

Arham

PARYUSHANA- 2011 (WORK SHEET)

SAMANI SANMATI PRAGYA & SAMANI JAYANT PRAGYA

DO		POINTS	1	2	3	4	5	6	7	8	TOTAL
1	Namokara Mahamantra Jap (1Mala)	50									
2	Navakarsi(not eating for 48 mins after sunrise)	30									
3	Samayika	30									
4	Mauna (not talking for 1 hour)	20									
5	Mantra Meditation (JAP for 15 mins)	50									
6	Pratikramana at American Lesion	100									
7	Ekasana	75									
8	Upavasa	250									
9	Say 5 Namokara Mantras before eating	5									
10	Say 5 Namokara Mantras at bed time	5									
11	Say 5 Namokara Mantras on waking up	5									
12	Discourse at American Lesion	200									
DO NOT											
13	Watch TV / cartoons/movies/ News	50									
14	Cut plants/pluck flowers/walk on grass	25									
15	Play cards	15									
16	Get angry/use abusive language	25									
17	Eat food from outside or in Restaurants	15									
18	Fight / get into any arguments	15									
19	Buy new clothes	15									
20	Eat after sunset	20									
21	Eat more than 15 food items in a day	25									
22	Eat or drink for 1 hour	10									
23	Eat one any food item in a day	10									
24	Eat chewing gum	20									
25	Leave any food in your plate	10									
TOTAL POINTS EARNED = add all points in column on right											

Your Name.....

Age.....

Return the complete filled up form.

Last day for submission: **Sep 2, 2011 by 8:00PM. By any reason later won't be accepted.**

Winners (1st) of all three categories(age4-10, 11-20 & 20 +) will get prize on Sep 3, 2011

THE FORM CAN BE ACCEPTED FROM AUG 25 - SEP 1, & AUG 26 – SEP 2, 2011