

# INDIVIDUAL SCORE CARD FOR PARYUSHAN PARV

## 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	Day8	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**