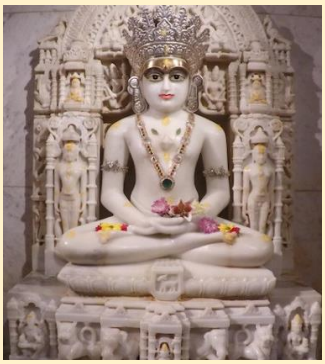
Arhat Touch Times



Arhat Touch Class 3 2020/2021

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Over the past year, Class 3 has covered various topics, including: The 18 Paapsthanak (sins), The 6 Leshyas (states of the mind), Jain diet, The Types of Daan, The Fourfold Dharma (Daan, Sheel, Tapa and Bhaav), and Damyanti and Nal (the story of loyalty, faithfulness, and devotion to god). Ever since the outbreak of COVID-19, we have still been interacting and continuing our Pathshala.

A taste of what we learnt:

Daan:

Daan is the practice of cultivating generosity – when we give what is ours' for other's benefit. There are many different types of Daan; Ahardaan – this is the gift of food and water, Abhaydaan – the gift of safety (protecting other lives), Aushadhdaan – the gift of medicine and helping those who are sick, Gnandaan – gift of knowledge, Anukampadaan – removing the suffering of others, and Suptradaan – this is daan given to the Jain society. Daan should only come from your heart.

Tapa:

Tapa is fasting and the process of disciplining ourselves. There are two branches of Tapa, Bahya (external – concerning the body), and Abhyantar (internal, concerning the mind). The main purpose of tapa is to discipline. This can be done through austerity or penance.

Credit: Vrishti Madhani

Jain Diwali

There are 5 days of Jain Diwali that revolve around Mahavir Swami.

Dhanteras:

The First Day Is Dhanteras. People like to buy something precious (Like Gold) on this day. People clean and decorate their homes and do Laxmi Puja.

Kali Chaudash:

The second day is called Kali Chaudash. On this day people make bhajiyas or dahi wada.

Diwali:

On this day Jains remember the nirvana of Mahavir Swami (the 24th Tirthankara of the present cosmic age). It is celebrated at the same time as the Hindu festival of Diwali.

New Year's:

On this day, all friends and family gather up and younger family members get gifts or money from the older family members. It also celebrates Gautam Swami (the first Gandhar of Mahavir Swami) attaining Kevalgnyan.

Bhai Bijj:

On this day married sister invite their brothers to visit their house and prepare delicious meal for them. Sisters also pray to God for the well-being and longevity of their brothers.

The Swastik Sign also shows the 4 states of existence: humans, animals, heavenly beings, and hellish beings.

Credit: Neev Shah

Coping with COVID-19

This pandemic has affected our religious life as we must stay home and we cannot pray at the temple like we normally would do, we have had to find new solutions to connect to our god. An example of this, Hitesh uncle at the Jain Centre started doing zoom divo/arti where anyone could join and take part. The Pathshala teachers had to start teaching us over Zoom too so we do not forget our knowledge. Pathshala has helped us reconnect to God every week since we are taking part in online lessons where we can communicate with each other by learning about dharma. Although we cannot see our friends during the pandemic, Pathshala helps us stay together virtually.

Credit: Kavya Shah

Jain Recipes

Chilli Paneer for Three People

Ingredients:

- Oil
- Green chillies
- coriander
- Paneer
- cabbage
- Bell peppers

Methods:

1. Heat up your 2tb spoons of oil
2. Put 6 green chillies
3. Then put chopped cabbage
4. And then put chopped bell peppers
5. Chop your paneer in cubed pieces
6. And fry them
7. In the pan with all the ingredients put in the fried paneer and sweet and chilli sauce
8. Add salt to taste
9. Add soya sauce
10. Coriander to garnish

Jain Oreo Cake

Ingredients:

- Oreo biscuits
- Cake mould
- Milk
- Baking soda

Methods:

1. Take 28 Oreo biscuits and take the cream but in a bowl
2. Then take a blender and crush the biscuits until it is like a powder
3. 1 tsp baking powder
4. And stir
5. 1 cup of milk
6. And stir
7. And add the Oreo cream to the batter.
8. Take a deep pan and apply some oil in and pan and put butter paper.
9. Put the batter in the pan
10. Then turn on your stove and put it on low flame for 40 mins.

Credit Dhvani Shah

Games and Quizzes

the jain way

Have a go at this wordsearch!

S	T	T	A	H	T	A	N	I	T	N	A	H	S
N	D	A	A	A	H	K	A	A	V	A	I	A	V
S	S	E	A	V	S	H	S	L	S	I	V	A	A
H	K	P	A	R	S	H	W	A	N	A	T	H	J
R	G	A	H	A	K	A	A	H	P	U	H	A	N
A	P	D	V	I	A	L	I	S	N	O	P	R	T
V	A	I	R	A	I	A	S	T	A	A	O	A	H
I	L	R	D	A	R	A	A	A	V	M	N	J	A
K	I	U	S	E	S	H	N	P	K	A	A	D	A
A	T	P	L	S	R	M	S	T	A	H	W	A	A
T	A	A	N	A	A	A	I	L	R	A	G	U	I
P	N	W	K	D	I	I	S	H	R	V	A	S	D
T	A	A	A	H	G	V	S	E	A	I	H	A	N
A	P	P	R	U	T	S	S	W	R	R	B	D	I

PATSHALA
SHRAVAK
PAWAPURI
MAHAVIR
PARSHWANATH
AHIMSA
SHRAVIKA
POOJA
BHAGWAN
NAVKAR
SHANTINATH
SADHU
JAIN
PALITANA
DERASER

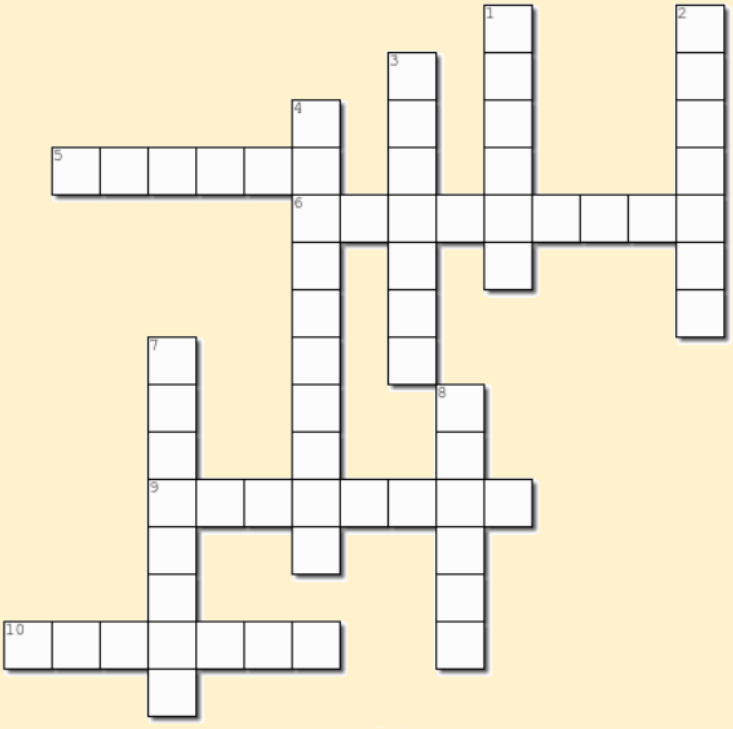
Complete the crossword puzzle below

Across

5. what is the third kalyanak
6. who is the first tirthanker
9. where did mahavir attain nirvan
10. what religion has 24 tirthankers

Down

1. what is the first kalyanak
2. who is the 24th thirthankar
3. what is the type of fasting where you eat only one time
4. what is it called when you give away everything you own for a year before diksha
7. what is the first dream out of the 14 dreams that trishla mata had
8. what is the last kalyanak



Credit: Dhriti Shah