

Kirtan Level 4 (Thursday) Review Material

In consultation with your child's teacher, revision material has been prepared to help students keep up with their GC studies. Parents are encouraged to help their children with the review material and continue their learning while at home. We understand that this is a challenging time for families and the resources are provided as time permits in your household.

1. You are encouraged to practice for a total of 1 hour throughout the week. You will be practicing one Shabad each week (See Shabad chart below). Continue filling out your *Practice Log* and getting parent signatures.
2. On the day of your class (Thursday), you are encouraged to practice Kirtan for 30 minutes (These 30 minutes do not account for the 1 hour per week):
 - a. Review each of the following SARGAMS 5 times as you would in class:
 - i. S, R, G, M, P, D, N, S.
S., N, D, P, M, G, R, S
 - ii. SS, RR, GG, MM, PP, DD, NN, S.S.
S.S., NN, DD, PP, MM, GG, RR, SS
 - iii. SRG, RGM, GMP, MPD, PDN, DNS.
S.ND, NDP, DPM, PMG, MGR, GRS
 - iv. SRGM, RGMP, GMPD, MPDN, PDNS.
S.NDP, NDPM, DPMG, PMGR, MGRS
 - b. Practice the Shabad you are assigned for the week (See Shabad chart below).

WEEK	SHABAD
April, Week 3	ਮਾਥੇ ਤਿਲਕੁ ਹਥਿ ਮਾਲਾ ਬਾਨਾਂ ॥
April, Week 4	ਦੁਖੁ ਘਨੋ ਜਬ ਹੋਤੇ ਦੁਰਿ॥
April, Week 5/May Week 1	ਮਾਗਨਾ ਮਾਗਨੁ ਨੀਕਾ ਹਰਿ ਜਸੁ ਗੁਰ ਤੇ ਮਾਗਨਾ ॥੪॥
May, Week 2	ਜਿਹਵਾ ਏਕ ਕਵਨ ਗੁਨ ਕਹੀਐ ॥
May, Week 3	ਮਾਥੇ ਤਿਲਕੁ ਹਥਿ ਮਾਲਾ ਬਾਨਾਂ ॥
May, Week 4	ਮਾਗਨਾ ਮਾਗਨੁ ਨੀਕਾ ਹਰਿ ਜਸੁ ਗੁਰ ਤੇ ਮਾਗਨਾ ॥੪॥
May, Week 5	Select any Shabad from last year's class

For any questions, please email info@gurmatcenter.com.