

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.**





