

CAN YOUR HAND OF FRIENDSHIP GIVE HOPE TO THE LONELY?

When you extend pure love to everyone with selfless motivation, that is an attitude of kindness

CAN YOUR FAITH IN SOMEONE UNEARTH COURAGE THEY DIDN'T KNOW THEY HAD?

When you send good wishes and pure feelings to those who are in deep sorrow, that is an attitude of mercy

CAN YOU LIFT SOMEONE'S HEART BY SEEING THE BEST IN THEM?

When you see the virtues rather than the weakness in people, that is an attitude of compassion

CAN YOU MEET SOMEONE'S ANGER WITH SO MUCH PEACE THAT IT MELTS AWAY LIKE ICE IN THE SUN?

When you bless and uplift someone even as they defame you, that is an attitude of forgiveness

CAN YOUR RESPECT HELP SOMEONE WALK A LITTLE TALLER?

When you tolerate a situation and take responsibility as well as give co-operation even when not appreciated that is an attitude of humility and self-respect

EVERY SECOND, EVERY MOMENT AND EVERY BREATH OF OUR LIFE IS NURTURED BY OUR ATTITUDE



BY KISHOR B SHAH



JAIN CALENDAR 2024

VIR SAMVAT 2550 - VIKRAM 2080



AATHAM CHAUDAS PANCHAM BIJ AGIYARAS	Jain Festivals	Auspicious Day
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VAISHAKH- JUNE 2024 - JETH						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		VAISHAKH: 1 TO 06 JUNE			1 Vad Nom Dasam	2 Vad Agiyaras
JETH: 07 TO 30 JUNE						
3 Vad Baras	4 Vad Teras	5 Vad Chaudas	6 Vad Amas	7 Sud Ekam	8 Sud Bij	9 Sud Trij
10 Sud Choth	11 Sud Pancham	12 Sud Chhath	13 Sud Satam	14 Sud Aatham	15 Sud Nom	16 Sud Dasam
17 Sud Agiyaras	18 Sud Agiyaras	19 Sud Baras	20 Sud Teras	21 Sud Chaudas	22 Vad Ekam Sud Poonam	23 Vad Bij
24 Vad Trij	25 Vad Choth	26 Vad Pancham	27 Vad Chhath	28 Vad Satam	29 Vad Aatham	30 Vad Nom

AUSPICIOUS DAY - KALYANAKS

Date : 01 - Munisuvrata Nirvan Kalyanak

Date : 04 - Shantinath Janma & Nirvan Kalyanak

Date : 05 - Shantinath Diksha Kalyanak

Date : 11 - Dharmanath Nirvan Kalyanak

Date : 15 - Vasupujya Chavan Kalyanak

Date : 19- Suparshvanath Janma Kalyanak

Date : 20 - Suparshvanath Diksha Kalyanak

Date : 25 - Adinath Chavan Kalyanak

Date : 28 - Vimalnath Nirvan Kalyanak

Date : 30- Naminath Diksha Kalyanak

JAIN FESTIVAL

Date : 05 & 21 - Pakhi Pratikraman

Date : 17 - Bakri Eid Karuna Nimitta

Ayambil Tap Karvu

Date : 22 - Poonam (Bhav Siddhachal Yatra)

AVOID GREEN & ROOT VEGETABLES

Date : 2 | 5 | 8 | 11 | 14 | 17 | 18 | 21 | 23 | 26 | 29

AVOID ROOT VEGETABLES

Date : 1 | 4 | 15 | 19 | 20 | 22 | 25 | 28 | 30

OTHER SIGNIFICANT DAYS

JUNE - PRIDE MONTH

Date : 02 - Cancer Survivors Day

Date : 03 to 09 - Volunteers Week

Date : 05 - World Environment Day

Date : 08 - World Oceans Day

Date : 10 to 16 - Carers Week

Date : 10 to 16 - Loneliness Awareness Week

Date : 10 to 16 - Diabetes Awareness Week

Date : 16 - Father's Day

Date : 17 to 23 - Learning Disability Awareness Week

Date : 21 - International Yoga Day

Date : 21 - Adra -Mango Tyag starts on this day.

"Parasparopagraho jivanam"

*We are all interdependent on each other and by living a
JAIN WAY OF LIFE - we can bring peace and spirituality
to all our lives and to those around us*

