



# Chinmaya Mission Austin

## 2018-2019 Handbook

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[www.chinmayaaustin.org](http://www.chinmayaaustin.org)

Resident Spiritual Guide: Swami Shivatmananda

Resident Priest: Eswara Rao

# Hari Om!

A very warm welcome to Chinmaya Mission Austin!

Over the years, with Gurudev Swami Chinmayananda's blessings, our center has been growing from strength to strength and reaching out to increasing numbers of people.

Chinmaya Mission Austin offers a very well established structured program for the growth of individuals from all backgrounds, as part of the larger Chinmaya Mission organization whose purpose is spreading the teachings contained in Vedas and Upanishads. All our activities have one focus: to reveal to people of all ages and from all walks of life, the timeless wisdom of Vedanta, which is the core of Hindu philosophy.

## Our Vision

Inner transformation of individuals through knowledge of Vedanta, spiritual practices and service to society, resulting in a happy world around them.

## Our Mission Statement

To provide to individuals, from any background, the wisdom of Vedanta and the practical means for spiritual growth and happiness, enabling them to become positive contributors to society.

## Our Motto

To give the maximum amount to happiness to the maximum number of people for the maximum amount of time.

## Bala Vihar Motto: Keep Smiling

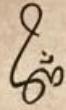
"To help children learn values with fun, to delight like the moon and shine like the sun!"

- Pujya Guruji Swami Tejomayananda

Children are not vessels to be filled, but lamps to be lit.

"The seed of spiritual values should be sown in young hearts, and the conditions made favorable for sprouting and steady growth through proper control and discipline. It must be cared for with the warmth of love and affection, and such a tree shall blossom forth flowers of brotherhood, universal love, peace, bliss, beauty, and Perfection."

- Pujya Gurudev Swami Chinmayananda



## Be a True Chinmaya Family Member

**Hari Om! Salutations!**

**Chinmaya Mission will never teach you anything, but it is an organization where all will come together to learn. The science of Reality and the path of God-realization are the main subjects that you will learn in the Chinmaya Mission.**

**There are subsidiary attempts such as sharpening your personality, blazing up your intellect, oiling your emotions, refitting your relationships, recharging your convictions, replenishing your values – in short, you will be completely changed to a new brilliant person.**

**God is all-pervading and the Mission's hope is to make our generation more conscious of the God Principle. Thus, all our friends who are sincerely practicing self-purification and mental purification are faithful Mission members.**

**Chinmaya Mission is a non-stop course in religion. Our Mission's work is to replace the beast in us with the best in us. So long as you are practicing – not outwardly only but mainly inwardly – you are a dearer member of the Chinmaya family than anybody else.**

**Mission workers' joy should be in receiving with grace 'Fire' from others, and convert it to 'Light', to guide all and to be of service to all.**

**Remember, members of the Chinmaya Mission today have an outstanding position in the society. They are being looked up to by an expectant part of the nation as perhaps the harbingers of a new hope into the chaotic conditions of the society.**

**So, think before you speak! Remember the Lord before you act! Let not an ugly action ever defile the face of the cherished hopes of the society! Let not even an unintended word from your mouth splash tears in the face of the community!**

**With Love**

**Swami Chinmayananda**

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## Sunday Bala Vihar Timings

FROM	TO	DETAILS
8:30 AM	10:00AM	Session 1 Bala Vihar Session 1 Adult Satsang
10:15 AM	11:15 AM	Hindi Language Classes (children) Sanskrit Language Classes (children) Yoga for adults Swaranjali Classes (children) Teacher Satsang
11:30 AM	1:00 PM	Session 2 Bala Vihar Session 2 Adult Satsang
2:00 PM	3:30 PM	Telugu Language Classes (children)
2:30 PM	4:30 PM	Violin classes (children)
4:00 PM	5:00 PM	Kannada Language Classes (children)

For additional Bala Vihar info contact us at [balavihar@chinmayaaustin.org](mailto:balavihar@chinmayaaustin.org)

## Temple Timings\*

Monday to Saturday	7:00 AM to 12:00 PM (noon) 5:00 PM to 8:00 PM
Sunday	8:00 AM to 1:30 PM (Bala Vihar) 5:00 PM to 8:00 PM

\* Priest services are available at certain temple times only. Please see our website for detailed information. Additional information on weekly puja timings and temple activities are also available on our website. Please contact Priest Eswara Rao at 512 820 3004 for additional information.

<b>BOARD</b>	
President	Srinath Iyengar
Secretary	Anita Dodia
Treasurer	Neeraj Aggarwal
Member Director	Lalitha Hegde
Member Director	Arun Andhavarapu
Member Director	Chirag Hathiramani

<b>OPERATIONS TEAM &amp; LEAD</b>	
Bala Vihar coordinators	Nandana Desai/ Komal Patel
Volunteer Lead	Dinesh Vakharia
Audio/Video	Hemant Upadhyay
Finance	Srinath Iyengar
Food Services/Kitchen	Sarvani Andhavarapu
IT/Web Management	Nayan Patel
Landscaping	Alkesh Amodwala
Legal	Renu Razdan
Library/Bookstore	Hitesh Thakkar/ Ranganath Rangaiah
Maintenance/Utilities	Billy Billamoria
Marketing/Communications	TBD
Office Supplies	Prabha Gupta
Temple Services	Shylaja Kumar
Temple Front Desk	Subhash Vohra

## Bala Vihar

The Chinmaya Bala Vihar program offers weekly spiritual Vedanta classes for children in their formative years. The classes are categorized by varying age groups, start and end with Sanskrit prayers, and include chanting, bhajans, stories of devotion and morals, interactive discussions, and creative games. Conducted worldwide, the 90-minute classes are based on a dynamic curriculum, with the aim of accomplishing the Bala Vihar rationale set by Swami Chinmayananda:

- To help children and youth grow up with a strong understanding of Hindu spiritual and cultural values.
- To inculcate a reverence for our ancient culture.
- To create self-confidence so that they are able to serve and act cheerfully.
- To generate personal discipline, dynamic leadership, and true affection in all their relationships.
- To mold their capacity to brilliantly express their individuality.
- To bring out their dormant faculties so that they can cultivate and improve their creative abilities.
- To enable our children and youth to achieve success and balance as they grow up and face the challenges of life.
- To provide an atmosphere of growth that is filled with noble ideals, healthy emotions, and physical discipline.

The children are taught by a team of specially trained, experienced, and dedicated teachers under the guidance of our Resident Spiritual Guide Swami Shivatmananda. The age-appropriate curriculum designed for all grade levels (Pre-Kindergarten through Grade 12) covers a wide range of topics such as:

<b>GRADE</b>	<b>SYLLABUS</b>
Pre-K	One Lord, So Many Forms + Values + Swami Chinmayananda
Kindergarten	Alphabet Safari and Pledge
Grades 1	Hindu Gods and Goddesses + Bio of Swami Chinmayananda
Grades 2	Bala Ramayana and Sri Hanuman
Grades 3	Bala Bhagavatam Krsna Krsna Everywhere
Grades 4	Shiva Mahima My 24 teachers
Grades 5	Ramayana Characters Saints of India and West
Grades 6	Mahabharata Mahabharata Characters
Grades 7	Symbolism in Hinduism India, The Sacred Land
Grades 8	Yato Dharmah Tatoh Jayah
Grades 9 & 10 (JCHYK)	Stories from the Upanishads <i>Alternate yearly with</i> Hindu Culture and Vibheeshana Gita
Grades 11 & 12 (JCHYK)	Values in Bhagavad Gita <i>Alternate yearly with</i> Manual of Self Unfoldment

## **Cultural Classes**

We also offer several cultural classes to help children develop a well-rounded personality. Please contact the respective coordinators for further details.

### **Language Class**

The language classes promote language skills in various languages. The classes familiarize students with the alphabet and numbers through reading and writing, and introduce them to common words and phrases that will enable the understanding of simple conversation. The students are encouraged to speak the language and to improve their comprehension through songs, stories and games.

Languages currently offered are Hindi, Samskritam and Telugu.

### **Music Class**

Our mission is to impart the basics of Indian classical music through teaching musical instruments and singing bhajans. The word bhajan refers to a chant or song which is sung in praise of God, usually as part of a religious service. Bhajans play a very important role in most of our Hindu religious celebrations.

We currently offer Carnatic Violin lessons and Swaranjali classes.

## **Festivals and Special Events**

Several Hindu festivals such as Janmashtami, Ganesha Chaturthi, Vijaya Dashami, Diwali, Mahashivaratri, Ramanavami, Gurudev's Jayanti and Guru Purnima are celebrated at Chinmaya Mission. The significance of each festival is beautifully explained to the Bala Vihar students by the teachers, Pandit Eswaraji and Swami Shivatmananda.

We also have other special fun-filled activities such as the Holi and Kite flying, camps, college seminars, movie nights, and lock-ins with Swamiji that are organized throughout the year. These activities boost the enthusiasm and interest of the children as they bond with one another.

## **Jnana Yajnas and Discourses**

During every Bala Vihar session, our Spiritual Guide Swami Shivatmananda and visiting Spiritual teachers give discourses on various scriptural texts, e.g. Shrimad Bhagavatam, Bhagavad Gita, and Upanishads.



## Code of Conduct and Discipline Policies

- Arrive on time. Please be seated in the hall ten minutes before start of assembly. Doors will close promptly at the start of each session.
- Children who arrive after start of the assembly should wait in the designated overflow area until instructed by a volunteer to enter the Bala Vihar hall at an appropriate time.
- Please drive slow – speed limit is 10 mph within Sundaram facilities. Sunday morning parking in Sundaram facilities is reserved for our sevaks and sevikas only. General Parking is available in the TxTag and Fry's parking lots. Parking in fire lanes is never allowed.
- It is mandatory for at least one parent to be present at Sundaram while Bala Vihar session is in progress. Swamiji requests all parents to attend Satsang.
- Parents of Pre-K and Kinder are required to pick up their children from the classrooms within ten minutes after the session ends.
- Parents with infants are requested not to disturb sessions in progress.
- If a child will be absent, the parent must inform the teacher ahead of time. Attendance in High school grades is monitored closely and will be used as part of the graduation requirement.
- Language classes are offered only to students already enrolled and attending a Bala Vihar class except for Telugu class.
- Switch off cell phones and maintain silence during assembly and discourses.
- Shoes must be placed on the shoerack only.
- Only vegetarian food is allowed in Sundaram. Serving and eating food should be done only in designated areas.
- All adults and children should dress appropriately. Shorts, tanktops, short tops, spaghetti straps etc are not allowed. Respect for the mission, shrine, and our bodies is a part of our teaching.
- No flyers should be displayed in Sundaram without proper authorization.

## What is expected of the parents?

1. Take an active interest in your children's classes and support their participation in events.
2. Make every effort to attend CMA events with the children where appropriate.
3. Discuss any concerns or suggested improvements to the program with your child's teacher or the Bala Vihar coordinator
4. Check the weekly emails regularly for upcoming program information.
5. Maintain the sanctity of Sundaram by being quiet.
6. Treat our facility and property with care and keep it clean and please do help your children understand the same.
7. Dress appropriately in simple and modest Indian clothes.
8. Set an example for the children by volunteering and giving back to the community. Contact our volunteer lead Dinesh Vakharia for volunteer opportunities.

### **Please Note:**

Registration fees: Bala Vihar fees are for the whole family regardless of the number of children. Language registration fees are per child.

Refund Policy: NO refund will be issued after 30 days of start of session.



| HARI OM | SRI GURUBHYO NAMAHA | HARI OM |