

SPIRITUAL GUIDANCE & ENCOURAGEMENT FOR KIDS(3-15)

Self-Measurement Chart of religious Activities for Paryushan

Jain Vishwa Bharati, Houston

S N.	Activity/Vows/Tap & Tyag	Points	Day1	Day2	Day3	Day4	Day5	Day6	Day7	Day8
1.	Upavaas- Fasting (one day no meal except water)	100								
2.	Ekaasan - One meal in a day	50								
3.	Biyaasan - 2 meals in a day	25								
4.	Navakaarasi - no food for 48 min. after sunrise	10								
5.	No food after sunset	25								
6.	No TV/Cinema watching	30								
7.	Computer game- not more than one hour	20								
8.	No walking on grass/plucking flowers	15								
9.	Silence for 15 min.	20								
10.	Arhat Vandana (Prayer)	10								
11.	Hariyalli Tyag - no green (Fruits/Vegetables)	15								
12.	Navakaar mantra (Chanting) 27 times	15								
13.	Logassa –one time	10								
14.	Pratikraman (Self- Analysis)	25								
15.	Tyag (Limiting Food) 21 items in a day	30								
16.	Pratyaakhaan – no eating for one hour	20								
17.	No fighting	20								
18.	Study of Jain Book for 10 mins.	20								
19.	Long breathing 5 mins.	10								
20.	Not getting mad/ no abusing	30								
Week Total:		500								

Note: If anybody repeats any activity in a day then point will be multiplied. For example, 15 min Silence=10, If 30 min. silence then point will be $10 \times 2 = 20$.

Enjoy Paryushan Parva with spirituality.

NAME :-----

AGE:-----