



Paryushan

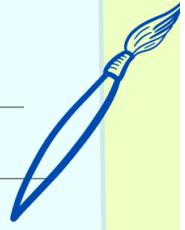


11 and below session

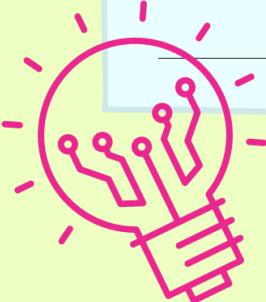
Where? - Library

What? - Art session

When? - 8 to 9:15 pm



With whom? - Dimple Ji and Youth



12 and up session

Where? - Cellar

When? - 8 to 9:15 pm

With whom? - Ronak Domadia, Rikhav

Shah, Anjali Doshi, Aashi Shah

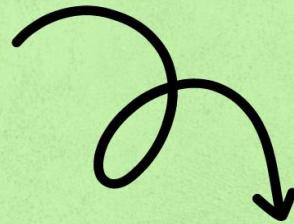




PARYUSHAN

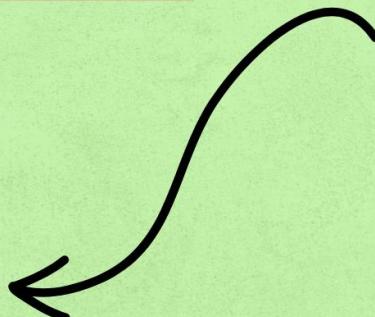


You will receive a pdf of the point chart prior to paryushan and it will be utilized all 8 days



In order for the points to count it must be signed by a parent

After the 8 days you will submit your point chart to be calculated



The winner with the highest points will receive a reward during Samuh Sanji



Paryushan Points

	Days						TOTAL FOR THE WEEK	
	Day 1 Wednesday (8/24)	Day 2 Thursday (8/25)	Day 3 Friday (8/26)	Day 4 Saturday (8/27)	Day 5 Sunday (8/28)	Day 6 Monday (8/29)	Day 7 Tuesday (8/30)	Day 8 Wednesday (8/31)
Navkarvali (+1pt)								
Pooja (+10pt)								
Samayik (+10pt)								
Pratikraman (+20pt)								
Upvas (+25pts)								
Ekasnu (+20pts)								
Besnu (+15pts)								
Navkarshai (+10pts)								
Chauvihar (+7pts)								
Tivihar (+5pts)								
No Green Vegetables (+5pts)								
No Abhaksh (+5pts)								
No Rainribhajan (+3pts)								
No Root Vegetables (+3pts)								
Attended Youth Session (+15pts)								
No TV/Netflix (+10pts)								
No Phone/Pad/Laptop/etc (+20pts)								
Guruyandam (+7pts)								
Maun/no talking per hour (+5 pts)								
Bow down to elders (+5 pts)								
Don't waste food (+5 pts)								
Total:								
Parent Signature:								



Instructions
1) Each day check off which activities you have done (For activities that you can do multiple per day write in the box how many you have done [ex: 5 navkarvals])
2) At the end of the day sum your total points at the bottom and parents please sign for your kids!
3) After Samavatsari Pratikraman take a picture of your worksheets and submit it to ritesh.shah@myjalcenter.org for your points to count!!
PLEASE COUNT YOUR POINTS HONESTLY!! PARENTS PLEASE MAKE SURE THEY DO

Registration information for kids activities during Paryushan Parva

We are excited to announce that this Paryushan our JCA's very own youth will be running kids/youth evening activities.

For kids age 12 & above, we will be hosting daily educational and interactive sessions from 8:00-9:15pm in the JCA cellar. For kids age 11 & below, we will be hosting creative art activities in the 3rd floor library!

We highly encourage you all to bring your kids and let them partake in this amazing opportunity! See below for more details on presentation topics and presenters!

Please be sure to use the links below to RSVP for the specific sessions you will be attending for your respective age group!

[Click here to RSVP kids age 12 & above](#)

[Click here to RSVP kids age 11 & below](#)

Date	Topic	Presenter
Wednesday, August 24th	5 Samvayas	Ronak Domadia
Thursday, August 25th	3 A's in Jainism	Ronak Domadia
Friday, August 26th	Modern Day Scenarios & Skits	Ronak Domadia & Aashi Shah
Saturday, August 27th	Paapsthanaks in the 21st Century	Anjali Doshi
Tuesday, August 30th	Jainism and Pop Culture	Rikhav Shah

We look forward to seeing all the kids !!