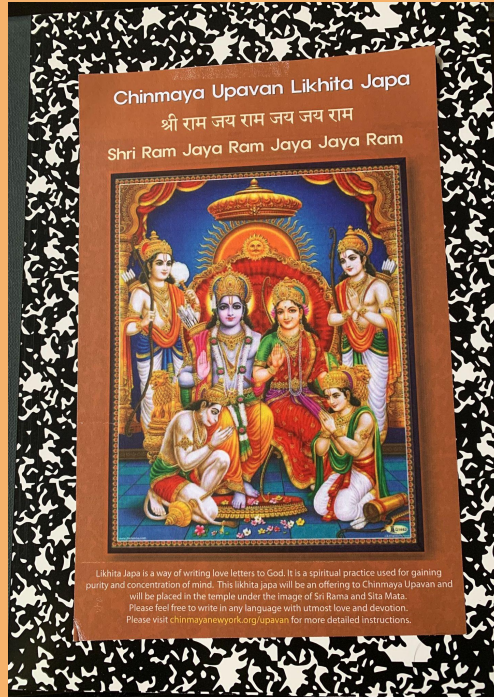


Instructions for Likhita Japa: The Foundation of Chinmaya Upavan



Step 1: Pick up your notebook!



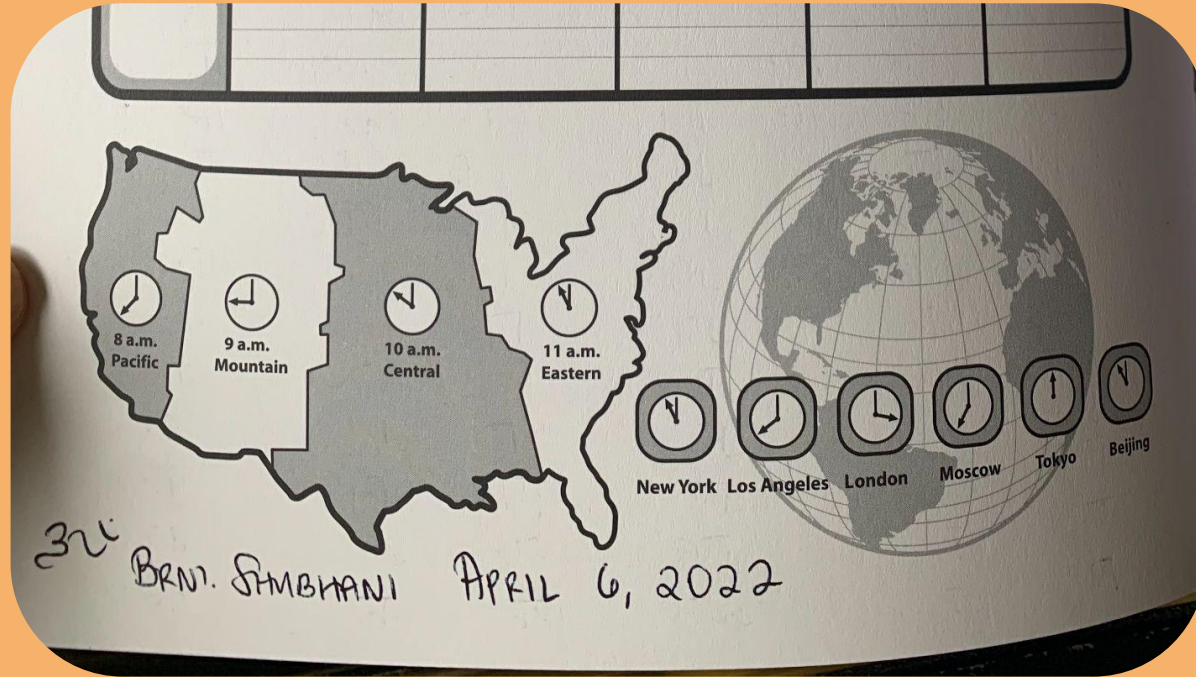
Tips:

1. Pick up your notebook from your Study Group/ Bala Vihar Coordinator. Please contact them in advance prior to pick up.
2. If you do not have that information, send an email to info@chinmayanewyork.org for the nearest pick up location near you!
*If you are out of the tri-state area, please purchase a similar kind of notebook and start!

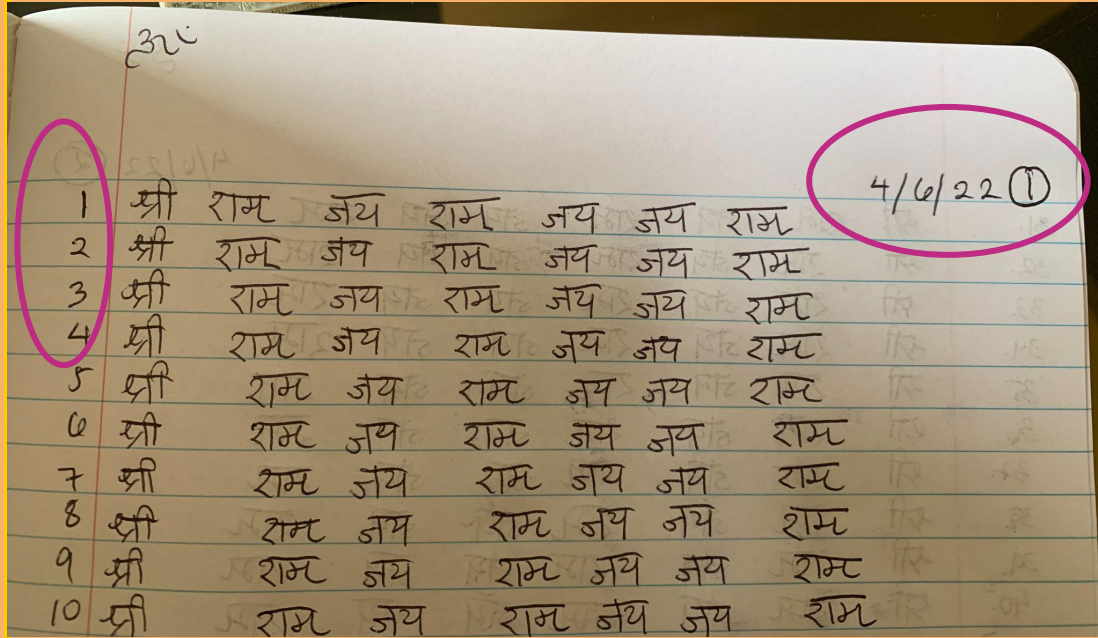
Step 2: Register ONLINE

<https://bit.ly/UpavanJapa>

Step 3: Write your name and start date on the inside



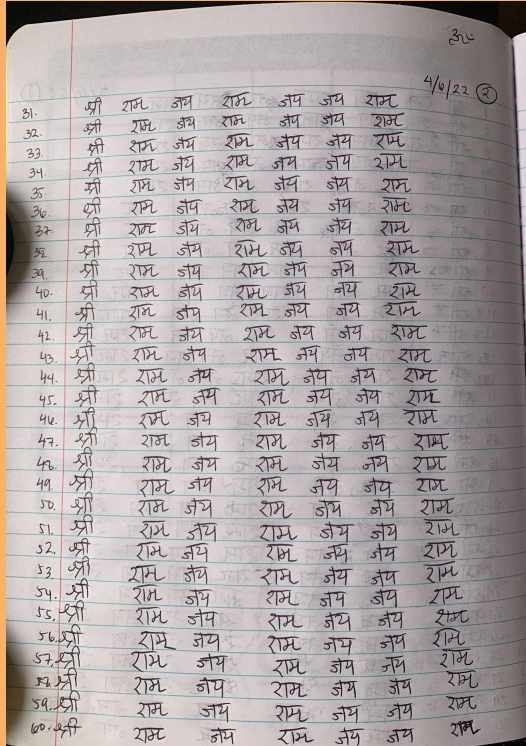
Step 3a: Start Your Likhita Japa!



Tips:

1. Write: Shri Ram Jaya Ram Jaya Jaya Ram in any language of your choice. (We recommend writing it in your mother tongue).
2. Date and number each page. There should be approximately 30 lines in each page.

Step 3b: Write front AND back



Tips:

1. For younger children, ask them to complete a few lines and the parents or grandparents can do the rest. Let it be a worship for the whole family!
2. Consistency is key
Try to do at least one page a day!

Step 4: Complete your notebooks by Chinmaya Jayanti (May 8, 2024)

Tips:

1. Please submit each notebook with a suggested donation for \$108.00 for the Chinmaya Upavan Fund.
2. You can drop them off to your Bala Vihar/ Study Group Coordinators.
3. If you would like to do more, please feel free to pick up another notebook!



If 500 of us take 10 minutes each day
To write God's name 30 times (1 page)
For 200 days...
Then that's...

3,000,000!



As a community, we will have written God's name for OVER 3 million times!

GOD WILL DEFINITELY COME!



These notebooks will be placed at the foundation of the temple in Chinmaya Upavan.

What a beautiful way to welcome God to Upavan!

**Reminder: Please
complete all
notebooks by
Chinmaya Jayanti
May 8, 2024**

