



## Jain Vishva Bharati of North America

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### Self Management Chart for Religious activities in Paryushan 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	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 Dhyana 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.**