

#	NIYAMS	Pts	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Total
	17.11 Do not eat Green vegetables/Root vegetables	20									0
	17.12 Tivihaar (can drink only water after sunset)	25									0
	17.13 Chovihaar (no water and no food after sunset)	35									0
18	UPAVAS	300									0
19	EKASANA	200									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
	19.5 "Thali dhoke pina" - After ekasanu, add water to your empty plate to rinse it and drink the water.	20									0
20	BIYASANA	150									0
	20.1 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
	20.2 Do not eat food from outside (packaged snacks like chips, cookies, etc.)	15									0
	20.3 Do not eat more than 15 food items in a day	20									0
	20.4 Do not waste any food served in your plate	10									0
	20.5 "Thali dhoke pina" - After biyasanu, add water to your empty plate to rinse it and drink the water.	20									0
Enter GRAND TOTAL in Yellow Box			0	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) For "Thali dhoke pina" - It can be done a maximum of two times per day. Multiply the points by the number of times you do it.
Two times = 2 X 20 = 40 pts, One time = 1 X 20 pts
- 5) Please contact Pathshala Coordinator Pritesh Mutha @ 908-821-7164, for any questions/doubts/comments.
- 6) Please send completed worksheet (MS Excel Format) to Kinjalben Mutha at kinjal2308@gmail.com or 832-964-5602 by **September 18th, 2021**.
This worksheet will not be considered "Accepted" unless you get a **confirmation message from Kinjalben Mutha after submission**.