



Jain Vishwa Bharati – New Jersey

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Religious Activities Chart – Paryushan 2010

Spiritual Guidance & Encouragement – Samani Sanmati Pragyaji & Samani Shukla Pragyaji

Name - _____ Total Points - _____

No.	Religious Activities	Points	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Total
1	Upavaas (Fasting)	40									
2	Ekasana (One Meal)	30									
3	Biyasan (Two Meals)	15									
4	Porasi (No food for 3 hrs from Sunrise)	10									
5	Navakarsi (No food for 48m from Sunrise)	5									
6	No food after sunset	10									
7	No TV/Movie watching	10									
8	1 Samayik-48m	15									
9	Silence for 1 hour while awake	10									
10	Not eating green fruits & vegetables	10									
11	One Navkar Mala	10									
12	Not eating sweets	5									
13	Pratikraman	25									
14	Not eating more than 15 items a day	10									
15	Pratyakhyan (tyag) for 1 hour while awake	5									
16	Presence in Pravachan	30									
17	Study of Jain books for 15m	10									
18	Preksha Dhyam for 15m	15									
19	No anger-Whole day	50									

Note: The points for one activity may be multiplied according to the time spent on that activity