

CHINMAYA MISSION DHAM FAMILY PROGRAM



Term 3, 2022/Issue 2

Term 3 is always an exciting one for us all, with so many festivities to look forward to. After the past couple of years, it was wonderful to celebrate together in person.

Even before the start of term 3, during the July school holidays, we had two sevaks helping out the Gardening Rose Pruning team – thank you to Aaravu and Mehul and no doubt we will have some beautiful roses in the garden as we enter warmer spring weather this term.



Some of the key highlights for this term include:

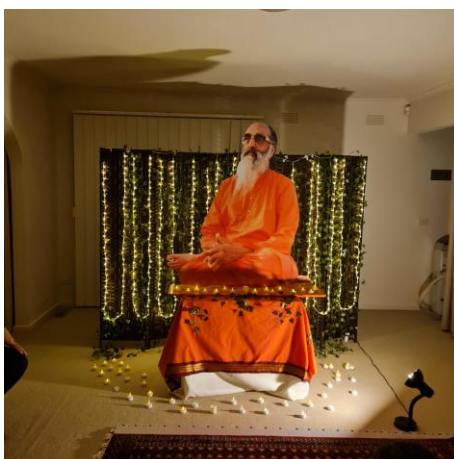
Gurudev Mahasamadhi

Krishna Janmashtami

Ganesh Visarjan

GURUDEV MAHASAMADHI

On Wed 3rd August, we gathered together to reflect upon Gurudev's journey – his life and teachings. The two-part program included an immersive exhibition as well as a Paduka Puja accompanied by satsang. The evening gave us the opportunity to realise His grace and blessings within us.



Service in this world is the highest prayer, loving people around us is the greatest devotion - Swami Chinmayananda

KRISHNA JANMASHTAMI

Celebrating the birth of our Lord Krishna is always a hit for both adults and children alike. This year was no exception. Our program included Bhajans, Puja and Abhishekham, Vishnu Sahasranamam and a Dinner Prasad. The children took part in some wonderful activities upstairs with some art and craft, games, bhajans and even learnt to do a puja.



GANESH CHATURTHI

This joyous festival celebrates Ganesha as the God of new beginnings and the remover of obstacles, as well as the God of wisdom and intelligence. Ganesh also symbolises the omnipresent consciousness. The Ganesh Visarjan festival marks a unique art of worshipping His manifest form, Ganesh in pursuit to attain the formless.

Pujya Swami Swaroopananda advises us to take inspiration from the adorable Lord Ganesh and live life by His wisdom and leadership.

On Sunday 4th September, we commemorated this special occasion with Pooja and Bhajans at the Dham, followed by a Yatra and Visarjan at Ruffey Lake Park.



SHISHU VIHAR

We began term 3 by learning about Lord Rama. We did yoga stories learning about Lord Rama's life, learned the shloka Ramaya Rama bhadraya. The bhajans that we learned are "Your name is my refuge" and "Kathe bhi Rama Kaho", "Rama nama tarakam" and "Sri Raghu rama". The kids love singing along to the bhajans, playing their instruments and even learning the actions. If you would like to learn the shloka, we have included it below.

- We also drew Lord Rama's bow, coloured in and decorated Lord Rama's feet.
- We learned to write RAMA in Sanskrit and revised our Sanskrit numbers and alphabet.

In August we started classes about Lord Krishna. We learnt the Shloka below:

Vasudeva sutam Devam

Kamsa chaanura mardhanam

Devaki Paramaanandam

Krishnam Vande Jagat Gurum.

Bhajans we learned include: Krishna Krishna baby Krishna, Nanadalala, This is the way we rise and shine.

We also made the basket that Lord Krishna was carried in to cross the Yamuna river. Not to mention, story time listening to stories about Shri Krishna were an absolute favourite for all the children – they may not listen to their parents this intently, but we're so glad they love listening to stories about Bhagvan.



Ramaya Rama Bhadraya
Ramachandraya Vedhase
Raghu Nathaya Nathaya
Sitayah Pataye Namaha

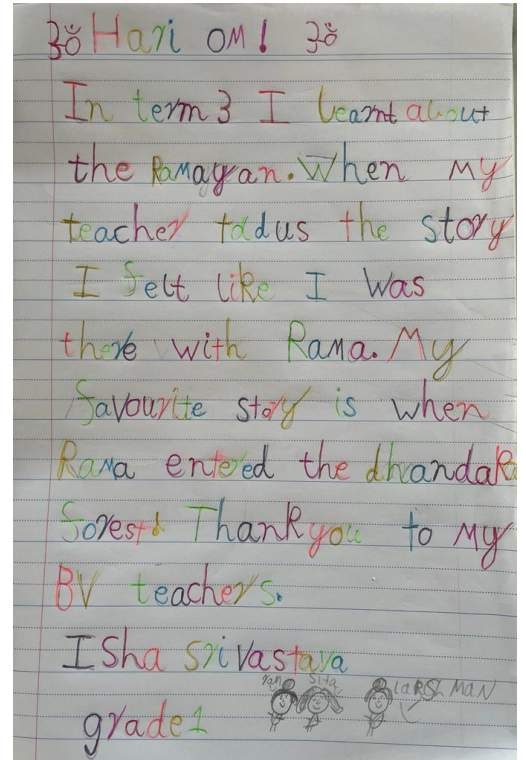
BALVIHAR – PREP TO YEAR 2 CLASS

Term 3 has been a busy time for the Junior Balvihar kids. We have continued our journey into the deep dark Dandaka forest where the brave Ramchandra ji has defeated many Rakshasas to protect the Rishis.

Reminding the children that when we choose to stand by for the right thing, we are always protected by Ram ji, even if others come to “destroy” the good. The important thing is to stay committed to being good and doing what we know is right.

We have also started the festive season with many fun activities during Janmastami, like doing a Krishna puja, making coconut ladoos and of course crafts & games; and for Ganesh Chaturthi we all had the chance to make our very own clay Ganesh.

We also spoke of the significance of submerging the Ganesh we so dearly created. We hope that all the children had an opportunity to care and pray daily to their Ganesh and then together with their families also submerged their murtis into water.



BAL VIHAR – GRADES 3-6 CLASS

Bala Vihar

This year we have been learning about the meanings of Hanuman Chalisa.

It has been really fun to find out what each verse of the chant means.

I learnt that there are Dohas and a Chowpai.

In the first Doha we learnt that by using the dust of the Guru's feet we can clean our mind before singing the glories of Hanuman

The second Doha is to take blessings from Lord Hanuman.

It was so much fun learning about the Hanuman Chalisa.

Anmol

Question: What is the name of Ramchandrajis bow?

Answer: Sharanga!

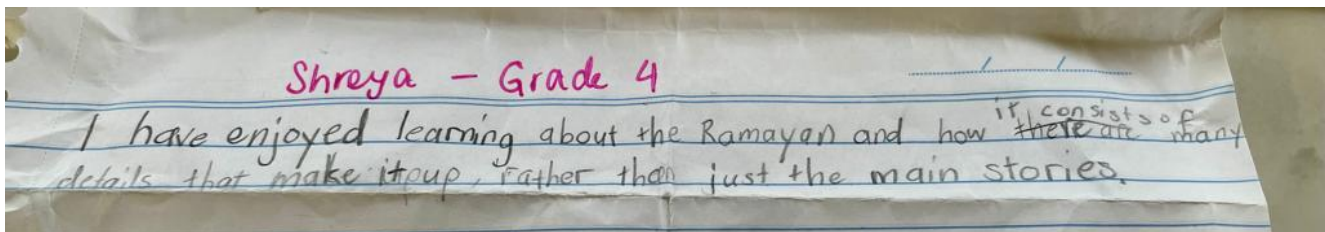
This is one of the interesting facts the Balavihar children from Grades 3-6 have been learning about in their Term 3 exploration of the Ramayana.

During this term, the children learnt about Kaikeyi's boons, Rama's exile to the forest, Bharat's visit, Khar and Dushan, Soorpanaka and Ramchandrajis cheerful nature. Within these stories, the children explored some key values of care for nature, integrity, mental toughness, devotion and cheer.

In line with this, the children continued their learning of the Hanuman Chalisa. They have been practising away and understanding the meaning behind each verse and the different qualities of the toughest super hero ever- Hanumanji!

The children also participated in many fun activities during Krishna Janmashtami including preparing their own coconut laddoos and offering it as naivedyam during a mini puja. They also prepared their clay Ganeshjis for Ganesh Chaturthi and learnt Gurujis famous ganapathi bhajan! It has been wonderful to see the children participate and enjoy our lovely festivals.

What an action packed term, and we are certainly excited for Term 4 to begin the most exciting part of Ramayan- Sunderkand!



JC CLASS

The class was reasonably sized (6-7 kids per class) and well attended throughout the term. Content covered included "Mind Matters (A Youth Camp) – Pujya Swami Swaroopanadji" & "Victorious Youth – Swami Tejomayanadji". Themes explored included: Learning about the nature of the mind – "Why the mind is like a pendulum", "Nature of the mind – in terms of its 3 gunas", "How to maintain it in a positive, more sattvic state for a longer period", "Learning to identify with the journey – and not destination", "Qualities of a successful youth" and finally learning how to pursue positive, potentially selfless activities aligned with their nature. All content was taught using an ADEPT framework (Analogy, Diagram, Example, Paraphrase & Technical). Discussions were lively and questions demonstrated a keen sense of self-improvement from the students.

ADULT CLASS REFLECTION – BHAGAVAD GEETA CLASS

We are currently studying chapter 2 of the Bhagavad Geeta, which is often likened to a “table of contents”. In term three, we were introduced to the idea of Karma Yoga through the text and Swami Chinmayananda’s videos. We explored and discussed how we could find peace and happiness through striving to achieve our goals as well as our everyday responsibilities.

We discussed ideals in our lives and thought about the kinds of goals we currently have. We explored ways we could reduce our mental agitation, steady our minds, and lead to a more contemplative mindset, all while striving and working towards our worldly goals.

IMPORTANT DATES FOR TERM 4 2022

Term 4 begins

Sat 8th Oct

Diwali Celebration

Sat 22nd Oct 5:30pm – 9:30pm

Term 4 Ends (Graduation Day)

Sat 10th Dec