

Paryushan Do's & Don'ts Worksheet

	DO	Points	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Total
1	Attend Discourse (Pravachan) / Do puja	200									
2	Biyasna	50									
3	Ekasana	75									
4	Mantra meditation (Jap for 15 mins)	50									
5	Mauna (not talking for 1 hour)	20									
6	Namokara Mahamantra Jap (1 mala)	50									
7	Navakarsi (not eating for 48 mins after sunrise)	30									
8	Porasi (not eating for 3 hours after sunrise)	40									
9	Pratikramana	100									
10	Samayika	30									
11	Say 5 Namokara Mantras at bed time	5									
12	Say 5 Namokara Mantras before eating	5									
13	Say 5 Namokara Mantras on waking up	5									
14	Upavasa	250									

DO NOT

15	Buy new clothes	15									
16	Cut plants, pluck flowers, or walk on grass	25									
17	Eat after sunset	20									
18	Chew gum	20									
19	Eat food from outside or in restaurants	15									
20	Eat more than 15 food items in a day	25									
21	Eat any one food item in a day (tyag of one food item)	10									
22	Eat or drink for 1 hour	10									
23	Fight/get into any arguments	15									
24	Get angry/use abusive language	25									
25	Leave any food in your plate	10									
26	Play cards	15									
27	Watch TV, cartoons, movies, or news	50									
28	Eat green vegetables or root vegetables	20									

Enter Grand Total in Box

Name: _____ Age: _____ Signature: _____