



Chinmaya Mission

Motto: *To give maximum happiness to maximum number for maximum time.*

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 be positive contributors to society.*

Chinmaya Mission San Diego **Institute of Spiritual and Cultural Studies**

The 2010-2011 session of *Chinmaya Mission San Diego* classes will begin on Sunday, September 12, 2010.

The attached material includes the philosophy of the CMSD program and etiquette we expect the students and parents to follow, once enrolled. Please read the information carefully before you sign the registration form.

As a member of the *Chinmaya Mission Family* we invite you to be actively involved in one or more of the many activities/duties of CMSD. Please indicate your preferences to the Volunteer Coordinator, who will contact you with specific assignments.

Philosophy of the *Bala Vihar/ Yuva Kendra* program

CMSD conducts *Bala Vihar* and *Yuva Kendra* classes for children as part of the comprehensive program of self-development of the individual, the family and the community. In reality, CMSD is only a facilitator; the real growth of the family and the community happens due to the efforts of its members. The classes are structured on the teachings of ancient Indian Scriptures as interpreted by *Swami Chinmayananda*, the founder of *Chinmaya Mission*.

Swami Chinmayananda once said: "**Children are not vessels to be filled, but lamps to be lit.**" In an atmosphere of love, children in *Bala Vihar* are imparted ethical and cultural values through *Pauranic* stories, chanting of scriptures, and other fun-filled activities such as arts & crafts, devotional music and games.

The motto of the *Chinmaya Yuva Kendra* is "**Harnessing youth potential through dynamic spirituality**". Through the study of the scriptures, young people are made aware of their potential. After they have gained this awareness, their potential is directed towards creative channels. They are encouraged to organize and execute cultural, social and spiritual programs. When young people execute such programs, their individual capacities unfold better. It brings out various abilities latent in them - abilities that they don't even realize exist within them.

The comprehensive syllabus includes chanting and memorizing certain verses and texts from Hindu scriptures (in *Sanskrit* and other languages), as well as participation in special *pujas*, functions, projects, field trips and cultural activities.

Adult Vedanta/ Bhagavad Gita classes

Vedanta is the core of Hindu philosophy. In fact, it is a **universal science of life** - a science which is relevant to all people everywhere, whatever their faith may be. *Bhagavad Gita* (the essence of *Vedanta*) is the manual for right living through active resistance to evil, and heightened vision of ourselves and the world around us, thereby leading us to be positive contributors to society through **Conscious Right Living**.

Sunday BV/YK Sessions

- Arrival – Seating 8:45 AM
- Bhajans 8:45 AM - 9:00AM
- Assembly 9:00 AM - 9:40 AM
- BV/YK sessions 9:45 AM - 11:00 AM
- Yuva Sevak sessions 11:15 AM - 12:00 noon
- Language classes 11:15 AM - 12:00 noon

Sunday Adult Sessions

- Arrival - Seating 8:45 AM
- Bhajans 8:45 AM - 9:00AM
- Assembly 9:00 AM - 9:40 AM
- Adult Lecture session 9:45 AM - 11:00 AM
- Adult Discussion Groups 11:15 AM - 12:00 noon
- BV/YK Teachers' study session 11:15 AM- 12:00 noon

Parental Involvement and CMSD Guidelines

In order for the children to benefit fully from the classes, it is necessary for the Sunday classes to be supported and enhanced by complementary activities at home. Parents are expected to augment what the children learn in class with spiritual practice and discussion at home. This would make a tremendous positive impact on the whole family. **“A family that prays together stays together.”**

1. To be eligible for ***Bala Vihar*** class admission, a student must be enrolled in Grade K or higher in a regular school. CMSD reserves the right to refuse admission to students who do not meet this eligibility criterion. Students are placed in ***Bala Vihar*** in the **same grade as in their schools. No exceptions.**
2. To be eligible for ***Shishu Vihar*** class admission, a student must be enrolled in Grade PK, which means they will be in Grade K in a regular school in Sept. 2011. CMSD reserves the right to refuse admission to students who do not meet this eligibility criterion.
3. **Language classes** are offered only to students already enrolled in a ***Bala Vihar*** class. **No exceptions.**

4. **At least one parent (preferably both) must attend** the concurrent Adult Class on *Bhagavad Gita*/other Scriptural text while the children's classes are in session and in the discussion group during the language classes, every Sunday. **This is very important.**
5. **To ensure the quality of teaching, our class size is limited.** Registrations received after the June deadline will be admitted on a first-come first-served basis. Additional requests for admission will be placed on a waiting list for the coming year. However, **if a child currently attending the program shows a pattern of absenteeism, it will be necessary to let another child from the waiting list take his/her place, and the former child will then be placed on the waiting list for the following year.**
6. **Please bring your children regularly and on time** to all *Bala Vihar* classes and ensure that they are not absent from class for reasons other than sickness or an infrequent trip out of town. This is necessary for continuity of the learning process.
7. Please notify **CMSD in writing before the class** if your child is going to be absent for either of the above reasons. In case of sudden illness or emergency, please notify the teacher as soon as possible.
8. **Attendance in *Bala Vihar* classes is mandatory. CMSD reserves the right to suspend students who are absent, without prior approval, for more than three consecutive *Bala Vihar* classes or five classes in all, from *Bala Vihar* and Language classes indefinitely.**
9. All children should be well rested and have a nourishing breakfast before attending *Bala Vihar*. This makes learning easier.
10. Please make sure children come prepared with their *Bala Vihar* notebook, *Chinmaya Book of Hymns* (grades 3 & up), any other books in their syllabus, pencil, and crayons (for younger children) or colored pencils/pens.
11. During Mission programs other than *Bala Vihar*, parents are responsible for their children's behavior. Please help them respect the sanctity of the occasion by maintaining quiet during these programs.
12. Please try to help children at home with the practice and memorizing of *Stotrams* and Prayers they are learning in class. (Audio CDs are available in the Bookstore for most prayers, if needed.)
13. Feel free to discuss your child's progress or needs, or any concerns or questions you may have, with the teacher or *Bala Vihar* Coordinator whenever you wish.
14. Chinmaya Mission uses an e-mail group weekly communicator, sent out every Thursday before noon, September-June, to convey information to parents. Please inform us promptly of your new e-mail addresses.
15. **Absolutely no use of cell phones on premises** during the CMSD programs!
16. **Once you complete your registration, no refunds, full or partial, except for those involving extraordinarily extenuating circumstances, will be entertained.**

CMSD Etiquette for Children

1. The CMSD *Bala Vihar* Program at the Jewish Community Center starts promptly every Sunday. Children are requested to be punctual, seated, and ready for prayers well before the start time.
2. Weekly records are kept by respective teachers on attendance, behavior, and punctuality of the students.
3. Respect for self is respect for others. Children should be attentive and respectful in class and raise their hands and wait their turn before speaking.
4. Absence from class for any reason must be notified to **CMSD before class**. In case of sickness or an emergency, please notify as soon as possible.
5. Children should come prepared with their *Bala Vihar* notebook, books, pencil, and box of crayons or colored pencils (for younger children) in their BV bags with their names on it. Most material will be provided to students, but some books may have to be purchased separately.
6. Most of the Homework is thinking homework. However, projects may be assigned from time to time to supplement the lessons taught.
7. Children are expected to maintain good manners and discipline at all times. **Running in the building is not allowed.** Disturbing any of the books or materials in the classroom is not permitted. Children are not allowed to use the play equipment outside the preschool at the JCC.
8. Chewing gum, candy, cards, toy games, food and drinks are not allowed in the classrooms. Absolutely, no cell phones.
9. **Dress Code**
Boys: *Kurta Pajama* or full pants with *kurta*. **No hats, jeans, shorts or tanktops.**
Girls: *Salwar Kameez* or long skirt with blouse. **No bare backs, spaghetti straps etc.**
Please have the hair groomed neatly and tied away from face. Wear a *bindi*.

Adults are requested to set an example by dressing in simple, modest, Indian clothes.

Security of children outside classes

- a. Chinmaya Mission San Diego cannot and will not be responsible for the safety or security of children outside class, or in between classes, even if they are inside classrooms. Parents are responsible to make sure their children (especially the younger ones) have adult escorts or chaperones outside class hours.
- b. Please make arrangements to have your child escorted between classes, e.g. between *Bala Vihar* and language class.