

# JVB London Celebrates *Festival of PARYUSHANA*

August 17– 24, 2009

In the auspicious presence of  
**SAMANI PRASANNA PRAGYA & SAMANI ROHIT PRAGYA**  
(Disciples of H.H. Acharya Mahapragya)

## SESSIONS FOR SPIRITUAL UPLIFTMENT

MORNING : 17-22 AUGUST (In English)		EVENING:17-24 AUGUST (Pratikramana)	
9:30 - 10:00am	Mantra & Meditation	8:30 - 9:00pm	English
10:00 - 10:30am	Discourse on Twelve Vows	8:15 - 9:00pm	Hindi
10:30 - 11:30am	Discourse on 12 Bhavana (Reflection & Contemplation)	8:00 - 9:00pm	Gujarati - Sthanakvasi

**Workshops on Sunday, 23 August:** 10:00- 10:40am – Importance of Paushadha Vrata  
10:40 – 11:30am – Power of Forgiveness

### **Samvatsary Programme – Monday, 24 August (9:30am -12:30pm):**

Practice of Contemplation of Friendliness, History of Samvatsary, Life stories of Great Jain Acharyas, Discourse on Bhavana

Days	Celebrate as	Evening Programme (9:00-9:45pm)
Monday, 17 August	Samayika Divasa	<b>Lecture:</b> Power of Penance-1
Tue, 18 August	Ahaara sanyama Divasa	<b>Bhakti Sandhya</b>
Wed, 19 August	Swadhyaya Divasa	<b>Lecture:</b> Science in Jainism
Thu, 20 August	Mauna Divasa	<b>Lecture:</b> Power of Penance-2
Fri, 21 August	Japa Divasa	<b>Lecture:</b> Karma in Jainism
Sat, 22 August	Dhyana Divasa	<b>Bhakti Sandhya</b>
Sun, 23 August	Anuvrata Divasa	Caption Contest
Mon, 24 August	Samvatsary Mahaparva	Pratikramana & Samuhika Kshamayachana

**Special programme for Children (4-15 year olds):** For three days 18, 19 & 20 August from 10:30 – 11:30am, JVB and Young Jains will be jointly conducting special sessions for children at JVB Centre. Children's programme will include understanding of the festival of Paryushana, Bhakti, Historical Stories, Life of Lord Mahaveera etc.

**PARYUSHANA COMPETITION WORKSHEET** will be provided to children.  
**Participants with the highest score will receive a prize.**