

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

JAIN CENTER OF GREATER BOSTON

2016 Paryushan and Das- Lakshana Parv- Pathshala Students' Activites

Please fill out this sheet on the back and return at the address given below, before the deadline. Please note that the Paryushan/ Das- Laskshana Parv celebration is on September 17,2016 and Parv Sheet Participants will be awarded that day based on their total points/ 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,** eg 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 do the final total.** Please be clear, accurate and honest when filling out this activity sheet.*

The suggested activities list is different for each level. Students are most 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 take part in this activity. It is open to all children ages 2 and above.

Paryushana Parva starts on Aug 29 and ends on Sep 05

Das-Lakshana Parv starts on Sep 06 and ends on Sept 15

Deadline to receive form at following address:

For Paryshana Parv:	Sep 10, 2016
For Das-Lakshana Parva:	Sep 16, 2016

Any forms received after this date will be processed on the best effort basis.

*Thank You,
JCGB Pathshala*

*Please MAIL the form (signed by parents) or e-mail: sethi.dharmendra@gmail.com
Dharmendra Sethi, 48 Mountain St, Sharon, MA 02067, Phone: 8576548782*

JAIN CENTER OF GREATER BOSTON

Paryshan/ Das Lakshan Parva Sheet for Pathshala Mommy & 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</i>	<i>Day</i>	<i>Day</i>	<i>Day</i>	<i>Day</i>	<i>Day</i>	<i>Day</i>	<i>Day</i>	<i>Day</i>	<i>Day</i>	<i>Day</i>
	<i>Per Day</i>	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>	<i>6</i>	<i>7</i>	<i>8</i>	<i>9</i>	<i>10</i>
<i>1</i> Recite Three Namokar Mantra in the morning and before going to bed	<i>5</i>										
<i>2</i> Sing prayers/ stutis after shower in front of a Tirthankara's photo/ idol	<i>5</i>										
<i>3</i> Do not leave any food to the last grain- once served in your plate	<i>5</i>										
<i>4</i> Do not eat after dark- (after sunset)	<i>5</i>										
<i>5</i> 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	<i>10</i>										
<i>6</i> Do not eat any underground vegetables or foods containing them such as potato chips, etc.	<i>5</i>										
<i>7</i> Do Aarti/ Divo at home OR Temple	<i>5</i>										
<i>8</i> Visit Temple during the Paryushana/ Das Lakshan Parv days	<i>5</i>										
<i>9</i> Do not watch TV and do not play TV/ Computer games	<i>5</i>										
<i>10</i> Read Jain Story Books 30 minutes per day (or Parents, tell Jain stories of Tirthankara and Monks/ Nuns to your children)	<i>10</i>										
<i>11</i> Do one Navkarvali (Rosary) with 27 beads or 108 beads	<i>5</i>										
<i>12</i> Donate food cans to a nearby food pantry for needy	<i>5</i>										

Total Points (out of 70/day):

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JAIN CENTER OF GREATER BOSTON

Paryshan/ Das Lakshan Parva 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	Pts	Day	Day	Day	Day	Day	Day	Day	Day	Day	Day
		1	2	3	4	5	6	7	8	9	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 underground vegetables 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 For Level 3 Only (All with proper Jain formality and rituals)

Do a Beshnu: eat only twice a day

Do an Ekashni- eat only once a day

Do a complete Fast (with or without water)

Total Points (out of 70/day):

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JAIN CENTER OF GREATER BOSTON

Paryshan/ Das Lakshan Parva 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): _____

Activity	Pts	Day	Day	Day	Day	Day	Day	Day	Day	Day	Day
	Day	1	2	3	4	5	6	7	8	9	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 underground vegetables 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	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										

14For Level 3 Only (All with proper Jain formality and rituals)

Do a Beshnu: eat only twice a day

Do an Ekashni- eat only once a day

Do a complete Fast (with or without water)

Total Points (out of 80/day):

Please MAIL the form (signed by parents) or e-mail: sethi.dharmendra@gmail.com

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