

## HINDU TEMPLE & CULTURAL CENTER OF CAPITAL DISTRICT ANNOUNCING CHINMAYA BALA VIHAR (HERITAGE CLASS)

Promote, instill, and foster Indian culture in children of our community to build character, self-esteem and leadership to raise them as responsible and compassionate citizens.



Never can children's education be complete unless we impart in them the true appreciation of the eternal values of life.

# Teaching with all the right ingredients

- 1 Promote the enlightenment of the intellect and enrichment of character through a value-based education.
2. Provide a conducive atmosphere for nurturing emotional stability through love, care, and concern.
3. Encourage better communication with parents – strengthen the family bonds through total participation in the classes, festivals and functions.
4. Enable children to achieve academic excellence through exercises to enhance concentration and memory.
5. Inculcation of healthy habits and developing resistance to temptations through talks and discussions on topics related to religious and spiritual values.
6. Develop a broad perspective, positive outlook and healthy interaction with others by offering positive peer influence.
7. Strengthen the cultural identity of the children through systematic and logical exposure to our ancient culture.
8. In general, unfold their personality through development of their skills, self-confidence and self-reliance.

# Program Overview

An innovative way to jump start a value based education program has been created for our children. It is a structured, age appropriate program which runs from KG - 12<sup>th</sup> grade. It provides twelve well developed teachers' handbooks. The idea is to provide provide an environment where the personality of the child blossoms in a spontaneous way. Good conduct, emotional refinement, intellectual finess, social responsibility and spiritual awareness are developed by the teachers through story-telling from the Purānas and other scriptures, singing of bhajans, chanting of stotrams, games, arts and crafts, plays and other funfilled activities. The children are encouraged to be responsible, alert and sensitive members of society.

Subject	Grade	Duration
The Alphabet Safari	KG	One year
Bāla Rāmāyaṇa	1	One year
Śrī Hanumān The Super Superman	2	One year
Bāla Bhāgavatam	3	One year
Kṛṣṇa Kṛṣṇa Everywhere	4	Six months
My 24-teachers	4	Six months
Symbolism in Hinduism	5	One year
India, The Sacred Land	6	One year
P. O. Box Mr. God	7	Six months
Key To Success	7	Six months
Yato Dharmah Tato Jayah	8	One year
Hindu Culture	9	One year
Bhagavad Gītā	10 & 11	Two years
Self-Unfoldment	12	One year

# Curriculum Highlights

## The Alphabet Safari



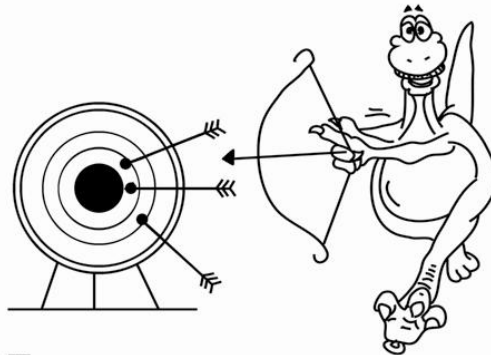
Kindergarten

Bala Vihar Teachers' Handbook  
Chinmaya Mission

### Alphabet Safari - Kindergarten

Instill values like aspiration, brotherhood, cleanliness etc., through animal stories, coloring, and hands-on activities.

Lesson 24



## X is for eXcellence

## Bāla Rāmāyaṇa



Grade 1

Bala Vihar Teachers' Handbook  
Chinmaya Mission

### Bāla Rāmāyaṇa - Grade 1

Inspire children and enhance their imagination through the events and stories of Śrī Rāma's journey in Rāmāyaṇa.

#### Game: Grab It All

In this game, children will learn why greed is bad.

#### Materials Required

- ♦ Classroom kit
- ♦ Few items like beans, fruits etc.

#### Directions

Make several teams of two children each. They connect to each other by putting their one hand on waist. They move around as a pair, without getting disconnected.

Spread many small things (e.g., ruler, book, marbles, beans etc.) on the floor of the classroom. All pairs move around in the classroom and try to pick up as many things as they can. They must carry all items at all times till the game is over. The pair that picks up most number of things is Kabandha.

**Inference:** Now explain to children how difficult it is to grab and hold on to all things. In life also, let us learn not to hold on to things and be a Kabandha. When we act like Kabandha, we become miserable.





# Curriculum Highlights

## Śrī Hanumān The Super Superman



Grade 2

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Buddhi  
Intelligence  
Bala  
Strength

Yasas  
Fame

Dhairyam  
Courage

Nirbhayatvam  
Fearlessness

Aroga  
Good Health

Ajādyam  
Alertness

Vāk-ṣaṭtvam  
Eloquence

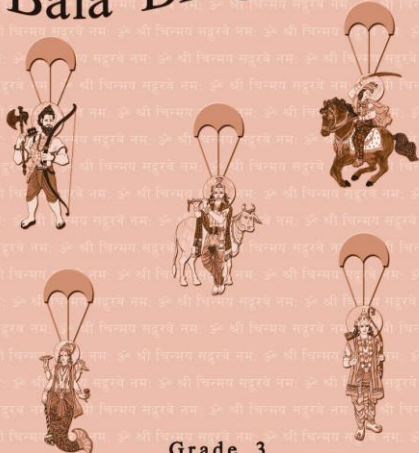
## Śrī Hanumān The Super Superman - Grade 2

Learn from Hanumānji the values like courage, strength, fearlessness, alertness, eloquence etc., as they are the vitamins that make our mental backbone straight and strong.

Have a  
Backbone  
Like a Ruler  
and  
Rule  
the World



## Bāla Bhāgavatam



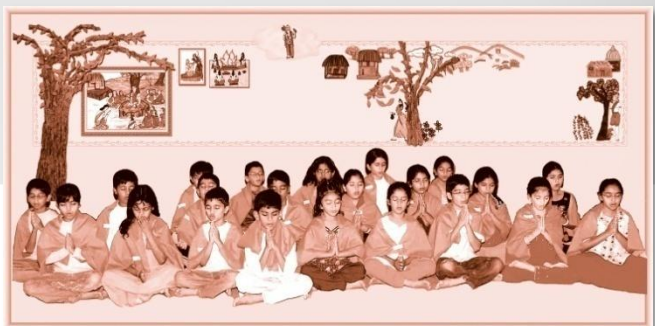
Grade 3

Bala Vihar Teachers' Handbook  
Chinmaya Mission

## Bāla Bhāgavatam - Grade 3

Through the stories of different avatāras of Lord Śrī Viṣṇu, children learn to own up to their actions. They learn to ask for only what they need, and not necessarily what they desire.

Gratitude Is The Best Attitude

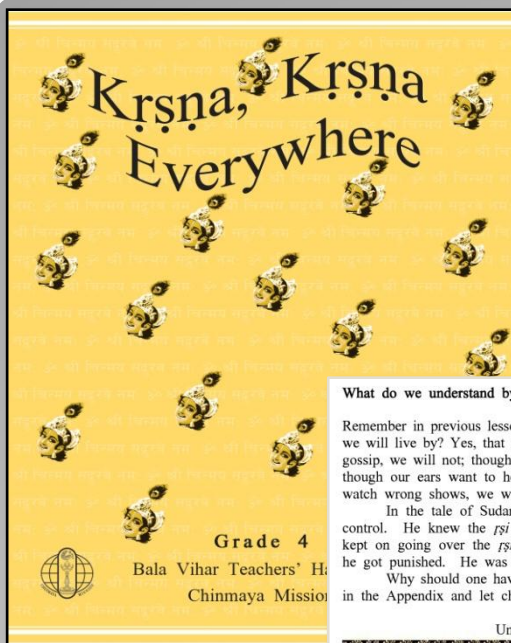


1  
Promise

1  
Promise

1  
Promise

# Curriculum Highlights



## Kṛṣṇa Kṛṣṇa Everywhere - Grade 4

Encourage children to learn about sharing and self-discipline through the stories of Lord Kṛṣṇa. They learn to introspect and record their observations regularly.

### Lesson 6

Road Map To Kṛṣṇa My virtue Log 1	
Virtue	GVFEOIR
scrambled	
nday	
esday	
ndnesday	
rsday	
day	
urday	

#### What do we understand by the control of senses?

Remember in previous lesson we made a flower and had promised Kṛṣṇa the values we will live by? Yes, that is having control of senses. Though our tongue wants to gossip, we will not; though we feel like eating the whole box of candies, we won't; though our ears want to hear wrong things, we will not; though our eyes want to watch wrong shows, we will not. That is having the control over our senses.

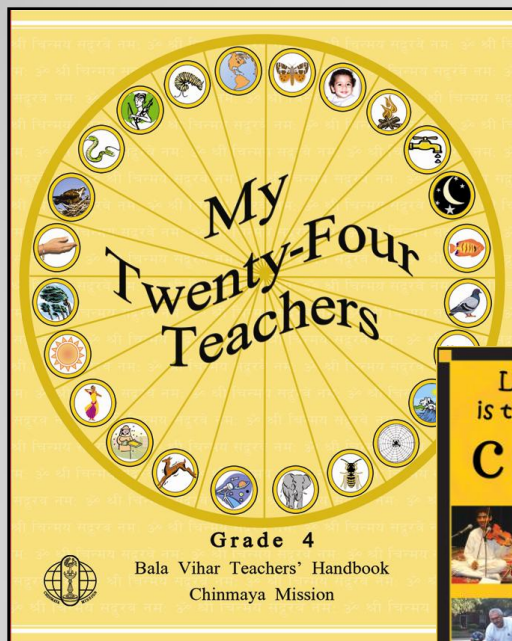
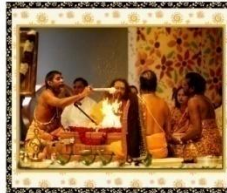
In the tale of Sudarṣana, he crossed his boundaries and did not have sense control. He knew the *ṛṣi* was meditating. Just for fun, without thinking he just kept on going over the *ṛṣi* because he felt like doing it and disturbed meditation; he got punished. He was born as a python!

Why should one have control over senses? Show the following pictures given in the Appendix and let children see the importance of self control.

Uncontrolled



Controlled



## My Twenty-Four Teachers - Grade 4

"To succeed, one needs a coach," and once the value of the coach is established, we automatically learn from everyone and everywhere. Thus, children will learn to recognize and develop reverence for teachers throughout nature.

### Listening to the coach is the recipe for SUCCESS c o a c h



1. Earth

Mother Earth  
teaches me to  
be patient and  
forgiving.

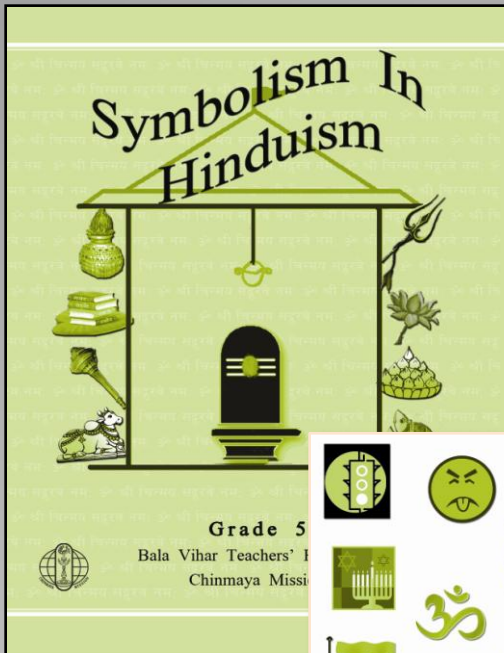


2. Air

Air teaches me  
to eat only what  
I need and use  
only what I need.

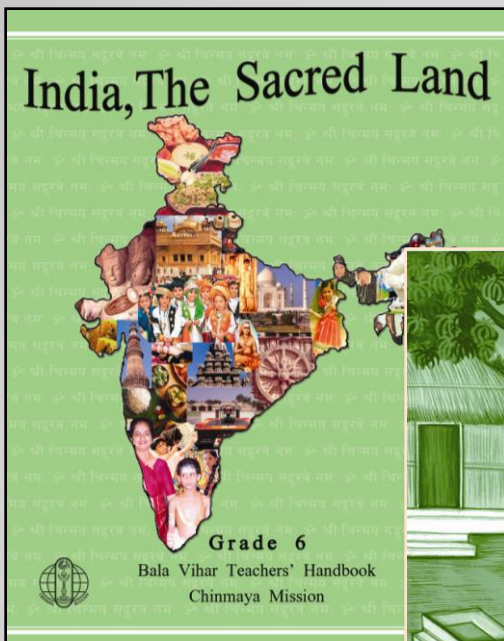
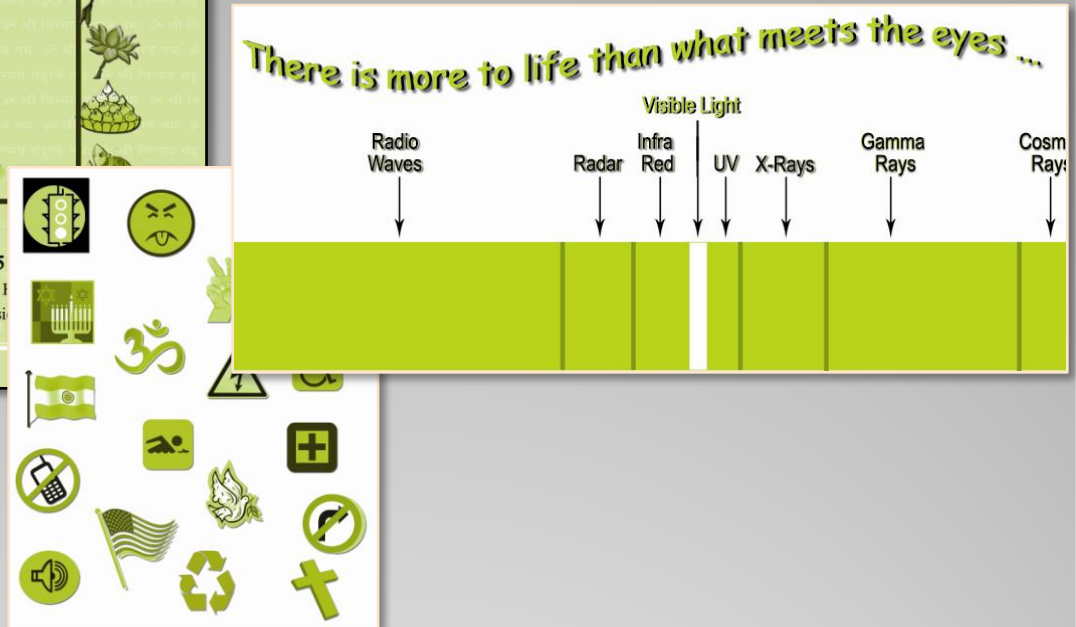


## Curriculum Highlights



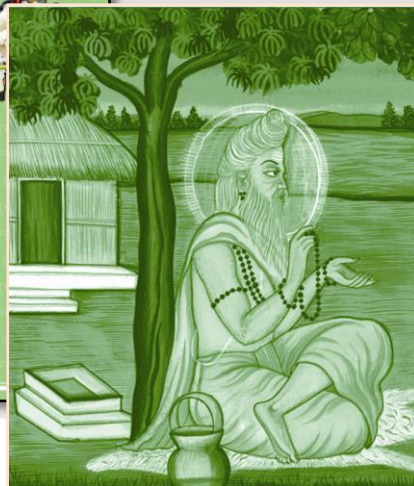
## Symbolism In Hinduism - Grade 5

Explain the importance of symbols. The deities are symbols of the one Omnipresent Lord. These symbols teach us to live a life of harmony, fulfillment, and happiness.

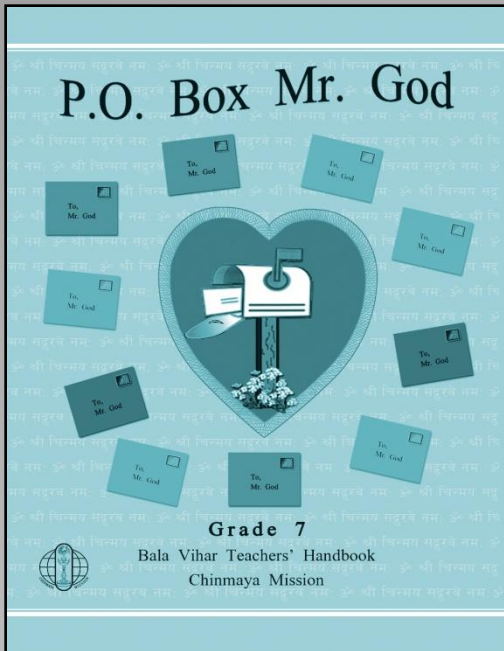


## India, The Sacred Land - Grade 6

Energize children about the rich heritage of India. Saints and sages, our treasure, made this land sacred and contributed to its success.



# Curriculum Highlights

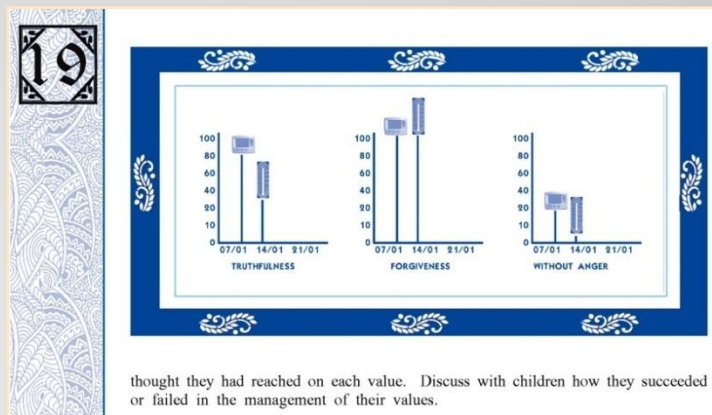
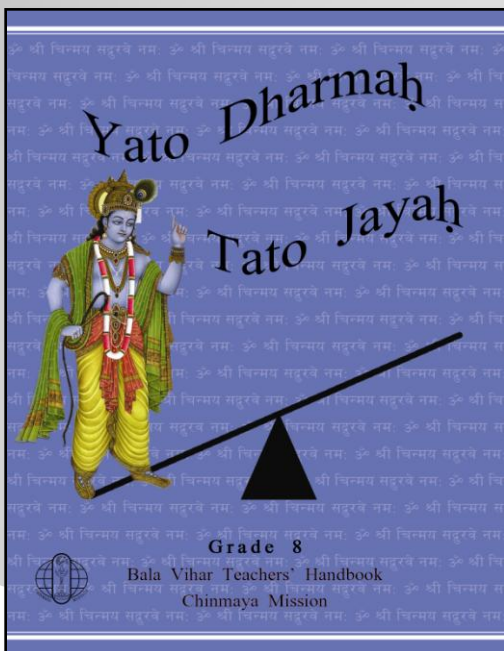
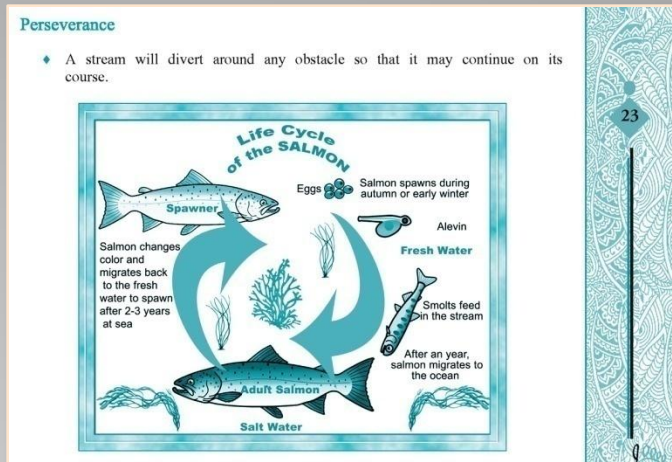


## P. O. Box Mr. God (Rāmacaritamānasa) - Grade 7

Invite children to find the Omnipresent God and His address. Then they learn that each one of us is His address and we can find Him within us, if we learn to live a life of noble virtues.

## Key To Success (Rāmacaritamānasa) - Grade 7

Challenge children to learn to achieve success in the world by living a life rich in values. Emphasize how a disciplined mind enjoys happiness and peace.

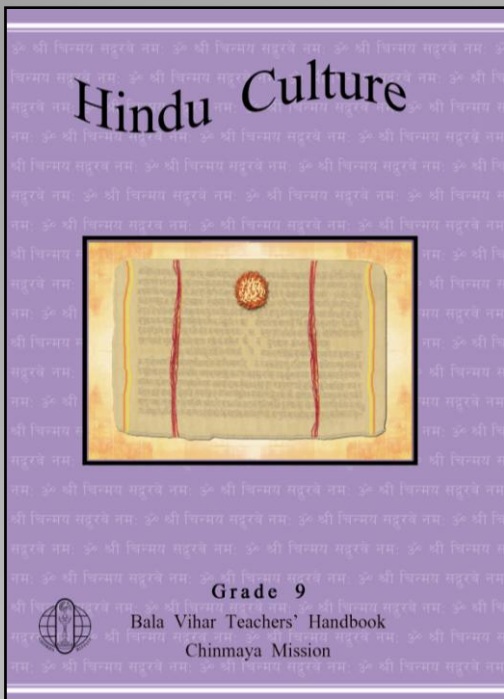


## Yato Dharmah Tato Jayah – Grade 8

“Be victorious in life by following Dharma,” is the main theme. The text dives deep into what is Dharma, how to live by Dharma, along with the story of Mahābhārata. The goal of life and how we are the architect of our own future is explained through the Law of Karma.



# Curriculum Highlights

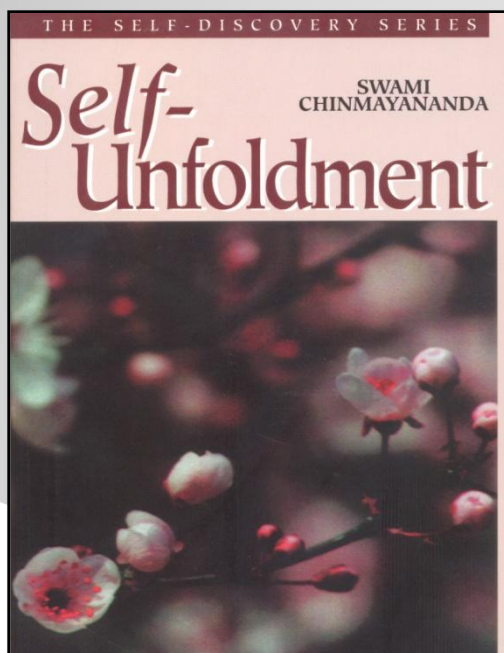
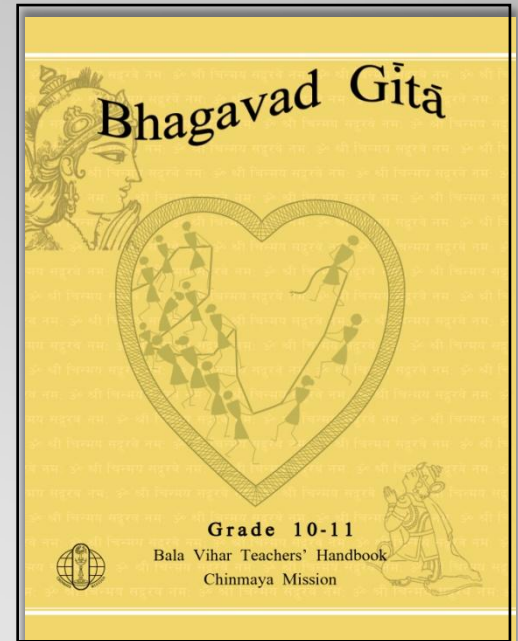


## Hindu Culture - Grade 9

Accomplish the goal of life by following the Hindu Sanskriti. Learn to live a stress free life by applying the message of Upanishads.

## Bhagavad Gītā - Grade 10 11

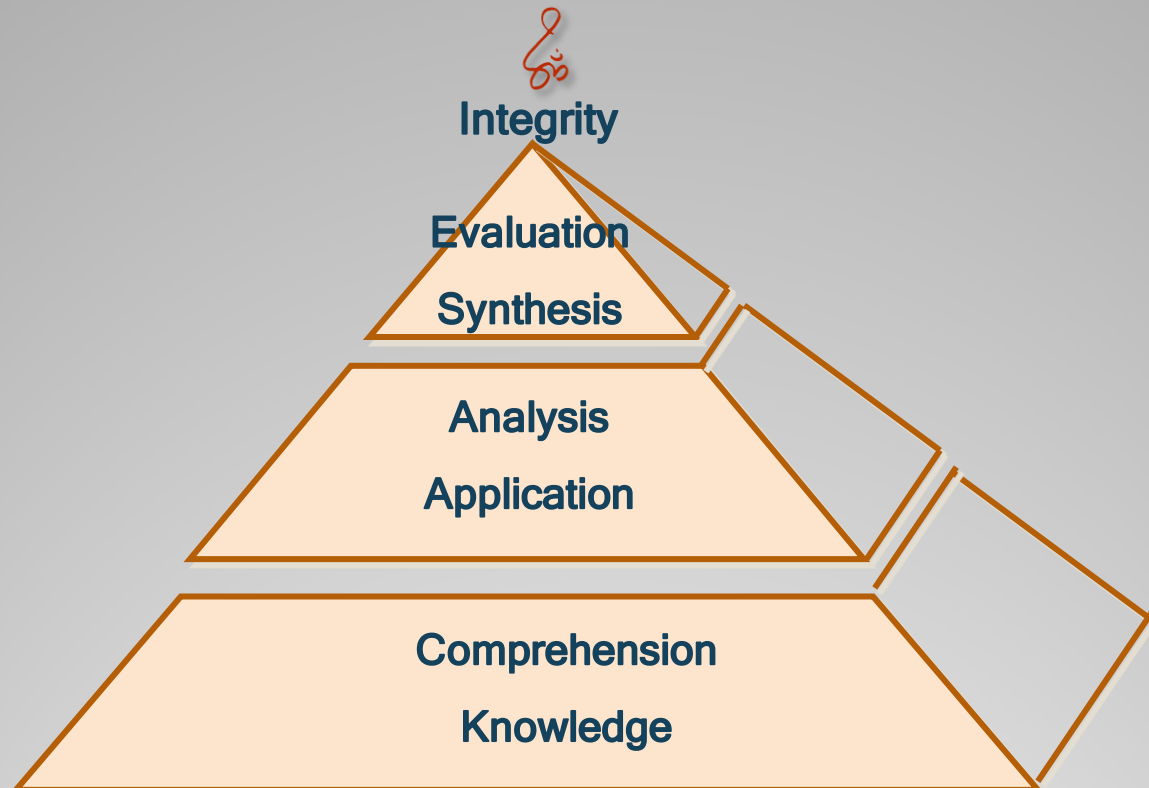
Absorb the message of Gītā through flowcharts and other unique techniques, in a logical sequence. The text used in this class is “Holy Gītā” by Swami Chinmayananda.



**Self-Unfoldment**-A text, written by Swami Chinmayananda comprising the message of the Upanishad and the Gita. emphasis of the curriculum is on “the mind .The teachings, which are rooted in the bedrock of our scriptures, tone the muscles of the mind and intellect – i.e., they integrate-the human happy mind, and a peaceful mind makes life meaningful and takes us to the highest evolution that man is capable of achieving in life.

# Teaching Method

- ◆ Tell, Never Teach – children are encouraged to think on their own to draw conclusions
- ◆ Dr. Bloom's Taxonomy – Children learn to gradually move from simple knowledge level to the highest evaluation level in their thinking



The result is an integrated personality, which is the main ingredient for success.