

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

JAIN CENTER OF GREATER BOSTON

2013 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 30, 2013 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 your parent.

Points are to be given per day per activity, ex. it is 5 pts. for Day 1 if student recites 3 Namokar 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 starts on Cwi wv'47 and ends on Septgo dgt 1
Das-Lakshana Parv starts on Septgo dgt 4 and ends on Septgo dgt 33*

Deadline to receive form: Any forms received after this date will be processed on the best effort basis.

For Paryushana Parv: September 5, 2011

For Das-Lakshana Parv: September 15, 2011

Please MAIL the form (signed by parents) or e-mail: ojcgb@jcgbo.org

Mamta Mehta
6 Orchard Pl.
Foxboro MA 02035
Phone: 508.543.5131

Thank You,
JCGB Pathshala

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): _____

	<i>Activity</i>	<i>Points Day</i>	<i>Day 1</i>	<i>Day 2</i>	<i>Day 3</i>	<i>Day 4</i>	<i>Day 5</i>	<i>Day 6</i>	<i>Day 7</i>	<i>Day 8</i>	<i>Day 9</i>	<i>Day 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	10										
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 Story Books 30 minutes per day (or Parents, tell Jain stories of Tirthankara and Monks/ Nuns to your children)	10										
11	Do one Navkarvali (Rosary) with 27 beads or 108 beads	5										
12	Donate food cans to a nearby food pantry for needy	5										
	Total Points (out of 70/day):	70										

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	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	10										
	• Do an Ekashni- eat only once a day	15										
	• Do a complete Fast (with or without water)	20										
Total Points (out of 85/day Level 2 95/day Level 3):		85/95										

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>	<u>Points</u> <i>Day</i>	<i>Day</i> 1	<i>Day</i> 2	<i>Day</i> 3	<i>Day</i> 4	<i>Day</i> 5	<i>Day</i> 6	<i>Day</i> 7	<i>Day</i> 8	<i>Day</i> 9	<i>Day</i> 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	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										
14	All with proper Jain formality and rituals											
	• Do a Beshnu: eat only twice a day	5										
	• Do an Ekashni- eat only once a day	10										
	• Do a complete Fast (with or without water)	20										
Total Points (out of 100/day):		100										