



VANIK COUNCIL (UK)

Formerly The National Council of Vanik Associations (UK)

VANIK VOICE

Dec 2017

Chairman

Mr Manharlal Mehta

General Secretary

Mahesh Gandhi

Regional Vice Chairmen

(North Region)
Mr. Nehal Mehta

(Midlands)
Mr. Rajnikant V. Shah

(Greater London)
Mr. Vijay H. Sheth

(South Region)
Mr. Virendra Bakhai

Treasurer

Mr. Jaykumar T. Shah

Deputy General Secretary

Mr. Bharat H. Mehta

Executive Committee

Members

Mrs. Bina Holden
Mr. Shashi Shah
Mr. Bharat Parekh
Mr. Kirit Batavia
Mr. Ramesh Shah
Mrs. Renu Mehta

e- News Letter :

VANIK VOICE Editor

Mr Anil Parekh

Hon. Auditors

P.S.J. Alexander & Co

EDITOR'S REPORT

It is true that the Vanik community in UK is a small minority. Yet it cannot be denied that members of our community are contributing in business, finance, medical profession, manufacturing, politics and social services to name a few. This is not by any means easy or without any obstacles. Yet the support of the family, hard work, and community unity and networking make that possible. It should also be noted that the Vanik community is known for its integrity, honesty and self-reliance.

The volunteer work and community interaction and efforts by our various organizations goes a long way in identifying the special needs, in terms of knowhow, customs, religious compliance, medical and spiritual needs of our children, youngsters and elders.

Vanik council have over the years put great efforts in organizing chaplaincy and community work that is now spreading in more hospitals and care homes.

Similarly, the recent project for live organ donation drive that is very essential for the welfare of our community is now bringing awareness.

We thank all our volunteers for the hard work.

Vanik Council wish all readers a very happy Christmas and a happy new year

-Anil Parekh

CONTENTS

Editor's Report -1

Speed dating
report-2

Samyak Darshan,
Sthit
pragna, Anashakt
bhav-4

Poem-6

How to stay
healthy -7

Framework-9

Website: www.vanikcouncil.uk

Affiliated Associations

Affiliated Associations: Aden Vanik Association UK, Digamber Jain Visa Mevada Association of UK, Jain Association of UK, Jain Samaj Europe, Jain Samaj Manchester, Jain Sangh Birmingham, Jain Network, JITO UK, Mahavir Foundation, Navnat Vanik Association of UK, Navnat Vanik Bhagini Samaj, Navnat Youth Association, Oshwal Association of UK, Shree Jain Sangh East London & Essex, Shree Navyug Jain Pragati Mandal, Shree Sidhpuria Vanik Samaj, Shrimali Soni Mandal London, South East Jain Association, Vanik Association UK, Vanik Business Group, Vanik Samaj Coventry, Vanik Samaj Leicester, Vanik Samaj of UK Brighton, Vanik Samaj Southampton, Veerayatan UK, Young Jains

Newsletter: www.vanikcouncil.uk/newsletter

VANIK COUNCIL (UK)

Formerly The National Council of Vanik Associations (UK)

Live and help to live

SPEED DATING REPORT - RAMESH SHAH

For the past 25 years, Vanik Council has organized speed dating events, usually once or twice a year. There have been many successful marriages which are a direct result of meeting at our speed dating events. This year the event was held at Navnat Centre, with a record turnout of 226 participants.

The aim of the event is to provide an opportunity for young Jains and Hindus to meet and find a partner. We did this by ensuring that the majority of participants had a 3-minute date with around 40 to 60 people of similar age.

This was enough time for people to learn a little about each other and then to decide if they want to meet again. If they did, they would make a note on a form we have given them, and we pass on the contact details.

This year we had to close registration for boys nearly two weeks before closing date and had to turn away many boys. The demand for spaces for boys was the highest we've ever seen it, and it likely to grow in future events.

This year lunch was freshly made pizza etc donated by Late Babubhai Ratanshi Mehta's grandson Punit who is son of Mr. Rohit and Purnima Mehta. All well as serving the community by providing a speed dating service, we aim to help members of our community who have a business by giving them an opportunity to show their products.



Next Event

On **Sunday 13th May 2018 11am to 4pm** at Navnat, Printing House Lane, Hayes, UB3 1AR.

To participate in this event, please send your e-mail address to Speed.dating@vanikcouncil.uk

VANIK COUNCIL (UK)

Formerly The National Council of Vanik Associations (UK)

Live and help to live

We have kept the prices low and if you book before the end of February 2018 you will just pay £15(+fees), but if you delay to the last minute you must pay £25(+fees). No booking will be taken after 30 April 2018. Please visit web for latest information.

For more information, please use the booking form at the bottom of this page, or contact:

Ramesh Shah	07742 045 154	ramesh.shah@vanikcouncil.uk
Mahesh Gandhi	07801 718 293	mahesh.gandhi@vanikcouncil.uk
Manhar Mehta	07775 523 233	manhar.mehta@vanikcouncil.uk

“The first peace, which is the most important, is that which comes within the souls of people when they realize their relationship, their oneness with the universe and all its powers, and when they realize at the center of the universe dwells the Great Spirit, and that its center is really everywhere, it is within each of us.”

— [Black Elk](#)

What are the signs and qualities of a true Guru?

Guru is one who removes the darkness of ignorance. ‘Gu’ means the morning of Truth and ‘Ru’ means one who illuminates.

Guru is one who is a master in the scriptures and witness of the Supreme Truth. Such a person has not only studied the scriptures, but also truly experienced the Supreme Truth.

Such a Guru implements the truth and righteousness in life and is a role model. Also, a true Guru provides inspiration to others in experiencing God present in one’s heart.

SAMYAK DARSHAN, STHIT PRAGNA, ANASHAKT BHAV

It is said that Samyak Darshan is the first step towards the path of Moksh. In Gita, Shri Krishna starts the scripture with Sthit Pragna in Chapter 2. Samyak Darshan is the commitment to right belief. In Vivekchudamani Sankracharya declares that the proper discrimination (Vivek) between truth and untruth has to be acquired to focus on the right goal of life. Even though the names are different, their aim is same. This is to make the devotee realize that objects of the senses, mind and intellect are temporary and will cause suffering and one should not be attached to the objects or results of action but do the duties allotted using all resources and stay focused in our own permanent selves.

Even though Samyak Darshan and Sthit pragna are a path to moksh, it is important to understand that they are essential for living our present lives without suffering, yet carrying out all duties allotted to the body by virtue of birth without attachment and in peace.

Anashakt bhav is desire without weakness (as opposed to strength). Generally speaking Anashakt bhav is a result of Sthit Pragna and is a natural outcome without effort.

So, exactly what is Samyaktva?

Everything we experience with our senses, mind and intellect are continuously changing. If something feels hot, it will over time get cold. If something is unpleasant, over a time it will become pleasant. These dualities will continue rotating and changing.

Similarly, anything you acquire will be lost over a time and any relationship you have acquired will be broken in time. Nothing is permanent and nothing is preserved forever. Even the feelings that arise will change and the thoughts you get will become different over a time. This is the law of nature. The whole universe is manifestation of the three gunas (Satvik, Rajshik and Tamshik) that are changing with various combinations and permutations.

Any efforts (karmas) made with the desire and expectation of breaking this natural law is unrealistic and wasted (mithiatva) and become a cause of suffering. This is why this sansar is called a sea of suffering.

Is there some thing that is not temporary and is unchanging? Our rishis claim that for all the changes to be noticed a permanent entity must be present and it is with reference to that entity all the changes are perceived. The knower of all these changes is referred to as atma or bhram in Vedas.

Sankracharya proclaims that all this Jagat (universe) is mithia and only bhram is real.

To learn this basic truth and continuously observing its validity is Samyak Darshan. To be convinced and know its nature is Samyak gyan. To change oneself and apply this knowledge when living our lives is Samyak Acharan (Sthit Pragna according to Gita).

In Gita Arjun asks Shri Krishna what is the disposition of a person who is sthit pragna.

Live and help to live

Shri Krishna replies: One whose mind remains undisturbed amidst misery, who does not crave for pleasure, and who is free from attachment, fear, and anger, is called a sage of steady wisdom. (Sthit Pragna)

So, how does this help in one's life that they are presently living?

For someone with knowledge of samyaktva, reason for all actions are now free from attachment and he carries out all his duties without expectation or cravings. He accepts all results in the full knowledge that the results are there for a finite period and will pass. This frees him from fear and anger. There is no more the torment of the mind and he can apply his efforts more on the work in hand rather than the result that is not under his control. Indeed, this brings better results but he is indifferent to that also. There is no more greed or jealousy in his character. There are no selfish motives for his actions.

He is in control of his senses and is not perturbed by successes and failures. However, the senses are so strong and turbulent, that they can forcibly carry away the mind even of a person endowed with discrimination and practicing self-control. A continuous effort is required to be fully established in samyaktva bhav. The success of those efforts will result in Jivan Mukta. A Jivan mukta person lives just like anyone else but is free from the shackles of desire (Raga).

There are so many promises made in various religious books that attaining Samyak Darshan guarantees moksha after maximum 15 births. To me, it is more important to be free from anger, greed, fear etc. here and now.

This is possible for anyone, anywhere irrespective of his religion, cast, nationality, age, wealth or beliefs. It is not about faith, theory or beliefs. It is plain and simply a verifiable fact that can be used to improve one's own life.

Of course, this may lead to liberation from cycle of life and death as desires and cravings have ceased.

Condensed from various sources

Please send all your articles and feedback to Anil.Parekh@vanikcouncil.uk

सुंदर पंक्ति

झाँक रहे है इधर उधर सब।

अपने अंदर झाँके कौन ?

ढूँढ़ रहे दुनियाँ में कमियाँ ।

अपने मन में ताके कौन ?

दुनियाँ सुधरे सब चिल्लाते ।

खुद को आज सुधारे कौन ?

पर उपदेश कुशल बहुतेरे ।

खुद पर आज विचारे कौन ?

हम सुधरें तो जग सुधरेगा

यह सीधी बात स्वीकारे कौन ?

HOW TO STAY HEALTHY BY DR. HINOHARA

1. *Take the stairs and always carry your own stuff*

This represents firm proponent of doctor Hinohara, he still takes two steps at a time climbing the stairs.

2. *Do not believe everything your doctor recommends or says*

Explore, read and educate yourself. You do not have to believe in everything your doctor says.

3. *Share what you know*

Dr. Hinohara gives 150 lectures on an annual basis in schools, business communities etc. He often shares lessons on war and peace. Do not forget that most of the lessons (90 min) are done standing up.

4. *You do not have to retire*

If you love the work you do, you do not have to retire.

5. *Plan ahead*

If you want to enjoy your life better, you have to have a busy schedule filled with different appointments, lectures, work, etc. Dr. Hinohara is planning to attend the 2020 Tokyo Olympics.

6. *Don't be overweight*

Dr. Hinohara consumes a tbsp of olive oil, orange juice and coffee for breakfast. He takes cookies and milk for lunch, rice and veggies for dinner.

7. *Energy does not come from sleeping a lot or eating well, it comes from feeling good*

You will be more happy and energetic if you eliminate strict time-regulated rules, be like children – have a lot of fun until you feel sleepy or hungry.

8. *It is wonderful to live long*

He continues serving society, he volunteers, works 18h per day, 7 days a week and he also enjoys every single moment of his life.

9. *Find a role model*

The doctor usually asks himself what his father would do when he faces with some issue.

10. *Do not worry too much, life is unpredictable and full of incidents*

The doctor was hijacked by the communist Red Army when he was 59 years old. He spent 4 days under 40 degree heat and handcuffed to his seat. He is also amazed how his body slowed down to adapt to deprivation.

11. *Science alone cannot help or cure people*

The doctor believes that every illness can be cured with liberal and visual arts. He also believes in the uniqueness of every single individual.

12. *Do not be crazy for money*

The doctor is more than aware that he can not take anything when he goes!

13. *Pain is mysterious*

You have to do something funny if you want to forget about pain. The doctor found that music and animals can really help you to get rid of and manage your pain.

14. *Be inspired*

You must find inspiration in the World in order to motivate yourself. For ex: he finds motivation in the poem "Abt Vogler" by Robert Browning.

My Pleasant And ENLIGHTENING Day Of Outing

It was late 50's, schools and colleges were closed and I came home from Bombay (Mumbai) to Ankleshwar for Summer Vacation. I also invited my close friend Arvind for a week to spend his holiday with me in my native place. Ankleshwar is a small town clustered with so many villages around. Northside there is a pond beyond which there were gardens of fruits and flowers. Some belonged to us and our friends. Also there were a couple of swimming pools, a library, a park, sports facilities for Cricket, Volleyball, Table Tennis, Badminton, etc. We were making the most of our freedom and just flew like birds from place to place to enjoy the beauty of Nature and other amenities. It was great. One day we decided to visit a nice place of Shri Yogi Maharaj also known as Shri Rang Avdhut Maharaj of Nateshwar. It was situated on the other side of the river Narmada which is three miles North from Ankleshwar. As per Hindu scriptures Narmada is a holy river. People bathe in it on certain days of the year to wash their sins, local residents also swim, wash and bathe in it. It's also used to transport goods and crops and for other commercial services like pleasure trips in small boats. It is 900 miles long and 1 mile wide between Ankleshwar and Broch (Bharuch) and Nateshwar is some miles from Broch on the same side. Yogiji was very renowned in Gujarat and particularly in Broch Province. He also wrote some books of Prayers and Bhajans (God's Songs of Praise). We started early morning in a horse cab, Tum Tum. It was a sunny day, cool breeze was blowing and there were birds singing. It was pleasant. On the way there were some Cotton Gins, Mango and other fruit trees and some farms. We reached the bank of the river and took a small boat to go to the Yogi Maharaj's residence which was a few miles right on the other side. The boatman charged very meagre fare, making a few trips across to survive. He was happy and helpful. After a short time we alighted at the other side of Narmada. It was refreshing and quiet. Shri Rang Avdhut Maharaj abode was about 300 yards on the hill. We reached there in no time. There was an air of tranquillity and piety. There were some plants and trees of fruits and flowers and there was nice smell everywhere. Opposite a Neem tree whose branches were touching the ground all around as if they were bowing to the yogiji when he sat there on the chair underneath the tree, was a small house where Swamiji was living, praying and meditating. He would meet people only at certain times in the morning and late afternoon. There were a few people waiting and more people came as the time passed. After finishing his morning rituals Yogi Maharaj came out and sat on his seat. He was calm, composed in a loin white cloth with beard, moustache and longhair. He touched a child and put his hand on his head and invited the visitors. They all went as per their turns, offered some fruits, flowers and other things, bowed down to him, talked about themselves, their problems, etc. Then my friend Arvind went, bowed, told Yyogiji that he was from Bombay, we were college friends, etc. Meanwhile, I was dying to ask a question which was haunting me for some time. I too offered some flowers, bowed and meekly asked if he can please Describe and Define God. Yogiji smiled and replied, " Certainly. God's like Sun which gives Light, Life. He is everywhere and in everything. He Can Not be Defined but the Existence of Which We Can Not Deny. He is Omnipresent, Omnipotent and Omniscient". He spoke with such Confidence and fluent English that it made an Everlasting Impression on me. It was My Unique and Enlightening Experience and has remained Evergreen in my memory. Then Arvind and I sat down under a tree and ate our lunch. some puris, spiced

Live and help to live

potatoes, samosas, chutney and fruits. We rested for awhile and then met and introduced us to some of the visitors, chatted with them and exchanged our details. Then we decided to dash to the riverside. As soon as we reached there, luckily we saw a boat coming, took the late afternoon boat and returned to Ankleshwar in the evening happy and talking about Shri Rang Avdhut Maharaj, his Tranquil and Beautiful Place on the bank, our college and hostel life, friends and families. It was an Excellent Day of Outing to Remember!

--- **Upendra Kapadi**

FRAMEWORK

Many commentators are fond of comparing India and China. The two countries comprise about 40 per cent of the earth's population, so understanding the differences and similarities is important. Everyone talks about their different forms of government and their significant demographic differences. What I find most relevant in today's global turmoil is that the middle class in both countries has embraced a materialistic mind set. This is particularly true of the younger generation. Since India's population is young relative to China's ageing population, materialism is very much on the upswing in India.

But unlike China, materialism in India is tempered by deep spiritual roots where one's actions are assumed to have consequences (karma). This strongly embedded belief is a critical difference between the two countries. For without a strong conviction in the spiritual law of cause and effect, there is little to balance materialistic tendencies. Taken to excess, the acquisition of frivolous possessions results in an unfulfilled life.

The correlation between extreme materialism and antisocial behaviour has been verified by extensive research. The belief that money and the things it buys makes us happier is a distorted belief. An excessive emphasis on material possessions leads to inequality, unsustainability and meaninglessness. Striving for more money and possessions tend to concentrate wealth in the hands of a relative few. Instead of seeing ourselves as isolated and autonomous, we need to understand our interconnectedness and act accordingly.

What can be done to re-establish harmony and balance? First, we need to be more aware of who we are and what we are here for. Are we separate or interdependent? Are we accomplishing meaningful tasks or being side tracked by inconsequential endeavours? Knowing the answer to these questions empowers us to choose cooperation over competition; sharing over hoarding. The numerous spiritual traditions that thrive in India form a strong foundation to counterbalance a growing worldwide trend toward materialism.

India has an essential framework to offset materialistic tendencies and China would be wise to revitalise their spiritual traditions or find updated versions that accomplish the same goal. This difference will have profound consequences for both societies, especially with regard to the direction of economic development, environmental stewardship, and the satisfaction of their people.