

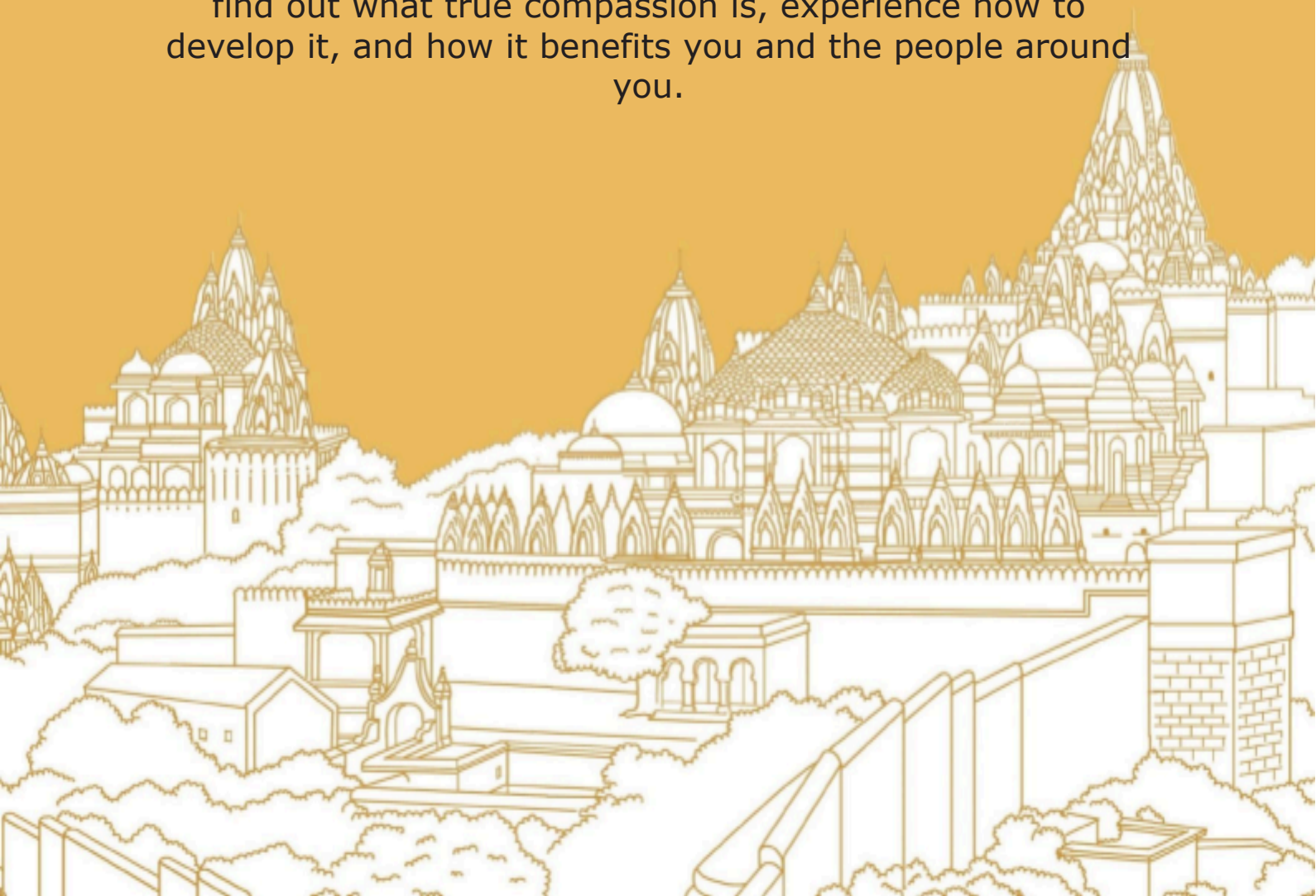


2022

31 Days Challenge

1st to 31st August

Through this auspicious month of Chaturmas - Paryushan, find out what true compassion is, experience how to develop it, and how it benefits you and the people around you.





'In happiness and suffering, in joy and grief,
we should regard all creatures as we regard our own self.'

-Bhagwan Mahavir



FOUNDERS NOTE

JAI JINENDRA!

The Jain Foundation is in its third year, and it would not have been possible without your overwhelming support. This is the second year we bring the Digital Fasting Challenge to you and have added Compassion to it with a very innovative reward for the winner.

Compassion is a feeling that can only be experienced, and this is a small attempt to create opportunities, in your day-to-day life, to show compassion to the world. If through this 31-day yatra we can cause a small impact to our world, then our objective would have been met. I urge you to participate wholeheartedly and experience this wonderful journey.

RAMESH KUMAR SHAH



COMPASSION IN JAINISM



Compassion is central to Jainism.

Nonviolence, the fundamental pillar of Jainism is based on the concept of compassion. Mindfulness, not to hurt any living beings in thoughts, speech or deed is therefore the first spiritual duty of a Jain.

According to our scriptures, not just humans, animals and plants but also air, water, fire and earth contain living souls. Each of these souls is considered of equal value and should be treated with respect and compassion.

Compassion plays a major role for the progress of the soul toward liberation. In other words, one is expected to behave in a way that does not cause discomfort and to do what one can to alleviate the pain and sufferings of others. Almost all our practices are based on compassion towards other living beings.

We have curated a list of 41 compassion-inspired activities based on Jain religious values, personal

commitment, Jeev Daya, charity & humanity.
Choose any 31 from the list below.



PRACTICE JAINISM PRINCIPLES

- 1) Write 'Navkar Mantra' 1008 times over 31 days.
- 2) Study the life of a Tirthankar and write your thoughts on compassion you learnt from their life in 60 words
- 3) Summarise one Hymn or Stavan, as per your understanding, in either Hindi or English
- 4) Follow 'Chauvihar' for 31 days
- 5) Don't use slippers/shoes (walk barefoot) for 31 days
- 6) Observe '24 hour Maun Vrat' (Silence) for any 9 out of 31 days
- 7) Don't use a vehicle (cycle, two-wheeler, three-wheeler, four-wheeler, bus, train, airplane) for 31 days
- 8) Invite a Sadhu or Sadhvi for 'Gochari' at home or elsewhere

9) Don't cut your hair/shave/visit a beauty parlour/barber for 31 days



DONATE

- 10) Give a blanket to someone in need
- 11) Give footwear to someone in need
- 12) Give an umbrella to someone in need
- 13) Give a warm jacket or sweater to someone in need
- 14) Give your driver/any driver (auto, taxi, bus) a meal
- 15) Give a full meal to a beggar
- 16) Give a poor family ration for a day
- 17) Donate books, notebooks, stationery, or uniforms for student(s) at a local government school
- 18 Visit a government hospital and purchase medicines for a needy patient
- 19) Give food / sheets / towels / blankets / medicines / money to an animal shelter or a cowshed
- 20) Donate blood to a Blood Bank
- 21) Give up an indulgent habit for 31 days and donate the equivalent amount you would have spent on it for this period at the end of the 31 days.
- 22) Sign up for organ donation



VOLUNTEER

- 23) Volunteer at an old age home and assist the staff/inmates
- 24) Volunteer for a day at a special needs school
- 25) Volunteer for a day at a Mental/Cancer hospital
- 26) Volunteer for a day at NGO or Social Service Organization
- 27) Organize the cleaning of any public place which needs maintenance
- 28) Take a child or children, from an orphanage, for an outing/drive/ meal

BE GOOD. BE KIND.



- 29) Help old people in your neighbourhood with buying groceries/ vegetables/medicines/paying utility bills
- 30) Spend time with old people who need company
- 31) Plant a tree/trees
- 32) Feed a stray animal or feed grain to birds/squirrels/insects or place a water pot outside your house/terrace for thirsty animals/birds
- 33) Wash the dishes at home for one day
- 34) Cook one meal and eat with parents or elders
- 35) Surprise your house help by cooking a meal for them
- 36) Give up a wrong habit forever
- 37) Reconcile with people you have fought/had a misunderstanding with 5
- 38) Touch your parents/elders' feet, every morning, for 31 days
- 39) Thank all those who provide you a service, big or small, for a day
e.g. thank your security, auto driver, waiter, office boy, lift man etc.
- 40) Send a gift or thank you note to one of your teachers
- 41) Send a handwritten letter or card to a loved one by post

WHAT IS DIGITAL FASTING?



Technology and social media today have done a great job in creating virtual connections between people but, unfortunately disconnected us from creating real bonds in person.

Doing a digital fast would be a conscious decision to unplug yourself from an avalanche of digital devices for a few hours every day to take a time out from the digital world and help improve the quality of life. In this fast-paced world, where everything is available at the click of a button, a 'Digital Fast' helps you detox, de-stress, increase productivity and give time for reflection.

This challenge is an effort aimed at creating avenues for you to experience cutting away from your digital self.

GUIDELINES

Acts of Compassion

- Activities from the Compassion list cannot be repeated
- You may participate in more than one activity from Compassion List but only a maximum of 25 points will be counted per day
- For acts of compassion that are to be followed for 31 days, they must be followed for all 31 days to gain 25 points.
- You will be informed when to share your notes & summary from the Practice Jainism principles section.

Digital Fasting

- Digital Fasting & Compassion must be done every day for the points to be counted
- Digital Fasting means staying away from the Internet, TV, Laptop, Tablet and Mobile
- 5 & 8 hour Digital Fast must be done during daylight hours
- Digital Fast that is done for more than 5 hrs but less than 8 hrs, will be counted as 5hrs. The same applies for 8 to 24hrs.

Score

DIGITAL FASTING	PTS PER DAY
5hrs	3
8hrs	6
24hrs	12
ACTS OF COMPASSION	PTS PER DAY
Complete any 1 activity	25

- Maximum points per day – 12 (Digital Fasting) + 25 (Compassion) = 37
- Maximum points over 31 days – 31days x 37 points = 1147points
- Minimum points per day – 0

Score card

- A score card will be provided for self-scoring
- Please print the score card and maintain a daily score
- Kindly ensure the entries are neat and legible
- Please share an image of the completed score card at the end of the 31-day challenge

We encourage you to share videos and photos during this 31 day journey to inspire and motivate others on the group.

Reward

Winners will be declared based on the highest cumulative score over 31 days and will WIN a golden opportunity to visit Palitana Tirth, perform the auspicious Navangi and Pushp Puja of Moolnayak Shri Rishabhdev Bhagwan.

THE JAIN FOUNDATION

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