

# Vanik Voice



Issue 50- January 2012

LIVE AND HELP TO LIVE

Wish you Happy New Year 2012 

Welcome to this 50<sup>th</sup> issue of Vanik Voice and my first issue as editor. I would like to thank my predecessor Heena Modi for her tremendous efforts in the past for producing superb newsletters.

As 2011 draws to a close we celebrate all achievements of the National Councils and you will see reports of some of our activities in this issue .The NCVA core activities are:

- 1) **Jain Spiritual care and Jain Chaplaincy service.** This project grows from strength to strength, with National Council being the only provider of this service. It is funded by the Department of Health
- 2) **Speed dating.** This project provides an opportunity for youngsters to meet and choose their future partners in a safe and controlled environment.
- 3) **Community health seminars.** Allows easy access for our community to participate and find out about current information around many health issues which could affect us. The talks are delivered by top experts in various fields
- 4) **Community Directory** .Providing easy reference points when trying to contact friends and family.

Thank you for your help during 2011. We look forward to your support for 2012 and beyond. We always welcome your feedback on the newsletter or any of NCVA activities. We are happy to publish any articles that are of interest to the general community.

Jay Jinendra and Jay shri Krishna

Paresh Mansukhlal Gandhi

Editor

**Disclaimer notice:** ~ Articles and statements in this Newsletter are written in good faith and with utmost care but no responsibility can be accepted by the authors, National Council of Vanik Associations (NCVA) or the publishers for their accuracy or completeness. Opinions expressed in this issue should not be regarded as the official view of NCVA, except where stated

## Donations to Charities and non profit organisations

This time of the year we are often called upon to give donations to charities that purport to be acting for worthy causes. It is often hard to decide who to give to and by asking yourself the following questions may help in making your mind up.

### Questions to ask

#### 1. What is the aim of the organisation?

This is perhaps the most important question to ask. We are all driven to give to causes that are close to our hearts, which is obviously a good thing because it will ensure long-term commitment. Does the organisation focus and address the **true causes** of the problem? At a time when resources are so limited, we need to decide with a rational mind where we should direct them. Is the organisation tending to those **most in need**?

- People **dying** from starvation and preventable diseases
- Animals, which society sees purely as commodities AND FOOD, being brutally **eaten, stabbed and killed** in their millions everyday
- Destruction of the environments that people and animals depend on for their very survival
- Does the organisation also aim to incorporate measures to **prevent** further damage? For example, health centers and education facilities

#### 2. Is the organisation focusing and addressing the true causes of the problem?

Simply put, does it acknowledge **consumerism**/materialism, **selfishness**, and the devastation caused by the **meat and dairy industry**, as the fundamental causes of most of the problems we are facing?

Responses to letters have confirmed that such a well-known organisation such as the World Wildlife Fund, does **not** believe it is its role to

ask people to turn vegetarian, probably out of fear of losing its supporters. Instead, it prefers to work with supermarkets to reduce the environmental impact of the food chain, because that's where they feel they have the greatest impact. To do this without raising awareness on the consequences of consumerism, does not achieve any net benefit. Such superficial and **cowardly approaches** should be quickly identified and questioned.

A lot of organisations and government groups treat 'green' technology development and recycling as the ultimate solution to cleaner air and less waste. And if you listen carefully, there will be no mention of asking people to live simply, not to buy bottled water every time we walk out, or drive less...as this would anger those profiting from our selfishness and materialism.

#### 3. Has the charity turned from an 'altruistic' organisation to a multi-million dollar business?

As most organisations have grown, so has the **size of people's salaries**. Money has become an indication of power. And it has to keep pouring in to satisfy staff wages. Creative and new campaigns are thought up to keep donors interested.

A lot of charities offer 'gifts' to tempt our support. Pens, car stickers, cuddly toys, key-rings, cards, badges etc. gives an incentive for people to 'give', when in fact it is only encouraging materialism!! Such **empire-building** destroys integrity and straightforwardness. Let us not get fooled by organisations that are more concerned about reputation and image, than their actions.\*

#### 4. Is it encouraging 'sustainable development'?

Clever words like these can fool us easily. 'Development' is understood to be a means of improving standards of living. But in actual fact, for almost everyone (individuals, businesses and governments) **it means the right to continue being selfish**. It means 'I want more!' - A right to continue raping the environment, and giving back far less than what is being taken. 'Sustainable development' is simply **a contradiction**, because it is more concerned with conservation of economic development rather than nature.

#### 5. Is the organisation supporting the 'management' of nature?

This usually means **killing wild animals if their population starts to flourish**, and encroach upon land taken over by an unmanageably large human population. **Don't trust it!** The land belonged to nature in the first instance.

6. **What do the accounts have to say?** Ask the organisation for its accounts, and analyse them properly. You would do it if you were investing in a company, would you not? Find

out if your money will be wasted on generous salaries (the director's cut and the total cost of salaries per year), expensive conferences, new Land Rovers or 'flag-flying' promotions

#### 7. Is this donation eligible for Gift Aid?

Gift Aid is tax relief on money donated to UK charities. If you are a UK taxpayer, the charity can reclaim this tax to increase the value of the donation you made. It can increase the value of donations by a QUARTER, at no extra cost to the donor. Many donation forms will have a box you can tick if you wish to participate in gift aid.

**We should not be intimidated by what appears to be a big problem.** "There is no point in feeling helpless or inadequate; we can all learn to be powerful. We all have one brain and one body – and therefore the same basic potential."  
– Iain Scott

[http://www.bing.com/images/search?mkt=en-GB&q=medecin+sans+frontiere&FORM=HOTAPI-focal=381dc1c25c59eaa5f1c7e353adf7f946&furl=http://static.flickr.com/2300/2262215407\\_1645dd2de6.jpg](http://www.bing.com/images/search?mkt=en-GB&q=medecin+sans+frontiere&FORM=HOTAPI-focal=381dc1c25c59eaa5f1c7e353adf7f946&furl=http://static.flickr.com/2300/2262215407_1645dd2de6.jpg)

**We know that life is temporary.  
We know that life is uncertain.  
We know that nothing accompanies us to the other worlds, except our good deeds and our character.  
But somehow, most of us, most of the time, forget these simple facts of life and live our lives as if we are going to continue here forever.**

**Speech by Mr. Madhusinh Rawji on Jain Chaplaincy at the gathering of Healthcare chaplains on the occasion of**

**Celebrating Multi-Faith Chaplaincy in Healthcare during  
National Interfaith week on 24 November 2011  
at Portcullis House, Westminster**

MFGHC Chairman Mr. Chowdhury, distinguished guests and fellow healthcare chaplains.

I represent the Jain Faith Chaplaincy and am a Jain Chaplain at Guys and St. Thomas' hospital. The aim of Jain religion is purification of the soul and thereby attaining liberation from the circle of life and death. As an example of Jain spiritual care, I will take you through a situation when a person is critically ill.

Jain theology explains that if, at the time of death, person's mind is in trauma and is worried about their own fate and the future of their family, they may not be born as a human or attain liberation in the next life; instead they may get a body of animal, insect or plant. Hence at the time near to the death their mind is to be in a state of calm, free of worries and engaged in prayers.

In this situation, I have a few prayers which I will recite so that they understand, as taught by Lord Mahavira, that it is the body that is suffering from pain and not the soul and that it is the fruit of their previous Karmas.

I would chant the "Navkar Mantra" & "Mangalik" (Going in the shelter of Arihant, Siddha, Sadhu & the Jain faith) to the patient.

These prayers help them to meditate on their Soul and thus suffering becomes more bearable.

I make them to forgive those who have harmed them and ask for forgiveness from all the souls in this universe. Feel the friendship for all and enmity with none. This is done daily and benefits the soul by reducing the "Paap Karma" i.e. Sins against all forms of life.

And if the patient is in the last stages of life - Then the last prayers are said whereby the patient can free their soul from the bondage to the worldly material things and worldly relations thus their soul can peacefully depart from this current body to make the journey to the next life; hopefully a better life and progress towards liberation.

The distinct contribution to the patient is to help them progress towards a better next life and finally to renounce the world and attain liberation.

I will gladly answer any questions you may have about Jain faith/Chaplaincy. Thank you

**Daily Prayer**

**CHATTARI MANGALAM, ARIHANTA MANGALAM,  
SIDDHA MANGALAM, SAHU MANGALAM,  
KEVALI PANNATO DHAMMO MANGALAM**

**CHATTARI LOGUTTAMA, ARIHANTA LOGUTTAMA,  
SIDDHA LOGUTTAMA, SAHU LOGUTTAMA  
KEVALI PANNATO DHAMMO LOGUTTAMO.**

**CHATTARI SHARANAM PAVVAJJAMI,  
ARIHANTE SHARANAM PAVVAJJAMI  
SIDDHE SHARANAM PAVVAJJAMI, SAHU SHARANAM PAVVAJJAMI  
KEVALI PANNATUM DHAMMUM SARANAM PAVVAJJAMI**

### **Oshwal Health Awareness Day held on Sunday 13<sup>th</sup> Nov 2011.**

Oshwal Health Awareness Day was held on Sunday 13th November 2011 with the aim of promoting health awareness within the community.

The organisation and coordination throughout the day was outstanding. In particular the organisers used various means to make the day effective and interesting with many helpful and energetic volunteers.

The event was supported by many organisations including Asthma UK, British Heart Foundation, Diabetes UK, Kidney Research UK, Macmillan, MIND, Sig-mobility, The Stroke Association and many others.

The area was setup with a number of separate zones including:

- **Exercise Zone:** Yoga, Pilates, Aerobics, Chair Exercises, Meditation etc.
- **Screening Zone:** Checks of blood glucose, Cholesterol, BMI, Prostate Cancer Screening, Oral Screening, Eye tests etc.
- **Talk Zone:** Kidney Disease, Organ Donation, Snoring & Obstructed breathing, Cancer, Mental health, Coronary heart disease etc
- **Healthy Food Zone:** Pasta, healthy juices, healthy cakes, herbal tea etc. In addition there were various live demonstrations on healthy cooking.
- **Indulgence Zone:** Head Massage, Reflexology, Chair massage, Facial Massage, Pedicure/Manicure etc.

### **NCVA Stall at the Oshwal Center**

NCVA were also invited to set up a stall at the Oshwal Center. The stall was manned by Jaymanbhai, Manharbhai, Mahesh, Shashibhai Shah and Chandubhai Shah. The latter two are new Jain Chaplaincy trainees at St. Thomas Hospital

NCVA stall included newly published leaflets on:

- Spiritual Care for Jain Patients,
- Jainism and Care for Jain Patients,
- Jain Spiritual Care in Hospitals and Religious Education at Schools - Identify yourself as Jain,
- Religious Support to Patients in Hospitals
- NCVA - Summary of main services

A number of leaflets were handed out with a lot of interest in services that we provide. In particular, there was considerable interest in the chaplaincy, matrimonial and speed dating services.

Many people had not heard of services that we provide. Overall, it demonstrated the importance of NCVA participating in such events to promote all services that we provide.

## **Desi Dawa (Indian Remedies)**

The following are ideas which may help with common ailments and are not intended to be a substitute for your normal medication. If in doubt please seek medical advice.

### **1) Home Remedies for Ear**

#### **Ache:**

Boil 3-4 cloves of Garlic in some water. Mash them and add a pinch of salt.. Wrap this=2 Opoultice in a flannel or woolen cloth and place on the aching ear.

Pour some garlic juice in the paining ear. Its antibiotic qualities help to relieve the pain.

Take Vitamin C to boost=2 Oyour immune system. It is a natural antibiotic and antihistamine that helps to reduce inflammation and fever. Include zinc in your diet because it reduces ear infection. Certain foods, more commonly dairy products like milk, butter, cheese etc tend to aggravate ear infections, so it is better to avoid them during an ear infection

### **2) Home Remedies for Body**

#### **Odour:**

Use antibacterial soap or deodorant soap while bathing.

To combat the unpleasant armpit odour apply cider vinegar. It serves as the best body odour home remedy treatment.

In the bathing water, add a few cups of tomato juice and soak yourself in water for about 15 minutes.

### **3) Home Remedies for Backache:**

Lime juice serves as an excellent home remedy for backache. Squeeze the juice of 1 lemon and add common salt in it. Drink it two times in a day. It will act as a great back pain reliever.

As a part of back pain home remedy treatment, raw potato in the form of poultice is to be applied on the pain affected area.

Usually Vitamin C that is mainly found in citrus fruits is considered valuable

for getting rid of backaches. Consume about 2000 mg of this vitamin everyday.

Applying garlic oil on the back gives immense relief from back pain. Take about 10 small garlic pieces and fry them in oil on a low flame. You can either use sesame oil, coconut oil or mustard oil. Fry till the garlic cloves turn light

brown. Let the oil prepared from garlic cool completely.

Thereafter apply it on the back and keep it for about three hours. In a couple of days, you'll feel its magical effects

### **4) Home Remedies for Cough:**

Grapes help a great deal in treating cold in a few days. Consume 1 cup grape juice and also add 1-teaspoon honey to it.

Almonds are excellent for dry coughs. Soak about seven almonds in water and keep them overnight. Next morning peel off the brown skin. Now grind them to form a powder and add twenty grams each of butter and sugar and form a paste. Consume it twice a day , once in the morning and the second time in the evening.

### **5) Home Remedies for Common Cold:**

Lemon can be used effectively to treat common cold, as it increases the body resistance. Take one glass of warm water and pour some lime juice and a tsp of honey in it and consume it

once or twice on a daily basis.

Take 1 tbsp of Pepper powder and boil it in a cup of milk. Also add on a pinch of turmeric to it. Put some sugar for taste. Drink it once in a day for about three days.

Take 3-4 tsp Onion juice and 3-4 tsp Honey and mix well before consuming.

#### **6) Home Remedies for Common Fever:**

The juice of grapefruit is valuable in all fevers. Helpful in quenching thirst, it also removes the burning sensation produced by the fever. Half a glass of grapefruit juice should be taken with half a glass of water.

Another ideal food in all types of fever is orange. It provides energy, increases urinary output, and promotes body resistance against infections. It is especially effective when the digestive power of the body is seriously hampered.

#### **7) Home Remedies for Defective Vision:**

Consume foods rich in vitamin A (like raw spinach, turnip tops, milk cream, cheese, butter, tomatoes, lettuce, carrots, cabbage, Soya beans, green peas, fresh milk), as vitamin A helps in improving eyesight.

#### **8) Home Remedies for Diabetes:**

Take 15 fresh mango leaves and boil them in 1 glass of water. Keep them overnight. Filter and drink the next morning.

As a part of diabetes home remedy treatment, grapefruit is considered most beneficial. Eat three grape fruits three times in a day.

Indian gooseberry (Amla), a rich source of vitamin C serves as the best home remedy for diabetes. Take 1 tbsp of gooseberry juice and mix it with a cup of bitter gourd (Karela) juice. Consume the mixture daily for about 2 months.

#### **9) Home Remedies for Dry Chapped Lips:**

Drink plenty of water everyday.

Cut fine slices of cucumber and rub on lips.

Take a saline bath.

Apply neem leaves extract on your lips.

#### **10) Home Remedies for Diarrhoea:**

Take a ripe banana and mash it properly. Add 1 tsp of tamarind pulp and a pinch of salt to it. Consume this mixture two times in a day.

A simple effective home remedy for diarrhea is to drink a cup of strong tea or coffee.

A popular diarrhea home remedy treatment is to consume a paste made of 15-20 fresh curry leaves mixed with 1 tsp honey.

Take a ripe banana, add 1/4 tsp nutmeg powder to it and eat it on a daily basis.

Take a tsp of date paste and mix with 1 tsp honey. This mixture is to be consumed 4-5 times a day.

More ideas in next issue if you have any suggestions please let us know: [vanik.voice@ncva.co.uk](mailto:vanik.voice@ncva.co.uk)

## **NCVA Matrimonial Services**

The NCVA have a very professional, anonymous structure in place since 1982 to help you meet your possible soul mate.

For more information and to join.... Visit our website [www.ncva.co.uk](http://www.ncva.co.uk), click on 'services' then click either 'Matrimonial Register' or 'Speed Dating'.

\*Matrimonial Register: Register on line to join. For a yearly fee of £10, obtain personal details of other registered persons.

\*Speed Dating: Youth gathering \_rganized twice a year, register on line.

## **Report on Speed Dating held at Navnat Centre on 20 November 2011**

We held a speed-dating event in Navnat Centre on 20<sup>th</sup> November 2011 where a staggering 207 participants attended. There were 100 boys and 107 girls up to age of 37.

Participants were grouped according their age which means people of matching age will only be meeting each other.

Four rounds of speed dating were organized in such a way that male participants were moving from one group to another to enable them to meet female from the new group which was within their age range. This provided maximum opportunity for dating, achieving nearly 50 dates within each age range. This arrangement reflected our continuous improvement of speed dating process and also recognizing the feed back provided at previous speed dating events. Navnat Centre has proved to be a suitable venue enabling us to plan for efficient movement of people during speed dating.

Administration of this event was wholly web based as no paper work was generated. Registration forms were filled on-line and payments were either by PayPal or by BACs transfer only.

South Indian vegetarian lunch was served, having food prepared on site and served hot. Soft drinks were served whole day.

The following feedback has been received and we will look into adapting some of the suggestions for future events. The suggestions included a) Photo of participants attached to the handouts b) increase in time for each date c) from a practical point of view to decrease the number of dates per round. Success of the event was judged by people asking for having an event every three months instead of our twice a year plan.

For more details visit [www.ncva.co.uk](http://www.ncva.co.uk) or e-mail to [speed.dating@ncva.co.uk](mailto:speed.dating@ncva.co.uk)

Ramesh J Shah  
Speed dating coordinator.



**Stop press stop press...**  
**Next Speed Dating event.. 10<sup>th</sup> June 2012.**  
**Register your interest now**



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Jayesh Shah  
Asha Mehta  
Dhiru Galani

"India was the motherland of our race,  
and Sanskrit the mother of Europe's  
languages: she was the mother of our  
philosophy; mother, through the Arabs,  
of much of our mathematics; mother,  
through the Buddha, of the ideals  
embodied in Christianity; mother,  
through the village community, of self-  
government and democracy. Mother  
India is in many ways the mother of us  
all".

**Will Durant, American historian**

# PHOTO GALLERY



L to R : Jayman Mehta, Manhar Mehta and Mahesh Gandhi at the NCVA stall at Oshwal Health Awareness day 13 November 2011



Showing a poster of Spiritual care being given to a sick person

Speech by Mr. Madhusinh Rawji on Jain Chaplaincy at Portcullis House, Westminster



Jain Spiritual care group at Portcullis House  
L to R: Roopal Punater, Madhusinh Rawji, Shashikant Shah, Manhar Mehta, Jayman Mehta and Chandulal Shah

## **NCVA Health Seminar 8-May-2011 at Canons High School, Edgware**

### **Theme: Holistic Health (Mind, Body and Soul)**

- The Health Seminar was attended by between 250 to 300 people.
- Very good support from Mind in Harrow and Time to Change.
- The film shown as part of the seminar was very well received.



**ନରନରନର**

**Next Health Seminar.... In Leicester.... March 2012**