



# Chinmaya Mission Austin

## 2020-2021 Handbook

Chinmaya Sundaram

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

### **Resident Spiritual Guides:**

Swami Shivatmananda & Brni. Shuchita Chaitanya

**Resident Priest:** Sri Ravi Chavali

# Hari Om!

A very warm welcome to Chinmaya Mission Austin!

Over the years, with Pujya 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

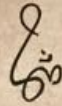
"To help children learn values with fun, to delight like the moon and shine like the sun!"

- 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 E-BalaVihar 2020-2021 Timings**

<b>FROM</b>	<b>To</b>	<b>DETAILS</b>
9:30 AM	11:00AM	Combined E-BalaVihar session for all grades
		Please check the <a href="#">CMA website</a> or email the respective program coordinator for details on online Language, Swaranjali and Bhagavad Gita chanting classes.

## **Sunday Regular Bala Vihar Timings** *(N/A for 2020-2021)*

<b>FROM</b>	<b>To</b>	<b>DETAILS</b>
8:30 AM	10:00AM	Session 1 Bala Vihar and Adult Satsang
10:15 AM	11:15 AM	Hindi & Sanskrit Language Classes (children) Swaranjali Bhajan Classes (children/adults) Bhagavad Gita Chanting (children/adults) Yoga (adults) Bala Vihar Teacher Satsang
11:30 AM	1:00 PM	Session 2 Bala Vihar and 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)

## **Temple Timings** *(check CMA website for Covid updates)*

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

Please email [temple@chinmayaaustrin.org](mailto:temple@chinmayaaustrin.org) or refer to the CMA website for latest Temple timings, special events, puja timings and priest services.

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

<b>OPERATIONS TEAM &amp; LEAD</b>	
Audio/Video	Hemant Upadhyay, Raghu Murthy
Bala Vihar Coordination	Jyotsna Kartha, Komal Patel
Finance	Neeraj Aggarwal
Food Services/Kitchen	<b>Open</b>
IT/Web Management	Chandra Shekhar
Landscaping	Alkesh Amodwala
Library/Bookstore	Ranganath Rangaiah
Maintenance/Utilities	Jay Parmar
Marketing/Communications	<b>Open</b>
Temple Services	Ram Kosuru
Volunteer Lead	<b>Open</b>

## 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. The 90-minute classes are based on a dynamic curriculum, with the aim of accomplishing the Bala Vihar rationale set by Pujya Gurudev Swami Chinmayananda:

- To help children and youth grow up with a strong understanding and reverence for Hindu spiritual and cultural values.
- To instill 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 enable our children and youth to achieve success and balance as they grow up and face the challenges of life.
- To foster an atmosphere of growth and curiosity that is filled with noble ideals, healthy emotions, and physical discipline.

Bala Vihar classes are typically held from mid-August through mid-May in alignment with the school academic calendar. Classes are offered for toddlers (2-4 yrs) through 12th grade based on the child's school grade:

### **CMA E-BalaVihar Age Cutoffs 2020-21**

<b>Birthday</b>	<b>Grade Level</b>
9/1/2016 - 8/31/2018	Shishu Vihar (Toddler/2-4 yrs)
9/1/2015 - 8/31/2016	Pre-K
9/1/2014 - 8/31/2015	Kinder
9/1/2013 - 8/31/2014	1st Grade

Classes are taught in English by a team of dedicated and specially trained volunteer Sevaks under the guidance of our Resident Spiritual Guides Swami ShivatmanandaJi and Brni. ShuchitaJi. Two sessions are offered - Session 1 from 8:30 am - 10:00am and Session 2 from 11:30am - 1:00 pm. The same material is covered in both sessions, per the curriculum topics for each grade as listed below:

## CMA E-BalaVihar Curriculum 2020-2021

<b>GRADE</b>	<b>SYLLABUS</b>
Shishu Vihar (2-4 yrs)	Interactive parent-child program with songs, bhajans, arati, games, arts/crafts and other fun activities
Pre-K	One Lord, So Many Forms + Values + Swami Chinmayananda
Kindergarten	Alphabet Safari
Grades 1	Hindu Gods and Goddesses
Grades 2	Bala Ramayana
Grades 3	Bala Bhagavatam Krsna Krsna Everywhere
Grades 4	My 24 Teachers Shiva Mahima
Grades 5	Ramayana Characters Sri Hanuman
Grades 6	Saints of India and the West Mahabharata
Grades 7	Hindu Culture/Why do we? Symbolism in Hinduism
Grades 8	Yato Dharmah Tatoh Jayah Mahabharata Characters
Grades 9 & 10	Stories from the Upanishads
Grades 11 & 12	Self-Unfoldment

<b>CMA E-BalaVihar Calendar 2020-2021</b>	
<b>August</b>	
Aug 23	Virtual Ganesh Chaturthi Celebration
Aug 30	E-BalaVihar Open House
<b>September</b>	
Sept 6	No Class (Labor Day)
Sept 13, 20, 27	E-BalaVihar Class
<b>October</b>	
Oct 4, 11, 18, 25	E-BalaVihar Class
<b>November</b>	
Nov 1, 8, 15, 22	E-BalaVihar Class
Nov 29	No Class (Thanksgiving)
<b>December</b>	
Dec 6, 13, 20	E-BalaVihar Class
Dec 27	No Class (Winter Break)
<b>January</b>	
Jan 3	No Class (Winter Break)
Jan 10, 17, 24, 31	E-BalaVihar Class
<b>February</b>	
Feb 7, 14, 21, 28	E-BalaVihar Class
<b>March</b>	
Mar 7	E-BalaVihar Class
Mar 14	No Class (Spring Break)
Mar 21, 28	E-BalaVihar Class
<b>April</b>	
Apr 4, 11, 18, 25	E-BalaVihar Class
<b>May</b>	
May 2, 9, 16	E-BalaVihar Class



Please email [balavihar@chinmayaaustin.org](mailto:balavihar@chinmayaaustin.org) for more details about the Bala Vihar program. For Shishu Vihar information, email [shishuvihar@chinmayaaustin.org](mailto:shishuvihar@chinmayaaustin.org).

## **Bhagavad Gita Chanting Classes**

Pujya Gurudev Swami Chinmayananda worked tirelessly for 40 years to propagate the message of the Bhagavad Gita, which he referred to as the “handbook for everyday living”. *Chant. Study. Know. Live.* This is the scheme propounded by Pujya Gurudev for us to grow and evolve.

The Bhagavad Gita Chanting program aims to bring this philosophy into the lives of both children and adults by teaching authentic pronunciation of all 18 chapters of the Bhagavad Gita with emphasis on pronunciation and memorization. Please email [info@chinmayaaustin.org](mailto:info@chinmayaaustin.org) for more details.

## **Language Classes**

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. Hindi and Samskritam language classes are currently offered. Please refer to CMA website or email [info@chinmayaaustin.org](mailto:info@chinmayaaustin.org) for more details.

## **Swaranjali Classes**

Several cultural classes including violin, tabla, dance, bhajans etc. are offered for both children and adults under the Swaranjali program. More information on these classes can be obtained by emailing [swaranjali@chinmayaaustin.org](mailto:swaranjali@chinmayaaustin.org).

## **Festivals and Special Events**

Several Hindu festivals such as Krishna Janmashtami, Ganesha Chaturthi, Navaratri, Diwali, Mahashivaratri, Rama Navami, 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, Swami Shivatmananda Ji and Brni. Shuchita Ji.

We also have other special fun-filled activities such as the Holi and Kite flying carnival, day and summer camps, service projects, college seminars, movie nights, and lock-ins that are organized throughout the year. These activities boost the enthusiasm and interest of the children and provide them opportunities to with one another.

## Adult Classes and Study Groups

Our Spiritual Guides Swami Shivatmananda Ji, Brni. Shuchita Ji and visiting Spiritual teachers give discourses and lectures to adults on Upanishadic texts during the Sunday Bala Vihar sessions as well as during the week. Adult study groups meet every Wednesday to study and discuss Vedantic texts under the guidance of Dr. Meena Patel.

## Registration and Fees

- **Bala Vihar:** Bala Vihar fees are due annually and are for the whole family regardless of the number of children.
- **Language Classes:** Sanskrit and Hindi language classes are offered only to students enrolled in Bala Vihar. Language fees are charged per child and separate from Bala Vihar fees.
- **Refund Policy:** No refund will be issued after 30 days of start of session.
- For latest information on class availability, schedule and registration, please check the CMA website.

## Bala Vihar Discipline and Etiquette

- All Bala Vihar children and youth are to wear modest and appropriate attire.
- Please be seated in the hall 5 minutes before start of assembly. Doors will close **promptly** at the start of each session.

- Children who arrive after start of the session should go to the designated overflow area until permitted to enter the Bala Vihar hall at an appropriate time.
- It is **mandatory** for at least one parent to be present at all times while Bala Vihar session is in progress.
- Parents are strongly encouraged to attend regularly and participate actively in the Adult Satsang held in the Temple Hall.
- Parents should not socialize outside the Bala Vihar hall while Assembly is in progress.
- Parents with infants are requested to ensure that sessions in progress are not disturbed.
- Parents of Pre-K and Kinder are required to pick up their children from the classrooms within ten minutes after the session ends.
- Switch off cell phones and maintain silence during assembly.

## Parent Expectations

- Please review and discuss Bala Vihar Discipline and Etiquette Policies with your child. Be sure to address the importance of maintaining discipline and demonstrating respect for teachers and fellow students.
- Be an engaged parent - take an active interest in your children's classes and encourage their participation in events.
- Please support your child's teachers by reading email updates regularly, by responding to requests for help and volunteering in the classroom as needed.
- 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 a criterion for Bala Vihar graduation.
- Discuss any concerns or suggested improvements to the program with your child's teachers or the Bala Vihar coordinators.

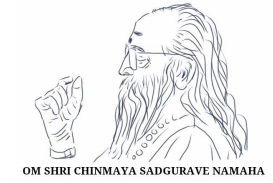
- Please sign up on the CMA website for the weekly newsletter so that you can stay up-to-date with upcoming events and announcements.
- Make every effort to participate in CMA events with the children whenever possible.
- Set an example for the children by actively volunteering and engaging with the CMA and local communities. Contact our volunteer lead or Bala Vihar coordinators for volunteer opportunities.

## Sundaram House Rules

- Maintain cleanliness and sanctity of our Chinmaya Sundaram premises.
- Shoes must be removed and placed neatly on shelves in the shoe rack.
- Serving and eating food should be done only in designated areas. **No food and drink** (other than water) is permitted in the Bala Vihar Hall or classrooms.
- Only authorized persons are allowed in the office area.
- Only designated members are permitted to handle thermostats and/or operate A/V equipment.
- Any items you use (chairs, tables etc) must be returned to their designated storage areas.
- No flyers should be displayed in Sundaram without proper authorization
- Parking within Sundaram is reserved for Bala Vihar Sevaks and Sevikas on Sundays.
- Drive slow – speed limit within Sundara is 10 mph.
- Parking is strictly prohibited in the fire lanes.

"Don't just invest **on** your child; also invest **in** your child."

*Pujya Gurudev Swami Chinmayananda*



**UNTO HIM OUR BEST**

**[ HARI OM | SRI GURUBHYO NAMAHA | HARI OM ]**