

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	Ashtaparakari Pooja																			50	
3	Offer 3 Pradakshinas																			50	
4	Chaityavandan																			50	
5	Guruvandan																			50	
6	Rai or Devasiya Pratikraman																			50	
7	Samayik																			50	
8	30 Minutes of Listening to Jain Teachings																			50	
9	Baandhi Navkarvali																			50	
10	Om Hrim Arham Shri Sambhavnathay Namah Ja...																			50	
11	Attend Pathshala																			50	
12	7 Navkar Before Sleep, 8 on Waking																			50	
13	Navkarshi																			50	
14	Give Up Night Meal																			50	
15	Give Up Root Vegetables																			50	
16	Drink Water After Washing Plate - One Meal																			50	
17	Don't speak while eating before drinking water.																			50	
18	Drink Boiled Water																			50	
19	Give Up Prohibited Food																			50	
20	Give Up Tobacco/Smoking/Vape																			50	
21	Seek Forgiveness for Getting Angry at Family Me...																			50	
22	Do Not Use Abusive Words																			50	
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24	Praise Family member for any good deed/behavior																			50	
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26	Give Up Movies/Web Series on TV/Mobile																			50	
27	Give Up Bathing Soap																			50	
28	1 Hour Silence																			50	
29	Sit with Family for 15 Minutes																			50	
30	Restrict Social Media usage to 1 Hour																			50	
Total																					

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Sambhav Gaurav • September 2026 Niyam Tracking Booklet
(contd.)

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