



Paryushan



11 and below session

Where? - Library

What? - Art session

When? - 8 to 9:15 pm

With whom? - Dimple Ji and Youth

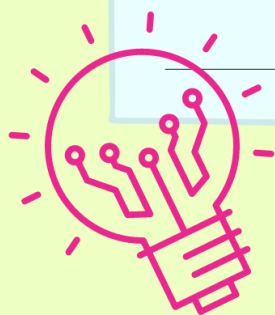


12 and up session

Where? - Cellar

When? - 8 to 9:15 pm

**With whom? - Ronak Domadia, Rikhav
Shah, Anjali Doshi, Aashi Shah**

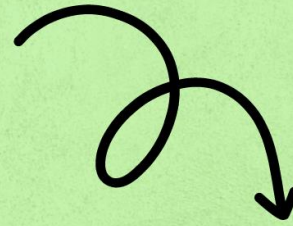




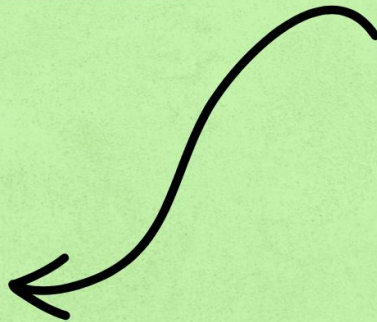
PARYUSHAN



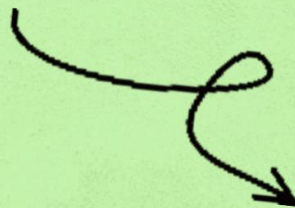
You will receive
a pdf of the
point chart prior
to paryushan
and it will be
utilized all 8
days



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

TOTAL
FOR THE
WEEK



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 navkarvalis))

2) At the end of the day sum your total points at the bottom and parents please sign for your kids!

3) After Samvatsari Pratikraman take a picture of your worksheet and submit it to ritesh.shah@nyjaincenter.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 !!