

Mahavir showed the soul's liberation from the mundane existence comprises of the following three-way path of:

Samyag Darshan - Right Vision

Samyag Jnana - Right Knowledge

Samyag Caritra - Right Conduct

Out of these three, he put most emphasis on the first constituent of path to liberation – Samyag Darshan or right vision. The concept of compassion is inseparably linked with the very first and the most important ingredient of the liberation - right vision. Compassion is the noblest manifestation of humaneness and vital to attain Samyak Darshan.

“Anyone who feels the pain and misery of others like those suffering due to hunger, thirst, and other maladies, and acts favourably in order to mitigate their misery is said to be compassionate” – Acharya KundaKunda

“Compassion is nothing but a strong desire to relieve and mitigate the pain and misery of the other without favour. - YogaSastra

If you want others to be happy, practice compassion. If you want to be happy, practice compassion.” --Dalai Lama.

Empathy + Sympathy + Action = Compassion

It's not that simple of an equation when put into practice, but this is a helpful way to remember the distinctions between empathy, sympathy, and compassion — terms we sometimes use, interchangeably. Compassion involves sympathy (recognizing that someone is in pain), empathy (feeling someone's pain), but also acting to alleviate them of pain or suffering. While noticing and feeling are essential steps, compassion asks us to act beyond that.



JAIN CALENDAR 2024

VIR SAMVAT 2550 - VIKRAM 2080



AATHAM CHAUDAS PANCHAM BIJ AGIYARAS	Jain Festivals	Auspicious Day
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ASHADH- AUGUST 2024 - SHRAVAN						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
ASHADH: 01 TO 04 AUGUST			1 Vad Baras	2 Vad Teras	3 Vad Chaudas	4 Vad Amas
SHRAVAN: 05 TO 31 AUGUST						
5 Sud Ekam	6 Sud Bij	7 Sud Trij	8 Sud Choth	9 Sud Pancham	10 Sud Chhath	11 Sud Satam
12 Sud Satam	13 Sud Aatham	14 Sud Nom	15 Sud Dasam	16 Sud Agiyaras	17 Sud Baras Teras	18 Sud Chaudas
19 Sud Poonam	20 Vad Ekam	21 Vad Bij	22 Vad Trij	23 Vad Choth	24 Vad Chhath Vad Pancham	25 Vad Satam
26 Vad Aatham	27 Vad Nom	28 Vad Dasam	29 Vad Agiyaras	30 Vad Baras	31 Vad Teras	

AUSPICIOUS DAY - KALYANAKS

Date : 06 - Sumatinath Chavan Kalyanak

Date : 07 - 20 Viharmans Bhagwans Nirvan Kalyanak

Date : 09 - Neminath Janma Kalyanak

Date : 10 - Neminath Diksha Kalyanak

Date : 13 - Parshavanath Nirvan Kalyanak

Date : 19 - Munisuvrata Chavan Kalyanak

Date : 25 - Shantinath Chavan Kalyanak

Date : 25 - Chandraprabhu Nirvan Kalyanak

Date : 26 - Suparshvanath Chavan Kalyanak

JAIN FESTIVAL

Date : 03 - Pakhi Pratikraman

Date : 18 - Pakhi Pratikraman

Date : 19 - Poonam (Bhav Siddhachal Yatra)

Date : 19 - Raksha Bandhan

Date : 31 to 07 Sept - Paryushan Maha Parva

AVOID GREEN & ROOT VEGETABLES

Date : 3 | 6 | 9 | 13 | 16 | 18 | 21 | 24 | 26 | 29 | 31

AVOID ROOT VEGETABLES

Date : 7 | 10 | 19 | 25

OTHER SIGNIFICANT DAYS

Date : 09 - Book Lovers Day

Date : 12 - International Youth Day

Date : 15 - India Independence Day

Date : 19 - World Humanitarian Day

Date : 25 & 26 - Notting Hill Carnival

Date : 26 - Summer Bank Holiday

Date : 28 - Summer Paralympics begins



BY KISHOR B SHAH

