

***Instilling Right Knowledge, Right Faith and Right Conduct Among Jains of the 21st Century***

**JAIN CENTER OF GREATER BOSTON**

***2014 Paryushan and Das- Lakshana Parv- Pathshala Student Activity Sheet***

*Please fill out this sheet and return at the address given below, before the deadline. Please note that the Paryushan/ Das- Laskshana Parv celebration is on September 2014 and Participants will be awarded on that day based on the point sheet submitted by the deadline given below.*

*Please do not forget to write your name, teacher's names and class level on this sheet and get it signed by parents.*

***Points are to be given per day per activity, ex. it is 5 pts. for Day 1 if student recites 3Namokar Mantra twice a day (item 1).***

***Please mark all points per day and then add them for the final total. Please be clear, accurate and honest when filling this out.***

*The suggested activities list is different for each level. Students are welcome to do more than their level. At the same time, parents/students are urged to observe these activities according to the child's capacity and willingness.*

***You do not need to be a pathshala student to participate. This is open to all children 3 years and older.***

*Paryushana Parv: Friday, August 22nd to Friday, Aug. 29<sup>th</sup>*

*Das-Lakshana Parv: Saturday, August 30 to Monday, September 8*

***Deadline to receive form: Any forms received after this date will be processed on the best effort basis. Sept 11, '14***

*Please MAIL the form (signed by parents) or e-mail: [bdev.jain@gmail.com](mailto:bdev.jain@gmail.com)  
Brahmadev A. Jain  
20 Latura st,  
Shrewsbury, MA 01545*

**JAIN CENTER OF GREATER BOSTON**

*Paryshan/ Das Lakshan Parv Sheet for Pathshala Parents & Me, Rookies & Level 1- (Preschool, Pre-K, KG, Grade 1&2)*

**Student Name:** \_\_\_\_\_ **Pathshala Class Level:** \_\_\_\_\_

**Parent's Signature:** \_\_\_\_\_ **Teacher's Name(s):** \_\_\_\_\_

		<u>Points</u> <u>Day</u>	<u>Day</u> <u>1</u>	<u>Day</u> <u>2</u>	<u>Day</u> <u>3</u>	<u>Day</u> <u>4</u>	<u>Day</u> <u>5</u>	<u>Day</u> <u>6</u>	<u>Day</u> <u>7</u>	<u>Day</u> <u>8</u>	<u>Day</u> <u>9</u>	<u>Day</u> <u>10</u>
<b>1</b>	Recite Three Namokar Mantra in the morning and before going to bed	5										
<b>2</b>	Sing prayers/ stutis after shower in front of a Tirthankara's photo/ idol	5										
<b>3</b>	Do not leave any food to the last grain- once served in your plate	5										
<b>4</b>	Do not eat after dark- (after sunset)	5										
<b>5</b>	Do not eat any foods with eggs, honey, lard, gelatin or any animal products- (try to observe this year round) Parents, please help read all the labels of packaging	10										
<b>6</b>	Do not eat any roots or foods containing them such as potato chips, etc.	5										
<b>7</b>	Do Aarti/ Divo at home OR Temple	5										
<b>8</b>	Visit Temple during the Paryushana/ Das Lakshan Parv days	5										
<b>9</b>	Do not watch TV and do not play TV/ Computer games	5										
<b>10</b>	Read Jain Story Books 30 minutes per day (or Parents, tell Jain stories of Tirthankara and Monks/ Nuns to your children)	10										
<b>11</b>	Do one Navkarvali (Rosary) with 27 beads or 108 beads	5										
<b>12</b>	Donate food cans to a nearby food pantry for needy	5										
	<b>Total Points (out of 70/day):</b>	<b>70</b>										

**JAIN CENTER OF GREATER BOSTON**

*Paryshan/ Das Lakshan Parv Sheet for Pathshala Levels 2 and 3- (School Grades 3,4,5 and 6)*

*Student Name:* \_\_\_\_\_ *Pathshala Class Level:* \_\_\_\_\_

*Parent's Signature:* \_\_\_\_\_ *Teacher's Name(s):* \_\_\_\_\_

	Activity	Points													
		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10				
1	Recite Three Namokar Mantra in the morning and before going to bed	5													
2	Sing prayers/ stutis after shower in front of a Tirthankara's photo/ idol	5													
3	Do not leave any food to the last grain- once served in your plate	5													
4	Do not eat after dark- (after sunset)	5													
5	Do not eat any foods with eggs, honey, lard, gelatin or any animal products- (try to observe this year round) Parents, please help read all the labels of packaging	5													
6	Do not eat any roots or foods containing them such as potato chips, etc.	5													
7	Do Aarti/ Divo at home OR Temple	5													
8	Visit Temple during the Paryushana/ Das Lakshan Parv days	5													
9	Do not watch TV and do not play TV/ Computer games	5													
10	Read Jain Books and/ or sing Jain Mantras, Sutras for 48 minutes or do a proper Samayik	5													
11	Do one Navkarvali (Rosary) with 108 beads	5													
12	Donate food cans to a nearby food pantry for needy	5													
13	Do the Samvatsri Pratikaman/ or Dev Sastra Guru Pooja	10													
14	For Level 2 Only Eat no more than 3 times a day. No snacks, Juices or Soda in between	15													
15	For Level 3 & up Only (All with proper Jain formality and rituals) • Do a Beshnu: eat only twice a day • Do an Ekashni- eat only once a day • Do a complete Fast (with or without water)	10 15 20													
<b>Total Points (out of 85/day Level 2 95/day Level 3):</b>		<b>85/95</b>													

**JAIN CENTER OF GREATER BOSTON**

*Paryshan/ Das Lakshan Parv Sheet for Pathshala Levels 4, 5 and 6- (School Grades 7, 8, High School and College)*

*Student Name:* \_\_\_\_\_ *Pathshala Class Level:* \_\_\_\_\_

*Parent's Signature:* \_\_\_\_\_ *Teacher's Name(s):* \_\_\_\_\_

	<i>Activity</i>	<i>Points</i>	<i>Day</i>	<i>Day</i>	<i>Day</i>	<i>Day</i>	<i>Day</i>	<i>Day</i>	<i>Day</i>	<i>Day</i>	<i>Day</i>	<i>Day</i>	<i>Day</i>
		<i>Day</i>	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>	<i>6</i>	<i>7</i>	<i>8</i>	<i>9</i>	<i>10</i>	
1	Recite Three Namokar Mantra in the morning and before going to bed	5											
2	Sing prayers/ stutis after shower in front of a Tirthankara's photo/ idol	5											
3	Do not leave any food to the last grain- once served in your plate	5											
4	Do not eat after dark- (after sunset)	5											
5	Do not eat any foods with eggs, honey, lard, gelatin or any animal products- (try to observe this year round) Parents, please help read all the labels of packaging	5											
6	Do not eat any roots or foods containing them such as potato chips	5											
7	Do Aarti/ Divo at home OR Temple	5											
8	Visit Temple during the Paryushana/ Das Lakshan Parv days	10											
9	Do not watch TV and do not play TV/ Computer games	5											
10	Read Jain Books and/ or sing Jain Mantras, Sutras for 48 minutes or do a proper Samayik	10											
11	Do one Navkarvali (Rosary) with 108 beads	5											
12	Donate food cans to a nearby food pantry for needy	5											
13	Do the Samvatsri Pratikaman/ or Dev Sastra Guru Pooja	10											
	All with proper Jain formality and rituals												
14	<ul style="list-style-type: none"> <li>• Do a Beshnu: eat only twice a day</li> <li>• Do an Ekashni- eat only once a day</li> <li>• Do a complete Fast (with or without water)</li> </ul>	5 10 20											
	<b>Total Points (out of 100/day):</b>	<b>100</b>											