





Aayambil oli is a pious tapp festival which is celebrated during Spring and Autumn months. It's a 9 day festival and comes twice a year in the month of Chaitra and Ashwin.

Conquer your taste bud...

During the months of Chaitra and Aashwin, when seasons change, our bodies can feel weak or unwell. That's why we celebrate this special festival called Rasparityag Tapp! This festival helps us control our craving for tasty foods and teaches us to eat simple, healthy meals. Eating Aayambil food (plain and less spicy food) during this time is scientifically proven to keep us strong and healthy. By following this practice, we take care of our body and mind just like Parmatma Mahavir taught us!



An Aayambil when done regularly, surely keeps the doctor away!

Physical, Mental & Spiritual Benefits of Practicing Aayambil

Increases
self control



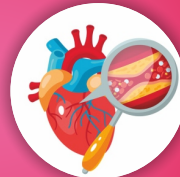
Controls
Diabetes &
Thyroid



Control over
sense of taste



Improves
Cholestrol



Helps to give
Abhaydaan
to infinite jivas



Improves
Kidney -
liver function



Reduces life's
obstacles as
our Antray
Karma
diminishes.



It improves
digestion



Cultivates a
Positive
Mindset



Master Your
Senses,
Conquer
Cravings



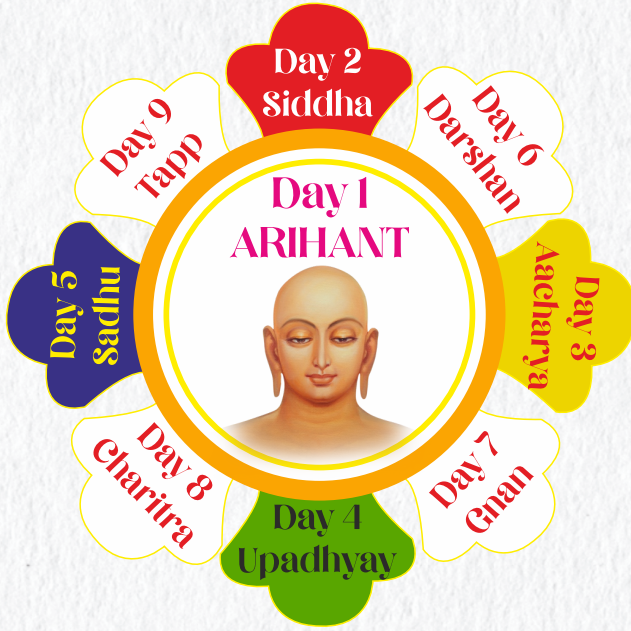
Strengthens
Willpower



Anger
Control =
Inner Peace



9 days Aayambil oli is from...



Let us bow down in
reverence to
all tapasvi
who are doing the
aradhana
of the 9 padd.

04/3/2025 to 12/4/2025

Aayambil Oli is a very auspicious festival of the Jains . It signifies the importance of the Navpad. They hold immense importance and significance for a soul who wishes to be free from this endless cycle of birth and death.

The Navpad are...

Dev Tatva	Arihant Parmatma
	Siddha Parmatma
Guru Tatva	Acharyaji, Upadhyaji, Sadhu- Sadhviji,
Dharma Tatva	Samyak Darshan (Right Vision),
	Samyak Gnan (Right Knowledge),
	Samyak Charitra (Right Conduct) and
	Samyak Tapp (Right Penance)

Say NO to.... for 9 days



Say NO to Curd
for 9 days



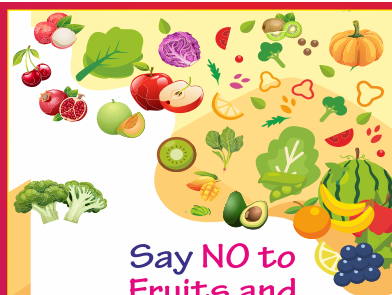
Say NO to Sugar
for 9 days



Say NO to Ghee
for 9 days



Say NO to Jaggery
for 9 days



Say NO to
Fruits and
Vegetables
for 9 days



Say NO to Milk
for 9 days



Say NO to Milk
products for 9 days



Say NO to oil
for 9 days



Say NO to Vegetables
for 9 days



Say NO to junk food
for 9 days



Say NO to Spices
for 9 days



Say NO to Fruits
for 9 days

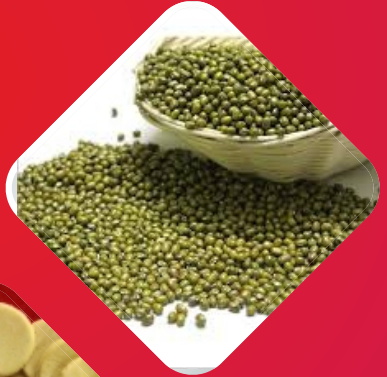
Say yes to.... for 9 days



- Moong pani
- Rice
- Dal pani
- Chapati
- Khes
- Moong dal dhokla
- Moong chilla
- Khichdi
- Dosa/uttappa



Say yes to.... for 9 days



- Chana
- Bajra roti
- Moong

- Rice puff
- Khichiya
- Papad

- Dhokla
- Gatta
- Pulses



Say yes to.... for 9 days



- Soaked dal water
- Moong water
- Nachni raab
- Idli
- Kadu kariyatu
- Popcorn
- Boiled water
- Rice khichu
- Khakhra





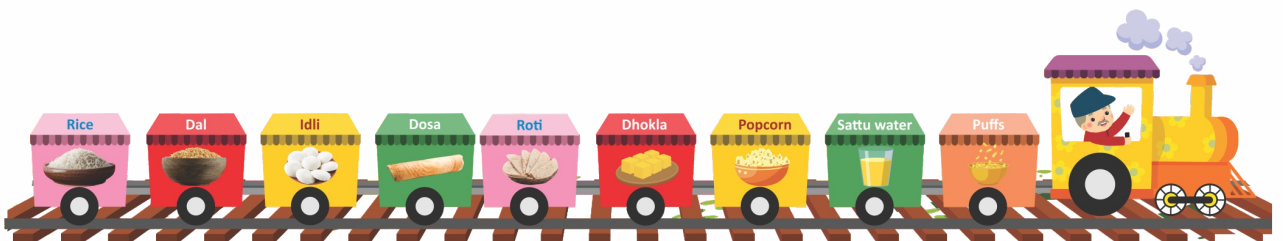
KIDS AYAMBIL FIESTA

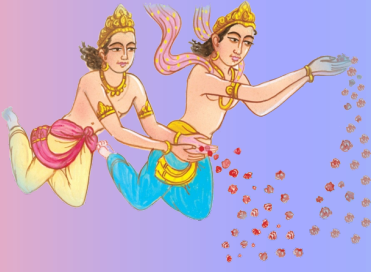


Isn't it easy to do?
If not Ekasana,
at least try to have
Ayambil food for lunch
and avoid a regular meal.

04/3/2025 to 12/4/2025

Kids - lets try Ayambil!





**Parmatma
Shree Mahavir Swami
Janma Kalyanak
10 – 4 – 2025**

**Let us pray
Parmatma Mahavir...
To bless us with a life
of non-violence,
compassion and kindness
like Him!**

Mahavir Janma Kalyanak is one of the main festivals of Jains. This is the birth anniversary of our Parmatma Mahavir. We celebrate this festival with great devotion.

According to Jain and Hindu Lunar Calendar Mahavir janma kalyanak falls on the 13th day of the bright half of the month of Chaitra.

An moment to relive the Param Upkar!