

#	NIYAMS	Pts	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Total
17	UPAVAS	300									0
18	EKASANA	200									0
	18.1	Decide in the morning itself to not eat any one specific food item (which you eat daily) for a day. Tyag of one food item.	10								0
	18.2	Do not eat food from outside (packaged snacks like chips, cookies, etc.)	15								0
	18.3	Do not eat more than 15 food items in a day	20								0
	18.4	Do not waste any food served in your plate	10								0
19	BIYASANA	150									0
	19.1	Decide in the morning itself to not eat any one specific food item (which you eat daily) for a day. Tyag of one food item.	10								0
	19.2	Do not eat food from outside (packaged snacks like chips, cookies, etc.)	15								0
	19.3	Do not eat more than 15 food items in a day	20								0
	19.4	Do not waste any food served in your plate	10								0
Enter GRAND TOTAL in Yellow Box				0	0	0	0	0	0	0	0

INSTRUCTIONS:

- 1) It is recommended to take Pachhakkhan for any tapasya you do, including Navakarsi, Porasi, Tivihar, and Chovihar.
- 2) If you do Porasi, you do not get separate points for Navakarsi.
- 3) For Samayik, Namokar Mahamantra Mala, and Pratikraman, please multiply the points by the number of times you do it.
(For example: Two Samayiks = 2 X 75 = 150 pts, Three Namokar Mahamantra Malas = 3 X 75 = 225)
- 4) Please contact Pathshala Coordinator Pritesh Mutha @ 908-821-7164, for any questions/doubts/comments.
- 5) Please send completed form (MS Excel Format) to Palakben Shah @ pal5881@yahoo.co.in or 312-330-7649.