

Samani Bhavit Pragma & Samani Sangha Pragma

DO		POINTS	10	11	12	13	14	15	16	17	TOTAL
1	Namokara Mahamantra Jap (1Mala)	50									
2	Navakarsi (not eating for 48 mins after sunrise)	30									
3	Samayika	30									
4	Maun (not talking for 1 hour)	20									
5	Mantra Meditation (for 15 mins)	50									
6	Pratikramana (in the presence of Samanijis)	200									
7	Ekasana	75									
8	Upavasa	250									
9	Recite 5 Namokara before eating	5									
10	Recite 5 Namokara Mantras at bed time	5									
11	Recite 5 Namokara Mantras on waking up	5									
12	Discourse (Samanijis)	300									
DO NOT											
13	Watch TV / cartoons/movies/ News	50									
14	Cut plants/pluck flowers/walk on grass	25									
15	Play cards/Video Games	15									
16	Get angry/use abusive language	25									
17	Eat food from outside or in Restaurants	15									
18	Fighting/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: September 21st 2015 by 9:00 PM											
Winners (1st) all of 3 categories (Age 4-10, 11-20 and 20+) will get prize											