YJA Paryushan Activity Tracker

Celebrating Paryushan away from home? Struggling to cook Jain food in a college dorm? No temples in your state? YJA has you covered. Try these activities that allow you to reflect on Jain principles and don't require going to a temple, organized around the larger themes of the 3 A's (first three days) and the 5 essential activities of Paryushan which are recommended for all Jains (last 5 days). Choose one goal per day or write in your own, and feel free to take notes on what resonates with you. If you are going offline for Paryushan, print this out beforehand!

8/18	8/19	8/20	8/21	8/22	8/23	8/24	8/25
Ahimsa (Non-violence)	Anekantvaad (Truthfulness)	Aparigraha (Non- possessiveness)	Amari Pravartan (Working towards a non- violent world)	Sadharmik Vatsalya (Service for fellow Jains and humans)	Attham Tapa (Three-day fast)	Chaitya Paripati (Visiting Jain temples)	Kshamapana (Forgiveness)
 Eat an all vegan diet Eat a strictly Jain diet – no greens, no vasi (leftover) food Do not step on grass <i>Create your own:</i> 	 Seek out two articles on opposing views Look for interfaith material comparing Jainism to other religions Find someone you have argued with and acknowledge their point of view <i>Create your own:</i> 	 Clear out clutter from one drawer or closet; donate and recycle Do not buy any non-consumables for one day Take a vow to limit purchases of certain 'wants' for a month (eg, games, beauty products) <i>Create your own:</i> 	 Donate to a "panjrapole" or animal shelter Volunteer at an animal shelter or draw attention to animal rights Get rid of possessions made of animal products or involving animal testing Create your own: 	 Donate to a Jain humanitarian initiative such as Veerayatan Bring vegetarian food to a food pantry Invite a friend for a Jain meal at your home Create your own: 	 Take a vow or a 'Pachchkan' to not eat or drink for a limited period of time Take a maun vrat (vow of silence) Take a vow to avoid social media or tech for an hour or two <i>Create your own:</i> 	 Virtual darshan or 'visit' to a Jain temple online Send a donation to a Jain temple online or to the Jain E-Library Review images from a previous visit <i>Create your own:</i> 	 ☐ Go through English pratikraman ☐ Call someone you've disagreed with and say "Micchammi Dukkadam" ☐ Review the 18 Paapsthanaks and reflect on ways to reduce them in your life ☐ Create your own:
Reflections							