



Chinmaya Mission Austin

2019-2020 Handbook

Chinmaya Sundaram

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www.chinmayaaustin.org

Resident Spiritual Guides:

Swami Shivatmananda & Br. 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

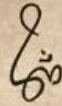
"To help children learn values with fun, to delight like the moon and shine like the sun!"

- 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 Bala Vihar Timings

FROM	TO	DETAILS
8:30 AM	10:00AM	Session 1 Bala Vihar and Adult Satsang
10:15 AM	11:15 AM	Hindi Language Classes (children) 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)

For additional Bala Vihar info contact us at balavihar@chinmayaaustrin.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 additional information on temple activities, special events and weekly puja timings. Please contact Priest Sri Ravi Chavali or email temple@chinmayaaustrin.org for additional information.

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

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

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 Guides Swami Shivatmananda and Br. Shuchita Chaitanya. The age-appropriate curriculum is designed for all grade levels (Pre-Kindergarten through Grade 12) and covers a wide range of topics such as:

GRADE	SYLLABUS
Shishu Vihar <i>Toddlers (2-4 yrs)</i> <i>Infants (0-2 yrs)</i>	Interactive parent-child program with songs, bhajans, arati, games, arts and crafts and other fun activities
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)	Selected Topics from "Vedanta - Science of Life" Trilogy by Swami Chinmayananda

Please email balavihar@chinmayaustin.org for more details about the Bala Vihar program.

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 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 email info@chinmayaaustin.org for more details.

Swaranjali Cultural Classes

Several cultural classes including Indian classical vocal music, instruments and dance are offered as part of the Swaranjali program to help children develop a well-rounded personality. Classes currently offered include Carnatic Vocal and Violin (Manu Narayanan), Hindustani Classical music (Rituparna Banerjee), Veena (Chandana Gadepalli), Bharatnatyam (Hema Raja) and Bhajans (Manu Narayanan). For details, please contact the listed coordinators or email to 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, Pandit Eswaraji and Swami Shivatmananda.

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 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.

Class Enrollment and Fees

- Registration fees: Annual 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.
- Language classes are offered only to students already enrolled and attending a Bala Vihar class (except for Telugu class).

Code of Conduct and Discipline Policies

- Please arrive on time and 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 parking lot 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 Adult 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.
- Switch off cell phones and maintain silence during assembly and discourses.
- Treat our facility and property with care and respect. Please do keep our facility (including restrooms) clean and tidy and please help your children understand the same.
- Shoes must be placed on the shoe rack only. Please do not leave shoes outside the door of the Temple.
- 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.

Parent Expectations

1. Please review and discuss the Code of Conduct and Discipline Policies above with your child. Make sure to address the importance of maintaining discipline and demonstrating respect for teachers and fellow students.
2. Be an engaged parent and take an active interest in your children's classes and support their participation in events.
3. Please support your child's teachers by reading email regularly, by responding to requests in a timely manner and volunteering in the classroom as needed.
4. 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.
5. Discuss any concerns or suggested improvements to the program with your child's teachers or the Bala Vihar coordinator
6. Check the weekly CMA newsletter regularly for upcoming events and announcements.
7. Make every effort to participate in CMA events with the children where appropriate.
8. Dress appropriately in simple and modest Indian clothes.
9. Maintain the sanctity of Chinmaya Sundaram by being quiet.
10. Set an example for the children by volunteering and giving back to the CMA and our local community. Contact our volunteer lead or Bala Vihar coordinators for volunteer opportunities.

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

- Pujya Gurudev Swami Chinmayananda



| HARI OM | SRI GURUBHYO NAMAHA | HARI OM |