

AATMA-BODHA



OUR-SANKALPA

Mar 2022



Follow one paddhati that our ancestors had prescribed for our well-being. For e.g. Tulasi Pooja, keep aside one bowl of raw rice daily and give that to ashrama at the end of the month etc

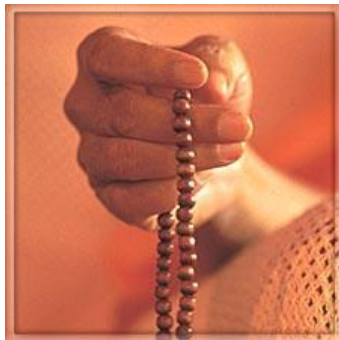
No Junk food.
Stop eating
outside food.



365
Days



Traditional attire
and dressing at
all times (except
school or places
that mandate
dress code)



Daily
Japa



Chant Bhojana
Mantra before
every meal



Have one meal together
as a Kutumbha



Watch
Ramayana/Mahabharata
/Puranas once a week

Read/Listen
Ramayana/Mahabharata
/Puranas once a week



Learn something new
like Samskritam/take
courses to know more
about our ancient
texts



Share
feedback/emotions/
opinions with all the
Kutumbha members



सत्वात् सञ्जायते ज्ञानम्

चार week के challenge

Mar 2023

I'M A

C

O

D

E

R

C

O

D

E

R

Compete with

Oneself to

Delete invalid data &

Enter clear

Records

C

O

D

E

R

**I cannot
become
Confident**

**I cannot
become
Productiv
e**

**I cannot
become
Strong**

**I can
realise that
I am
Confident**

**I can
realise that
I am
Productive**

**I can
realise that
I am Strong**

I cannot learn.
I will
ENGAGE MY
MIND, MY
MIND will
LEARN

I cannot
become
Confident

I can realise
that I am
Confident

SOLVE

Practice
Everyday

MEMORIZE
No Short Cuts!



Just a friendly
reminder...

Let's Write!
On My Own

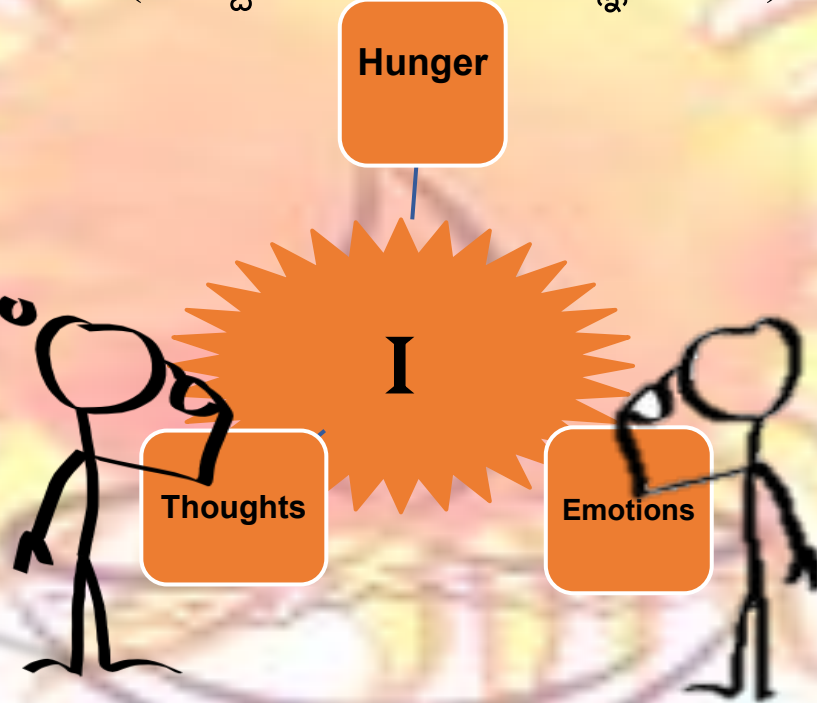
Dictation
A MUST!!!

OPTIONS

सत्वात् सञ्जायते ज्ञानम्

(सत्वात् संजायते ज्ञानम्)

चार week
के
challenge



सत्वात् सञ्जायते

ज्ञानम्

चार week के
challenge

Nirvahak	Monday				Tuesday				Wednesday				Thursday				Friday				Saturday				Sunday			
	6/02	13	20	27	7	14	21	28	8	15	22	1	9	16	23	2	10	17	24	3	11	18	25	4	12	19	26	5/03
No Wasting Food (including vegetables)	✓	✗			✓	✓			✗	✓			✓	✓			✓	✓			✗	✓			✗	✓		
a. No Junk b. Munching when I'm not hungry c. Ate on time	a	b			c	c			b	a			a	b			b	b			b	a			a	c		
Identify one task that I have to do everyday and																												
a. Didn't do it b. I was reminded c. Did it on my own	a	b			b	b			b	c			a	a			b	c			a	a			a	a		
Study/Read everyday	✗	✓			✓	✓			✓	✗			✗	✓			✓	✓			✗	✗			✗	✗		

सत्वात् सञ्जायते ज्ञानम्

(संका कं संजायते ज्ञानं)

चार week के
challenge

Monday I'm scared of a person or an event		Tuesday I like a person or a thing or an action		Wednesday I am upset with a person or an action		Thursday I don't like a person or a thing or an action		Friday I can't tolerate a person or an action		Saturday I am dependent on a person		Sunday Did I gossip this week?	
6	02	7		8		9		10		11		12	
13		14		15		16		17		18		19	
20		21		22		23		24		25		26	
27		28		29		30		31		1	03	2	
3		4		5		My observations:							

सत्वात् सञ्जायते ज्ञानम्

**चार week के
challenge**

Monday Did I eat without looking at TV/gadget/book/?		Tuesday My contribution towards the house: Did I contribute?		Wednesday My daily screentime limit is ___mins Did I stay within my screentime limit?		Thursday Did I fold my bedsheet?		Friday Did I instruct my mind not to get angry?		Saturday Did I talk to Hanuma?		Sunday My daily RamaNama chanting count is ____ Did I achieve my daily RamaNama chanting count this week?	
6	03	7		8		9		10		11		12	
13		14		15		16		17		18		19	
20		21		22		23		24		25		26	
27		28		29		30		31		1	04	2	
3		4		5		6		My Graph: 6-7 Days – Diamond (D) 4-5 Days – Gold (G) 2-3 Days – Silver (S) 0-1 Day – Bronze (B)					

सत्वात् सञ्जायते ज्ञानम्

चार week के
challenge

Monday Did I eat without looking at TV/gadget/book/?		Tuesday My contribution towards the house: <u>Putting rangoli</u> Did I contribute?		Wednesday My daily screentime limit is <u>45</u> mins Did I stay within my screentime limit?		Thursday Did I fold my bedsheet?		Friday Did I instruct my mind not to get angry?		Saturday Did I talk to Hanuma?		Sunday My daily RamaNama chanting count is <u>50</u> Did I achieve my daily RamaNama chanting count this week?	
6 03	Yes	7	No	8	Yes	9	Yes	10	Yes	11	Yes	12	Yes
13	No	14	Yes	15	Yes	16	No	17	No	18	Yes	19	Yes
20		21		22		23		24		25		26	
27		28		29		30		31		1 04		2	
3		4		5		6		My Graph: 6-7 Days – Diamond (D) 4-5 Days – Gold (G) 2-3 Days – Silver (S) 0-1 Day – Bronze (B)					