

Jai jinendera all

Welcome to online Pathshaala classes

Here are the instructions for the homework

1. Please review the alphabets A-E
Kids please write in your own words
how u interpret the meaning of each alphabet.
Parents help the kids who cannot write or read still
Bigger kids-10 lines
Younger kids-5 lines
2. 21 day chart- Kids are supposed to close their eyes
and move their finger over the chart every night,
wherever the finger stops pls follow that block for the next
day. Make sure to mark that block as done

Please feel free to contact any teacher when needed

Thanks

Pathshaala Team

A



Ahimsä

A is for Ahimsä

Ahimsä means Non-Violence

More than 2500 years ago, Lord Mahävir made a simple yet powerful statement about Ahimsä;

"All life is just like me. I want to live. So do all living beings. Every living being wants to live and fears death. Each of us wants to be free from pain. So we should carry out all our activities with great care not to harm any living being."

"Ahimsä Parmo Dharma" means 'Non-Violence is the highest religion'. The philosophy of Non-Violence is a way of life. We must respect all life forms in order to practice total Non-Violence. A vegetarian diet is one simple way to practice Ahimsä. We should not eat, drink, or wear any product made by hurting, torturing or killing animals.

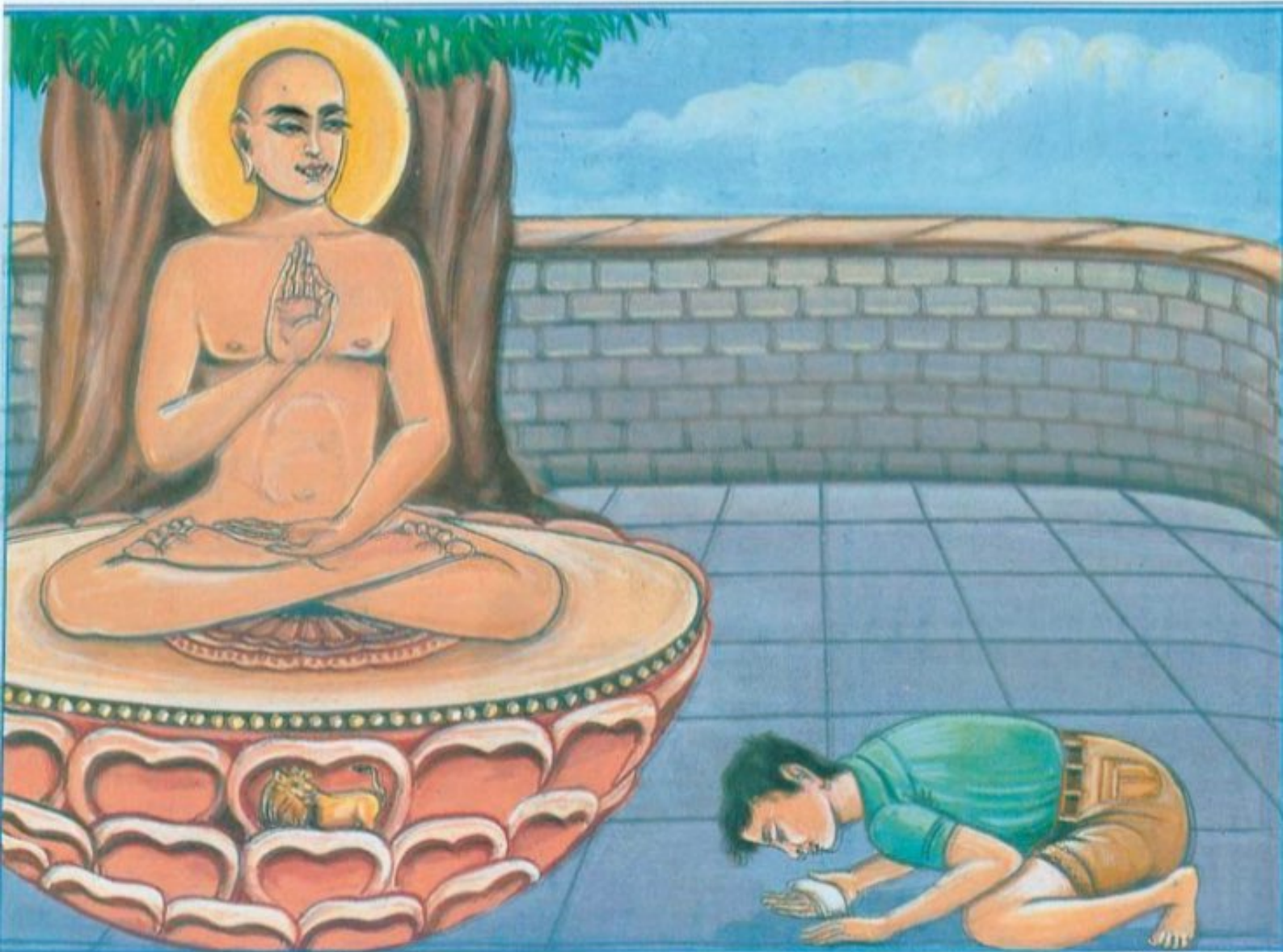
In the picture the raised hand tells us to stop and think before we start any activity, speak to other people, or even think about others. We can hurt someone or commit violence by any of these three actions - words, thoughts or actions. We should stop and think before doing anything. This way, we will be able to observe the principles of Ahimsä in its true sense. The wheel in the hand reminds us that if we do not watch all our actions, our soul* cannot be freed from the cycle of birth, life and death.

Ahimsä (non-violence), Anekäntaväd (non-one sidedness) and Aparigraha (non-possessiveness) are the three 'A's of Jainism. All Jains should apply these principles in their daily life.

* Soul is our true inner self; the part of us that never dies. See S
Note : A is also for Arihanta and Amity (friendship)

B IS FOR BOWING DOWN (VANDAN)

B



Bowing Down

B is for Bowing (Vandan)

Bowing is a method of Paying Respect

We bow to Tirthankars (Arihantas) and Siddha* Bhagawäns. We also bow down to Ächäryas**, Upädhyäys**, and all Sädhush and Sädhvis***. By bowing, we show our respect to them and admire their effort and spiritual achievements. We also bow to our parents, grandparents, and our teachers because we want to show our respect for them and thank them for what they have done for us. In this picture, a man is bowing. When we bow we become more humble. So remember, respect others by bowing down.

Note : B is also for Bhakti, Bliss, and Bhagawän

Look for

- * Siddha under *N and S,
- ** Ächäryas and Upädhyäys under N,
- *** Sädhush and Sädhvis -under G

C



Charity

C is for Charity

Charity means to Share What We Have with Others

Charity is when we give something to others without expecting anything in return. Everyone, however big or small can give something to others. Charity is not just giving money, a person can share whatever they have as charity.

We should give food, clothing, medicine, and other articles of our own possession to needy people, give our time and skills to our community, and give respect and understanding to all living beings. The food offered should be vegetarian and offered with compassion. Jains should always give anonymously (without the knowledge of others), free from pomp and ego. When we give in this manner, we get great satisfaction and happiness from within. The sole purpose of a donation box (Bhandär) in a temple is to encourage anonymous giving within each individual's capacity. Also in the picture, a girl is giving clothes to a needy person.

If we would have used our additional wealth for our comfort and pleasure we would have acquired more sins. Therefore, charity saves us from sins.

Note : C is also for Conduct

D



Discipline

D is for Discipline

Discipline means A State Of Order

Discipline is living our life in harmony with certain principles or guidelines. Just as the banks of the river help the water reach its destination by giving it guidance and direction, discipline brings order and structure to our lives and our activities, and helps us reach our goals.

Some examples of Discipline are:

1. Waking up and going to sleep at a certain time everyday.
2. Praying every morning, night, and before meals.
3. Bowing before our elders in respect for their age, experience, and wisdom.
4. Controlling our anger even when provoked.
5. Finishing our work on time, every time.
6. Listening to our parents since they know what is best for us and our family.

Note : D is also for Dharma, Devotion, Darshan, and Deva, which is synonymous with Bhagawän (Arihanta and Siddha)

E



Evening Prayer

E is for Evening Prayer and Pratikraman

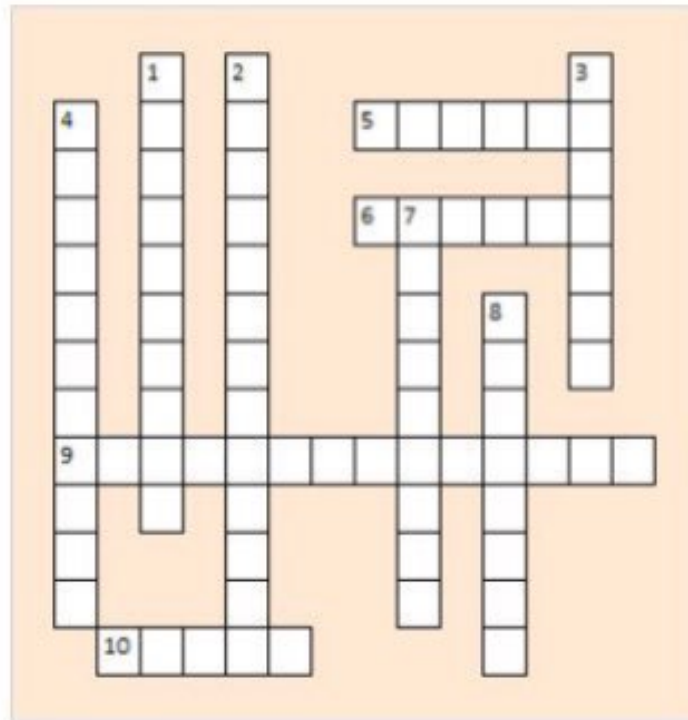
Evening Prayer and Pratikraman Should Remind Us To Think About What We Did Today And What We Should Try To Do Better Tomorrow

Prayer can be said at any time. The most important prayer in Jainism is the Navakär Mantra*. We should say the Navakär Mantra at least seven times in the morning when we get up and seven times in the evening before going to bed. In the picture, a boy and a girl are saying their evening prayers.

Another practice all Jains, should follow is called Pratikraman. Here we introspect - look within ourselves, and take a survey of our day. We take full responsibility for our actions and truly forgive those who have hurt us in any way. We repent and apologize for all our misdeeds of the day and promise ourselves to be more careful and not to repeat the same in the future.

Prayers and Pratikraman help uplift our soul; and we should always do these in the morning and in the evening.

Note : E is also for Enlightenment, Equanimity
Look for Navakär Mantra under N*



DOWN

- 1) Mahavira's original name
- 2) The name of Mahavira's mother
- 3) His family followed the teachings of _____
- 4) Mahavira was the last _____ which means teachers who make a ford
- 7) English translation of the Name Mahavira
- 8) The number of dreams that his mother had in one night before Mahavira was born

Across:

- 5) Mahavira achieved liberation or _____ in 527 BC
- 6) The holy books where Mahavira's teachings can be found
- 9) The name of Mahavira's father
- 10) The modern state of India where Mahavira was born

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| 1.
Learn new shlok or sutra and revise it 5 times. | 2.
Light up the Diya in front of the Pratimaji and recite Loggassa. | 3.
Avoid going on any electronic device for 2 hrs. | 4.
Eat before sunset and take the Pachkhan. | 5.
Take Navkarshi Pachkhan. | 6.
Don't eat any food with onion, potatoes or garlic in it. | 7.
Say 7 times Navkar Mantra before going to bed. |
| 8.
Say 8 times NavkarMantra When you wake up. | 9.
Learn a new skill and write down your experience. | 10.
Say 3 times Navkarmantra before Lunch and Dinner. | 11.
Help your mom/Dad do 5 chores around the house. | 12.
After bath recite all the prayers learned in Pathshala. | 13.
Do some physical exercise/yoga for 30 min. | 14.
Read some Jain stories, information about Jainism. Note down what u learned. |
| 15.
Say/Learn Uvasaggaharam Stotra | 16.
Recite Bhaktamber Or learn new Gatha | 17.
While watching electronics take 3mins break after every 15mins | 18.
Not using any electronic device during any meals. | 19.
Recite and memorise Names of 24 Tirthankaras and their symbols | 20.
Do Tivihar Water only after the sunset) | 21.
In the morning after bath do Pooja and bow down to all the elders in the house. |

21 Days Chart