

Sr	Niyam	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Pts	Total
1	Jin Pooja																			50	
2	Say Namo Jinanam on Dhwaja Darshan																			50	
3	Say Nissihi while entering Derasar																			50	
4	Offer 3 Pradakshinas																			50	
5	Chaityavandan																			50	
6	Guruvandan																			50	
7	Evening Darshan																			50	
8	27 Navkar																			50	
9	Om Hrim Arham Shri Sambhavnathay Namah Jaap 27 Times																			50	
10	Attend Pathshala																			50	
11	7 Navkar Before Sleep, 8 on Waking																			50	
12	Navkarshi																			50	
13	Give Up Night Meal																			50	
14	Give Up Root Vegetables																			50	
15	Drink Water After Washing Plate - One Meal																			50	

Sr	Niyam	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Pts	Total
16	Don't speak while eating before drinking water.																			50	
17	Eat 1 Roti without Ghee																			50	
18	Give Up Prohibited Food																			50	
19	No TV/Mobile During Meals																			50	
20	Feeding any animal																			50	
21	Perform Anukampa Daan																			50	
22	Do Not Lie																			50	
23	Seek Forgiveness for Getting Angry at Family Member																			50	
24	Do Not Use Abusive Words																			50	
25	Praise Family member for any good deed/behavior																			50	
26	Bow to Parents or Their Photo																			50	
27	Give Up Movies/Web Series on TV/Mobile																			50	
28	Give Up Bathing Soap																			50	
29	Sit with Family for 15 Minutes																			50	
30	No TV/Phone from 11 PM to 6 AM																			50	
	Total																				

Sr	Niyam	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	Pts	Total
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14	Give Up Root Vegetables																															50	
15	Drink Water After Washing Plate - One Meal																															50	

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