

“He who is regulated in his habits of eating, sleeping, recreation and work can mitigate all material pains by practicing the yoga system. (BG 6.17)”

Sādhana Card

Name		Month / Year 05 / 2018	
2018-05-03		2018-05-04	
Woke Up At (Ā«va Jāgo)			
Japa (Number of Rounds)			
10		10	
Reading (Number of pages or minutes)			
(0 Mins)			
Srimad Bhagavatam (21 Books)			
CHAD (21-46)		Chapter 1	Chapter 1
Services (Time Engaged)			
0 mins		60 mins	
Hearing (Āśravaā«a)			
0 mins		60 mins	