



The National Council of Vanik Associations (UK)

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Vanik Voice

May 2014

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EDITOR'S REPORT

35TH ANNIVERSARY CELEBRATION

On 22nd June, NCVA is celebrating 35 years of service to the community. This is a celebration of oneness of 25 similar organizations giving similar services to their communities across the country. NCVA has played its role in networking, keeping informed, taking leads in diverse activities at a national level and in so doing helped our community to keep in touch with each other and uphold our customs, culture and religious beliefs. This is a celebration of all the member organizations as much as of the NCVA. In those 35 years we all have progressed in a lot of fields, identified many needs, served many requirements and contributed in many activities.

NCVA can only be instrumental in providing the atmosphere, ideas and resources for the service to our community. It is an achievement of working together, with understanding of each other and acknowledging the individual identities of each other that it is possible to reach a position where we are able to serve our community better at a time when we are living in our second home country and our next generation need to understand our roots, our rich inheritance of culture and scripture.

All the member organizations will come together and join this celebration from all over the country on 22nd June, 2014. Mark this date in your diary and make sure that you participate.

Please refer to the details given in this issue for more information on the event.

Anil Parekh

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Paths to a Personal Liberation

The following words written on the wall of a Buddhist temple: the Da Ci'en Temple in Xian, China. People often say that the easiest things to learn are the things that you already know. This is a truism that rolls easily off the tongue, but also has much depth behind it. Deep down inside your soul, you know instinctively the truth of words and thoughts if you give yourself the time to consider them, and the quietness to listen. The sentences that came across in that old Buddhist temple bypass all dogma and doctrine, liturgy and ritual. They convey of a deep truth, and huge sense of oneness with the planet. Perhaps they'll talk some of this to you, also. They aren't complete, of course, and won't answer all of the questions that you have about life and its meaning. But they do provide some useful thoughts that can assist your path to find the person who you want to be, and to assist your struggle for a better understanding of who you already are.

Living a Carefree Life

- 1/ The essence of possession and giving is love, but, one benefits the self, the second benefits others. Possession is self craving; giving stems from a great love that is selfless, joyful, and equanimous.
- 2/ A bodhisattva[1] is broad-minded and big-hearted. He is the steppingstone and path to accomplishment for others.
- 3/ Accomplish your own ends by honouring others; reconcile hostility with respect to others; increase harmony with praise of others.
- 4/ One who cannot let go of himself lacks wisdom; one who cannot let go of others lacks compassion.
- 5/ To affirm your strengths is self-confidence; to know your defects is growth; to understand others is respect.
- 6/ When working together with a subordinate, show concern not blame, encouragement not arrogance, consultation not authority.
- 7/ A forceful and stubborn person only hurts others without helping himself; a mild and patient person is at peace with himself and others.
- 8/ The meaning of life lies in constant learning and dedication; helping others leads to self-growth.
- 9/ A bright person is not necessarily wise; a dull person not necessarily foolish. Wisdom is not the same as knowledge; it lies in how you treat others and handle yourself.
- 10/ Compassion is to reduce others' vexations; wisdom is to reduce your own.
- 11/ Great merit lies in attending to others' suffering; Great wisdom lies in helping them solve their problems.
- 12/ Once you realise that all phenomena in the world are impermanent, you will attain true inner peace.

Living a Simple Life

- 1/ Pursue what you will in harmony; keep hope in exertion.
- 2/ Reduce the mind of gain and loss; and direct your effort to timely endeavour, and success is likely.

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- 3/ The warmth of a family lies in mutual respect and love; the value of a family lies in mutual help and understanding.
- 4/ When you hear gossip, calm down and examine yourself - correct mistakes and guard against new ones. Instability and impatience make gossip worse.
- 5/ Suffering in our hearts increases our wisdom; hardship in our lives engenders appreciation of merit.
- 6/ Simplicity itself improves and protects the environment.
- 7/ Maturity cares not about the past; wisdom does not doubt the present; an open-mind does not worry about the future.
- 8/ A diploma does not represent social-standing; capability does not determine personality; fame does not bespeak virtue. No job is really high or low, only convention makes these distinctions.
- 9/ Reconcile unhappiness with sincerity, affirmation, and decisiveness, rather than hesitation, passivity, and vacillation.
- 10/ Worldly matters are never easy; but approach them with confidence and patience, and achievement will surely follow.
- 11/ No resentment or regret about the past; active, positive preparation for the future with stability in every step.
- 12/ Abandon concern for gain and loss; an all-embracing wisdom appears before you.
- 13/ Give your diseases to the doctor and your life to the bodhisattva, then you'll be a healthy person with nothing to worry about.
- 14/ Conduct yourself in this way: act with devotion, be at your best, always responsible and dutiful.

Uplifting Character

- 1/ To be grateful and repay kindness is first; to benefit others is to benefit ourselves.
- 2/ Kindness and compassion have no enemies; wisdom engenders no vexations.
- 3/ The busy make the most of time; the diligent enjoy the best of health.
- 4/ Those who give selflessly are blessed; those who do good deeds are happy.
- 5/ Know yourself and others, and the ways of the world, so as to have a peaceful body and mind. Recognise, cherish, and nurture your blessings, and seize every chance to be of service.
- 6/ For those who can take things on and let them go in peace, every year is an auspicious year. For those who can sow with wisdom the seeds of blessings, every day is a good day.

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7/ Maintain a relaxed body and mind, and meet and greet with a smile. Relaxation enhances physical and mental health, and a smiling face promotes friendship.

8/ Gratitude can make us grow, and the resolve to return favours can help us succeed.

9/ When good things happen, we should rejoice in, praise, encourage, and then learn from them in modesty.

10/ To criticise less and praise more is a good way to avoid creating negative karma of speech.

11/ A solid step forward speaks louder than a hundred empty, fair words.

12/ The more weaknesses you discover in yourself, the faster you will be to develop, and the more self-confident you will be.

13/ Keep your ears and eyes wide open, but mouth tight shut; be quick with your hands and legs, but slow to spend.

14/ Be a down-to-earth person with a broad mind; be a sure hand with piercing foresight.

Living Life In Peace

1/ Our value depends not on how long we live, but on how much we contribute.

2/ As the past has faded into misty memories, and the future remains a dream unrealised, seizing the present is most important.

3/ A positive life pivots on modesty; the bigger the ego, the greater the insecurity.

4/ The noble pursue the Path, the average pursue their duties, and the misguided pursue fame and fortune.

5/ While worry fuels unnecessary torment, carefulness breeds security.

6/ Wealth is like running water, and giving like digging a well. Just as the deeper the well, the more water it holds, the more you give, the more wealth you have.

7/ As long as we still have breath, we have boundless hope, and the breath we have is the greatest wealth.

Enjoying Work

1/ Don't measure success and gain by wealth and rank: to benefit ourselves and others as best we can is all that matters.

2/ To take on tough tasks, one must prepare to tough out complaints, and to be in charge is to be in for criticism. Yet complaints help foster compassion and patience, and criticism often holds golden advice.

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3/ The tripartite formula for success is: go with the causes and conditions, seize them as they come, and create them when they don't.

4/ All the ups and downs of life are nourishing experiences for our growth.

5/ Deal with matters with wisdom, and care for people with compassion.

6/ To let the circumstances dictate ones state of mind is human; to let the mind dictate the circumstances is sage.

7/ A big duck cuts a big wake; a small duck cuts a small wake. Big or small, each duck will paddle its own way to the other shore, but only if it paddles.

Building A Pure Land

1/ Possessing much won't necessarily make one satisfied; possessing little won't necessarily make one want.

2/ What you have results from Karmic causes that you created, and what you'll gain hinges on Karmic causes that you're creating.

3/ The good are never alone, and the kind hearted are the merriest. Those who help others and so benefit themselves are the happiest.

4/ Change your mind-set, and you will see the world differently: there is no absolute good or bad in this world.

5/ Building good interpersonal relationships requires communication. When communication fails, try compromise. And if attempts at compromise also fail, then forgive and tolerate.

6/ The best way to abstain from greed is to give more, contribute more, and share more with others.

Spiritual Growth

1/ Progress in simplicity, let glory shine in difficulty.

2/ Strive for prosperity and show grace in adversity.

3/ A mind undistracted by circumstance is the result of meditation; a mind at one with circumstance is the result of wisdom.

4/ Take retreat as progress; silence as defence; devotion to others as the best way to self-growth.

5/ To experience life whole-heartedly is Chan[2] practise.

6/ To possess health in body and mind is the greatest wealth.

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7/ When there is hindrance in the mind, the world is jarring; when there is no trouble in the mind, the world is in bright harmony.

8/ When the mind is not open and clear, suffering occurs; when the mind is open and clear, suffering turns to happiness.

9/ With even-mindedness and a peaceful disposition, life will be happy.

[1] A bodhisattva - one who is working towards his own liberation.

[2] Chan - the Chinese translation for Zen, a school of Mahayana Buddhism.

**Failure is the opportunity to begin
again, this time more intelligently.**

— HENRY FORD

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The National Council of Vanik Association's

Registered Charity Number 1137083



35



Year Celebration

10:00-16:00

Sunday 22nd June 2014

Shree Prajapati Hall

Ulverscroft Road, Leicester

LE4 6BY

Dance Drama Comedy Magic

Delicious Lunch

Fun and entertainment for
the whole family

Enquiries

Mahesh Gandhi London 07801718293

Kalpiti Doshi Leicester 07828866637

Kiran Mehta Manchester 07836237010

Tickets £5

Children Under 5 Free

Please contact your local organisation for tickets or email secretary@ncva.co.uk

An opportunity to meet the entire Vanik Community from across the UK

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Truth: Is it necessary to adhere to truth all the time in our life?

Can we resort to a white lie sometimes?

Almost all of us have been taught in childhood by our parents, our elders and our teachers to always speak the truth as a lie would get us into trouble and harm us immensely. Yet we have experienced that many times our elders have not adhered to this concept, and even specifically asked us to speak a lie to avoid someone or something for various reasons. It is necessary to understand exactly what truth is and why it is necessary to adhere to truth?

In Munduk Upanishad it states

सत्यमेव जयते नानृतं

Satyameva Jayate Nanrutum.

Only Truth prevail not falsehood. The first part is taken as the motto of the Indian emblem. The second part is omitted (presumably because the politicians wanted to use falsehood as and when necessary for gains).

Let us take a simple example to understand the nature of truth. Say a young boy is regularly going to school, but on a particular day decided to go to the amusement park with his friends and bunk school lessons without telling his parents. The truth of the matter is that he went to the amusement park. The false story understood by everyone at home is that he has been to the school. This second story may change with different versions depending on circumstances it may be 'I was sick', 'I went to a friend's house', etc. Now let us summarize the above in basic things in the following table:

	Truth	Falsehood
1	The boy went to amusement park	The boy went to school The boy was sick The boy went to friend's house And many more
2	Truth does not change	Falsehood changes
3	Truth does not cause fear or worry	Falsehood causes fear and worry
4	Truth does not need support and will sustain itself.	Falsehood needs support of others and needs to be sustained.
5	Truth always exists as fact	Falsehood never existed and can never become truth.
6	All the falsehood versions are superimposed on truth	Falsehood needs the support of truth
7	Truth can never become extinct and time does not affect it.	Falsehood will become extinct with time
8	Truth is one	Falsehood has many forms
9	Truth is real	Falsehood is imagination of mind and intellect.

Even though the above example is for some day to day experience, it helps define the absolute truth which our scriptures and religions always emphasize.

The example has limitations in understanding the full nature of truth because it is based on the experience of a limited figure of the boy.

In Bhagvad Gita Krishna clearly proclaims: That truth which exists always existed and never was non-existent, and that falsehood that does not exist at present, never existed. This clearly also defines the law

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of conservation which means nothing that exists can be destroyed and nothing that does not exist can be created. All that can happen is the change of forms and names.

In the Bible Jesus proclaims 'I am the truth' and whether this is clearly understood by his followers or not, he was clearly referring to the soul and not the body.

To understand this further, let us assume I am the boy in question. Consider the following statements:

1. I am a boy.
2. I have grown.
3. I am a young man.
4. I am a graduate.
5. I am a husband.
6. I am a father.
7. I am an old man.
8. I am retired.
9. I am born.
10. I am sick and so on....

If you look at the above statements I is the only permanent entity. All the other bits are superimposed on I, but are all changing with time and circumstances. So, our Rishis have concluded that 'I' is that permanent truth 'Sat Chit Anand' (Existence, Consciousness and unending bliss).

Sometimes we take the support of many things including scriptures to justify a lie and call it a white lie, but a lie is a lie and is a superimposition on truth and can never achieve anything useful because a nonexistent entity cannot give any meaningful fruit.

In Mahabharat Yudhisthir confirmed the death of Aswasthama to Acharya Drone adding that whether Aswasthama the man or elephant has died I am not confirming. This was clearly a lie which appeared as truth for a time but he had to pay the price for that lie.

Any time and effort spent on falsehood is only going to cause agony, worry and fear and make us dependent on others. The choice is left to each of us which path to follow.

The second part of the verse (Nanrutum) is translated in English as Falsehood but this is incomplete. The word Nanrutum can be that which is covering or veiling. It can also mean that which comes and goes. This implies that Falsehood is an appearance and an obstacle to seeing the truth and it is of the nature of changing unable to stay as cover all the time.

This truth can be realized only in human life with proper use of mind and intellect. It can only be done by the self and it can be experienced at all times and in all ages by all of us. The choice is ours. Do we want to?

Anil Parekh- Compiled from various sources.

We can do no great things, only small things with great love. -- Mother Teresa

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Report of the Health Seminar by NCVA at Jain Centre Leicester

Dr. Ramesh Mehta

The seminar was well attended and enough time was given for questions from the floor.

After registration the guests were seated in the auditorium and Mr Kalpit Doshi Regional Vice Chairman (Leicester) welcomed all.

Mr Manhar Mehta the Chairman of NCVA was the first speaker. He emphasised the need for spiritual well being. Everyone wants peace especially when we are ill or dying. He talked about need for volunteers to visit the patients in hospital and in community. The outcome from his lecture was that 4 persons volunteered to be trained for Chaplaincy work. He also highlighted the need for volunteers in the community to serve persons with chronic illness and this was the project that NCVA is working to.

Dr Parul Shah, consultant in Geriatric Medicine from Northampton, talked about osteoporosis and its prevention by intake of adequate diet rich in calcium. She also highlighted the high risk of heart attacks in the South Asian population and need to call the ambulance quickly for early treatment to prevent complications. She also talked about early diagnosis in case of stroke by recognising "FACT". She also talked about osteoarthritis and joint replacement.

The talk by Mrs Varsha Dodhia on dementia was extremely well received and was extremely informative. She talked about the symptoms, caring and help available to carers. She could have been given more time as people were interested to learn more, as more and more are living longer. I was able to correlate as both my parents recently died and had dementia.

After the break, Prof Mayur Lakhani, Head of Palliative Care in Leicester gave an enlightening lecture. He touched on why we should have a Will. He also talked about discussing your wishes with your family about organ donation, in case dementia strikes or when in coma would you like to be resuscitated. He also talked about worries about pain as one is dying. He reassured that new pain relieving drugs, help form Mac Millan Nurse and Loros was available.

The input by Rev Ian Brennan about Spiritual care in hospital was informative. He highlighted that their work involved spiritual care rather than talking about religion. He also told about the number of hours that various chaplains put depended on the size of the faith population. It is therefore important for Jains to put against religion question JAIN.

The questions to the panel were many and gave a good opportunity for participants to interact with the speakers. The advice from pharmacist, dentist and exercise instructor was well received. I understand that due to this seminar, a regular once a week exercise event will take place at the Jain Centre.

Talking to many people I believe that the first Health Seminar in Leicester by NCVA is a success and there is hunger for more.

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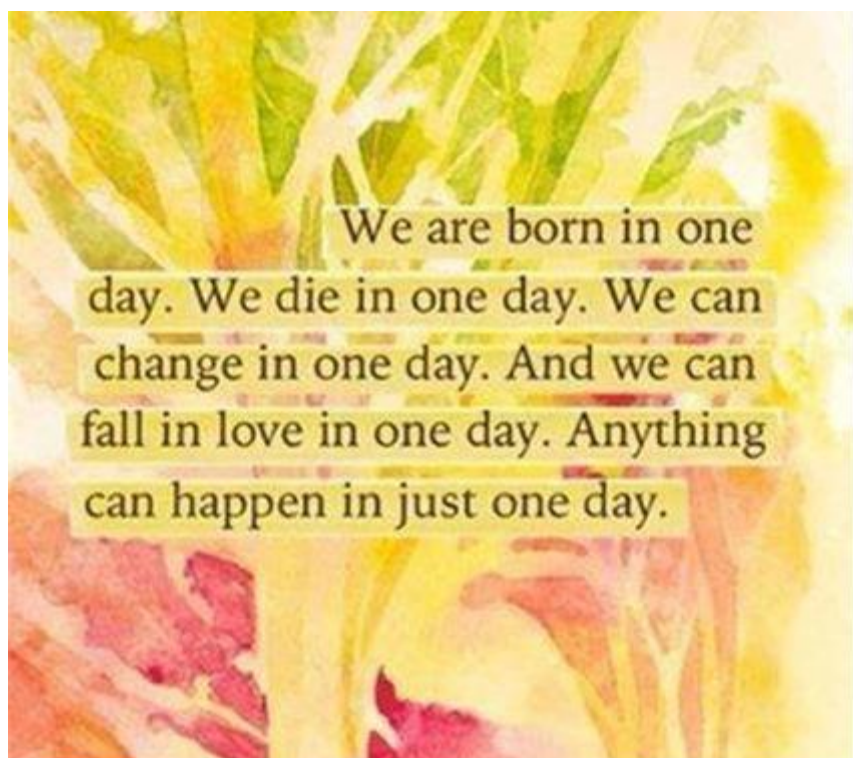
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GLIMPSES OF HEALTH SEMINAR IN LEICESTER



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A simple act by a simple person - True compassion



R.Sekar is extremely reluctant to even put on a shirt for the photograph. I point out to the hole in his vest. "That's me," he says bluntly. I spot the frown on his face. He doesn't like talking about himself, his family or the work he does.

Extremely reticent, he sticks to his schedule of opening his tea shop on the Ponmeni Narayanan Street in S.S.Colony [at 4.30 a.m.](#) sharp and serves the day's first round of steaming chai to about two-dozen watchmen who do night duty in the area.

He runs the shop till [11 p.m.](#) selling over 300 cups of tea, coffee and milk besides biscuits, cakes, laddus, murukkus and other savouries. Communication with customers is restricted to business only. Yet the Meenakshi Coffee Bar which he runs with his two brothers in S.S.Colony is popular. Not for the knick-knack items it sells. Not even for the hundreds of cups of tea and coffee for which it is known. But for Sekar and his kind heartedness.

Daily morning Esaki, affected by leprosy, comes in a tricycle and stops by the tea shop. Sekar gives him tea in a disposable glass and some biscuits. The two never speak. In fact, they have never exchanged a word, except for once when Sekar asked him his name and age. Eight years ago when he came the first time, says Sekar, I sensed he wanted to drink tea but did not have the money. "From that day, this appointment has continued uninterrupted," he says.

If Sekar meets somebody who cannot afford something, he reaches out wherever possible.

For instance, he was moved by the plight of eight-year-old Sivatharini, diagnosed with blood cancer. Her poor parents cannot arrange nutritious meal for her as advised by the doctor. For the last three years, ever

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since Sekar was introduced to the little girl by a friend in the locality, he has been supplying milk and fruits to her whenever she is admitted to the hospital for treatment or is recuperating at home.

“I am reminded of my difficult childhood when my parents couldn’t manage even one meal a day for the family. I know what it means to starve and how difficult it is when your basic needs are not met,” he says.

Every Friday he unfailingly sends five litres of milk each along with buns and other savouries to three different Homes for special and orphaned children.

The tea shop is 35 years old and is known to every resident of the area. But the silent service Sekar renders is not known to many.

“I am a simple man who wants to do little bit of charity because it gives happiness,” he insists. From days of nothing, Sekar says he has come to a position when he can give no matter how small. “There are so many people with so much money but either do not have the time or the inclination to help. God gives us in his own way and we find our ways to help others,” he says.

Sekar never hands over cash but buys the item a person needs. Quite regularly a motley group of school students gathers at his shop in the evenings. The children usually come asking for stationery items, notebooks and books. “I make a note of their requirements and get it for them.”

During the new academic session every summer, lot of poor parents turn to him for help. The soft-spoken Sekar never turns them down and helps them with the purchase of school bags, uniforms, lunch box, water bottles and any other item.

The earnings from the shop are divided among the three brothers. Sekar doesn’t keep an account of how much of his money he uses to help others.

“I am happy with what I have and can do with even less. I do not need more. What will I do?” he asks.

He shows you only have to have a heart to help others.

An article from The Hindu.

Jain Recipe- Croquettes Fancy snack made from raw Bananas



INGREDIENTS ~

- 2 tablespoon semolina (rava)
- 3 raw bananas
- 1 1/2 cup grated paneer (cottage cheese)
- 5-6 green chillies (finely chopped/grated)
- 1/4 teaspoon chaat masala
- chopped coriander leaves
- salt to taste
- oil to deep fry
- water (as required)

PREPARATION

1. Pressure cook the bananas till 3 whistles. Remove the skin and mash them.
2. To this mixture add the green chillies, coriander and chaat masala. Mix well the ingredients and allow it to cool.
3. In a pan, dry roast semolina, till it gives out an aroma. Add 2 tablespoons of water, stir the mixture till a lump forms. Keep aside and let it cool.
4. Then add salt, paneer, and banana mixture to it. Mix properly to form a smooth dough.
5. Now take small portions of the batter and shape into either oblong cylindrical croquettes or round or any shape you desire.
6. Deep fry the croquettes in oil till they turn golden brown.
7. Serve hot with tomato ketchup / salsa sauce / coriander green chutney.