



## Jain Vishva Bharati of North America

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### Self Management Chart for Religious Activities in Das Lakshan 2009

Spiritual Guidance & Encouragement by  
Samani Muditpragyaji & Shuklapragyaji

Name : \_\_\_\_\_

No.	Religious activities	Points	Day1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day10	Total
1.	Upavaas (Fasting)	40											
2.	Ekasana – One Meal	30											
3.	Biyasan Two Meals	15											
4.	Porasi No food for 3hrs from sunrise	10											
5.	Navakarsi No food for 48m from sunrise	5											
6.	No food after sunset	10											
7.	No TV/Cinema watching	10											
8.	1 Samayik – 48m	15											
9.	Silence for 1 hour	10											
10.	No green fruits &vegetables	10											
11.	One Navkar Mala	10											
12.	No sweets	5											
13.	Pratikraman	25											
14.	Tyag of more than 15 items a day	10											
15.	Pratyakyan (tyag) for 1 hour	5											
16.	Presence in Pravachan	30											
17.	Study of Jain book for 15m	10											
18.	Preksha Dhyan for 15m	15											
19.	No anger – Whole day	10											

**Note: The points of one activity can be multiplied according to the multiple activities a day.**