

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	Offer 3 Pradakshinas																			50	
3	Chaityavandan																			50	
4	Guruvandan																			50	
5	Samayik																			50	
6	30 Minutes of Listening to Jain Teachings																			50	
7	Baandhi Navkarvali																			50	
8	Om Hrim Arham Shri Sambhavnathay Namah Jaapmala																			50	
9	Attend Pathshala																			50	
10	7 Navkar Before Sleep, 8 on Waking																			50	
11	Navkarshi																			50	
12	Give Up Night Meal																			50	
13	Give Up Root Vegetables																			50	
14	Drink Water After Washing Plate - One Meal																			50	
15	Don't speak while eating before drinking water.																			50	

Sr	Niyam	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Pts	Total
16	Give Up Prohibited Food																			50	
17	Give Up Tobacco/Smoking/Vape																			50	
18	No TV/Mobile During Meals																			50	
19	Seek Forgiveness for Getting Angry at Family Member																			50	
20	Do Not Use Abusive Words																			50	
21	Do Not Speak Ill of Others																			50	
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27	1 Hour Silence																			50	
28	Sit with Family for 15 Minutes																			50	
29	Restrict Social Media usage to 1 Hour																			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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