

West Area

St. Philip & James Church, Kneller Road, Twickenham, TW2 7DY

Bus Routes: 110, 281, H22

Nearest Tube/Train Station: Hounslow Central/Hounslow

Date/Day	Time	Event	Programme	Dress code
Saturday, 31st August	6.00pm to 10:30pm	Pratikraman starts 6.30pm	8.30pm Aarti/Mangal Divo, Bhavna and Garba	Green
Sunday, 1st September	5.00pm to 10:30pm	Pratikraman starts 5.30pm	8.30pm Aarti/Mangal Divo, Bhavna and Garba	Yellow
Monday, 2nd September	6.00pm to 10:30pm (venue tbc)	Pratikraman starts 6.30pm	8.30pm Aarti/Mangal Divo, Bhavna and Garba	Blue
Tuesday, 3 rd September	6.00pm to 10:30pm (venue tbc)	Pratikraman starts 6.30pm	8.30pm Aarti/Mangal Divo, Bhavna and Garba	Purple
Wednesday, 4 th September	6.00pm to 10:30pm	Pratikraman starts 6.30pm	8.00pm Mahavir Janma Kalyanak Celebrations Aarti/Mangal Divo	White
Thursday, 5 th September	6.00pm to 10:30pm	Pratikraman starts 7.00pm	8.30pm Aarti/Mangal Divo, Bhavna and Garba	Bandhani
Friday, 6 th September	6.00pm to 10:30pm	Pratikraman starts 6.30pm	8.30pm Tapasvi Bahuman, Aarti/Mangal Divo	Pink
Saturday, 7 th September	5.00pm to 10:30pm	Savantsri Pratikraman start 5.30pm	8.30pm Aarti/Mangal Divo Kshamapana	Red
TBC	Savantsari Bhojan details to be advised.			

Notes:

1. Nakro for Aarti and Mangal Divo will be £51.25 daily
2. Nakro for Swapnas will be £101.25 each apart from Laxmiji and Ratna no Dhaglo will be £251.25 each
3. Nakro for Parnu Julavanu and Podhavanu £101.25
4. Nakro for taking Parnu home £51.25
5. Nakro for Prabhuji pokhvanu (next day) £101.25
6. Please note that venue for *Monday 2nd September and *Tuesday 3rd September is to be advised.
7. Anyone wishing to do Prabhavna please contact Chunibhai/Dipakben
8. Please register your names for Savantsari Bhojan at the desk

All those who wish to take part in any of the above nakros, please contact Chunibhai (07904878657)/Dipakben (07908780589)

PARYUSHAN FESTIVAL ACTIVITY SHEET

Paryushan is the celebration of spiritual awareness. The festival not only motivates us to do self-analysis, self-realisation and introspection of the life we have led, but also gives us an opportunity to practise the basic tenets of the Jainism to a greater degree than normal.

Our aim is for members of all ages to participate in some way during the Paryushan Festival. The aim of the 'Paryushan Festival Activity Sheet' is to encourage everyone in the family, irrespective of age, to undertake some or all of the activities that we all should dedicate some time to during the festival.

We encourage everyone to take part in completing the 'activity sheet'. There are two Paryushan Festival Activity Sheets - one for up to 16-year-olds (parents, please guide your children) and the other is for anyone over the age of 16. Points are allocated for each activity every day. For example, you achieve 10 points if you complete the first activity for Day 1, which is to recite Navkar Mantra 3 times on waking up, before eating meals & at bedtime. Mark all the points per day and then add for the final total. Please encourage each other to achieve your best!

Please be honest when completing the activity sheet daily.

By completing the activity sheet daily, not only will it be a fun activity for the whole family, but also enable everyone to experience the essence of the Paryushan Festival.

