

| 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 | Ashtaprakari 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 | |
| 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 |
|--------------|---|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|
| 1 | Jin Pooja | | | | | | | | | | | | | | | |
| 2 | Ashtaprakari Pooja | | | | | | | | | | | | | | | |
| 3 | Offer 3 Pradakshinas | | | | | | | | | | | | | | | |
| 4 | Chaityavandan | | | | | | | | | | | | | | | |
| 5 | Guruvandan | | | | | | | | | | | | | | | |
| 6 | Rai or Devasiya Pratikraman | | | | | | | | | | | | | | | |
| 7 | Samayik | | | | | | | | | | | | | | | |
| 8 | 30 Minutes of Listening to Jain Teachings | | | | | | | | | | | | | | | |
| 9 | Baandhi Navkarvali | | | | | | | | | | | | | | | |
| 10 | Om Hrim Arham Shri Sambhavnathay Namah Jaapmala | | | | | | | | | | | | | | | |
| 11 | Attend Pathshala | | | | | | | | | | | | | | | |
| 12 | 7 Navkar Before Sleep, 8 on Waking | | | | | | | | | | | | | | | |
| 13 | Navkarshi | | | | | | | | | | | | | | | |
| 14 | Give Up Night Meal | | | | | | | | | | | | | | | |
| 15 | Give Up Root Vegetables | | | | | | | | | | | | | | | |
| 16 | Drink Water After Washing Plate - One Meal | | | | | | | | | | | | | | | |
| 17 | Don't speak while eating before drinking water. | | | | | | | | | | | | | | | |
| 18 | Drink Boiled Water | | | | | | | | | | | | | | | |
| 19 | Give Up Prohibited Food | | | | | | | | | | | | | | | |
| 20 | Give Up Tobacco/Smoking/Vape | | | | | | | | | | | | | | | |
| 21 | Seek Forgiveness for Getting Angry at Family Member | | | | | | | | | | | | | | | |
| 22 | Do Not Use Abusive Words | | | | | | | | | | | | | | | |
| 23 | Do Not Speak Ill of Others | | | | | | | | | | | | | | | |
| 24 | Praise Family member for any good deed/behavior | | | | | | | | | | | | | | | |
| 25 | Bow to Parents or Their Photo | | | | | | | | | | | | | | | |
| 26 | Give Up Movies/Web Series on TV/Mobile | | | | | | | | | | | | | | | |
| 27 | Give Up Bathing Soap | | | | | | | | | | | | | | | |
| 28 | 1 Hour Silence | | | | | | | | | | | | | | | |
| 29 | Sit with Family for 15 Minutes | | | | | | | | | | | | | | | |
| 30 | Restrict Social Media usage to 1 Hour | | | | | | | | | | | | | | | |
| Total | | | | | | | | | | | | | | | | |

| Sr | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | Pts | Total |
|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|-----|-------|
| 1 | | | | | | | | | | | | | | | | 50 | |
| 2 | | | | | | | | | | | | | | | | 50 | |
| 3 | | | | | | | | | | | | | | | | 50 | |
| 4 | | | | | | | | | | | | | | | | 50 | |
| 5 | | | | | | | | | | | | | | | | 50 | |
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| Sr | Niyam | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
|--------------|---|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|
| 1 | Jin Pooja | | | | | | | | | | | | | | | | |
| 2 | Ashtaprakari Pooja | | | | | | | | | | | | | | | | |
| 3 | Offer 3 Pradakshinas | | | | | | | | | | | | | | | | |
| 4 | Chaityavandan | | | | | | | | | | | | | | | | |
| 5 | Guruvandan | | | | | | | | | | | | | | | | |
| 6 | Rai or Devasiya Pratikraman | | | | | | | | | | | | | | | | |
| 7 | Samayik | | | | | | | | | | | | | | | | |
| 8 | 30 Minutes of Listening to Jain Teachings | | | | | | | | | | | | | | | | |
| 9 | Baandhi Navkarvali | | | | | | | | | | | | | | | | |
| 10 | Om Hrim Arham Shri Sambhavnathay Namah Jaapmala | | | | | | | | | | | | | | | | |
| 11 | Attend Pathshala | | | | | | | | | | | | | | | | |
| 12 | 7 Navkar Before Sleep, 8 on Waking | | | | | | | | | | | | | | | | |
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| 14 | Give Up Night Meal | | | | | | | | | | | | | | | | |
| 15 | Give Up Root Vegetables | | | | | | | | | | | | | | | | |
| 16 | Drink Water After Washing Plate - One Meal | | | | | | | | | | | | | | | | |
| 17 | Don't speak while eating before drinking water. | | | | | | | | | | | | | | | | |
| 18 | Drink Boiled Water | | | | | | | | | | | | | | | | |
| 19 | Give Up Prohibited Food | | | | | | | | | | | | | | | | |
| 20 | Give Up Tobacco/Smoking/Vape | | | | | | | | | | | | | | | | |
| 21 | Seek Forgiveness for Getting Angry at Family Member | | | | | | | | | | | | | | | | |
| 22 | Do Not Use Abusive Words | | | | | | | | | | | | | | | | |
| 23 | Do Not Speak Ill of Others | | | | | | | | | | | | | | | | |
| 24 | Praise Family member for any good deed/behavior | | | | | | | | | | | | | | | | |
| 25 | Bow to Parents or Their Photo | | | | | | | | | | | | | | | | |
| 26 | Give Up Movies/Web Series on TV/Mobile | | | | | | | | | | | | | | | | |
| 27 | Give Up Bathing Soap | | | | | | | | | | | | | | | | |
| 28 | 1 Hour Silence | | | | | | | | | | | | | | | | |
| 29 | Sit with Family for 15 Minutes | | | | | | | | | | | | | | | | |
| 30 | Restrict Social Media usage to 1 Hour | | | | | | | | | | | | | | | | |
| Total | | | | | | | | | | | | | | | | | |

| Sr | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | Pts | Total |
|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|-----|-------|
| 1 | | | | | | | | | | | | | | | | 50 | |
| 2 | | | | | | | | | | | | | | | | 50 | |
| 3 | | | | | | | | | | | | | | | | 50 | |
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| Sr | Niyam | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 |
|--------------|---|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|
| 1 | Jin Pooja | | | | | | | | | | | | | | | |
| 2 | Ashtaprakari Pooja | | | | | | | | | | | | | | | |
| 3 | Offer 3 Pradakshinas | | | | | | | | | | | | | | | |
| 4 | Chaityavandan | | | | | | | | | | | | | | | |
| 5 | Guruvandan | | | | | | | | | | | | | | | |
| 6 | Rai or Devasiya Pratikraman | | | | | | | | | | | | | | | |
| 7 | Samayik | | | | | | | | | | | | | | | |
| 8 | 30 Minutes of Listening to Jain Teachings | | | | | | | | | | | | | | | |
| 9 | Baandhi Navkarvali | | | | | | | | | | | | | | | |
| 10 | Om Hrim Arham Shri Sambhavnathay Namah Jaapmala | | | | | | | | | | | | | | | |
| 11 | Attend Pathshala | | | | | | | | | | | | | | | |
| 12 | 7 Navkar Before Sleep, 8 on Waking | | | | | | | | | | | | | | | |
| 13 | Navkarshi | | | | | | | | | | | | | | | |
| 14 | Give Up Night Meal | | | | | | | | | | | | | | | |
| 15 | Give Up Root Vegetables | | | | | | | | | | | | | | | |
| 16 | Drink Water After Washing Plate - One Meal | | | | | | | | | | | | | | | |
| 17 | Don't speak while eating before drinking water. | | | | | | | | | | | | | | | |
| 18 | Drink Boiled Water | | | | | | | | | | | | | | | |
| 19 | Give Up Prohibited Food | | | | | | | | | | | | | | | |
| 20 | Give Up Tobacco/Smoking/Vape | | | | | | | | | | | | | | | |
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| 22 | Do Not Use Abusive Words | | | | | | | | | | | | | | | |
| 23 | Do Not Speak Ill of Others | | | | | | | | | | | | | | | |
| 24 | Praise Family member for any good deed/behavior | | | | | | | | | | | | | | | |
| 25 | Bow to Parents or Their Photo | | | | | | | | | | | | | | | |
| 26 | Give Up Movies/Web Series on TV/Mobile | | | | | | | | | | | | | | | |
| 27 | Give Up Bathing Soap | | | | | | | | | | | | | | | |
| 28 | 1 Hour Silence | | | | | | | | | | | | | | | |
| 29 | Sit with Family for 15 Minutes | | | | | | | | | | | | | | | |
| 30 | Restrict Social Media usage to 1 Hour | | | | | | | | | | | | | | | |
| Total | | | | | | | | | | | | | | | | |

| Sr | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | Pts | Total |
|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|-----|-------|
| 1 | | | | | | | | | | | | | | | | 50 | |
| 2 | | | | | | | | | | | | | | | | 50 | |
| 3 | | | | | | | | | | | | | | | | 50 | |
| 4 | | | | | | | | | | | | | | | | 50 | |
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| Sr | Niyam | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
|----|---|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|
| 1 | Jin Pooja | | | | | | | | | | | | | | | | |
| 2 | Ashtaprakari Pooja | | | | | | | | | | | | | | | | |
| 3 | Offer 3 Pradakshinas | | | | | | | | | | | | | | | | |
| 4 | Chaityavandan | | | | | | | | | | | | | | | | |
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| 6 | Rai or Devasiya Pratikraman | | | | | | | | | | | | | | | | |
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| 17 | Don't speak while eating before drinking water. | | | | | | | | | | | | | | | | |
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| 28 | 1 Hour Silence | | | | | | | | | | | | | | | | |
| 29 | Sit with Family for 15 Minutes | | | | | | | | | | | | | | | | |
| 30 | Restrict Social Media usage to 1 Hour | | | | | | | | | | | | | | | | |
| | Total | | | | | | | | | | | | | | | | |

| Sr | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | Pts | Total |
|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|-----|-------|
| 1 | | | | | | | | | | | | | | | | 50 | |
| 2 | | | | | | | | | | | | | | | | 50 | |
| 3 | | | | | | | | | | | | | | | | 50 | |
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| 14 | | | | | | | | | | | | | | | | 50 | |
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| Sr | Niyam | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
|----|---|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|
| 1 | Jin Pooja | | | | | | | | | | | | | | | | |
| 2 | Ashtaprakari Pooja | | | | | | | | | | | | | | | | |
| 3 | Offer 3 Pradakshinas | | | | | | | | | | | | | | | | |
| 4 | Chaityavandan | | | | | | | | | | | | | | | | |
| 5 | Guruvandan | | | | | | | | | | | | | | | | |
| 6 | Rai or Devasiya Pratikraman | | | | | | | | | | | | | | | | |
| 7 | Samayik | | | | | | | | | | | | | | | | |
| 8 | 30 Minutes of Listening to Jain Teachings | | | | | | | | | | | | | | | | |
| 9 | Baandhi Navkarvali | | | | | | | | | | | | | | | | |
| 10 | Om Hrim Arham Shri Sambhavnathay Namah Jaapmala | | | | | | | | | | | | | | | | |
| 11 | Attend Pathshala | | | | | | | | | | | | | | | | |
| 12 | 7 Navkar Before Sleep, 8 on Waking | | | | | | | | | | | | | | | | |
| 13 | Navkarshi | | | | | | | | | | | | | | | | |
| 14 | Give Up Night Meal | | | | | | | | | | | | | | | | |
| 15 | Give Up Root Vegetables | | | | | | | | | | | | | | | | |
| 16 | Drink Water After Washing Plate - One Meal | | | | | | | | | | | | | | | | |
| 17 | Don't speak while eating before drinking water. | | | | | | | | | | | | | | | | |
| 18 | Drink Boiled Water | | | | | | | | | | | | | | | | |
| 19 | Give Up Prohibited Food | | | | | | | | | | | | | | | | |
| 20 | Give Up Tobacco/Smoking/Vape | | | | | | | | | | | | | | | | |
| 21 | Seek Forgiveness for Getting Angry at Family Member | | | | | | | | | | | | | | | | |
| 22 | Do Not Use Abusive Words | | | | | | | | | | | | | | | | |
| 23 | Do Not Speak Ill of Others | | | | | | | | | | | | | | | | |
| 24 | Praise Family member for any good deed/behavior | | | | | | | | | | | | | | | | |
| 25 | Bow to Parents or Their Photo | | | | | | | | | | | | | | | | |
| 26 | Give Up Movies/Web Series on TV/Mobile | | | | | | | | | | | | | | | | |
| 27 | Give Up Bathing Soap | | | | | | | | | | | | | | | | |
| 28 | 1 Hour Silence | | | | | | | | | | | | | | | | |
| 29 | Sit with Family for 15 Minutes | | | | | | | | | | | | | | | | |
| 30 | Restrict Social Media usage to 1 Hour | | | | | | | | | | | | | | | | |
| | Total | | | | | | | | | | | | | | | | |

| Sr | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | Pts | Total |
|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|-----|-------|
| 1 | | | | | | | | | | | | | | | | 50 | |
| 2 | | | | | | | | | | | | | | | | 50 | |
| 3 | | | | | | | | | | | | | | | | 50 | |
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| Sr | Niyam | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 |
|----|---|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|
| 1 | Jin Pooja | | | | | | | | | | | | | | | |
| 2 | Ashtaprakari Pooja | | | | | | | | | | | | | | | |
| 3 | Offer 3 Pradakshinas | | | | | | | | | | | | | | | |
| 4 | Chaityavandan | | | | | | | | | | | | | | | |
| 5 | Guruvandan | | | | | | | | | | | | | | | |
| 6 | Rai or Devasiya Pratikraman | | | | | | | | | | | | | | | |
| 7 | Samayik | | | | | | | | | | | | | | | |
| 8 | 30 Minutes of Listening to Jain Teachings | | | | | | | | | | | | | | | |
| 9 | Baandhi Navkarvali | | | | | | | | | | | | | | | |
| 10 | Om Hrim Arham Shri Sambhavnathay Namah Jaapmala | | | | | | | | | | | | | | | |
| 11 | Attend Pathshala | | | | | | | | | | | | | | | |
| 12 | 7 Navkar Before Sleep, 8 on Waking | | | | | | | | | | | | | | | |
| 13 | Navkarshi | | | | | | | | | | | | | | | |
| 14 | Give Up Night Meal | | | | | | | | | | | | | | | |
| 15 | Give Up Root Vegetables | | | | | | | | | | | | | | | |
| 16 | Drink Water After Washing Plate - One Meal | | | | | | | | | | | | | | | |
| 17 | Don't speak while eating before drinking water. | | | | | | | | | | | | | | | |
| 18 | Drink Boiled Water | | | | | | | | | | | | | | | |
| 19 | Give Up Prohibited Food | | | | | | | | | | | | | | | |
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| 21 | Seek Forgiveness for Getting Angry at Family Member | | | | | | | | | | | | | | | |
| 22 | Do Not Use Abusive Words | | | | | | | | | | | | | | | |
| 23 | Do Not Speak Ill of Others | | | | | | | | | | | | | | | |
| 24 | Praise Family member for any good deed/behavior | | | | | | | | | | | | | | | |
| 25 | Bow to Parents or Their Photo | | | | | | | | | | | | | | | |
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| 27 | Give Up Bathing Soap | | | | | | | | | | | | | | | |
| 28 | 1 Hour Silence | | | | | | | | | | | | | | | |
| 29 | Sit with Family for 15 Minutes | | | | | | | | | | | | | | | |
| 30 | Restrict Social Media usage to 1 Hour | | | | | | | | | | | | | | | |
| | Total | | | | | | | | | | | | | | | |

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

Name: _____

Phone: _____

| Sr | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | Pts | Total |
|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|-----|-------|
| 1 | | | | | | | | | | | | | | | | 50 | |
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| Sr | Niyam | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
|--------------|---|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|
| 1 | Jin Pooja | | | | | | | | | | | | | | | | |
| 2 | Ashtaprakari Pooja | | | | | | | | | | | | | | | | |
| 3 | Offer 3 Pradakshinas | | | | | | | | | | | | | | | | |
| 4 | Chaityavandan | | | | | | | | | | | | | | | | |
| 5 | Guruvandan | | | | | | | | | | | | | | | | |
| 6 | Rai or Devasiya Pratikraman | | | | | | | | | | | | | | | | |
| 7 | Samayik | | | | | | | | | | | | | | | | |
| 8 | 30 Minutes of Listening to Jain Teachings | | | | | | | | | | | | | | | | |
| 9 | Baandhi Navkarvali | | | | | | | | | | | | | | | | |
| 10 | Om Hrim Arham Shri Sambhavnathay Namah Jaapmala | | | | | | | | | | | | | | | | |
| 11 | Attend Pathshala | | | | | | | | | | | | | | | | |
| 12 | 7 Navkar Before Sleep, 8 on Waking | | | | | | | | | | | | | | | | |
| 13 | Navkarshi | | | | | | | | | | | | | | | | |
| 14 | Give Up Night Meal | | | | | | | | | | | | | | | | |
| 15 | Give Up Root Vegetables | | | | | | | | | | | | | | | | |
| 16 | Drink Water After Washing Plate - One Meal | | | | | | | | | | | | | | | | |
| 17 | Don't speak while eating before drinking water. | | | | | | | | | | | | | | | | |
| 18 | Drink Boiled Water | | | | | | | | | | | | | | | | |
| 19 | Give Up Prohibited Food | | | | | | | | | | | | | | | | |
| 20 | Give Up Tobacco/Smoking/Vape | | | | | | | | | | | | | | | | |
| 21 | Seek Forgiveness for Getting Angry at Family Member | | | | | | | | | | | | | | | | |
| 22 | Do Not Use Abusive Words | | | | | | | | | | | | | | | | |
| 23 | Do Not Speak Ill of Others | | | | | | | | | | | | | | | | |
| 24 | Praise Family member for any good deed/behavior | | | | | | | | | | | | | | | | |
| 25 | Bow to Parents or Their Photo | | | | | | | | | | | | | | | | |
| 26 | Give Up Movies/Web Series on TV/Mobile | | | | | | | | | | | | | | | | |
| 27 | Give Up Bathing Soap | | | | | | | | | | | | | | | | |
| 28 | 1 Hour Silence | | | | | | | | | | | | | | | | |
| 29 | Sit with Family for 15 Minutes | | | | | | | | | | | | | | | | |
| 30 | Restrict Social Media usage to 1 Hour | | | | | | | | | | | | | | | | |
| Total | | | | | | | | | | | | | | | | | |

| Sr | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | Pts | Total |
|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|-----|-------|
| 1 | | | | | | | | | | | | | | | | 50 | |
| 2 | | | | | | | | | | | | | | | | 50 | |
| 3 | | | | | | | | | | | | | | | | 50 | |
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| Sr | Niyam | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 |
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| 1 | Jin Pooja | | | | | | | | | | | | | | | |
| 2 | Ashtaprakari Pooja | | | | | | | | | | | | | | | |
| 3 | Offer 3 Pradakshinas | | | | | | | | | | | | | | | |
| 4 | Chaityavandan | | | | | | | | | | | | | | | |
| 5 | Guruvandan | | | | | | | | | | | | | | | |
| 6 | Rai or Devasiya Pratikraman | | | | | | | | | | | | | | | |
| 7 | Samayik | | | | | | | | | | | | | | | |
| 8 | 30 Minutes of Listening to Jain Teachings | | | | | | | | | | | | | | | |
| 9 | Baandhi Navkarvali | | | | | | | | | | | | | | | |
| 10 | Om Hrim Arham Shri Sambhavnathay Namah Jaapmala | | | | | | | | | | | | | | | |
| 11 | Attend Pathshala | | | | | | | | | | | | | | | |
| 12 | 7 Navkar Before Sleep, 8 on Waking | | | | | | | | | | | | | | | |
| 13 | Navkarshi | | | | | | | | | | | | | | | |
| 14 | Give Up Night Meal | | | | | | | | | | | | | | | |
| 15 | Give Up Root Vegetables | | | | | | | | | | | | | | | |
| 16 | Drink Water After Washing Plate - One Meal | | | | | | | | | | | | | | | |
| 17 | Don't speak while eating before drinking water. | | | | | | | | | | | | | | | |
| 18 | Drink Boiled Water | | | | | | | | | | | | | | | |
| 19 | Give Up Prohibited Food | | | | | | | | | | | | | | | |
| 20 | Give Up Tobacco/Smoking/Vape | | | | | | | | | | | | | | | |
| 21 | Seek Forgiveness for Getting Angry at Family Member | | | | | | | | | | | | | | | |
| 22 | Do Not Use Abusive Words | | | | | | | | | | | | | | | |
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| 24 | Praise Family member for any good deed/behavior | | | | | | | | | | | | | | | |
| 25 | Bow to Parents or Their Photo | | | | | | | | | | | | | | | |
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| 27 | Give Up Bathing Soap | | | | | | | | | | | | | | | |
| 28 | 1 Hour Silence | | | | | | | | | | | | | | | |
| 29 | Sit with Family for 15 Minutes | | | | | | | | | | | | | | | |
| 30 | Restrict Social Media usage to 1 Hour | | | | | | | | | | | | | | | |
| Total | | | | | | | | | | | | | | | | |

| Sr | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | Pts | Total |
|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|-----|-------|
| 1 | | | | | | | | | | | | | | | | 50 | |
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| Sr | Niyam | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | Pts | Total |
|--------------|--|---|---|---|---|---|---|---|---|---|----|----|----|----|----|-----|-------|
| 1 | Jin Pooja | | | | | | | | | | | | | | | 50 | |
| 2 | Ashtaprakari Pooja | | | | | | | | | | | | | | | 50 | |
| 3 | Offer 3 Pradakshinas | | | | | | | | | | | | | | | 50 | |
| 4 | Chaityavandan | | | | | | | | | | | | | | | 50 | |
| 5 | Guruvandan | | | | | | | | | | | | | | | 50 | |
| 6 | Rai or Devasiya Pratikraman | | | | | | | | | | | | | | | 50 | |
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| Total | | | | | | | | | | | | | | | | | |