

FROM THE CHIEF EDITOR'S DESK

We are pleased to present this issue of *ISJS-Transactions* to our readers. It features three research articles and one book review, each exploring distinct dimensions of Jain Studies.

The opening article, “*Jain Mindfulness Practices as Psychological Tools for Stress Regulation and Ecological Restoration*” by Sadhvi Chaityagunashree, examines the ancient Jain practices of *kāyotsarga* (body-abandonment), *prekṣā dhyāna* (perception meditation), and *sāmāyika* (equanimity) as a comprehensive psychological framework for stress regulation and holistic well-being. Viewing insatiable consumerism and its ecological costs as a psychological failure, the author further advocates the practice of *Aparigraha* (non-possession) to restore human life on the path of sustainable development.

The second article, “*Echoing Unheard Voices and Unseen Suffering in Jain Temple Architecture of Dilwara and Ranakpur*” by Dr. Virendra Singh Bithoo and Ms. Jyoti, highlights the symbolic representation of birds and animals in temple architecture. It vividly illustrates how anthropomorphic depictions of birds served as a medium of communication with society, reflecting affection, appreciation, and recognition of their role in human life. Elephants, prominently featured in these temples, were historically employed in transporting marble and other materials for construction. This resonates with the broader ethical concern in Jain literature for all living beings.

The third article, “*Mumbai Jain Yuvak Sangh: A Religious Association in a Cosmopolitan City*” by Prof. Hemali Sanghavi, traces the history of the Sangh from its foundation in Bombay in 1929 to the present day. Initially shaped by Gandhian nationalism and religious reform, the Sangh gradually embraced a more inclusive orientation, extending its work beyond the Jain community to educational, charitable, medical, and social welfare initiatives. It also published the periodical *Mumbai Jaina Yuvaka Saṁgha Patrikā*, later renamed *Prabuddha Jivana*. We look forward to its Centenary Celebrations in 2029.

This issue also includes a review of *Significant Contributions of Jainism, Volume 1*, edited by Ms. Dhruti Ghia Rathi, reviewed by Dr. Anahita Hoose.

I extend my gratitude to all the authors for their scholarly contributions to this volume. My sincere thanks go to Dr. Shugan C. Jain, President ISJS, for his continuous support and guidance; to Dr. Shrinetra Pandey for his editorial expertise; to Dr. Anahita Hoose and Ms. Pragya Jain for their editorial assistance; and to Mr. Gopal Kudale for his technical support in uploading the journal to our website.

We warmly welcome valuable suggestions from readers and contributors to further enhance the quality of the journal.

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