



PARYUSHANA-2008 Work-sheet

← August to September 2008 →

DO.... ↓		POINTS per duration	28	29	30	31	01	02	03	04	TOTAL left to right
			↔								
1	Namokāra Mahāmantra Jāp (1 Mālā/ Rosary)	50									
2	Navakārsī (no eating for 48 mins after sunrise)	20									
3	Pauris (no eating for 1 st quarter 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)	15									
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	2									
12	say 5 Namokāra Mantras at bed-time	2									
13	say 5 Namokāra Mantras on waking-up	2									
14	greet everyone with 'Jai Jinendra'	2									
15	greet Samanijis with 'Vandāmi Namansāmi'	2									
DO NOT.... ↓			↕								
1	watch TV/ cartoons/ movies	50									
2	cut plants/ pluck flowers/ walk on grass	25									
3	play cards	15									
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	15									
10	eat after sunset	20									
11	eat more than 21 food items in a day	25									
12	eat or drink for 1 hour	10									
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.