



# **Chinmaya Mission Berwick**

**2022**

**Sem 1**

**Issue**

**4**

# Welcome to 2022

It is a great pleasure in sharing our first newsletter of 2022. In Term 1, we celebrated *Maha Shivaratri* online on the 25th of February. We all performed a 16-Step Puja and chanted the 108 Names of Lord Shiva.

opportunity to grow our community even bigger.

During Term 2, we all celebrated Rama Navami and Gurudev Jayanthi. Our centre is slowly settling into our new venue and is running smoothly.

At the end of Term 2, the JCs and the CHYKs



With God's grace and Gurudev's blessings, we have found a bigger venue for our centre to go face-to-face. Our centre was blessed by *Swami Aparokshanandaji* inaugurating our centre on the 1st of April 2022. The new venue brings us the

enjoyed a social evening of bowling.

From Term 2, our Shishuvihar has been moved from the Berwick centre over to the Cranbourne centre. Please let your friends and family around the Berwick/Cranbourne area know to use this opportunity for their Shishus.

**- Berwick Centre Sevaks**



# Our Teachers

**Shishuvihar**



*Devisri Dharmaraj  
Venki Vinod*

**Bhajans**



*Parvathavathini Ramesh*

**Balavihar 1**



*Remya Sriram*



*Varsha Subramanian*

**Balavihar 2**



*Geetanjali Jhamb*



*Deepa Raghavendra*

**Balavihar 3**



*Manohar Mathiyalagan*

**Junior CHYK 1**



*Usha Rao*

**Junior CHYK 2**



*Vidhya Uddaiyar*

**Adults**



*Varun Venkataraman*



## Shishuvihar

In Term 1, Shishu kids learnt about Lord Ganesha and Lord Shiva.

We started the term with Ganesha stories and learnt about the significance of his elephant head. Kids were excited to learn about Lord Ganesha - the Master of senses. They learnt about the different senses - hearing, seeing, smelling, tasting and touching.

Additionally, kids also gained an understanding of how Gajamukha transformed into Ganesha's vahana Mushika and how he got a broken tusk. The children learnt that Ganesha is not only strong but also gentle.

In the second half of the term, kids enjoyed listening to stories of Lord Shiva and learnt why we celebrate *Maha Shivaratri*. They discovered the importance of humility and honesty from the stories. Kids loved playing peek-a-boo with Lord Shiva and other games.

In addition to stories, the shishu kids enjoyed arts and crafts, yoga, and bhajans. Our artworks include a Ganesha bookmark, a Shivalingam and a Shiva headband with Mother Ganga and the Crescent Moon. We are looking forward to another exciting term.

- **Devisri Dharmaraj and Venki Vinod**

## Balvihar - Prep to Grade 2

In Term 1, we memorised and learnt the *Dhyana Sloka* and its virtues. Through the *Dhyana Sloka* we learnt about virtues such as strength, intelligence, courage, fame, good health, fearlessness, eloquence, and alertness. To help us remember the *Dhyana Sloka* better, we learnt fun actions to perform as we chant which represent each virtue of the sloka. Performing these



actions as we chant has improved our memory of the sloka! We have done fun activities such as Hanuman's Vertebrae which showcases the virtues of Hanuman and the *Dhyana Sloka*, this activity has also helped us better remember the *Dhyana Sloka*.

Term 2 has been an exciting term for BV1! We have retuned to face to face learning and have learned many exciting new lessons this term.

It's been wonderful returning to face-to-face learning! We have been very happy seeing everyone in person! Returning to face-to-face learning has helped us to better connect with

each other, learn together and participate in many fun activities. In Term 2 we have been learning the *Hanuman Chalisa* and getting better, week by week, at remembering every verse we learn and chanting it.

We have had an exciting semester learning all these wonderful lessons, and look forward to another exciting term with more valuable lessons to learn.

- **Remya Sriram and Varsha Subramanian**

## Balvihar - Grades 3 & 4

The kids were very excited to return after a long holiday break. We started online and

started learning about *Bala Bhagavatam*. We learned about 9 of the avatars of Lord Vishnu. The kids are very keen to listen stories about the glories of the Lord from *Bala Bhagavatam*. At the end we had fun Kahoot sessions where we will do quizzes about what we learned in the class.

The kids learnt about the Varaha avatar and how the Lord protected Mother Earth from *Pralaya*. The children have learnt how they can save the Earth by reducing



pollution and waste.

They also learnt how to be selfless and kind, with the following lesson:

"As we sow, so we reap"

The kids were given a *Sadhana* to do at home about the three *Gunas*; *Tamas*, *Rajas*, and *Sattva*. They were asked to write down any instances of *Sattva* they showed at home.

The kids were also learned the story of Dhruva, and were inspired to be dedicated and persistent like him to be stars in their lives.

The children enjoyed many games after the stories, which was an exciting part of learning and helped them to focus and enjoy the fun of learning.

- **Geetanjali Jhamb and Deepa Raghu**

## Balvihar - Grades 5 & 6

BV3 has kicked off 2022 continuing our text, '*India, The Sacred Land*'. This year, we have been converging the second section of the text, titled '*Saints, Our Treasure*'.

We have been learning about the various saints of India that have left lasting impacts on our culture and society, including the roots of our very own Chinmaya Mission.



We have learnt about Saints from all sorts of backgrounds, such as our Pujya Gurudev Swami Chinmayananda, who grew up as a sceptic, Auvaiyar, who prayed to skip past her prime years directly to old age, and Saint Kabira, who was reknowned by both Hindus and Muslims alike, and many other such fascinating saints.

Alongside the content from the book, we have also been learning about all sorts of other topics arising from the curious intellects of the children. Almost every week, we enter a new rabbit hole, trying to understand how our minds work, or



how God works, and how we can use that information to improve our day-to-day lives and our understanding of our culture.

We look forward to continuing to learn about more of the amazing saints India has to offer, and their insightful teachings.

- *Manohar Mathiyalagan*

## Junior Chyk - Years 7 to 9

This year, JC1 kids are learning a new text called '*P.O. Box Mr. God*' by Swami Tejomayanandaji. This text has been developed from the Ramacharithmanas which consists of 7 Kandas (parts). '*P.O. Box Mr. God*' is based on the 2nd Kanda or portion of Ramacharithmanas; the Ayodhya Kanda. This part of the text directs us to where God resides, that is, the address of God.



The title is self-explanatory, it is a letter to God. When we write a letter to someone, we need to know the recipient. Thus, the JC's learned who God actually is from a vedantic perspective. They learnt about the three aspects of God - Omnipresent, Omnipotent, and Omniscient - through examples and illustrations. They extended their learning on these topics through

personal inferences as part of their weekly Sadhanas.

The JC's have written a Thank You Letter to God and we are just about to post the letter to God. As you can foresee the dilemma...What is God's address? Where to post the letter?

They are further going to learn where God resides. JC's are absolutely thrilled to learn this and I am very excited and looking forward to discovering the answers with them!

- *Usha Rao*

## Junior Chyk - Years 10 to 12

This year, the classes in Berwick have moved to the Chisholm Institute due to the growth of the centre in recent years. Despite the new setting, the entire Mission family have managed to recreate and foster the warm supportive environment that is found in a loving family home. The CHYK Mission statement is "To empower youth with the vision, values and dynamism for success in all fields". Junior Chyk is where this all starts and it is evident in how the JCs think, interact and approach their life.



There are many misconceptions about teenagers, and these are all immediately challenged by a few moments in the company of our JCs. The questions they ask and the perspective in which they share their day-to-day experiences illustrate their ability to reflect and displays their positive and dynamic attitude they have to life. When asked about why they come to class they answered with the following:

- Enjoy learning about my culture
- Understanding more about my surroundings and myself
- A place to clear my mind
- It relates to psychology and is also a nice place to learn
- To Realise things
- Meet friends
- Have a different type of learning

The topics covered in JC are always relevant and relatable to the teenagers. In class we are currently going through the book "Life Management Techniques" by Swami Swaroopananda. We have covered the topical issues of stress, anxiety and worry. The present chapter is covering the intricacies of our elusive Mind, understanding it, and how we can relate to it as our friend, rather than letting it control us as our foe. Each class is aimed at being interactive and allowing discussion to allow proper reflection and deeper understanding for everyone involved; both students and teachers.

There is no doubt that the teenagers will face the ups and downs that belong to life. However, through JC classes and their own efforts, they are slowly coming to realise their own skills and innate ability to navigate any situation.

- ***Vidhya Uddaiyar***



## Attendance

We congratulate the following students for attending every class of Term 2:

Aadya Prabhu

Devik Sharma

Hiranya Kandagal

We also congratulate the following students for missing only a single class during Term 2:

Aarav Jhamb

Abhay Bhaskar

Akilesh Ravikumar

Anirudh Satish

Chaitali Bhat

Deeksha Markande,

Lakshya Sivalingakumar

Nachiket Bhat

Prisha Shrikant

Saithirie Ravishankar

Shaileshwar Suresh

