

Pranams Srirama Bhaktas,

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 Bhaktas & 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 school students

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

CONTENT- WISE CALENDER FOR CHANTING

Topics for Study	Time taken for chanting	Best time for Chanting	Suggested Coverage
Rama Nama Japa	15 mins	Morning	Daily
Nama Ramayanam	10 mins	Evening	Monday, Thursday
Sankshepa Ramayanam	30 mins	Evening	Wednesday
Aditya Hrudayam	10 mins	Morning	Daily
Sri Raghuv eeragadyam	15 mins	Evening	Monday, Thursday
Ramay anaratnamala - Dhyana Shlokas	8 mins	Evening	Tuesday, Friday
Ramay anaratnamala - Gayatri Ramayanam	7mins	Evening	Tuesday, Friday
Ramay anaratnamala - Mangalam	4 mins	Evening	Tuesday, Friday
Navaha Parayanam	Average time for 1 sarga - 20 mins	Evening	Daily 1 sarga per day - listen to the parayanam, older children are encouraged to follow the text

Discourses - For students aged(12+ years)

Topics for Study(suggested order for discourse)	Number of Discourses	Suggested time for listening	Suggested Coverage time to be taken on weekends
Sankshepa Ramayanam - Verse by verse meaning	9	Evening	Month 1
Balakanda - Discourse	9	Evening	Month 2
Bala Kanda - A bird's eye view	23	Evening	Month 3,4,5
Ayodhya Kanda - A bird's eye view	24	Evening	Month 6,7,8
Aranya Kanda - A bird's eye view	10	Evening	Month 9
Kishkinda Kanda - A bird's eye view	7	Evening	Month 10
Sundara Kanda - A bird's eye view	10	Evening	Month 11
Yuddha Kanda - A bird's eye view	25	Evening	Month 12,13,14
Aditya Hrudayam - Power of Surya Upasana	9	Evening	Month 15
Ramakatha for Chittor Sabha Parichaya Exam	10	Evening	Month 16
Champu Ramayana - Balakanda	43	Evening	Month 17 - 24
Nine gems from Sundarakanda	8	Evening	Month 25
Total Hours of discourse	268		Approximately 2+ years needed for full coverage

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

Estimated hours per week	6
Total Time available in a year in hours	288+

CONTENT- WISE CALENDER FOR CHANTING

Topics for Study(Suggested order for discourse)	Time taken for chanting	Best time for chanting	Suggested coverage
Rama Nama Japa	15 mins	Morning	Daily
Nama Ramayanam	10 mins	Evening	Saturday
Sankshepa Ramayanam	30 mins	Evening	Saturday
Aditya Hrudayam	10 mins	Morning	Daily
Sri Raghuv eeragadyam	15 mins	Evening	Sunday
Ramayana ratnamala - Dhyana Shlokas	8 mins	Evening	Sunday
Ramayana ratnamala - Gayatri Ramayanam	7mins	Evening	Sunday
Ramayana ratnamala - Mangalam	4 mins	Evening	Sunday
Navaha Parayanam	Average time for 1 sarga - 20 mins	Evening	4 sargas per weekend - listen to the parayanam & try to chant seeing a physical book

Discourses

Topics for Study(suggested order for discourse)	Number of Discourses	Suggested time for listening	Suggested coverage, to be taken on weekends
Sankshepa Ramayanam - Verse by verse meaning	9	Evening	Month 1
Bala Kanda - A bird's eye view	23	Evening	Month 2,3,4
Ayodhya Kanda - A bird's eye view	24	Evening	Month 5,6,7
Aranya Kanda - A bird's eye view	10	Evening	Month 8
Kishkinda Kanda - A bird's eye view	7	Evening	Month 9
Sundara Kanda - A bird's eye view	10	Evening	Month 10
Yuddha Kanda - A bird's eye view	25	Evening	Month 11,12,13
Aditya Hrudayam - Power of Surya Upasana	9	Evening	Month 14
Ramakatha for Chittor Sabha Parichaya Exam	10	Evening	Month 15
Balakanda - Discourse	9	Evening	Month 16
Champu Ramayana - Balakanda	43	Evening	Month 17 - 24
Nine gems from Sundarakanda	8	Evening	Month 25
Total Hours of discourse	268		Approximately 2+ years needed for full coverage

SRIRAMA EXPERIENCE COMPANION - SADHAKA MARGA UPAYA
Suggested learning template for home makers & senior citizens

Suggested learning template for Home makers & Senior Citizens

Estimated hours per week	25
Total Time available in a year in hours	1200+

CONTENT- WISE CALENDER FOR CHANTING

Topics for Study	Time taken for chanting	Best time for chanting	Suggested coverage
Rama Nama Japa	15 mins	Morning	Daily - morning
Nama Ramayanam	10 mins	Evening	Daily - evening
Sankshepa Ramayanam	30 mins	Evening	Daily - morning
Aditya Hrudayam	10 mins	Morning	Daily - morning
Sri Raghuv eeragadyam	15 mins	Evening	Daily - evening
Ramay anaratnamala - Dhyana Shlokas	8 mins	Evening	Daily - evening
Ramay anaratnamala - Gayatri Ramayanam	7mins	Evening	Daily - evening
Ramay anaratnamala - Mangalam	4 mins	Evening	Daily - evening
Navaha Parayanam	average time for 1 sarga - 20 mins	Evening	1 sarga per day - listen to the parayanam & try to chant seeing a physical book

Discourses

Topics for Study(suggested order for discourse)	Number of Discourses	Suggested time for listening	Suggested coverage, Weekdays
Sankshepa Ramayanam - Verse by verse meaning	9	Evening	Month 1
Bala Kanda - A bird's eye view	23	Evening	Month 1
Ayodhya Kanda - A bird's eye view	24	Evening	Month 2
Aranya Kanda - A bird's eye view	10	Evening	Month 2
Kishkinda Kanda - A bird's eye view	7	Evening	Month 3
Sundara Kanda - A bird's eye view	10	Evening	Month 3
Yuddha Kanda - A bird's eye view	25	Evening	Month 3,4
Aditya Hrudayam - Power of Surya Upasana	9	Evening	Month 4
Ramakatha for Chittor Sabha Parichaya Exam	10	Evening	Month 5
Balakanda - Discourse	9	Evening	Month 5
Champu Ramayana - Balakanda	43	Evening	Month 5,6
Nine gems from Sundarakanda	8	Evening	Month 6,7
Total Hours of discourse	268		Approximately 7 months needed for full coverage

SPIRITUAL COUNTDOWN FOR RAMANAVAMI 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 resting in 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	Ramayاناتnamala Parayanam & Pooja	1+ hours
	Evening	Ramayاناتnamala Parayanam & Pooja	1+ hours

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

Countdown	Coverage	Stotra Chanting & Listening to Discourses	Time taken in hours
9 days before SriRamanavami	Morning	Ramayanaratnamala Parayanam	1
	Evening	Sankshepa Ramayanam Discourse Day 1	1.5
8 days before SriRamanavami	Morning	Ramayanaratnamala Parayanam	1
	Evening	Sankshepa Ramayanam Discourse Day 2	1.5
7 days before SriRamanavami	Morning	Ramayanaratnamala Parayanam	1
	Evening	Sankshepa Ramayanam Discourse Day 3	1.5
6 days before SriRamanavami	Morning	Ramayanaratnamala Parayanam	1
	Evening	Sankshepa Ramayanam Discourse Day 4	1.5
5 days before SriRamanavami	Morning	Ramayanaratnamala Parayanam	1
	Evening	Sankshepa Ramayanam Discourse Day 5	1.5
4 days before SriRamanavami	Morning	Ramayanaratnamala Parayanam	1
	Evening	Sankshepa Ramayanam Discourse Day 6	1.5
3 days before SriRamanavami	Morning	Ramayanaratnamala Parayanam	1
	Evening	Sankshepa Ramayanam Discourse Day 7	1.5
2 days before SriRamanavami	Morning	Ramayanaratnamala Parayanam	1
	Evening	Sankshepa Ramayanam Discourse Day 8	1.5
1 day before SriRamanavami	Morning	Ramayanaratnamala Parayanam	1
	Evening	Sankshepa Ramayanam Discourse Day 9	1.5
SriRamanavami	Morning	Ramayanaratnamala Parayanam & Pooja	1+ hours
	Evening	Ramayanaratnamala Parayanam & Pooja	1+ hours

SPIRITUAL COUNTDOWN FOR RAMANAVAMI 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