

Oshwal Association of the U.K

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 practice the basic tenets of the Jainism to a greater degree than normal.

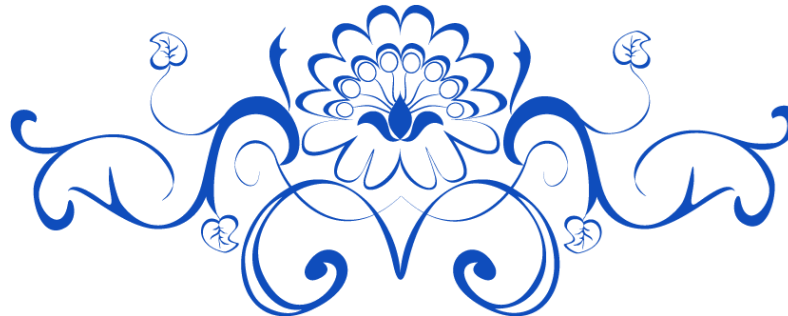
Our aim is for members of all ages to participate in some way during the Paryushan Festival. The aim of the 'Paryushan Festival Activity Sheet' is to encourage everyone in the family, irrespective of age, to undertake some or all of the activities that we all should dedicate some time to during the festival.

We would like all to take part in completing the 'activity sheet' . There are two Paryushan Festival Activity Sheets - One for up to 16years old - (parents please guide your children) and the other is for anyone over 16 years old. Please give the appropriate Activity Sheet to each member of the family to complete during the festival. Family members - please encourage each other to achieve your best.

Points are allocated per day per activity. For example, you achieve 10 points if you complete the first activity for Day 1, which is to recite Navakar 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 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.



Paryushan Festival Activity Sheet - For up to 16yrs old

NAME: _____

N	Activity	Points	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Total
1	Recite Navkar Mantra 3 times on waking up, before eating meals & at bedtime	10									
2	Learn & recite Twenty Four Tirthankara's names	15									
3	Sing prayer or Jain stavan in front of God's idol.	10									
4	Perform and take part in Aarti/Divo at least once a day	15									
5	Eat 3 times a day with no snacks or anything in-between meals accept water	15									
6	Do not eat after dark (sunset)	15									
7	Do not eat any underground vegetables such as carrots, onions, potatoes including snacks like crisps	15									
8	Do not eat any foods with eggs, cheese, gelatin or any other animal products	10									
9	Learn about the Vegan diet and/or Go Vegan for the Day	15									
10	Reduce Your Carbon footprint by:- a) Take shower no more than 10 minutes	10									
	b) Eat all your food once served on your plate	10									
	c) walk instead of going by car /bus/train for short journeys	10									
11	Limit Time spent on internet (except for study) TV computer games social media to say 1 hr per day (<i>agree time with your parents</i>)	15									
12	Read about Jainism for at least twenty minutes per day.	20									
13	Observe silence or do meditation for 30 minutes	25									
14	One Navkar Mantra maala (either 27 or 108 beads)	15									
15	Participate in the Daily Samvatsari Pratikraman .	30									
16	Practice Ahmisa in thought, words & deeds.	20									
17	No feelings of negative emotions ((<i>kasaya</i>) - anger deceit greed pride	20									
18	Attend your Area's Paryushan Festival Celebrations	25									
		Total									



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Paryushan Festival Activity Sheet

NAME:

[illegible]