

On the 15th year of our Derasar, Shri Dharmnath Prabhu's (15th Tirthankar) Jai Jaikaar!

Every Home Tapashcharya

Tap	Total No.	Details
Attham	15	1 person one Time, at least 15 Atthams throughout Sangh
Chhattha	15	1 person one Time, at least 15 Chhattha throughout Sangh
Upvas (Fasting)	15	1 per person separately 1 or more upvas (fasts), at least 15 fasts among Sangh
Aayambil	15	Per person, continuous or separately at least 1 or more Aayambil, throughout Sangh at least 15 Aayambil
Ekasnu	15	Per person, continuous or separately at least 1 or more Ekasana, throughout Sangh at least 15 Ekasana
Biasnu	15	Per person, continuous or separately at least 1 or more Biasana, throughout Sangh at least 15 Biasana
Navakarshi & Chauvihar (both in same day)	15	Per person, continuous or separately at least 15 days, throughout Sangh at least 15 days of Navakarshi and Chauvihar

On the day of Tap (Austerity): 20 Malas of Sri Dharmnath Bhagavan (Pada: Ohm Hrim Shree Dharmnathay Namah), 15 Khamasana, 15 Pradakshina, Kaussag of 15 Logassa

Every Home Dharmgoshti and Dharmvruddhi (Religious Discussion and Growth)

Tap	Total No.	Details
Swadhyay	15	Per person, total 15 Swadhyays in 12 months, separately or continuously, each Swadhyay of 48 minutes.
Samayik	15	Per person continuous or separately, total 15 Samayik in 12 months.
Family Dharmgoshti (Family Religious Discussion)	15	Per Family, total 48 minutes Religious Discussions continuously or separately. Total 15 discussions throughout Sangh.
Shri Dharmnath Bhagvan's Mala (Ohm Hrim Shri Dharmnathay Namah)	15	Per person, separately or continuously, 15 Malas in 12 months
Kaussag of Logassa	15 x 15	Per person, separately, 15 Kaussags in 12 months, each Kaussag with 15 Logassa. Total 225 Logassa.

These tap (austerities) have to be separate from the other Parva's (Festivals) or Anushtan's (Ceremonies) tap. For example: Fasting (upvas) or Attham (3 days Fasting) during Paryushan, or Aayambil during Navpad's Oli should not be considered among these Tap (Austerities).

For more information, please call MUKUNDBHAI DALIA (440-915-8449) or PRAGNABEN SHAH (440-263-4872).

Milchchami Dukkadam (Please Forgive) if anything is written against Jinagya (Jainism Order)