

<b>Year V</b>	<b>Meditation / Bhajans / Stotras - 20 minutes</b>	<b>Religion - 25 minutes</b>	<b>Video/Discussion on History of India - 45 minutes</b>
Session 1	Inner self / 4 year revision	Hinduism and its God	Timelines and Prehistoric India
Session 2	Breathing / 4 year revision	Hindu/Sources of Religious information	Indus Valley Civilization
Session 3	Breathing / 4 year revision	Vedas and its teachings	Vedic Period
Session 4	Suryanamaskar / 4 year revision	Vedas and its teachings	Rise of Buddhism and Jainism
Session 5	Breathing / 4 year revision	Vedas and its teachings	Mauryan Period
Session 6	Breathing / 4 year revision	Vedic Gods/Havan/Darbha grass	Golden age
Session 7	Suryanamskar / 4 year revision	Vedic Gods/Havan/Darbha grass	Muslim Invasions
Session 8	4 year revision	Upanishads	The Mughal Empire
Session 9	4 year revision	Smriti	The British rule by East India Company
Session 10	4 year revision	Smriti	The British rule - Directly under the crown
Session 11	4 year revision	Itihasas	Modern India - Systems
Session 12	4 year revision	Puranas	Modern India - Cultural
Session 13	4 year revision	Shastras	Modern India - Entertainment and nature
Session 14	4 year revision	Shastras	Indian Geography & Languages/Dress,Food,.
Session 15	4 year revision	Darshanas/Vedangas/Upavedas/Upaangas	Indian Contribution to the world - Math
Session 16	4 year revision	Samskaras	Indian Contribution to the world - Science
Session 17	4 year revision	Different forms of prayer	Indian Temples - Architecture
Session 18	4 year revision	Kalpa or Creation/Hindu Calendar	Indian Holy sites
Session 19	4 year revision	Hindu Calendar	World Heritage sites in India
Session 20	4 year revision	Values	Where do we see India heading with 1 billion plus population...