



# Bala Vihar Curriculum

## Shishu Vihar **Ages 1.5 to 4 (toddlers and JKG)**

Sow the seeds of spiritual wisdom in young hearts with classes for toddlers! Our moms, dads and tiny tots will sing bhajans, do puja, engage in stories from the Scriptures and play in an atmosphere of love and learning.

## Level One **Ages 5 to 6 (SKG and Grade 1)**

**Alphabet Safari** We know that 'A is for Apple' and 'B is for Boy,' but in Bala Vihar, "A is for Aspiration, B is for Brotherhood," and so on. Simple, but fundamental, values are taught and emphasized. The children are introduced to the wonder of Vedanta in an age-appropriate manner through hands-on activities, games and demonstrations

**Bala Ramayana** Children track the path of Lord Rama from childhood, culminating in his coronation. How are the brothers different? What attracts Vibhishana to Lord Rama? Why is Hanuman Ji the greatest devotee, and how can we be like him? The children will amaze you with their deep appreciation of the Lord's glories and perfect values.

## Level Two **Ages 7 to 8 (Grade 2 and Grade 3)**

**Shri Hanuman** Students are given the gift of the best superhero role model in their life: Hanumanji! They will develop a deep appreciation for values like courage, strength, fearlessness, alertness, eloquence, love, devotion, discipline and service, how to use strengths intelligently and how to overcome obstacles — the hallmarks of Shri Hanuman, and the vitamins that make our mental backbone straight and strong!

**Bala Bhagavatam** Bala Bhagavatam guides young minds through the stories of Lord Vishnu. They learn to own up to their actions and to ask for what they need and not what they always want. Even at this young age, the content from this class teaches the children what is meant by Dharma and how we can all live responsibly and meet our potential.

## Level Three **Ages 9 to 10 (Grade 4 and Grade 5)**

**Symbolism in Hinduism** What is a symbol? Why have them? Why does Lord Ganesh travel on a mouse? Why does Lord Shiva have Gangaji flowing from His hair? Our scriptures are filled with hidden gems of knowledge, and these treasures are unlocked as children explore the deeper meaning behind all that they see in Hinduism. All these symbols are of the One Lord who pervades all and teaches us to live a life of harmony, fulfillment, and happiness.

**My 24 Gurus** Lord Dattatreya who holds the secret of happiness, declares: "I am happy because of what I am, not because of what I have." This is a great lesson we all need to learn. How do we learn? "To succeed, one needs a coach," and once the value of the coach is established, we automatically learn from everyone and everything. Thus, children learn to develop reverence for teachers throughout nature and all around, and build a noble character.

## Level Four **Ages 11 to 12 (Grade 6 and Grade 7)**

**P.O.Box Mr God** Where does God reside? What is His address? What are His qualifications? This curriculum, based on Sri Tulsidasji's Ramacaritamanasa, teaches that His best abode is in the hearts of noble people, and how we must live our lives to find Him. Through beautiful activities and discussions, the children develop devotion born of knowledge, and will be able to answer the fundamental question that we all ask – Where is God? In answering this question, the children also learn to begin to answer another common question – Who am I?

**India, The sacred land** Students will be energized with the rich heritage of India, through an understanding of history, spiritual culture, our treasure, our saints and sages, and what India stands for. We will also explore India's contribution to the world of science. They will discover why India is a sacred land and will develop reverence for this glorious heritage.



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## Level Four Ages 11 to 12 (Grade 6 and Grade 7) - continued

**Gems of Life** Why should I live by discipline? I am a free person. Can I not do what I like? Why should I live by virtues? Why should I follow the rules of life? Through values highlighted in Chapter 12 of Bhagavad Gita, students will explore answers to these questions, and be inspired to live up to those 35 qualities that guarantee happiness and contentment in life!

**Keys to Success** Students will be challenged to learn to achieve success in the world by living a life rich in values over valuables! This curriculum based on Sri Tulsidasji's famous Vibhishana Gita inspires us to build for ourselves a chariot of dharma which will empower us to face any challenges, and to discover how a disciplined mind enjoys the happiness and peace we are all seeking!

## Level Five Ages 13 to 14 (Grade 8 and Grade 9)

**Hindu Culture** Teenagers are often filled with anxiety about what the future holds. How can our Hindu culture and tradition help to reduce the tensions of life? What are the Hindu Samskaras, based on the Vedas and Upanishads? In this class, the students learn that by living by these principles, they can accomplish the goals of life with confidence – academically, socially, and spiritually. This class illustrates to the students that an integrated way of life is the key to success and happiness

**Yato Dharmah Tato Jayah** Yato Dharmah Tato Jayah – **Where there's Dharma, there's Victory!** "Be victorious in life by following Dharma," is the main theme. The text dives deep into what is Dharma, and how to live in accordance with the principles of Sanatana Dharma, through the story of Mahabharata. The goal of life and how we are the architect of our own future is explained through the Law of Karma. Unique activities are presented to facilitate the learning of introspection!

## Level Six Age 15 (Grade 10)

**Self Unfoldment** "You are destined to be great. So is everyone else on this planet. Success should be your habit" says our Gurudev, **Swami Chinmayananda**. In **Self Unfoldment**, Gurudev expounds on the essence of Vedanta by exploring the main ideas of this subjective science in a logical, clear, and concise style. The presentation challenges our fundamental beliefs and encourages us to think deeply about freedom, happiness, religion and values, about our identity as thinking beings, and our ultimate goal.

## Level Seven Ages 16 and 17 (Grade 11 and Grade 12)

**Vision of Bhagavad Gita** Prince Arjuna, the greatest warrior, wavered when it was time to do his duty. His strength, though, was a willingness to listen. We are Arjuna, and in allowing the Gita to flow through us, we can transform ourselves. In this class, our young adults begin a lifelong quest in refining their understanding of themselves and their relationship with the world and God. This knowledge, the art of man-making, forms the foundation for their professional and spiritual goals. What better gift to give to the future of humanity?

## Spiritual Inspiration for Adults

**Vedanta Classes** While children are in their respective classes, parents engage in study of Vedantic texts in an environment of positive spiritual growth, aspiring to become perfect role models for their children and the society. These classes offer parents clarity, coherence and comprehension of our great ancient wisdom, and empowers them to become the ideal guides in their work and personal lives through inner transformation.