



Nitnem Santhia (Level 4) 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 the listed Banis that have been covered in class for at least 15 minutes every day and keep record on the Nitnem practice log sheets in your Santhia book:

Week	Bani
April, Week 2	Japji Sahib
April, Week 3	Jaap Sahib
April, Week 4	Tav Prasad Savaiye
May, Week 1	Chaupai Sahib
May, Week 2	Rakhiya de Shabad
May, Week 3	Kirtan Sohila Sahib
May, Week 4	Japji Sahib
June, Week 1	Jaap Sahib

2. You are recommended to listen to the full recording of Anand Sahib twice a week continuously and read along <https://www.youtube.com/watch?v=oHjtz6KRfCs>.
3. At the end of every 2 weeks (on a bi-weekly basis), take a picture of your practice logs and send to the following emails according to your teachers:
 - a. Gursimar Kaur: gursimarkbuttar@gmail.com
 - b. Jaskarn Singh: j.kaila@hotmail.com
 - c. Sahota Uncle: subiha.kaur@gurmatcenter.com

For any questions please email info@gurmatcenter.com

Remember God is always watching! :)