

SPIRITUAL GUIDANCE & ENCOURAGEMENT

Self-Measurement Chart for religious Activities during Paryushan

Jain Vishwa Bharati, Houston

www.jvbhouston.org

#	Activity/Vows/Tap & Tyag	Points	Day1	Day2	Day3	Day4	Day5	Day6	Day7	Total
1	Upavās- Fasting (no meal except water)	100								
2	Ekāsan - One meal in a day	40								
3	Biyāsan - 2 meals in a day	25								
4	Porasi - No food for 3 hrs after sun rise	15								
5	Navakārasi - no food for 48 min. after sunrise	10								
6	No food after sunset	20								
7	No TV/Cinema watching	20								
8	One sāmāyik(Spiritual Activity) - 48 mins.	25								
9	Silence for one hour	20								
10	Arhat Vandanā (Prayer)	5								
11	Hariyāli Tyāg - no green Fruits/Vegetables	10								
12	One Navakār Mala (Chanting)	15								
13	No sweets during the day	5								
14	Pratikraman (Self- Analysis)	40								
15	Tyāg (Limiting Food) 15 items in a day	20								
16	Pratyākhān – no eating for one hour	15								
17	Listen to Pravachan(Discourse)-Live/Audio	30								
18	Say Navkār mantra before food	20								
19	Study of Jain Book for 15 mins.	20								
20	Preksha Meditation for 15 mins.	25								
21	No Anger- whole day	20								
	Week Total:	500								

Note: If anybody repeats any activity in a day then point will be multiplied. For example, 1 sāmāyik=25, If you do 2 sāmāyik then point will be 25x2=50.

Enjoy Paryushan Parva with spirituality & purity.

Name :