



| #                                      | 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                                     | <b>UPAVAS</b>                                                                                                                   | 300 |       |       |       |       |       |       |       |       | 0     |
| 19                                     | <b>EKASANA</b>                                                                                                                  | 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                                     | <b>BIYASANA</b>                                                                                                                 | 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     |
| <b>Enter GRAND TOTAL in Yellow Box</b> |                                                                                                                                 |     | 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 Falguniben Shah 804-868-0396, for any questions/doubts/comments.
- 6) Please send completed worksheet (MS Excel Format) to Sheetal Lodha at shital1\_kothari@hotmail.com 804-727-9109 by Sept 12 2022  
This worksheet will not be considered "Accepted" unless you get a confirmation message from Sheetal Lodha after submission.