

Year VII	<i>Meditation / Bhajans / Stotras - 15 minutes</i>	<i>Life skills - 75 minutes</i>
Session 1	Inner self / 4 year revision	Chapter 1 - Time management - Pages 6-10
Session 2	Breathing / 4 year revision	Chapter 1 - Time management - Pages 11-14
Session 3	Breathing / 4 year revision	Chapter 1 - Time management - Pages 15-16
Session 4	Suryanamaskar / 4 year revision	Chapter 1 - Time management - Pages 17-18
Session 5	Breathing / 4 year revision	Chapter 1 - Time management - Pages 19-21
Session 6	Breathing / 4 year revision	Chapter 1 - Time management - Pages 22-23
Session 7	Suryanamaskar / 4 year revision	Chapter 2 - Problem Solving - Pages 25-33
Session 8	4 year revision	Chapter 3 - Creativity - Pages 33-36
Session 9	4 year revision	Chapter 4 - Decision Making - Pages 38-43
Session 10	4 year revision	Chapter 4 - Decision Making - Pages 44-47
Session 11	4 year revision	Chapter 5 - Project Management - Pages 49-50
Session 12	4 year revision	Chapter 5 - Project Management - Pages 51-53
Session 13	4 year revision	Chapter 6 - Leadership - Pages 56-58
Session 14	4 year revision	Chapter 6 - Leadership - Page 58
Session 15	4 year revision	Chapter 7 - Communication skills - Pages 61-67
Session 16	4 year revision	Chapter 8 - Stress Management - Pages 69-72
Session 17	4 year revision	Chapter 8 - Stress Management - Pages 69-73
Session 18	4 year revision	Chapter 9 - Social skills - Pages 74-76
Session 19	4 year revision	Chapter 9 - Personal Improvement - Pages 78-85
Session 20	4 year revision	Chapter 9 - Personal Improvement - Pages 86-90
4 Year Revision - Revising the first 4 years of Slokas, Bhajans and Yoga		