

# PARYUSHANA Work Sheet - 2011

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<b>DO....</b>		<b>POINTS</b>	August to September 2011								<b>TOTAL</b>
			26	27	28	29	30	31	01	02	
			per duration								
1	Namok ra Mah mantra J p (1 M I / Rosary)	50									
2	Navak rs (no eating for 48 mins after sunrise)	20									
3	Paurs (no eating for 1 <sup>st</sup> quarter part of day)	30									
4	S m yika (living like a monk/ nun for 48 mins)	30									
5	Mauna (being silent/ no talking for 1 hour)	20									
6	Meditation or Chanting Mantra(for 15 mins)	15									
7	Pratikramana (saying prayers for repentance)	75									
8	Ek sana (eating only 1 meal in a day)	75									
9	Upav sa (fasting with/without water for 24 hrs)	150									
10	Listen to discourses/ lectures	40									
11	Say 5 Namok ra Mantras before eating	5									
12	Say 5 Namok ra Mantras at bed-time	5									
13	Say 5 Namok ra Mantras on waking-up	5									
14	Greet everyone with 'Jay Jinendra'	2									
15	Greet Samanijis with 'Vand mi Namans mi'	3									
<b>DO NOT....</b>											
1	Watch TV/ cartoons/ movies	50									
2	Cut plants/ pluck flowers/ walk on grass	25									
3	Play computer/ video games	15									
4	Get angry/ use abusive language	25									
5	Eat food from outside or in Restaurants	15									
6	Speak lies	15									
7	Fight/ get into any arguments	15									
8	Buy new clothes	15									
9	Eat root vegetables	15									
10	Eat after sunset	20									
11	Eat more than 21 food items in a day	25									
12	Eat or drink for 1 hour	10									
13	Eat one particular (any) food item in a day	10									
14	Eat chewing gum	20									
15	Leave any food in your plate	10									
<b>TOTAL POINTS EARNED =</b>		Add all points in column on right									

**You can do any of above activities more than once in a day.** For example, if you do 'two' S m yika of 48 mins in 1 day (1 S m yika=30 points) then you have earned **30x2 = 60 points** for that activity in 1 day. So fill in as many activities during the 8 days of Paryushana & then **add** all the points in the 'total points earned' box.

**There are two categories for entry:** Ages 5-15 years & 16-25 years

Separate 1st, 2nd & 3rd Prizes will be given in **both** categories for achieving a **total of highest points**.

Return the completed form to **Natasha Shah.....** **Last day for submission: 03 September 2011**

**Your Name**.....**Age**.....

**Address**.....

.....**Telephone**.....

**Any comments you may like to add**.....