



# JCYC PATHSHALA PHENOMENA

## Pathshala: Summer Break

As COVID-19 related quarantine measures continue, conducting meetings and gatherings remotely has become the “New Normal”.

### But many activities continue:

- Some teachers have continued pathshala classes over the summer, holding them less frequently, but keeping the children engaged.
- The shelter at home conditions may have put a pause on in person events, but the JCYC Committee has been busy preparing a host of activity for the pathshala community
- This year’s Paryushan events will be held remotely given the limitation on the size of in person gatherings. There are activities for children before and during Paryushan, so read on. Children are invited to participate in all events.
- Participate in Aangi Design and Essay writing prior to the start of Paryushan. Make sure to submit your entry by the due date.
- There are children’s activities during each day of Paryushan Parv.
- Download the Paryushan Parv Activity Sheet to complete over the 8 days of Paryushan or the 10 days of Das Lakshan.



**JCYC Committee will be hosting a cooking demonstration for our pathshala children on August 1**



**Children enjoy learning Gahuli during 2019 Paryushan. The 2020 event will be on Zoom**

### In This Issue

- Seniors celebrate a virtual graduation.
- Zoom-ba with the JCYC committee
- Paryushan Activities planned for our Pathshala Children. Something to look forward to on each day of the week.

# 2020 Graduating Class



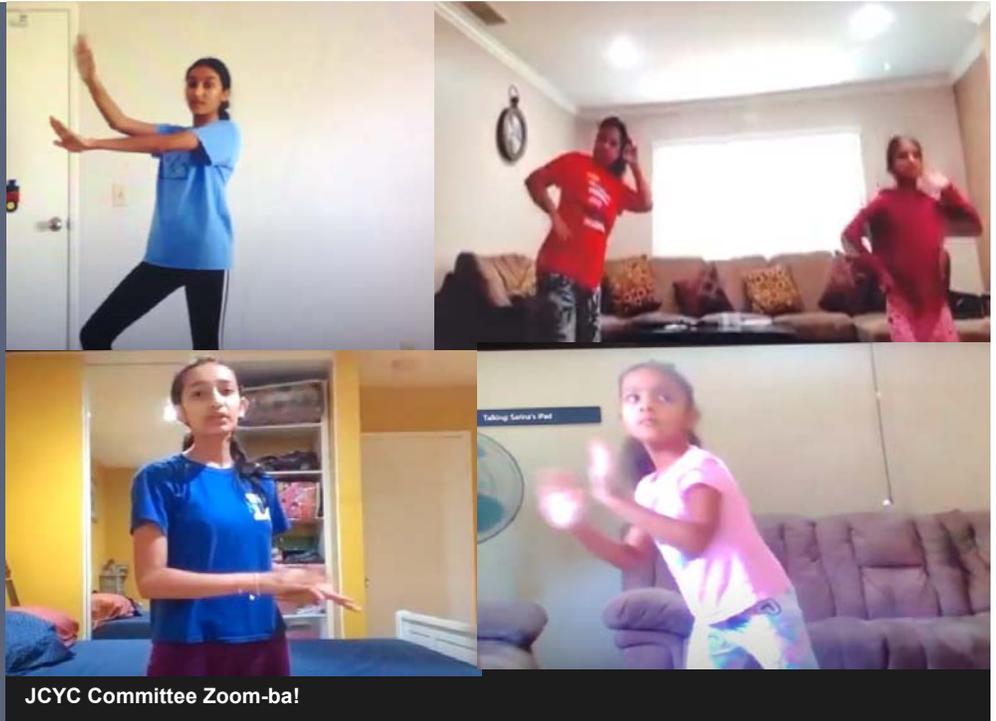
In lieu of the Graduation Garba celebrating the graduating class, this year the seniors graduating from Pathshala celebrated Graduation over zoom. Like every year, the graduates received a copy of Dr Seuss' *Oh the Places You'll Go*, - this time home delivered with a box of fresh cookies ahead of time. The Zoom graduation was held on May 30th, the original date of the Graduation Garba. The students each spoke about their future plans, including the college they have all selected to move forward with.

Parents had a chance to reminisce about the pathshala years that their children have gone through, from the toddler class to now reaching graduation stage as high school seniors. Many of the students think of Jain Center as their second home where they have created close bonds with their friends, the teachers as well as the broad pathshala community. "These are memories we will cherish for the rest of our lives, and we will take with us the values that we have gained during our pathshala years."



## Zoom-ba! with the JCYC committee

Members of the JCYC Committee conducted a Zumba session on Zoom for children and adults.



The 2020-2021 JCYC Committee conducted their first event of the year with a morning session of Zumba.

Parents and children joined the fun as committee instructors showed us how to

## Class Project on Punya using Gacha style Animation



The religion class for the 11-year olds (P-11) have continued to hold classes over Zoom during the Summer. The children were all given an assignment to put together a group project on the topic of “punya”. Some of the children developed their project in the form of an animated “Gacha” video. “It is amazing to see the creativity and capability of the children not only in their understanding of the topic, but in the way they demonstrate and present their knowledge,” said the teacher in the class. Click below to see a number of the presentations made over the Zoom class session.

[https://drive.google.com/file/d/1\\_PXVDIYmGFUoGKOGoiQUQeED\\_j8OAluq/view?usp=drive\\_web](https://drive.google.com/file/d/1_PXVDIYmGFUoGKOGoiQUQeED_j8OAluq/view?usp=drive_web)



# Design an Aangi

Each Paryushan pathshala Children do Aangi on the Bhagwan pratima along the back walls (bhanti) in the temple area.

This year, given restrictions on in person attendance in the temple, we are inviting our pathshala children to submit a design for the Aangi. One of the submitted designs will be selected and a few JCYC Committee members will do the aangi, replicating the selected design, on behalf of our pathshala children community.

Given current circumstances, the actual Aangi will be subject to the temple being open for in person visit during the Paryushan period. Nonetheless, there will be one aangi design selected and posted in the next newsletter.

Please see the template of a Bhagwan murti on the last page of this newsletter. Print it out and design your aangi on the template. Scan your design or take a picture and submit it by e-mail to [pathshala@jaincenter.org](mailto:pathshala@jaincenter.org) by August 1, 2020. Late entries will be appreciated but not be taken into consideration for selection.

So get your pencils and colors out and get those creative juices going!!

## Preparing for Paryushan

We know our pathshala children are competent and committed in so many ways.

This year we want to highlight these capabilities in multiple ways.

# Essay on “Reflections on Paryushan during the Pandemic”

As the saying goes “May you live in interesting times.” What does that mean to you during this period of prolonged quarantine?

We will certainly have to observe Paryushan in a different way this year given social distancing measures.

How will your introspection and reflection during the Paryushan Parv be influenced by the experiences of the pandemic?

Share your thoughts with us in an essay and submit it to us by August 15, 2020 to [pathshala@jaincenter.org](mailto:pathshala@jaincenter.org). The length of the essay will be based on the age of the participant:

- Age 5 -10 yrs: Maximum 250 words
- Age 11 -13 yrs: Maximum 300 words
- Age 14 -18 yrs: Maximum 500 words

# Paryushan Activity Sheet

Last year we had a lot of children participate in Paryushan austerities and track them on the Paryushan activity sheet. We invite children to participate in the activity again. See if you can do as well as you did last year, or perhaps a little better.

Parents, use this sheet as a resource to make Paryushan Parv more meaningful to your child. This year, in particular, as much of the Parv will be observed while sheltering at home, talk to your child each day about the meaning behind each activity. Perform some of these activities with them if you can and share the sense of accomplishments and spiritual upliftment. Read religious stories with them, help them gain introspection and help them connect with friends and family virtually during this period of kshamavani Parv. The Activity sheet will be sent in a separate attachment.

Complete the sheet and submit it to [pathshala@jaincenter.org](mailto:pathshala@jaincenter.org) by September 5, 2020

Jain Center of Southern California  
 2020 PARYUSHAN AND DALI LAKSHANA PARY SHEET  
 Paryushan Parv: September 12, 2020 - September 12, 2020  
 Dali Lakshana Parv: September 13, 2020 - September 13, 2020

Activity	Points	Paryushan Parv							Dali Lakshana Parv							
		1	2	3	4	5	6	7	1	2	3	4	5	6	7	
1. Recite 1 Shikharva Shloka in the morning and before going to bed.	5															
2. Keep glasses empty on floor of a Jain temple's place or any other place.	5															
3. Do not have any food in your place or eat of food.	5															
4. Do not eat after sunset.	5															
5. Do not eat any food with eggs, honey, beef, gelatin or any animal products like cheese that have animal. Please please help with the idea of vegetarianism.	10															
6. Do not eat any nonvegetarian ingredients in food, including items such as protein, dairy, etc.	5															
7. Do not drink alcohol or any other beverage.	5															
8. Participate in special temple activities during the Paryushan Parv (optional Parv).	5															
9. Do not watch TV and do not play TV Computer games.	5															
10. Read the Jain books (Kashamavani parv) or Jain scriptures, all Jain stories of Jainism and Jainism. Share to your children.	10															
11. Do not watch or listen to any TV news or 100 books.	5															
12. Do not watch or listen to any TV news or 100 books.	5															
13. Eat any more than 3 times a day. Do not eat, listen or watch any news or 100 books.	1000															
Total Points out of 1000																
Parent's Signature																

# Celebrating Paryushan with the JCYC Committee

Paryushan Parv will be celebrated virtually this year given the limitations on the number of people that are allowed to gather at the Jain Center.

So JCYC Committee children will join the adults in putting together events during the eight day festival to engage the pathshala children in activities remotely. There is something planned for each day of the Paryushan Parv.

## Saturday, August 15:

### [Zoom Cultural Program : 1:30 pm onwards](#)

JCYC committee will host a virtual culture program on Zoom, featuring some of the children's performance from prior Mahavir Janm Kalyanak children's programs and other events. Watch a variety of dances, skits and musical performances that rock the stage in our cultural hall.



## Sunday, August 16:

### [Zoom Swapna Ceremony](#)

Pathshala children will have the labh (honor) to perform the 1st Swapna-Utarvanu, Puja and Darshan.

## August 15–August 21:

### [Evening Activity: 8:30 pm](#)

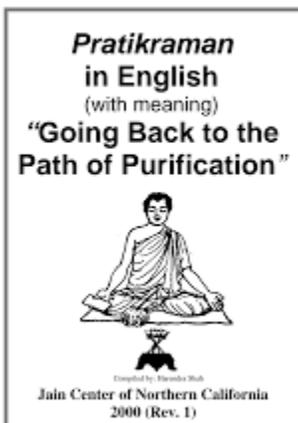
Each evening after Bhavna Bhakti and Aarti, there will be a 40-45 minute Zoom activity session for children hosted by members of our JCYC Committee.

These will be interactive sessions, offering a different activity each evening. Examples include Gahuli, Story time, Games, and much more. Look for announcements of more details as we get closer to the days of Paryushan.



Gahuli

The Zoom activity will begin at about 8:30 pm each evening, right after Aarti/Mangal Divo.



## Saturday, August 22

### [Samvatsari Pratikraman](#)

Given the limitation on the number of people allowed at the Jain Center, plans are to have the pratikraman also available on Zoom, so that individuals can also follow the Pratikraman from home.

It will begin around 4:00 pm and will be conducted by Dr. Nitin Shah.

So prepare your spot on an uncarpeted area of the floor and get yourself situated with your Pratikraman mat and join your peers.

# Upcoming Phenomena at Pathshala

Here are some key events coming up over the next 2 months

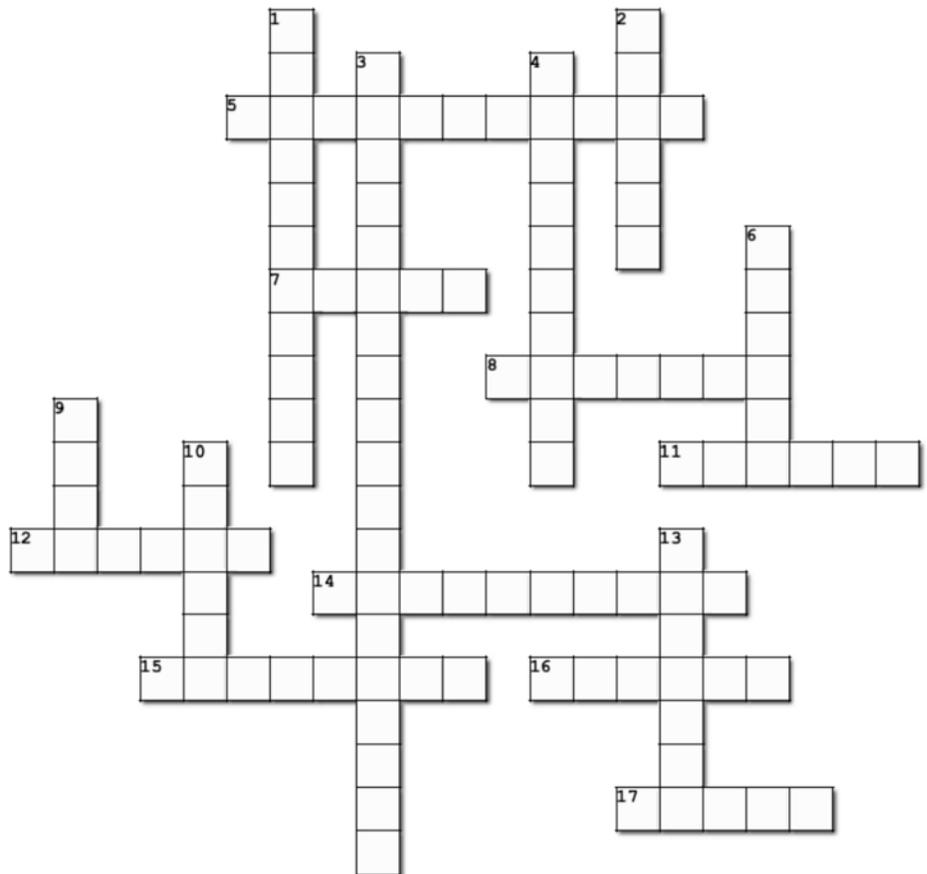
See if you can complete this crosswords. All the clues and answers pertain to Paryushan and Das Lakshan

August 2020

August 1	Last Dates for Submission	August 15 - 22
Cooking Demo by JCYC Committee	August 1 Aangi Design	Paryushan
	August 15 Essay: "Reflections on Paryushan during a Pandemic"	August 23 - September 2 Das Lakshan
Paryushan Activities		
August 15	August 15 - 21	September 5
Cultural Program hosted by the JCYC Committee 1:30 pm onwards	Evening Children's Activity hosted by the JCYC Committee 8:30 PM	Submit Completed Paryushan/ Das Lakshan Activity Sheet
August 16	August 22	
Swapna Ceremony Pathshala Children get 1st Swapna labh	Zoom Samvatsari Pratikraman 4:00 pm	

All Events and Activities listed will be conducted on Zoom

## Paryushan and Das Lakshan



### Across

5. Prayer of repentance and forgiveness, literally it means 'introspection'
7. The number of fasts in Atthai
8. 48 minutes of meditative prayer
11. When fasting, drink water that has been \_\_\_\_\_.
12. Aarti and \_\_\_\_\_ Divo
14. Ten Virtues
15. Michhami \_\_\_\_\_
16. Fast
17. Decorating the Pratima

### Down

1. We ask for this from all living beings after Pratikraman
2. Trishlamata had 14 of these
3. The virtue celebrated on the third day of Das Lakshan
4. Last day of Paryushan
6. Devotional music
9. The true nature of self
10. Eating once a day
13. Austerities. best when practiced of the body, mind and tougue

# We want to hear from you

As we move forward with the Pathshala phenomena, we want to incorporate more of the things that matter to the pathshala community. Let us know if there is a particular topic or story you would like us to cover or highlight. Send us some photos and a little narrative of an occasion that you know of that we should share with the readers.

Send your ideas to [pathshala@jaincenter.org](mailto:pathshala@jaincenter.org). Put "suggestions for the Phenomena" in the subject line.

We are still looking to add to our Teachers' group. If you are able to connect with children and would like to give back to our youth, apply for a teaching position. We are looking to recruit from both our first and second generation community members!

**JCYC Pathshala is a part of the Jain Center of Southern California.**

## Cooking Demonstration for Pathshala Children:

**Hosted by:**

**JCYC Committee**

**On**

**August 1, 2020**

**Recipes that are suitable for different age groups.**

**Details to follow**

### Pathshala Contacts

Pathshala: Sailes Jain,  
Poorvi Parekh

Office Admin: Komal Desai

Registration: Jigar Shah

Religion Lead: Smriti Shah  
Julie Shah

Gujarati Lead: Mita Mehta

Hindi Lead: Ritu Jain

Culture Class: Dip Sanghvi

Life Balance Class: Hina Shah

Security: Shailesh Mehta

Toastmasters: Deven Shah

Snack Duty: Ritesh Desai

JCYC Committee:

Committee Mom: Dipti Doshi

Committee Youth Coach:  
Namrata Deliwala

Co-Presidents: Savan Shah,  
Sahil Kale

# Design your Aangi

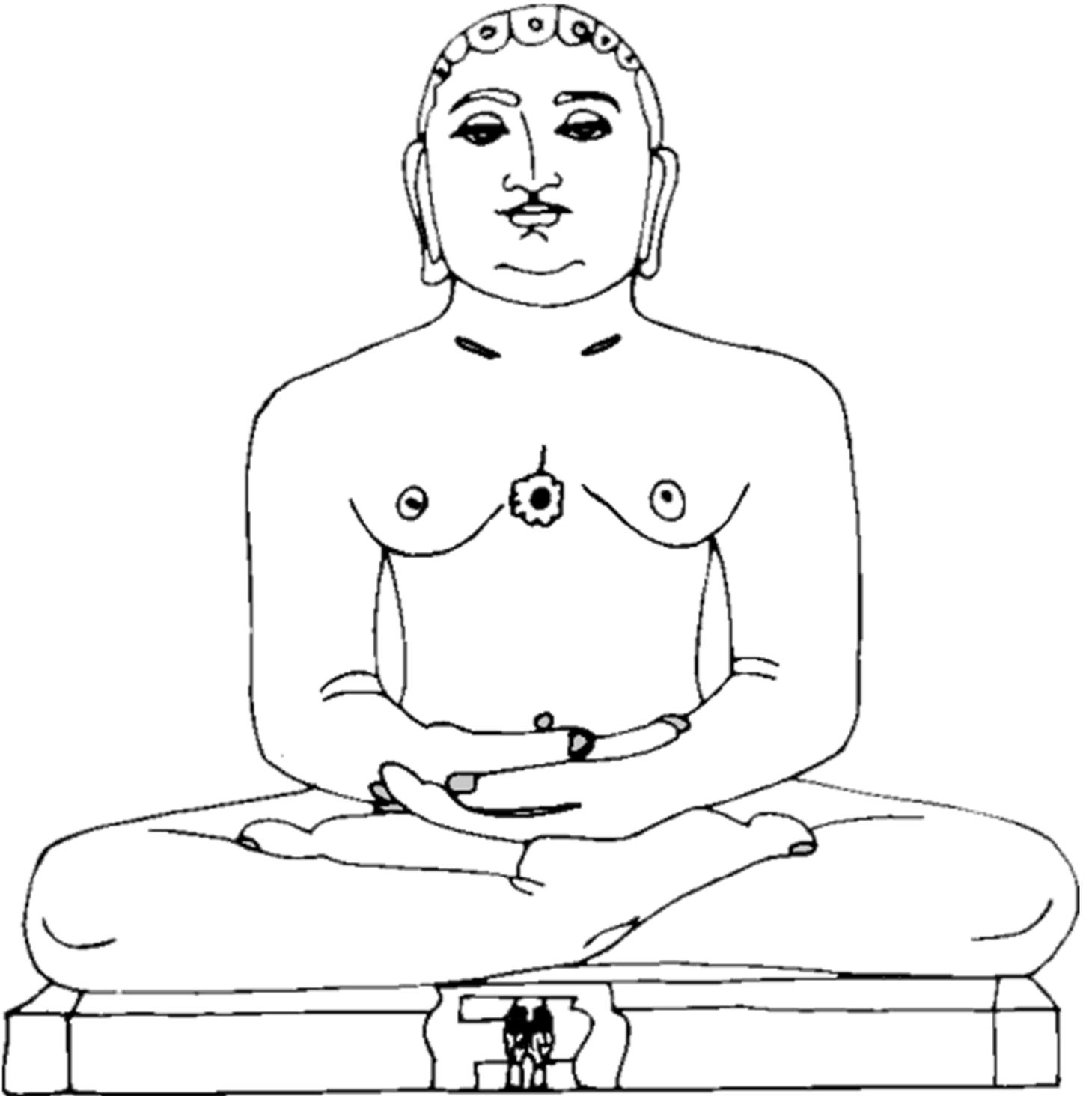


Select a Template and print the page. Draw your Aangi design on the picture. Make your design using Jewels, ribbons, etc as ornaments. Keep in mind that the aangi design has to be replicated on the actual Bhagwan pratima, so don't make it too complicated. Given current circumstances, the replication will be subject to the temple being open for in person visit, but the aangi design selection process will still take place and the selected aangi will be announced.

Name: \_\_\_\_\_

Age: \_\_\_\_\_

# Design your Aangi



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