

Yuva Kendra (9-12), Chinmaya Mission, CT
2006-2007 Curriculum
Room UC 104

- Teachers:** Suresh Shenoy
Sudha Sreenivasan
Mousumi Bhattacharya
Chitra Sundaram
- Goals:** To expand the knowledge of Hinduism and its philosophy
- Format:** Readings, discussion, debates, projects
- Required books:** **My Prayers** (orange) book
Srimad Bhagavad Gita made easy for chanting in English transliteration, Edited by Lakshmi Sukumar
Art of Man-Making (Gita Talks) by Swami Chinmayananda

Class schedule (please arrive 5 minutes early for seating)

- 9:30** Dhyanam (meditation)
Chanting Om Sahanvavathu (*My Prayers book-pg.6*)
Asato ma satgamaya (*My Prayers book-pg.95*)
One chanting of student's choice from
- Bhaja Govindam (*My Prayers book -pg.27*)
 - Sree Gurustotram (*My Prayers book -pg.9*)
 - Shanti Path (*My Prayers book -pg.52*)
 - Vidyamahima I The Greatness of Knowledge (*My Prayers book -pg.91*)
 - Gayatri mantra
 - Maha Mrityunjana mantra "Om Tryambakam"
 - Aditya Hridayam
- 9:40** Gita chanting and discussion (15 minutes), lecture (30 minutes), discussion on
lecture topic (15 minutes)
Lecture Topics
- Hinduism – its history and main ideas – Suresh Shenoy
 - Teachings of Bhagavat Gita (Chapter 7) – Sudha Sreenivasan, Mousumi Bhattacharya
 - Vedanta and Upanishadas – Mousumi Bhattacharya, Chitra Sundaram
- 10:45** Debate, project presentation
Debate topics
- God is different for different people
 - Is God same as ultimate knowledge?
 - Karma without outcome is meaningless
 - Bhakti is a medieval concept

- Success is what you see

Projects

Students will choose one of the sages or leaders and study their life for the successful actions. Each student can elect the leader to study.

- Swami Chinmayananda
- Swami Vivekananda

11:20 Aarthi and Chinmaya Mission Pledge

Community service

Students can choose one or more of the community service projects that can be done through Chinmaya mission, CT. Credits will only be given if the student puts in sufficient time and effort.

- Diwali fundraising
- Holi fundraising
- Holiday Chess tournament
- Indian craft workshop (diya, card, T-shirt)
- North South Math Bee Workshop
- North South Spelling Bee/Vocabulary/Math Bee competitions
- North South Walkathon

Students are welcome to discuss any other projects with the teachers.

Schedule

9/10 - Ganesh Chaturthi
9/24 - Suresh Shenoy
10/15 - Suresh Shenoy
10/22
11/5
11/12
11/19 - Suresh Shenoy
12/3
12/17 - Suresh Shenoy
01/7
01/21 - Suresh Shenoy
02/4
02/11 - Suresh Shenoy
02/25 - Siva Ratri
03/11 - Suresh Shenoy
03/25
04/1
04/22 - Suresh Shenoy
05/6
05/20 - Suresh Shenoy
06/3 - Suresh Shenoy
06/10
06/17 - Picnic

Gayatri mantra

om bhūr bhuvah svaḥ
tāt savitúr várenyam
bhárgo devásya dhīmahi
dhíyo yó naḥ pracodáyāt

O nourishing Sun, solitary traveler, controller, source of life for all creatures, spread your light and subdue your dazzling splendor so that I may see your blessed Self. Even that very Self am I!

The Gayatri Mantra is the most revered mantra in Hinduism (second only to the mantra Om). It consists of the prefix :*om bhūr bhuvah svaḥ*, a formula taken from the Yajurveda, and the verse 3.62.10 of the Rigveda. Since all the other three Vedas contain much material rearranged from the Rig Veda, the Gayatri mantra is found in all the four Vedas. The deva invoked in this mantra is Savitar, and hence the mantra is also called **Sāvitrī**. By many Hindus, the Gayatri is seen as a Divine awakening of the mind and soul, and within it a way to reach the most Supreme form of existence, and the way to Union with Brahman. Understanding, and purely loving the essence of the Gayatri Mantra is seen by many to be one, if not the most powerful ways to attain God Although many Hindus believe that the Gayatri Mantra is restricted to only the males of the first three castes who have received Upanayana in orthodox Hinduism, others believe that the Gayatri is unlimited in potential, and that any soul is capable of reaching *Parambrahman* with true understanding and faith in God through the mantra.

Word-by-word explanation:-

- *om* The sacred sound, see [Om](#).
- *bhū* 'earth'
- *bhuvas* '[atmosphere](#)'
- *svar* '[light](#), [heaven](#), [space](#)'
- *tāt* '[that](#)'
- *savitúr* of [Savitr](#) the [god](#)' ([genitives](#) of savitr-, 'stimulator, rouser; name of a sun-deity' and deva- 'god' or 'demi-god')
- *varenyam* 'Fit to be worshipped' *varenya-* 'desirable, excellent'
- *bhargo* 'Glory Effulgence'(radiance, lustre, splendour, glory)
- *devasya* 'of God'
- *dhīmahi* 'may we attain' (1st person [plural middle optative](#) of *dhā-* 'set, bring, fix' etc.)
- *dhíyah naḥ* 'our [prayers](#)' (accusative plural of *dhi-* 'thought, meditation, devotion, prayer' and *naḥ* [enclitic personal pronoun](#))
- *yáh pracodáyāt* 'who may stimulate' ([nominative singular](#) of [relative pronoun](#) *yad-*; [causative 3rd person](#) of *pra-cud-* 'set in motion, drive on, urge, impel')

Maha-Mrityunjaya Mantra

Om trayambakam yajaamahe
Sugandhim pushti - vardhanam
Urva - rukamiva bandhanan
Mrytor muksheeya ma - amritaata

Om. We worship the Three-Eyed One (Lord Shiva), who is naturally fragrant, immensely merciful and who is the Protector of the devotees. Worshipping Him may we be liberated from death for the sake of immortality just as the ripe cucumber easily separates itself from the binding stalk. By your Grace, Let me be in the state of salvation (Moksha) and be saved from the clutches of fearful death.

The Maha-Mrityunjaya Mantra is a life-giving Mantra. It is a mantra that is said to rejuvenate, bestow health, wealth, a long life, peace, prosperity and contentment. It wards off death and accidents of all descriptions. Besides, it has a great curative power. It is a Moksha mantra also. It is Lord Shiva's Mantra.

By chanting this Mantra, Hindu's believe that divine vibrations are generated which ward off all the negative and evil forces and create a powerful protective shield. And it is said to protect the one who chants against accidents and misfortunes of every kind. It is a vibration that pulsates through every cell, every molecule of the devotee's body and tears away the veil of ignorance. It ignites a fire within us that consumes all our negativity and purifies our entire system. It is also said to have a powerful healing of diseases declared uncurable even by the doctors. It is a Mantra to conquer death and connects the devotee to his/her own inner divinity.

Aditya-Hridayam

1. thatho yuddha parishrantham samare chinthayaasthitham
ravanam chagratho drushtva yuddhaaya samupasthitham
2. deivyatheishcha samaagamyā drushtabhyaagatho ranam
upaagamyā abraveeth agastyo bhagavaan rishihi
3. rama rama mahaabaaho shrunu guhyam sanaathanam
yena sarvaan arren vatsa samare vijayeeshyasi
4. aadtiyahrudayam punyam sarva shatru vinashanam
japavaham japey nityam akshayam paramam shivam
5. sarva mangala mangalyam sarva paapa pranashanam
chinta shoka prashamanam aayurvedhana uttamam
6. rashmimatham samudyantham devaasuraanamaskrutham
pujayasva vivasvantham bhaskaram bhuvaneshwaram
7. sarva devathmako heysha tejasvi rashmibhavanaha
yesha devaasuraganaan lokaan paathi gabhasthibhihi
8. yesha brahmacha vishnischa shivas skandah prajaapathihi
mahendro dhandhah kaalo yamaha somo hyapaam pathihi
9. pitharoh vasava saadhyo hyashivano maruthu manuhu
vayur ahnihi prajaaprana rithukartha prabhaakaraha
10. aadityaha savithaa suryva khagah poosha gabhasthimaan
suvarna sadrusho bhaanuvishvaretha diwaakaraha
11. haridashavah sahasrarshihi sapta sapta marichamaan
timiromanthanaha shambhusthuthva maarthanda anshumaan
12. hiranya garbhah shishirasthapano bhaskaro ravihi
agnigarbho aditey putrah shankah shishiranashanah
13. vyomanaathas-thamobedhi rugyajuhu sama paragaha
ganavrushtirapaam mitroh vindyavithi plavamgamaha
14. aatapi mandali mruthyuhu pingalah sarvataapamaan
kavir vishvo mahaatejaa rakhta sarva bhavodhbhavaha
15. nakshatra grahataranaam adipo vishva bhavanaha
tejasaamapi tejasvi dwaadashaatma namostuthey
16. namah purvaya giraye paschimaadraye namaha
jyotirganaanaam pathaye dinaadhipathaye namaha

17. jayaya jayabhdraaya harya shvaaya namo namaha
namo namaha sahasraamsha aadityaaya namo namaha
18. namah ugraaya veeraaya saarangaaya namo namaha
namah padmoprabhdhaya marthandaya namo namaha
19. brahmashaanachutheshaaya suryaaya aaditya varchasey
bhaasvatey sarvabhakshaaya roudraya vapushey namaha
20. tamognaya himagnaaya shatrugnaaya amitaathmaney
krutgna hanaaya devaaya jyotishaam pathaye namaha
21. taptachaamikaaraabhaya haraye vishvakarmaney
namasto tamo abhinignaaya ruchaye sarvaa saakshiney
22. naashayatyesha vay bhootam tadeva srujathi prabhuhu
paayathyesha tapathyesha varshatyesha gabhasthibhi
23. yesha suptheshu jaagarthi bhooteshu parinishtithaha
yesha yevaaganihotram cha falam cheyvaagnihotraanaam
24. vedaascha kruthavascha yeva kruthunaam falameva cha
yaani kruthyaani lokeshu sarva yesha ravi prabhuhu
25. yenamaapatsu kruchyeshu kaanthareshu bhayeshu cha
kirthiyan purushaha kaschith na avaseedhathi raghava
26. pujayasva yainam yekaagroh devadevam jagathpathim
yethath trigunitham japtva yuddheshu vijayayeshyasi
27. asmin kshaney mahaabaaho ravanam tvam vadiyishyasi
yevum ukthva tadha agastyo jagaama yathaagatham
28. yethath shruthva mahaateja nashtoshoko abhavadh tadha
daarayamaasa suprito raghavah prayataathmavaan
29. aadityam preshya japtva tu param harsham avaaptavaan
trirachamy shuchir bhootva dhanuraadhaya veeryavaan
30. ravanam preshya hrushtaatma yuddya samupaagatham
sarva yatnena mahata vadhe tasya drutho abhavath
31. atha ravi avadan nirishya ramam
mudithamaanaha paramam prahashyamaanah
nishicharapathi samshayam vidhitva
suraganamadhyagatho vachaha tvara ithi ||