

Namaste Srirama Bhakta,

Here are a few principles/notes for the learning template that has been shared for different personas based on the number of hours they are willing to spend on Srirama Experience Companion:

- 1)The learning template is suggestive and can be modified as per the learning capability of the user.
- 2)Until memorization happens more practice to be done & time taken also will be higher
- 3)Please take a print out of this learning template based on the number of hours you are able to commit per week and keep track of your progress
- 4)Please refer suggestive schedule for SriramaNavami Festival for Bhakthas & Sadhakas

Target Segment	Hours expected per week	Completion Time in months	Key Points
Students	10	24	Spread equally across all days
Working Professionals	6	24	Most hours available on Saturdays and Sundays
Home Makers & Senior Citizen	30 - 35	6	Daily discourse parayanam both morning and evening



SRIRAMA EXPERIENCE COMPANION - SADHAKA MARGA UPAYA

Suggested learning template for students

Estimated hours per week	10
Total Time available in a year in hours	520

DAY-WISE CALENDER			
Days	Suggested time for listening	Topics for Study	Time taken for parayanam
Monday	Morning	Rama Nama Japa + Aditya Hrudayam	25 mins
	Evening	Nama Ramayanam + Shree Raghuv eeragadyam + 1 sarga of Ramayanam + 9 gems of Sundarakanda	1hour 45 mins
Tuesday	Morning	Rama Nama Japa + Aditya Hrudayam	25 mins
	Evening	Dhyana Shlokas + Gayatri Ramayanam + Mangala Shlokas + 1 sarga of Ramayanam + 9 gems of Sundarakanda	1hour 40 mins
Wednesday	Morning	Rama Nama Japa + Aditya Hrudayam	25 mins
	Evening	Sankshepa Ramayanam + 1 sarga of Ramayanam + 9 gems of	1hour 50 mins
Thursday	Morning	Rama Nama Japa + Aditya Hrudayam	25 mins
	Evening	Nama Ramayanam + Shree Raghuv eeragadyam + 1 sarga of Ramayanam + 9 gems of Sundarakanda	1hour 45 mins
Friday	Morning	Rama Nama Japa + Aditya Hrudayam	25 mins
	Evening	Dhyana Shlokas + Gayatri Ramayanam + Mangala Shlokas + 1 sarga of Ramayanam + 9 gems of Sundarakanda	1hour 40 mins
Saturday	Morning	Rama Nama Japa + Aditya Hrudayam	25 mins
	Evening	Parayanam of 1 sarga of Ramayanam + listening to discourses	2 hour 45 mins
Sunday	Morning	Rama Nama Japa + Aditya Hrudayam	25 mins
	Evening	Parayanam of 1 sarga of Ramayanam + listening to discourses	1hour 45 mins

Time to be invested		
Days	Time taken in mins	Total time needed(Parayanam+ Discourse) in mins
Morning - Daily	25	
Evening - Monday	45	70
Evening - Tue	40	65
Evening - Wed	50	75
Evening - Thurs	45	70
Evening - Fri	40	65
Saturday	90	115
Sunday	90	115



SRIRAMA EXPERIENCE COMPANION - SADHAKA MARGA UPAYA

Suggested learning template for Working Professionals

Suggested learning template for Working Professionals(weekends, holidays & festivals)

Estimated hours per week	6
Total Time available in a year in hours	290.3

DAY-WISE CALENDER		
Days	Topics for Study	Time taken for parayanam
Weekdays (Monday - Friday)	Rama Nama Japa + Aditya Hrudayam	25 mins
Saturday	Nama Ramayanam + Sankshepa Ramayanam	40 mins
	Parayanam of 2 sarga of Ramayanam + listening to discourses	2-2.30 hours
Sunday	Dhyana Shlokas+ Gayatri Ramayanam+Raghuveeragadyam+Mangala Shlokas	35 mins
	Parayanam of 2 sarga of Ramayanam + listening to discourses	2-2.30 hours

Days	Time taken
Morning - Daily	25 mins
Saturday	40 mins
Sunday	25 mins

Suggested learning template for Home makers & Senior Citizens

Estimated hours per week	25
Total Time available in a year in hours	1295.7

DAY-WISE CALENDER			
Days	Suggested time for listening	Topics for Study	Time taken for parayanam
Monday	Morning	Rama Nama Japa + Aditya Hrudayam + Sankshepa Ramayanam	1 hour
	Evening	Dhyana Shlokas + Gayatri Ramayanam+ Mangala shlokas+ Shree Raghuv eeragadyam + 1 sarga of Ramayanam + 9 gems of Sundarakanda	1hour 40 mins
Tuesday	Morning	Rama Nama Japa + Aditya Hrudayam + Sankshepa Ramayanam	25 mins
	Evening	Shree Raghuv eeragadyam+ Nama Ramayanam + 1 sarga of Ramayanam + 9 gems of Sundarakanda	1hour 45 mins
Wednesday	Morning	Rama Nama Japa + Aditya Hrudayam + Sankshepa Ramayanam	1 hour
	Evening	Dhyana Shlokas + Gayatri Ramayanam+ Mangala shlokas+ Shree Raghuv eeragadyam + 1 sarga of Ramayanam + 9 gems of Sundarakanda	1hour 40 mins
Thursday	Morning	Rama Nama Japa + Aditya Hrudayam + Sankshepa Ramayanam	25 mins
	Evening	Shree Raghuv eeragadyam+ Nama Ramayanam + 1 sarga of Ramayanam + 9 gems of Sundarakanda	1hour 45 mins
Friday	Morning	Rama Nama Japa + Aditya Hrudayam + Sankshepa Ramayanam	1 hour
	Evening	Dhyana Shlokas + Gayatri Ramayanam+ Mangala shlokas+ Shree Raghuv eeragadyam + 1 sarga of Ramayanam + 9 gems of Sundarakanda	1hour 40 mins
Saturday	Morning	Rama Nama Japa + Aditya Hrudayam + Sankshepa Ramayanam	25 mins
	Evening	Parayanam of 1 sarga of Ramayanam + listening to discourses + 9 gems of Sundarakanda	1hour 45 mins
Sunday	Morning	Rama Nama Japa + Aditya Hrudayam + Sankshepa Ramayanam	25 mins
	Evening	Parayanam of 1 sarga of Ramayanam + listening to discourses	1hour 45 mins

Days	Time taken for parayanam in mins	Total time needed(Parayanam+Discourse) in mins	Total Hours
Morning - Daily	55	145	3hours 30 mins
Evening - Daily	64	154	3hours 30 mins

SPIRITUAL COUNTDOWN FOR SRIRAMANAVAMI FESTIVAL
Suggestive schedule for students & working professionals

Countdown	Coverage	Stotra Chanting & Listening to Discourses	Time taken in hours
9 days before Sriramanavami	Morning	Ramayanasatnamala Parayanam	1
	Evening	Sankshapa Ramayanam Discourse Day 1 + 9 gems of Sundarakanda	1.5
8 days before Sriramanavami	Morning	Ramayanasatnamala Parayanam	1
	Evening	Sankshapa Ramayanam Discourse Day 2 + 9 gems of Sundarakanda	1.5
7 days before Sriramanavami	Morning	Ramayanasatnamala Parayanam	1
	Evening	Sankshapa Ramayanam Discourse Day 3 + 9 gems of Sundarakanda	1.5
6 days before Sriramanavami	Morning	Ramayanasatnamala Parayanam	1
	Evening	Sankshapa Ramayanam Discourse Day 4 + 9 gems of Sundarakanda	1.5
5 days before Sriramanavami	Morning	Ramayanasatnamala Parayanam	1
	Evening	Sankshapa Ramayanam Discourse Day 5 + 9 gems of Sundarakanda	1.5
4 days before Sriramanavami	Morning	Ramayanasatnamala Parayanam	1
	Evening	Sankshapa Ramayanam Discourse Day 6 + 9 gems of Sundarakanda	1.5
3 days before Sriramanavami	Morning	Ramayanasatnamala Parayanam	1
	Evening	Sankshapa Ramayanam Discourse Day 7 + 9 gems of Sundarakanda	1.5
2 days before Sriramanavami	Morning	Ramayanasatnamala Parayanam	1
	Evening	Sankshapa Ramayanam Discourse Day 8 + 9 gems of Sundarakanda	1.5
1 day before Sriramanavami	Morning	Ramayanasatnamala Parayanam	1
	Evening	Sankshapa Ramayanam Discourse Day 9 + 9 gems of Sundarakanda	1.5
Sriramanavami	Morning	Ramayanasatnamala Parayanam & Pooja	1+ hours
	Evening	Ramayanasatnamala Parayanam & Pooja + 9 gems of Sundarakanda	1+ hours

SPIRITUAL COUNTDOWN FOR SRIRAMANAVAMI FESTIVAL
Suggestive schedule for home makers & senior citizens

Countdown	Coverage	Stotra Chanting & Listening to Discourses	Time taken in hours
9 days before Sriramanavami	Morning	Ramayanaratnamala Parayanam + Sankshepa Ramayanam Discourse Day 1	2.25
	Evening	Sundara-kanda Parayanam using Navaha Parayanam audio + Sundara Kanda Discourse Day 1	2
8 days before Sriramanavami	Morning	Nama Japa+Nama Ramayanam+ Raghuv eeragadyam + Sankshepa Ramayanam Discourse Day 2	2.25
	Evening	Sundara-kanda Parayanam using Navaha Parayanam audio + Sundara Kanda Discourse Day 2	2
7 days before Sriramanavami	Morning	Nama Japa+Nama Ramayanam+ Raghuv eeragadyam + Sankshepa Ramayanam Discourse Day 3	2.25
	Evening	Sundara-kanda Parayanam using Navaha Parayanam audio + Sundara Kanda Discourse Day 3	2
6 days before Sriramanavami	Morning	Ramayanaratnamala Parayanam + Sankshepa Ramayanam Discourse Day 4	2.25
	Evening	Sundara-kanda Parayanam using Navaha Parayanam audio + Sundara Kanda Discourse Day 4	2
5 days before Sriramanavami	Morning	Nama Japa+Nama Ramayanam+ Raghuv eeragadyam + Sankshepa Ramayanam Discourse Day 5	2.25
	Evening	Sundara-kanda Parayanam using Navaha Parayanam audio + Sundara Kanda Discourse Day 5	2
4 days before Sriramanavami	Morning	Ramayanaratnamala Parayanam + Sankshepa Ramayanam Discourse Day 6	2.25
	Evening	Sundara-kanda Parayanam using Navaha Parayanam audio + Sundara Kanda Discourse Day 6	2
3 days before Sriramanavami	Morning	Nama Japa+Nama Ramayanam+ Raghuv eeragadyam + Sankshepa Ramayanam Discourse Day 7	2.25
	Evening	Sundara-kanda Parayanam using Navaha Parayanam audio + Sundara Kanda Discourse Day 7	2
2 days before Sriramanavami	Morning	Ramayanaratnamala Parayanam + Sankshepa Ramayanam Discourse Day 8	2.25
	Evening	Sundara-kanda Parayanam using Navaha Parayanam audio + Sundara Kanda Discourse Day 8	2
1 day before Sriramanavami	Morning	Nama Japa+Nama Ramayanam+ Raghuv eeragadyam + Sankshepa Ramayanam Discourse Day 9	2.25
	Evening	Sundara-kanda Parayanam using Navaha Parayanam audio + Sundara Kanda Discourse Day 9	2
Sriramanavami	Morning	Ramayanaratnamala Parayanam & Pooja	1+ hours
	Evening	Ramayanaratnamala Parayanam & Pooja	1+ hours

SPIRITUAL COUNTDOWN FOR SRIRAMANAVAMI FESTIVAL**Ideal schedule for bhaktas & sadhakas**

Countdown	Coverage	Stotra Chanting & Listening to Discourses	Time taken in hours
9 days before Sriramanavami	Morning	Navaha Parayanam - Day 1 - Balakanda	6+
	Evening	Sankshepa Ramayanam Discourse Day 1	1.5
8 days before Sriramanavami	Morning	Navaha Parayanam - Day 2 - Ayodhya kanda(Till reaching Chitrakoota)	6+
	Evening	Sankshepa Ramayanam Discourse Day 2	1.5
7 days before Sriramanavami	Morning	Navaha Parayanam - Day 3 - Ayodhya kanda	6+
	Evening	Sankshepa Ramayanam Discourse Day 3	1.5
6 days before Sriramanavami	Morning	Navaha Parayanam - Day 4 - Aranya kanda	6+
	Evening	Sankshepa Ramayanam Discourse Day 4	1.5
5 days before Sriramanavami	Morning	Navaha Parayanam - Day 5 - Kishkindakanda	6+
	Evening	Sankshepa Ramayanam Discourse Day 5	1.5
4 days before Sriramanavami	Morning	Navaha Parayanam - Day 6 - Sundarakanda	6+
	Evening	Sankshepa Ramayanam Discourse Day 6	1.5
3 days before Sriramanavami	Morning	Navaha Parayanam - Day 7 - Yuddhakanda(Till Kumbhakarana vadha)	6+
	Evening	Sankshepa Ramayanam Discourse Day 7	1.5
2 days before Sriramanavami	Morning	Navaha Parayanam - Day 8 - Yuddhakanda(Till Ravana vadha)	6+
	Evening	Sankshepa Ramayanam Discourse Day 8	1.5
1 day before Sriramanavami	Morning	Navaha Parayanam - Day 8 - Yuddhakanda(Pattabhisheka)	6+
	Evening	Sankshepa Ramayanam Discourse Day 9	1.5
Sriramanavami	Morning	Ramayanaratnamala Parayanam & Pooja	1+ hours
	Evening	Ramayanaratnamala Parayanam & Pooja	1+ hours