

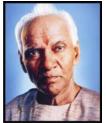
Student Name:



## **GAYATRI GYAN KENDRA OF LONG ISLAND**

(A UNIQUE BAL SANSKAR SHALA)
Deer Park, New York







Month	h : _																G	ro	up	# :	:											
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No	<b>Daily Routine</b>	1	2	3	3	4	5	6	7	8	9	10	11	12	13	14	15	16	<b>17</b>	18	19	20	21	22	23	24	<b>25</b>	<b>26</b>	<b>27</b>	28	<b>29</b>	30
1	Woke up before Sunrise?																													l		
2	Did Atmabodh Sadhana?																													ļ		
3	Bowed to God?																													l		
4	Did you touch parents' feet?																													ļ		
5	Did Gayatri mantra & Chalisa																															
6	Did pranayam and yoga																													<u> </u>		
7	Did some physical activity																															
8	Chanted 3 Gayatri mantras before meals																															
9	Ate meals timely																															
10	Left food in the dish																															
11	Did Homework neatly																															
12	Prayed before sleep																															
13	Did Tatvabodh Sadhana																															
14	Listened to parents / elders																															
15	Was truthful all day																															
16	Answered rudely or screamed?																															
17	Talked bad about anyone in his absence																															
18	Fought with brothers or sisters																															
19	Used mother tongue at home																															
20	Kept all your things organized																															
21	Helped mother																															
22	Helped anyone																															

- Write OM for Yes and X for No
- Use Blue or Green for 'Yes' and Red for 'No'

arent	's si	gnature :	