

PARYUSHANA Work Sheet - 2011

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DO.... ↓		August to September 2011										TOTAL
		POINTS	26	27	28	29	30	31	01	02		
		per duration	↔									
1	Namokāra Mahāmantra Jāp (1 Mālā/ Rosary)	50										
2	Navakārsī (no eating for 48 mins after sunrise)	20										
3	Pauris (no eating for 1st 6 hours of day)	30										
4	Sāmāyika (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)	30										
7	Pratikramana (saying prayers for repentance)	75										
8	Ekāsana (eating only 1 meal in a day)	75										
9	Upavāsa (fasting with/without water for 24 hrs)	150										
10	Listen to discourses/ lectures	40										
11	Say 5 Namokāra Mantras before eating	5										
12	Say 5 Namokāra Mantras at bed-time	5										
13	Say 5 Namokāra Mantras on waking-up	5										
14	Greet everyone with 'Jai Jinendra'	2										
15	Greet Samanjis with 'Vandāmi Namansāmi'	3										
DO NOT.... ↓		↓										
1	Watch TV/ cartoons/ movies	50										
2	Cut plants/ pluck flowers/ walk on grass	25										
3	Play computer/ video games	30										
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	30										
10	Eat after sunset	20										
11	Eat more than 21 food items in a day	25										
12	Eat or drink for 1 hour	5										
13	Eat one particular (any) food item in a day	10										
14	Eat chewing gum	20										
15	Leave any food in your plate	10										
TOTAL POINTS EARNED =			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** Sāmāyika of 48 mins in 1 day (1 Sāmāyika=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 Shaha..... Last day for submission: 03 September 2011**

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

Address.....

Telephone.....

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