



Monthly Nitnem Log

Student Name:

Gurmat Class:

Month and Year:

For every daily entry added to the log, please record the total pauris recited by the student and provide a signature. At the end of the month, please submit the log to the KGC Office.

Date	Japji Sahib	Jaap Sahib	Tav-Prasad Saviyae	Chaupai Sahib	Anand Sahib	Rehras Sahib	Signature
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
13							
14							
15							
16							
17							

18							
19							
20							
21							
22							
23							
24							
25							
26							
27							
28							
29							
30							
31							