

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 Jaapmala																			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	

Sr	Niyam	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Pts	Total
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 Member																			50	
22	Do Not Use Abusive Words																			50	
23	Do Not Speak Ill of Others																			50	
24	Praise Family member for any good deed/behavior																			50	
25	Bow to Parents or Their Photo																			50	
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																				

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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