

Serial No. 05



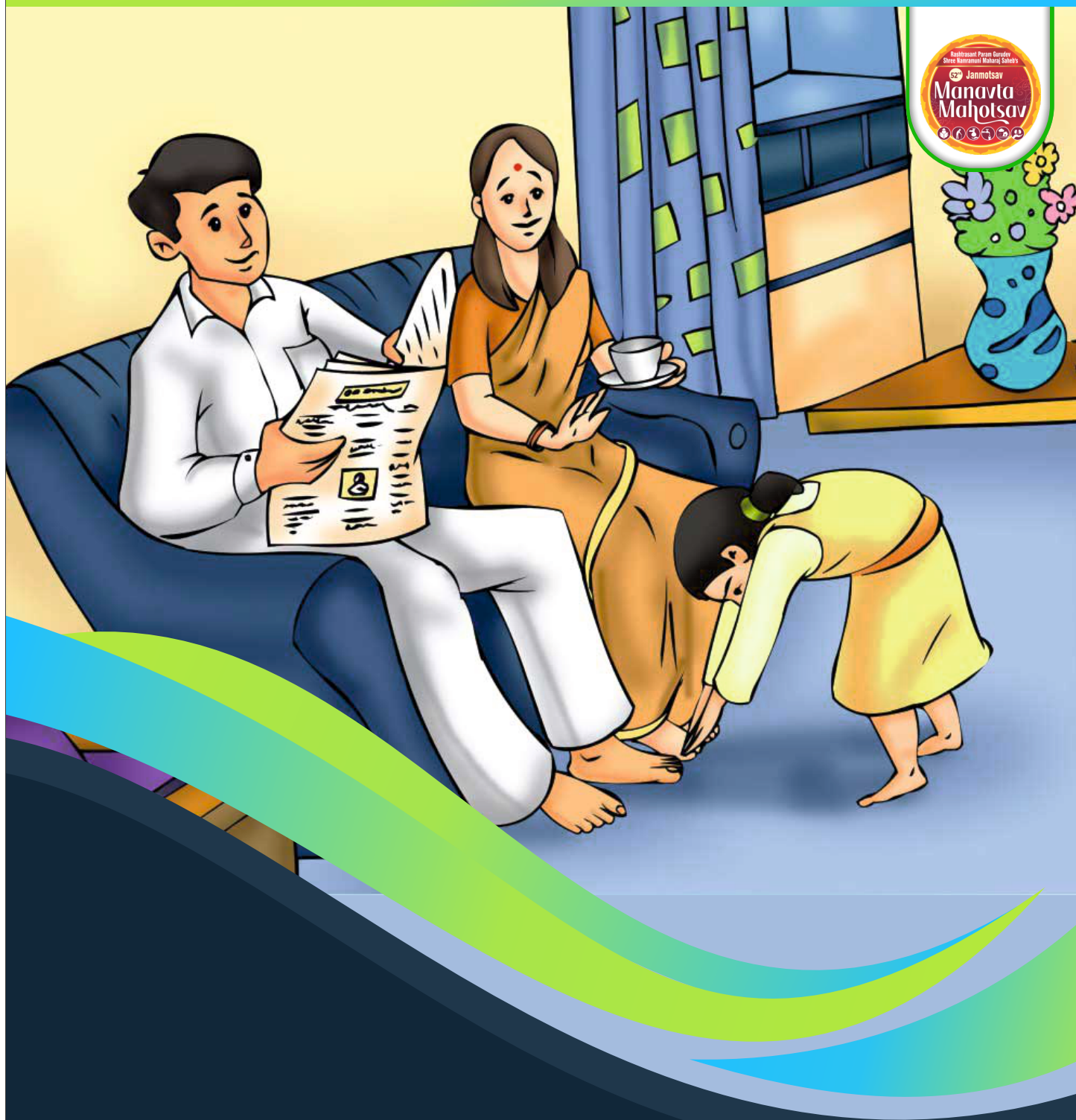
*The knowledge of
32 Aagams
in your phone*



Inspired by Rashtrasant Param Gurudev Shree Namramuni Maharaj Saheb



Manavta mohatsav is all about
developing **Good habits** round the clock



I will greet everyone at home
with Jai Jinendra in the morning



I will minimize the use of light, fan,
television, computer, i-pad, or any
other electronic gadgets.
And switch them off when not in use



I will keep my things back in place
after using them, which will in
return help me to follow Jatna



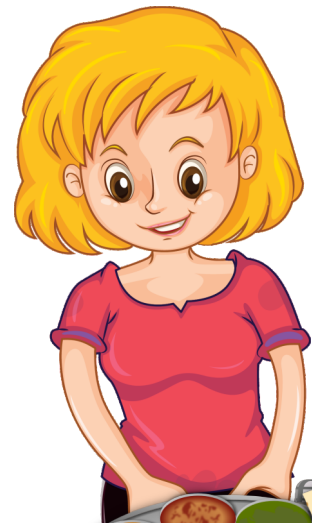
I will buy Eco friendly products.
I will also try to re-use
things instead of throwing them very often



I will not walk on grass,
catch butterflies or hurt any living being.



I will offer food to others
before eating it myself .



I will be prudent in taking required food in my plate and will not waste food.



I will not stamp on puddles
as that water has many small jivas in it.



I will wind up my own bed
as soon as I get up everyday