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,<u>August 22nd to Friday, Aug. 29th</u> Das-Lakshana Parv: <u>Saturday</u>, 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: <u>bdev.jain@gmail.com</u> Brahmadev A. Jain 20 Latura st, Shrewsbury, MA 01545

	JAIN CENTER OF GREATER BOSTON Paryshan/ Das Lakshan Parv Sheet for <u>Pathshala Parents & Me, Rookies & Level 1</u> - (Preschool, Pre-K, KG, Grade 1&2)	REATER de, Rooki	R BOS	TON evel 1.	. (Pres	chool,	Pre-K,	KG, G	rade 1	&2)		
	Student Name:			Paths	hala C	Pathshala Class Level:	evel:					
	Parent's Signature:			Teac	her's l	Teacher's Name(s): _	:(1)					
	Activity	<u>Points</u> Day	Day I	Day 2	Day 3	Day Day Day Day I ay	Day 5	Day 6	Day 7	Day 8	Day	Day 10
I	Recite Three Namokar Mantra in the morning and before going to bed	5										
5	Sing prayers/ stutis after shower in front of a Tirthankara's photo/ idol	5										
ŝ	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	an ann an star george search ann an star an star ann an star an									
9	Do not eat any roots or foods containing them such as potato chips, etc.	5	a a an an an a an a									
~	Do Aarti/ Divo at home OR Temple	5										
~	Visit Temple during the Paryushana/ Das Lakshan Parv days	5	tin territori			in the Lost tax i				ter e lan e con etge-		
6	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								a ment a state estate estate a		
11	Do one Navkarvali (Rosary) with 27 beads or 108 beads	5								Charles produced an		
12	Donate food cans to a nearby food pantry for needy	5										
	Total Points (out of 70/dav):	70										

556 Nichols St. Norwood, MA 02062

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TOTAL:

	JAIN CENTER OF GREATER BOSTON Paryshan/ Das Lakshan Pary Sheet for <u>Pathshala Levels 2 and 3</u> - (School Grades 3,4,5 and 6)	REATER I a Levels 2 a	80ST0 and 3- (N School	Grade	s 3,4,5 ((9 put				
	Student Name:		Pa	thshal	a Class	Pathshala Class Level:					
	Parent's Signature:		Т	eacher	Teacher's Name(s):	e(s):					
	Activity	Points Dav	Day	Day 2	Day 1 3	Day D	Day Do	Day Day 6 7	iy Day	y Day	, Day 10
1	Recite Three Namokar Mantra in the morning and before going to bed	5						[
7	Sing prayers/ stutis after shower in front of a Tirthankara's photo/ idol	5	Party plane benefit	in reigi kana berd	and a first second		ante pari area				
e	Do not leave any food to the last grain- once served in your plate	5	874-1 D82147								and an element
4	Do not eat after dark- (after sunset)	5							CROWN METERS		
	Do not eat any foods with eggs, honey, lard, gelatin or any animal products-										
ŝ	(try to observe this year round) Parents, please help read all the labels of nackaging	Ś									
9	Do not eat any roots or foods containing them such as potato chips, etc.	5									
2	Do Aarti/ Divo at home OR Temple	5									
90	Visit Temple during the Paryushana/ Das Lakshan Pary days	5									
6	Do not watch TV and do not play TV/ Computer games	5					******		a lant passa		
10	Read Jain Books and/ or sing Jain Mantras, Sutras for 48 minutes or do a proper Samayik	5	ann - Annair a - Sena - S				1 mai - an an 1 mai - an an an an	Non-Annal Prov. and or	1.00-00 011	100 - 10 0 1 10 0 - 1	ter i sen tra ant
11	Do one Navkarvali (Rosary) with 108 beads	5	Marinan de Caniter d	Nervite Contact 7	Managara (a cardadas r	W anna B anna A		N CONTRACTOR O	M-104-6-01011 1	
12	Donate food cans to a nearby food pantry for needy	5	#19 104 10 #11			8-10 E25# 12 # 10-1	1 () T (1 () 1 () 1 ()		*** 1.0. * - * 0. 4	Nor a conceptor d	
13	Do the Samvatsri Pratikaman/ or Dev Sastra Guru Pooja	10	a anna da farigada da				a tantar yanyan d			1.000	
14	For Level 2 Only Eat no more than 3 times a day. No snacks, Juices or Soda in between	15	Constraint and a second second	in and in an and in the			in and in a second second	···· manager · · manager · · · · · · · · · · · · · · · · · · ·		Bank-1 (Bank-1 Ba	
	For Level 3 & up Only (All with proper Jain formality and rituals)			819 - 1 - I							
Ļ	 Do a Beshnu: eat only twice a day 	10			na - na-r	10 (10 (10)					
cT	 Do an Ekashni- eat only once a day 	15				17 1000 1 1 1					
	 Do a complete Fast (with or without water) 	20			9 511 H		•				
	Total Points (out of 85/day Level 2 95/day Level 3):	85/95		10 · · 11 · · 14 · · 1 4		a	10-17 ages 40-17 4 (1-			· · · · · · · · · · · · · · · · · · ·	
	556 Nichols St Norwood MA 02062	eb.ore				TOT	TOTAL:				
		00				l					

	Paryshan/ Das Lakshan Parv Sheet for <u>Pathshala Levels 4,5 and 6</u> - (School Grades 7,8, High School and College)	and 6- (S	chool	Grade	s 7,8, F	High Sc	hool a	nd Col	llege)			
	Student Name:		Pa	Pathshala Class Level:	la Cla	ss Leve	:r					
	Parent's Signature:		Ι	Teacher's Name(s):	r's Nai	ne(s):						
	Activity	Points Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day Day 7 8	Day 8	Day 9	Day 10
	Recite Three Namokar Mantra in the morning and before going to bed	5									14 1 41 10 7 - 10 7 - 1	
	Sing prayers/ stutis after shower in front of a Tirthankara's photo/ idol	5										
	Do not leave any food to the last grain- once served in your plate	5										
	Do not cat after dark- (after sunset)	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										
	Do not cat any roots or foods containing them such as potato chips	5										
	Do Aarti/ Divo at home OR Temple	5										
1	Visit Temple during the Paryushana/ Das Lakshan Parv days	10										
	Do not watch TV and do not play TV/ Computer games	5										
	Read Jain Books and/ or sing Jain Mantras, Sutras for 48 minutes or do a proper Samayik	10										
	Do one Navkarvali (Rosary) with 108 beads	5										
-	Donate food cans to a nearby food pantry for needy	5										
-	Do the Samvatsri Pratikaman/ or Dev Sastra Guru Pooja	10										
	All with proper Jain formality and rituals	Ś										
		10										
	 Do a complete Fast (with or without water) 	20										
-	Total Points (out of 100/dav):	100										

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