



## Board of Directors

### Officers

<b>President</b>	<b>Bhavini Gada</b> 408-505-3227   bhavini_s@hotmail.com
<b>Vice President</b>	<b>Deepak Gada</b> 201-888-0269   dlgada@gmail.com
<b>Secretary</b>	<b>Dimple Dedhia</b> 669-241-4433   pinkybitushah@yahoo.com
<b>Treasurer</b>	<b>Narendra Shah</b> 404-604-7251   narendrars@gmail.com

### Regional Directors

<b>Region 1:</b> AZ, CO, HI, NM, So.CA, UT	<b>Shekhar Shah</b> , 480-717-9657 shahshekhar@gmail.com
<b>Region 2:</b> AK, ID, MT, NV, No.CA, OR, WA, WY	<b>Rahul Shah</b> , 623-297-0004 rahulshah1988@gmail.com
<b>Region 3:</b> AR, KS, LA, MO, OK, TX	<b>Namisha Jain</b> , 832-310-7159 nilutx@yahoo.com
<b>Region 4:</b> IL, IN, IA, MN, NE, ND, SD, WI	<b>Amit Shah</b> , 847-769-3346 mail_amit_shah@yahoo.com
<b>Region 5:</b> AL, FL, GA, MS, TN	<b>Open</b>
<b>Region 6:</b> KY, MI, OH, W.PA, WV	<b>Priti Haria</b> , 347-702-0785 priti_haria@yahoo.com
<b>Region 7:</b> WA. DC., MD, NC, SC, VA	<b>Vaishali Chheda</b> , 410-564-4758 vaishali.chheda@gmail.com
<b>Region 8:</b> DE, E.PA, NJ	<b>Shailesh Gala</b> , 732-567-3276 skgala@yahoo.com
<b>Region 9:</b> NY	<b>Priyank Chheda</b> , 313-398-4860 chhedapriyank@gmail.com
<b>Region 10:</b> CT, ME, MA, NH, RI, VT	<b>Nilam Maru</b> , 203-981-3878 nilammaru@gmail.com
<b>Region 11:</b> Canada	<b>Bhavesh Shah</b> , 416-727-0928 bhavesh.kshah@yahoo.ca
<b>Past President</b>	<b>Manish Mota</b> , 602-363-6145
<b>Youth Coordinator</b>	<b>Janak Shah</b> , 339-234-1023

### #

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## President's Message

Pedam,

It's that busy time of the year where festival season has kicked in with Paryushan, Ganesh Utsav, Navratri and soon Diwali events coming up. Hope you got a chance to participate in each and are looking forward to more celebrations.

Khoob Khoob anumodna to all the KOJAIN Tapasvi's (<https://kojain.com/tapasvis/2025.php>), whose willpower and spirituality serves as a source of inspiration to the members of our community.



Oct 2025 marks **30** years since KOJAIN was formed. A heartfelt thank you to all our founding members who planted the seeds of this beautiful organization. Your vision, dedication, and hard work gave us a thriving community.

**To 30 years of unity and community, keeping us close to our culture and roots.**

**To the friendship and togetherness that shine through our cherished Kutchi heritage.**

**To the vision, joy, and bonds that have carried us this far — and to the many more milestones ahead!**

A warm welcome to all the incoming international students. This year, **30+** students have connected with KOJAIN as part of our host family program. Thank you to all the hosts for providing support to incoming students.

Thankful to the election committee members for the coordination and collaboration for 2026-27 Elections. The new fully online nomination process for KOJAIN elections was very well received & simplified the process for everyone. Big thank you to all our returning board members and excited to welcome the new faces.

As part of nomination process and discussions with several members, we realize that it's time to review our by-laws and make updates for long term planning. We are in the process of launching a by-laws committee to review and if you would have suggestions or inputs please do let me or any of the board members know.

Lastly, we have been discussing Sammelan with various members and am humbled to see their energy towards Sammelan planning. We hope to share some updates about Sammelan soon.

Bhavini Gada

President | KOJAIN 2024-25





## 2026-27 Election Announcement

The Election Committee received and reviewed nominations for all Board positions for the term of Jan 1, 2026 to Dec 31, 2027. The following Nominees are declared elected uncontested for their respective positions:

- **President:** Bhavini Gada, San Jose, CA.
- **Vice-President:** Deepak Gada, Paramus, NJ.
- **Treasurer:** Bhavesh Veera, Livingston, NJ.
- **Secretary:** Dimple Dedhia, Milpitas, CA.

### ***Regional Directors:***

- **Region 1:** Shekhar Shah, Chandler, AZ.
- **Region 2:** Rahul Shah, Sammamish, WA.
- **Region 3:** Namisha Jain, Houston, TX.
- **Region 4:** Amit Shah, Naperville, IL.
- **Region 5:** Narendra Shah, Lilburn, GA.
- **Region 6:** Nisha Dedhia, Troy, MI.
- **Region 7:** Vaishali Chheda, Ellicott City, MD.
- **Region 8:** Open
- **Region 9:** Priyank Chheda, Tuckahoe, NY.
- **Region 10:** Renu Vora, Fairfield, CT.
- **Region 11:** Bhupesh Dedhia, Mississauga, ON.

The Election Committee did not receive nomination for Regional Director in Region 8. Under section 5.3.c of the Constitution and the By-laws of KOJAIN, the new incoming Board has the authority to fill this vacancy.

We wish new incoming Board good luck as they take charge on Jan 1, 2026 and thank the current Board for their service and the opportunity provided to the Election Committee to server our community.

Sincerely,

KOJAIN Election Committee Members:

Raj Shethia (NM) – [rajshethia@hotmail.com](mailto:rajshethia@hotmail.com) (505) 715-2966 - Chairman

Nimesh Chheda (MD) – [Nimesh.Chheda@gmail.com](mailto:Nimesh.Chheda@gmail.com) (410) 245-0966

Pradip Savla (Toronto, ON)- [pvsavla@yahoo.com](mailto:pvsavla@yahoo.com) (416) 540-7945

Ashok Savla (CA) - [aksavla630@gmail.com](mailto:aksavla630@gmail.com) (626) 372-4246

Arun Shah (TX) - [gsk66@gmail.com](mailto:gsk66@gmail.com) (469) 343-7336



## Kutchi Youth Of America

After an incredible summer filled with many exciting events, Kutchi Youth of America (KYA) has welcomed our new executive board for the 2025 to 2026 year!

First, we want to thank our past executive board on both the East and West Coast for all their hard work. This past year we have grown and expanded our reach and brought this organization to new horizons we never thought possible. And it's safe to say it wouldn't have been possible without this past board.

An additional huge shoutout to two of our past co-chairs, Reeya Vora and Janak Shah—they have dedicated so much time and effort and shown so much passion in making KYA the thriving organization it is today.

Now, we are incredibly excited to announce our new executive board for the 2025 to 2026 year!

**KYA Co-Chairs:** Mehal Gala (Kotdi Mahadevpuri), Riya Gada (Lakadia), Rohan Gala (Chhasra), and Ruchi Haria (Devpur).

**Public Relations:** Khushi Haria (Bidada), Samay Malde (Bhujpur)

**Finance and Fundraising:** Devan Velji, Rashi Haria (Devpur)

**Culture and Projects:** Pia Visaria (Bada), Rhea Visaria

**Regional Directors:**

**East:** Cherry Gada (Mota Asambia), Veer Shah (Rayan)

**West:** Kairavi Shah (Naredi/Nandi Khakar)

**Midwest:** Aaryah Gandhi, Rhea Gala (Chhasra)

We can't wait to see all that this new year will bring for KYA! With the dedication of our new board and the continued support of our amazing community, we are confident that 2025–2026 will be filled with even more growth, connection, and celebration of our Kutchi culture.

Stay tuned for exciting updates, upcoming events, and ways to get involved—this is just the beginning.

## Upcoming regional events

### A list of upcoming regional events

- Sat, Oct 11<sup>th</sup> - Seattle Diwali
- Sun, Oct 12<sup>th</sup> - New York Diwali
- Sat, Oct 18<sup>th</sup> - New England Kutchi Diwali
- Sat, Oct 18<sup>th</sup> - Southern California Diwali
- Sat, Oct 25<sup>th</sup> - New Jersey Diwali
- Sun, Nov 2<sup>nd</sup> - San Francisco Bay Area Diwali
- Sat, Nov 8<sup>th</sup> - Midwest Kachchhi Group Diwali

## Region 1 - Virtual Khamavanu Session

This year, the SoCal Kutchi community came together for its first-ever virtual Kamavanu session. While the idea began as a way to gather since Samvatsari fell on a weekday, it turned out to have a far greater impact than expected.

The online format allowed members near and far to join, reminding us of the strength of our community bonds. Shanti Uncle (Gala), who has moved back to India, was able to connect with everyone, bringing warmth and nostalgia to the gathering. From Lancaster, Dr. Kastur Vira and Dilip Vira also joined, making it truly a regional—and global—SoCal Kutchi event.

We were especially inspired to have our marathon taapasvi, Ashok Savla, who completed Chovhiyara 9 Upvas, join the session along with other taapasvis. Their presence brought a spirit of devotion and encouragement to all.

As our SoCal community continues to expand its borders, these virtual moments give us an opportunity to stay connected beyond WhatsApp messages, and to continue the traditions that define us.

On behalf of the SoCal Kutchi community, we extend a heartfelt Michhami Dukkadam to the larger KOJAIN family.





## Region 1 - JCSC Seva Ratna Awards

We are proud to recognize the dedicated contributions of our community members who were recently honored by the Jain Center of Southern California (Los Angeles area). The Sevak Ratna Awards are bestowed upon those volunteers who, with unwavering dedication, have given decades of selfless seva to JCSC.

This year's **JCSC Sevak Ratna** Awardees included **Divya & Navin Gangar, Geeta & Harish Khona, Pallavi & Kirit Gala, and Chetna & Suryakant Sawla** for their outstanding commitment to selfless service. In addition, **Chunilal G. Shah** was recognized with the prestigious **JCSC Pillar Award** for his lifelong dedication and unwavering support of the center. The Pillars Awards are conferred upon those who, in earlier years, made extraordinary contributions toward the growth of JCSC

We extend our heartfelt congratulations and gratitude to all the honorees for embodying the spirit of seva and strengthening our community.





## Region 2 - Seattle KVO Summer Highlights

This summer, the Seattle KVO community came together for a series of vibrant and well-attended events that truly showcased the spirit of togetherness and celebration.

### Annual Potluck Gathering

The season kicked off with our much-loved annual potluck. Blessed with beautiful weather and an abundance of delicious food, families gathered to reconnect and enjoy the outdoors. Parents caught up on their medava, while new families who recently moved to the area were warmly welcomed and introduced themselves. It was heartwarming to see our thriving Kutchi community continue to grow and flourish here in Washington.



### Kutchi Sports Day

Back by popular demand, the Kutchi Sports Day was another highlight of the summer. Both youth and parents eagerly anticipated this fun-filled event, which featured friendly competition and high energy throughout. The excitement lasted over five hours, with participants showing incredible enthusiasm and sportsmanship. The day concluded with a delicious meal thoughtfully organized by the committee, leaving everyone with full hearts and happy memories.





## Region 2 - Seattle KVO Summer Highlights

### Paryushan Celebrations & Garba Night

The summer's spiritual highlight was the **Paryushan celebration**, which was especially memorable this year thanks to the visit of Sahebji Nikhil bhai from the Tattvam Foundation. Over the course of eight days, the community engaged in thought-provoking lectures, daily pratikaman, and soul-stirring musical bhavna. Following the conclusion of Paryushan with Savantasri—a day dedicated to global forgiveness (Michhami Dukkadam)

The community once again came together, this time with their dancing shoes on! The energy was electric at the **Garba event** featuring the legendary Falguni Pathak. People danced their hearts out to her timeless hits, celebrating with joy, rhythm, and unity.



## Region 2 - KVL 2025: A Celebration of Sports and Community Togetherness

**KutchValley** hosted **Kutch Valley League (KVL) 2025**, a 2-day sports extravaganza in San Jose on July 19-20.

This year's sports lineup included the staples from previous years - Women's Throwball and Cricket, Men's Volleyball and Cricket, and Bocceball and Cornhole for Robinhoods (55+). The enthusiasm for a change inspired us to try new sports for other age groups - FourSquare for kids aged 6-10, Spikeball for kids aged 11-16 and Human Foosball for Robinhoods (55+) as well kids aged 6-16 that turned out to be a very fun sport!

At the heart of KVL is the goal of promoting **an active lifestyle** and encouraging everyone, regardless of age or skill level, to engage in outdoor sports. KVL 2025 was an unforgettable celebration of sports and community spirit with 23 Teams with 165 players cheered on by family and friends. This year the team names followed the Nature theme - Rivers, Mountains, Forest, Parks. Teams came up with innovative names like "Ganga Gladiators", "Ranthambore Rambos", etc. The practice sessions leading up to the event helped build new friendships and bonds within the community and were filled with fun and at the same time a shared dedication to honing new skills.

Special thanks goes to our generous sponsors from the local KutchValley community. Their support allowed us to provide complimentary lunches (Qdoba veggie bowl, Pizza) for players, subsidized lunches for spectators, as well as snacks and ice-cream! Just before eating their ice-creams the kids sang Happy Birthday for Shilpaben Gogri who was celebrating her birthday on the very day! KVL 2025 turned out to be a true testament to the **vibrant spirit and togetherness of the KutchValley community!**

Website: <https://www.kutchvalley.com/kvl-2025>

Fun reel: <https://www.instagram.com/p/DOhHZGFjVwC/>



## Region 2 - KVL 2025: A Celebration of Sports and Community Togetherness

From L to R, KVL 2025 organizing team - Kewal Shah, Smit Savla, Harshal Veera, Jayesh Gada, Aditya Oswal, Vinay Rambhia, Saumil Gogri, Jaikit Savla, Jaideep Shah, Gunjan Mamania, Chintan Poladia,





## Region 2 - KVL 2025: A Celebration of Sports and Community Togetherness





## Region 2 - Camp KV 2025 : Calaveras Big Trees State Park

KutchValley went on its annual camping trip to Calaveras Big Trees State Park in Aug 2025. This time we had a record **185+** campers and 2 nights of camping. The campground was very beautiful with giant sequoia trees. On Friday evening campers arrived to the campground and after pitching their tents we gathered for medavo and birthday cake cuttings. Sat morning started with Masala Puri breakfast with Khakra, fueling us for the day ahead. Soon after, campers got their hearts pumping with some Bollywood workout dance led by Hiren Pasad and Dimple Dedhia. This was followed by a hike to see the giant sequoia trees. Sat Lunch was flavorful Mexican Rice Bowl. After relaxing for some time we headed to a nearby lake for some water activities. After returning to the campground we freshened up and ate sizzling hot Pav Bhaji + Sheera for dinner. Our theme this year was "Circus". So we had couple of clowns roaming around the campground. The decor was also circus themed and kids received a circus related tattoo on their hands. Sat night was campfire time (without the fire). We played games, sang songs, played cards, did Medavo and generally had a good time. We had a unlikely visitor on Fri night in the form of a bear who ate some food from one of bear lockers. Sunday dawned and after breakfast of Upma we had a calming meditation session led by Romil Rambhia.





## Region 2 - Camp KV 2025 : Calaveras Big Trees State Park

It was a fun nature outing with every family pitching in to help with meal prep and keeping things smooth. The Core Camping Team consisted of Ameeta Gala, Ami Lalan, Chirag Kenia, Kalpa Shah, Mehul Poladia, Neelam Dharod, Prashant Shah, and Vinay Rambhia,





## Region 2 - KutchValley Takes on Mount Whitney

### A Journey of Grit, Bonding, and Triumph

On September 6th 2025, a spirited group of **8 hikers** from KutchValley — our close-knit Kutchi community in the Bay Area — **set out to conquer Mount Whitney**, the tallest peak in the contiguous United States at **14,505** feet. With permits secured months in advance, and planning that began as early as March, this adventure was not just a hike — it was a journey of resilience, camaraderie, and unforgettable memories.

Attempting a **one-day summit** of Whitney is no small feat. It's a grueling 22-mile round trip with over 6,000+ feet of elevation gain, demanding both physical endurance and mental strength. While not every member of our group reached the summit, every single person emerged stronger, prouder, and closer to one another.

In the lead-up to the hike, we all trained together, including a final practice hike in the Mammoth Mountains just a day before the big climb. Along the way, we shared snacks, rooms, stories, laughter, and life moments — **forming bonds that will last far beyond the trail**. We are beyond thrilled for **Rashmi Nishar & Mayuri Nisar** who made it to the summit — **a huge accomplishment!**

But in truth, the summit was just one part of the journey. What truly mattered was the shared experience — the planning, the perseverance, and the unity that carried us through the challenges. We feel incredibly grateful to have undertaken this adventure together and look forward to more trails, tales, and treks with our amazing KutchValley family.

### - The Whitney Team.

Names from L to R - Sumit Savla, Jaikit Savla, Sumit Chheda, Jinal Vichhivora, Rashmi Nishar, Kinjal Khandhar, Priyanka Shah(Gada), Mayuri Nisar





## Region 2 - KutchValley Takes on Mount Whitney



## Region 2 - Path to Wellness: JCNC Health Fair 2025

On July 13, 2025, Active Circle and the Jain Center of Northern California (JCNC) hosted the **Path to Wellness Health Fair**, promoting both physical and mental well-being. Organized by JCNC Cultural Executives Jaina Shah (Vice President) and Sanket Shah (Co-Vice President), alongside Team Active Circle's Nivriti Vira (16, daughter of Sneha Amit Vira) and Aanya Shah (17, daughter of Maitrayee Sandip Shah), the event drew over 500 attendees, 33 healthcare professionals, 9 health organizations, and 12 student volunteers.

The fair featured **9 health talks** on topics like stroke and cancer prevention, child health, and homeopathy. Two **Ask-A-Doc** panels offered expert advice on maintaining a balanced lifestyle and managing stress, covering both physical and mental health.

A major highlight was the **Stanford Blood Center's on-site blood drive**, which collected 44 units, potentially saving over 120 lives. The event also provided free health screenings by UCSF Champions, benefiting over 50 community members with comprehensive health assessments and connecting them to essential care.

The Plant-Based Wellness Booth introduced a 3-month pilot program on plant-based living, with 50 attendees signing up for the trial. Additional resources included **marathon training support, general wellness consultations, and mental health education.**

Special thanks to the Organ Donor Network, EDRC, UCSF, Vibha Striders, and the Plant-Based Wellness Foundation for their contributions.

This event showcased the power of community collaboration in promoting wellness. Active Circle remains committed to creating inclusive spaces for health education and support.

A heartfelt thank you to all volunteers, participants, and supporters. Together, we're building healthier, more connected communities!



## Region 2 - Path to Wellness: JCNC Health Fair 2025





## Region 3 - Houston Diwali meet and greet

On September 13 2025 KOJAIN in Houston hosted a wonderful Kutchi Diwali get-together with about 90 + members in attendance. The event was generously sponsored by Shanti Bhai and Geeta, Ben Gala and family, along with all our amazing kutchi community members.

Everyone had a fantastic time enjoying the delicious food, exciting games, and lively atmosphere. The participation and enthusiasm in every activity made the evening truly special.

We also had aarti Thali competition.

People are already looking forward to the next gathering with great excitement. 🌸

For pictures : <https://photos.app.goo.gl/5Rtak4fS3N3qbU2j9>



## Region 4 - Veeraj Gadda | 600 Day Fitness Streak

My name is Veeraj Gadda, son of Kantilal Gada, born and brought up in Mumbai for 22 years before I moved to Illinois, USA for masters and work. I wanted to do something incredible in my life. Working out has been my passion. So, when I saw people doing 75 Hard or so, I was kind of saddened. Why ? Because it was trendy. And I've always felt that fitness has to be an everyday thing not a 75 day trend. So, what did I do ?

On 25th November 2023, inspired by David Goggins, I started doing a 500 calorie workout which means burning 500 calories with a workout every single day- no excuses. To keep myself honest and document this journey, I created an instagram page where I posted every single day :

[https://www.instagram.com/vee\\_daily19/reels/](https://www.instagram.com/vee_daily19/reels/)

And today, i have completed over 667 days of "500 calorie workout everyday" and here's what has transpired in that time :

1. The community grew to over 353K loyal followers.
2. I met David Goggins and spent 15 minutes with him onstage. [Link](#)
3. Inspiring countless people to do a 500 calorie workout.

This journey has no doubt been super difficult. To continue this streak, I have worked out at airports, at midnight, at 2 am, whatever it took. But we made it happen each and every day. And as someone who is a Vagad, and as I completed over 600 days of workout everyday. I'd love to share my story with on KOJAIN newsletter in hopes of inspiring our jain community to commit to their wellness goals in a sustainable and realistic way.





## Region 4 - Veeraj Gadda | 600 Day Fitness Streak

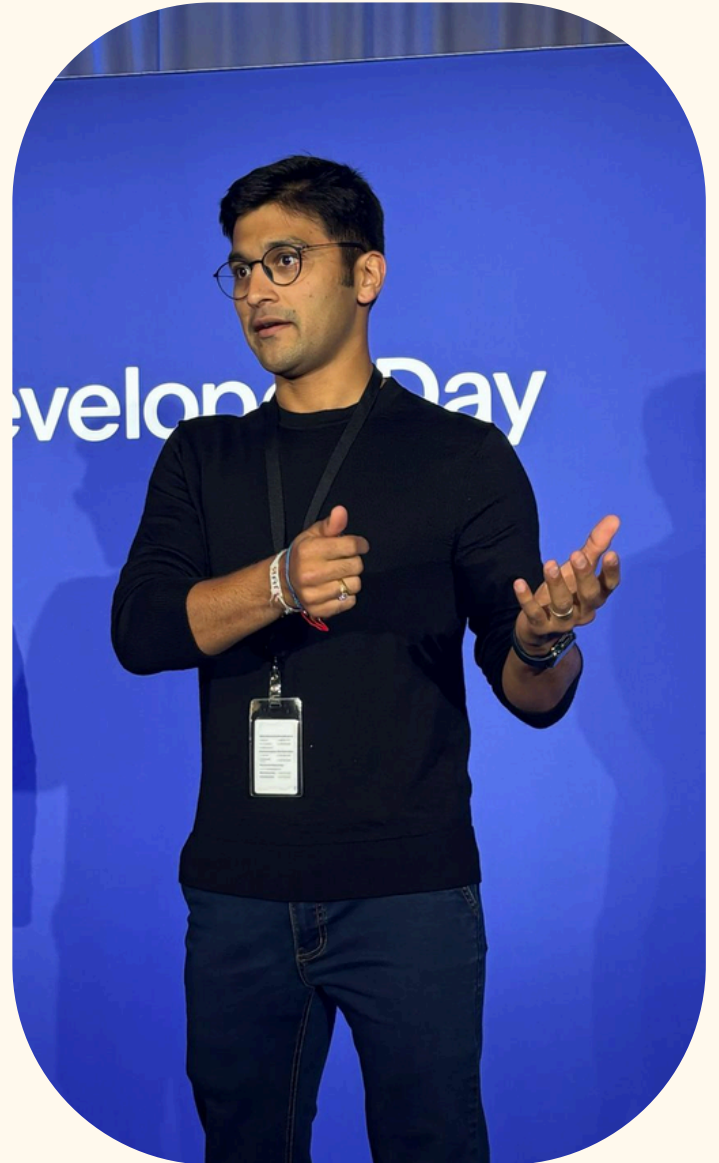
Along with this, I am also sharing some tips/strategy that have helped me and can help anyone as well looking to take up fitness consistently

1. Start slow and with something that you enjoy. This could mean walking with a friend or swimming. And in the beginning, just set a goal for 21 days to ensure you can build a habit.

2. Set a goal for x number of calories to burn everyday. Starting with burning 300 calories and tracking it through a smart watch. This combined with knowing your base calories can inform you how many calories you burn per day. Thus, if your goal is to reduce weight, you know you need to burn calories less than what you are burning.

3. Prefer exercises like swimming and spinning which are not only low impact exercises but also are tremendously helpful in fat loss.

Finally, I want to end by saying that fitness is a flywheel to success. When I started working out, I automatically started sleeping well, eating healthier and feeling fresher. And this consistency rubbed off on my work and starting seeing success there too!



## Region 8 - Bhavzy | Desi Hip Hop with Kutchi Heartbeat

**Bhavzy** – Desi Hip Hop Artist with a Kutchi Heartbeat! | NJ-based | **Gaam Navavas** | Independent Artist

Bhavin Shah, popularly known as Bhavzy, is a rising musical artist and rapper blending authentic Kutchi culture with Desi Hip Hop (DHH). Raised in Pune / Mumbai (Gaam Navavas) and now based in New Jersey, Bhavzy writes, composes, and produces original music that reflects his roots, his passion and the people around him.

His latest release, “**Haalo Kutch**”, is a global sensation in the Kutchi community – an upbeat yet soulful journey through the heart of Kutch. Bhavzy has used authentic Kutchi rap lyrics which is one of a kind. Featuring the melodic voice of his wife, Prital Shah, and set against stunning visuals of Kutch landscapes, culture, and cuisine, the track fuses hip hop beats with traditional instruments like Surando, Mandolin, Lute, and Tabla. It’s not just a song – it’s a cultural celebration.

Checkout “Haalo Kutch” at: [https://youtu.be/cz\\_UmsmJVfM?si=CA3ltQMSIMj7hWP7](https://youtu.be/cz_UmsmJVfM?si=CA3ltQMSIMj7hWP7)





## Region 8 - Bhavzy | Desi Hip Hop with Kutchi Heartbeat



His previous release, **“Fire and Ice – Bhavzy”** delivered a powerful tribute to the unstoppable spirit of independent women, shot amidst graffiti-filled NYC streets – inspiring and bold, just like its message to live your dream and follow your passion.

He also brought humor and relatability to the pitch with **“Aarialaay / The Sledging Anthem”** – a witty, rhythmic take on cricket slang that resonated deeply within the cricket-loving community.

Whether it’s celebrating tradition, empowering voices, or speaking street truths, Bhavzy brings lyrical authenticity, storytelling, and a unique sound to every track.

Follow his journey on:

- **Instagram:** [https://www.instagram.com/bhavzy.music?igsh=MWdobnExd3MydjBtdw%3D%3D&utm\\_source=qr](https://www.instagram.com/bhavzy.music?igsh=MWdobnExd3MydjBtdw%3D%3D&utm_source=qr)
- **YouTube Channel:** <https://youtube.com/@bhavzymusic?si=r6pQpEKVyavUNOHm>

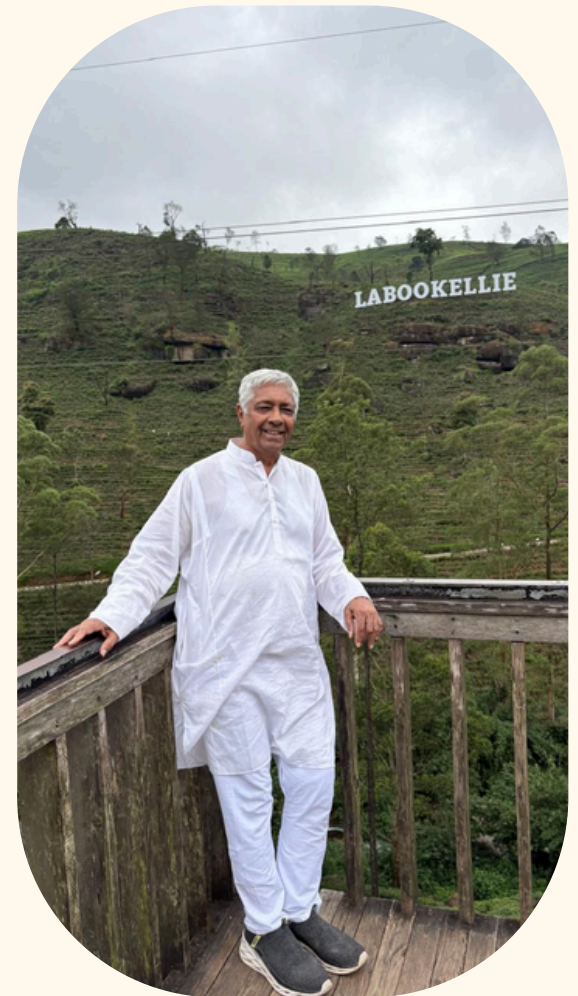
When he’s not making music, Bhavin balances his creative side with a career in IT/Finance – proving that passion and profession can thrive side by side.

## Region 9 - Lax Kenia | JAIN value exposure to immersing in Vipassana meditation

When I heard 'SUTWAA' for the first time from Goenkaji and understood as its meaning "Those who have heard the word Dhamma" in their life they are fortunate. At least they are exposed to Dhamma, Laws of Nature and we can hope he/she will make effort towards living the Dhamma path, Dhamma life and will hope to attend a state where by he/she will be able to purify from the impurities like Anger, jealousy, torment, hatred and become a pure with awareness and tranquility. Those who have not heard the word Dhamma can not experience such a Bliss.

I consider myself fortunate to been exposed to word Dhamma or Dharam-JAIN Dharam etc, the value of which I understand better after getting immersed in Vipassana and walking the eight fold path. During my child hood while getting immersed and getting exposed to JAIN. Terms like Upwas, Samayik, Darshan, Paushad, vyakhyan i used to wonder about their usefulness. I could not understand so much emphasis on so called 'Next Bhav' .We were told all of these rituals or Dharam kriyas are for better Bhav in next life and if you do not do 'The Parma Dhami will punish you in Narak. We were shown pictures of some one burning in hot oil or directly in fire or being beaten with ropes. I could not grasp these fears but kept on doing because other family members and friends use to value that. When asked the explantation was that's the way its written in SUTRA. Because its words of Tirthankar ,they are to be followed!!!!!!

My worldly education bought me away to USA, I got exposed to Yoga, some Hindu principals on Dharam. Read about experiences of Non Hindu, Non jain scholars like Rabindra Nath Tagore, Walt Whitman etc and my curiosity to experience depth of spirituality remain alive.



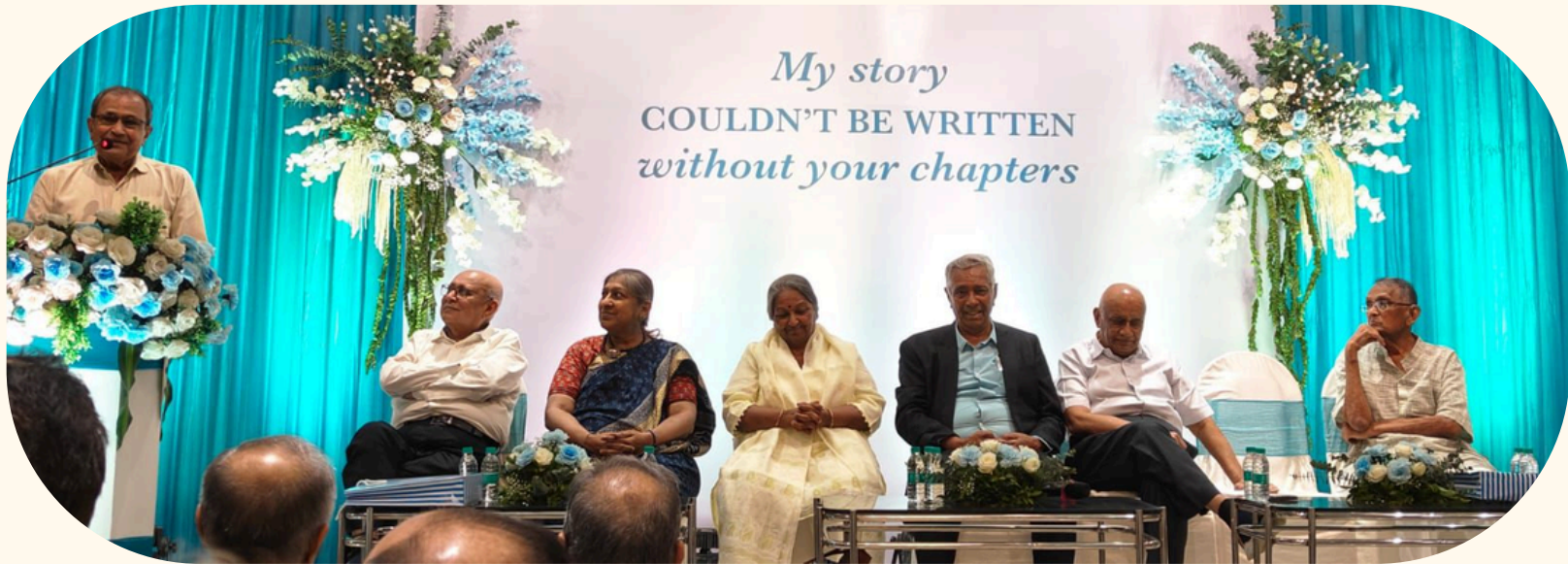


## Region 9 - Lax Kenia | JAIN Value exposure to immersing in Vipassana meditation

After returning from USA to India in 1981 I explored more yoga kriyas of pranayama and Vaman and Dhoti etc. More reading led to a craving to experience meditation. The picture of Mahavir sitting with eye closed posture and working for 12.5 long years until he managed to Reveal Kewal Gyan experience and knowledge, kept daunting me.

Who will make to me sit with eyes closed, what the mystery of Dhyaan - The question remain unresolved.

On my next trip to KUTCH seeing my anxiety a jain saint with lots of care and affection ask me to learn samayik. I meticulously started with chapter one, chapter two etc. Being Educated my self I went to and forth to understand meanings and got stuck on 'Siddha shila', Tirthankar sitting there, enjoying bliss forever etc flowering expressions of moksh, I just could not comprehend. Still peaceful aura on picture of Tirthankar and Statue at Bhagwan at Derawasar kept my quest for experiencing tranquility and Gyan remained alive.



## Region 9 - Lax Kenia | JAIN Value exposure to immersing in Vipassana meditation

And one day I experienced that during my first 10 days course of vipassana in 1984 under Guidance of Guruji S. N. Goenkaji. Under his guidance on Anapana Sati to increase concentration to tame the wavering mind under ones own control and then Vipassana technique to experience Changing nature of all phenomena, Law of impermanence, made sense. Detachment with I, me, my body, my views, my relatives, my acquaintances etc touched my inner core.

Remain absolutely still with closed eyes and keeping mind on own body to experience changes happening at Cellular level, breaking of Body mass in to liquid to Gas and in to pure vibrations gelled with my intellect, my understanding, my own logical understanding. I experienced PEACE at a level which I have had never before. All the open questions as if answered from within my own mind. The first time I realized I am complete with all there is to know I just have to access from within me.

I started working as guided by the technique and Guruji S N Goenkaji from the solid to Liquid to gaseous level of body to the subtle to subtler levels of change awareness. I knew and I know I will be able to experience the subtlest. I understood the reason for Aura on Tirthankar Mahavir's statue or complete tranquility on Buddha's face. I know I will experience the same if I continue my effort off realizing Vipassana's way of experiencing my own truth as guided by Buddha and as taught by Guruji.

I started to understand the importance of Dhyaan during sailing sitting and during long 20 days and 30 days courses. I started to understand that as told in Vipassana the Jain values exposed in childhood was to be more cultivated to acquire more tranquility and nature to provide opportunity to reveal more and more wisdom.

I started to understand that Dhamma has many many different meanings but eventually it will make you fearless, bold human being free from craving and aversion. Dhamma will reveal to you all there is to know by systemically walking on eight fold path shown by Buddha. I began to understand how past karma or my own deeds has to be consumed with tranquility till all such karma positive and negative has to be experienced regardless how many Bhav or birth cycles you have to go thru.



## Region 9 - Lax Kenia | JAIN Value exposure to immersing in Vipassana meditation

Now there is no fear of next Bhav or Parmadhami. There is no desire to live or die. Only way ahead is Living in presence with awareness and let Dhamma do its own revelation to add in to my own direct experience.

Let the human wants be diminished and Kewal Gyan be revealed by Nature. I will wait this Bhav and the Nexts fearlessly.

The major difference I had to mend with my intellect and logic from vipasana exposures are

1. It focus on Middle marg and not on any extremes. For eg:jain ways of Ahinsa understanding will go to minutest level while vipassana exposure says to be practice, be sensitive up to level where your five senses can recognize. .Do not waste too much energy further.
2. There is no entity.ie No soul as such. Keep on focusing on what's happening in present and impermanence. If at all soul is there, you will experience realize but until then keep on experiencing changing phenomena on the body with out indulging in them and continually developing awareness (24x7) and Drishti Bhav.
3. Its not five senses and their subject that makes you indulge in to RAG and DWESH and Sanskars are made, which you have to face when the fruits arises. Its resulting Sanghya, which distorts your judgements. As such you have to work with Veda a arising on body, recognizing impermanence nature of such phenomena and remain in Samtaa. All such Vedanarayana ( called as samvedna in vipassana course) of experience on body will pass away and you remain aware with Tranquility, which will with time reveal the ultimate truth of nature and leads you away from cycle of birth and death.
4. Rather the spending to much time on penance to body and hoping for accumulating resulting merits, focus of Eight fold path and walk and that path day in and day out. Ultimately you will reach the goal of becoming ARIHANT and Mukh from cycles of birth and death.
5. Both exposure guides to develop gratitude and compassion and enthusiasm towards all living being and sharing your merits for well being of all living beings.

Fondly

Lax Kenia

## Region 11 - Community Picnic : A Joyful Summer Gathering

On July 12th, 2025, the Kutchhi community in Canada came together for a vibrant and unforgettable picnic at Centennial Park in Etobicoke, Toronto. Despite the intense heat wave sweeping through the city that day, around **150** spirited members showed up with smiles, energy, and an unwavering sense of togetherness. The scorching sun didn't dampen the mood—in fact, it only made the laughter louder and the memories sweeter.

The park buzzed with excitement as families and friends engaged in a variety of activities, Interactive games and icebreakers designed for all age groups. From playful competitions to relaxed conversations under shaded trees, the event offered something for everyone. The atmosphere was filled with joy, camaraderie, and the unmistakable warmth of community spirit.

Guests were treated to a delicious spread of traditional cuisine that was served with love and care. The food was not just tasty—it was a celebration of the community's rich culinary heritage, bringing comfort and flavor to a day already brimming with happiness.

This wonderful event would not have been possible without the incredible dedication and teamwork of our volunteers: Riddhi Dedhia, Bhakti Shah, Heth Maheshwari, Shaurya Dedhia, Hethvi Shah, Khyati Vora, Megh Dund, Simran Lalwani, Dhairya Vora, Vaibhav Bhate, Priyesh Chheda, Anil Haria, Jaydeep Dharamsey, Raj Dedhia and Vipul Kenia. Their meticulous planning and tireless efforts ensured that every detail—from entertainment to logistics — was handled seamlessly.

A shout-out to Sagar Dedhia, Lataben Champsee, Bhupesh Dedhia, Bhavesh Shah, Pradip Savla, Hiren Chheda, and Dhairya Vora who supported the core team by managing food arrangements, overseeing paperless registration, arranging rides, and handling countless behind-the-scenes tasks that kept the day running smoothly.

## Region 11 - Community Picnic : A Joyful Summer Gathering

To everyone who braved the heat, joined the fun, and helped turn a sweltering summer day into a cherished celebration of culture and connection—thank you from the bottom of our hearts.

Your enthusiasm and presence made all the difference.

For more Photos and Videos: <https://photos.app.goo.gl/5Rtak4fS3N3qbU2j9>





## Region 11 - Nikhil Nagda | President of the Jain Society of Toronto

### A New Chapter of Service and Unity: My beginning as the Youngest President of the Jain Society of Toronto

It is with deep gratitude and humility that I share the news of my recent election as the youngest president of the Jain Society of Toronto in last 40 years. This moment is not just a personal milestone, but a reflection of the evolving spirit of our community — one that embraces youth, innovation, and inclusivity while staying rooted in timeless Jain values. Growing up in Bombay but living in Toronto for last 14+ yrs, the Jain Society of Toronto has always been more than just a place of worship for me — it became a second home since 2019. I took led the accountability and responsibility of Decoration, Logistics, Parking and Crowd management as a volunteer during the Bhavya Pratistha Mahotsav in June 2023 leading me to enter the Management Committee member in 2023. It offered me a sanctuary for spiritual growth, a hub for cultural connections and friends for life, and a platform to serve. On a personal note, I have been able to do 8 (Atthai) or more upvaas during Paryushan continuously for last 5 yrs. The principle of “giving back to the Sangh/Society” has always guided my involvement, and today, it fuels my commitment to lead.



1. **Unity in Diversity:** Strengthening bonds across diverse sects and backgrounds within Jainism, guided by the principle of Anekantavada — the multiplicity of viewpoints and collaboration between 4 Sections -Shwetambhar, Digambhar, Sthanakwasi and Srimad Rajchandra

## Region 11 - Nikhil Nagda | President of the Jain Society of Toronto

**2. Modern Outreach:** Leveraging technology and social platforms to make our teachings and events more accessible, especially to younger members, newcomers and kids born in Canada.

**3. Honoring the Past, Building the Future:** I stand next to the shoulders of visionary leaders who have nurtured this society for decades. Their legacy inspires me to lead with compassion, integrity, and a deep commitment to Ahimsa (non-violence), Satya (truth), and Seva (selfless service).

**Leadership, to me, is not about position — it's about responsibility.** It's about listening, learning, and leading with compassion. I am committed to upholding the values that have shaped our Sangh and ensuring that our society remains a beacon of peace, learning, and unity in North America and perhaps in whole world.

Last but not the least – I am grateful to my parents; presently living in Toronto - Visanji Ratanshi Nagda (Gaam: Sanosara) and Jaya Visanji Nagda (Gaam: Halapur; Hale: Mandvi) for their continuous support and encouragement to continue to serve the Sangh.

If you are interested in visiting or you'd like to learn more, you can reach out to [Nikhil.JSOT@gmail.com](mailto:Nikhil.JSOT@gmail.com) or visit [Jain Society of Toronto](#) page for more information.

## Matrimony Listings



**Name:** Dhawal Hasmukh Dedhiya

**Age:** 30

**Height:** 5'8"

**Current Location:** Centerville, Virginia, USA

**Parents Name:** Tarlika & Hasmukh Gangji Dedhiya

### Brief Introduction:

I am a self-reliant and ambitious individual on a quest for a life companion. Embracing my introverted nature, I hold a deep appreciation for personal space while nurturing meaningful connections. Beyond the workplace, I find joy in a variety of interests, including sports, movies and music. I am also a fan of travelling and love exploring new places to create lasting memories.

**Linkedin:** [www.linkedin.com/in/dhawaldedhiya](https://www.linkedin.com/in/dhawaldedhiya)

**Instagram:** dhawaldedhiya

**Email ID:** [dhawaldedhiya@gmail.com](mailto:dhawaldedhiya@gmail.com)

**Phone number:** +1-919-931-1549



**Name:** Siddhant Dinesh Shah (Dedhia)

**Age:** 34 (Oct 4, 1990)

**Height:** 5'7"

**Current Location:** San Francisco Bay Area, California USA

**Parents Name:** Harshita & Dinesh Khimji Shah (Dedhia)

**Brief Intro:** I bring a creative and joyful energy to everything, whether it's embarking on new adventures or cherishing time with family. I'm based in the San Francisco Bay Area and looking for a partner who wants to build their own career here and is excited to call this place home. I'm ready to find a partner who wants to build a life filled with purpose, laughter, and a bit of adventure.

**LinkedIn:** <https://www.linkedin.com/in/siddhantdshah/>

**Email ID:** [siddhantshah6@gmail.com](mailto:siddhantshah6@gmail.com)

**Phone Number:** +19197936167(self) or +919819101101(Mother)



## Matrimony Listings



**Name:** Parth Manoj Vira

**Age:** 29 years

**Height:** 5ft 11inch

**Current Location:** Toronto (Ontario, Canada).

**Parents Name:** Manisha & Manoj Dungarshi Vira.

**Brief Introduction:** I am a self-reliant and ambitious individual with a mix of modern, traditional and cultural values on a quest for a life companion. Embracing my introverted nature. Beyond the workplace, I enjoy hiking, listening to music, dancing and cooking. I also love to travel, explore new places and try different cuisines.

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