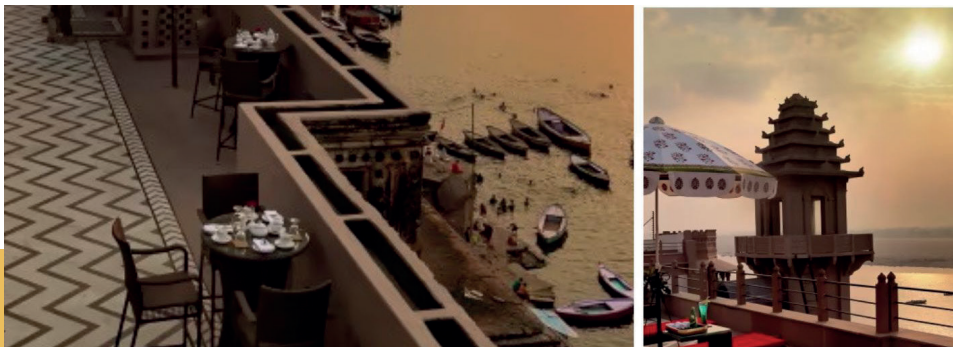


Visit the birthplace of 4 great Tirthankaras

Have a 1-on-1 conversation with a renowned Scholar and the Principles of Shri Syadvad Mahavidyalaya, Prabhudas Jain Ghat, Varanasi.



All while staying in the enchanting Brijrama Palace enjoying the perfect blend of timeless elegance and modern comforts.



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