

Year IV	Yoga - 15 minutes	Stotras - 15 minutes	Bhajans - 15 minutes	Video + Stories + Activities - 30 mins	Bhagavad Gita - 15 minutes
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Session 20	Apanasana - pg.153, Revision	Revision Slokas dealt in the previous session are to be revised in the next session.	Please make sure all the Bhagavatam activities, 1 - 23 are completed in Pages 86 - 121	Bhagavatam - Rise of Dwaraka- Page 83-84, Slokam-pg.85	Gita Chalisa for daily reading - Page 145