



# Chinmaya Mission Ottawa

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## 2019-2020 Weekly Sunday Classes

**Sunday, September 8, 2019** will be Orientation Day for the Chinmaya Bala Vihar Program. We look forward to 2019-2020 year commencing with the Orientation Day at 10:30 AM.

CM Ottawa has a very active program comprised of weekday and weekend classes. These classes focus on the study of Vedanta at the level of children (ages 3-12), teenagers (13-18), young adults (18-26) and adults. In addition, there are a number of on-going activities: celebrations of Hindu festivals, March-break and summer camps for children, youth camps, and lecture series for adults. The new weekly sessions will provide the following services:

- Study classes for balavihar (three age groups: KG-GR 1; GR 2-3; and GR 4-6)
- Study classes for youth (GR 7-8 and GR 9 to 12)
- Adult study classes on (two groups on Sunday mornings)
- Adult study classes during the week (evenings)

### Balavihar (Study Program for Children)

"Children are not vessels to be filled, but lamps to be lit." So said the great master Swami Chinmayananda. Never can our children's education be complete unless we impart to them a true appreciation of the eternal values of life, and help them to open up their sense of beauty and rhythm. What is Balavihar and how does it work?

- Balavihar is a group of children, meeting once a week, at a set venue, for 70 minutes, for the sole purpose of learning our precious culture, spiritual wisdom, and related values through books, stories, and games.
- Inculcating the values of *Sanatana Dharma*, as taught in our scriptures--Shrimad Bhagavad Geeta, Upanishads, Epics and Puranas-- will help our children grow into responsible citizens of tomorrow.
- Balavihar classes for various age groups are conducted by trained sevaks and sevikas. These voluntary dedicated workers impart to our children in their formative years, the glory of our rich culture, aiming at character formation and reverence for our ancient heritage.
- The high ideals and values from our great scriptures are taught in the form of stories, games, quizzes, crafts, bhajans, hymns, shlokas, skits, dances, etc.

### Yuva Kendra (Study Program for Youth)

Our Gurudev said "Youth is a Stage in Human Development when the Personality is Bursting with Energy, Enthusiasm and Dynamism. Youth is also a Phase in Life when Receptivity and Retentivity are at the optimum." Appropriately, the Yuva Kendra Motto is, "*Harnessing Youth Potential through Dynamic Spirituality.*"

It is a meeting place for all young minds with an urge to know more about the purpose of life. It is at this time, when confronted with challenges, that equipoise is required. Success depends on a clear vision of the goal of life and knowledge of the right values. This can be internalized by promoting a spirit of enquiry into life's principles in the light of the Hindu Philosophy. Our ancient spiritual heritage is an invaluable tool to help the youth accomplish this growth, and thereby build integrated personalities. What we aim for...

- Personality unfoldment, through enlightenment of the intellect and enrichment of character.
- A systematic and deliberate preparation, to enable the youth to face the challenges and realities of life with a smile.
- To cultivate qualities necessary to win the game of life, such as clarity of vision, team spirit, capacity to rise above one's weaknesses, equipoise and creativity.
- To develop new habits, trends, goals and ways of living.
- To achieve TRUE EDUCATION - A spirit of enquiry into the principles of life in the light of our Ancient Philosophy.

Since the emphasis of all activities is on education, young thinkers meet in small groups for weekly discussions. In these sessions we get an exposure to our Scriptures through textbooks specially designed by Pujya Gurudev Swami Chinmayananda. It is here that Questions find Answers.

### **Study Group for Adults**

The Study group movement was conceived as a means of ensuring continued interest in the study of the scriptures. The course of study is graded so as to make it easy for members to imbibe gradually the deeper suggestions made in the scriptures. A Study group follows three disciplines – first self-study, then discussion, and, finally, reflection on the knowledge gained in class.

Chinmaya Mission Ottawa also organizes lecture series by visiting Swamiji's and Swaminiji's on the Bhagavad Geeta, Upanishads and Ramayana. Giving guidance to study groups, Swami Swaroopananda, the Head of the Chinmaya Mission worldwide, laid emphasis on commitment and said that it was the responsibility of each Study group member to make the discussion fruitful and interesting.



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