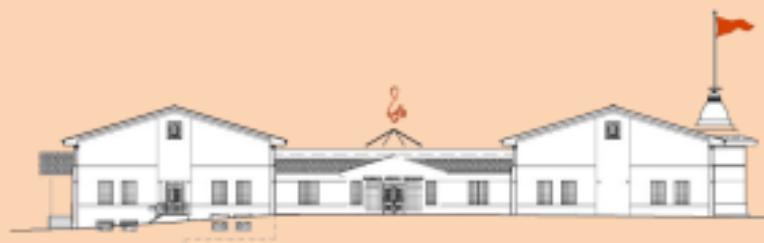




Chinmaya Vrindavan

Balavihar Handbook 2022-2023



Chinmaya Vrindavan
95 Cranbury Neck Road, Cranbury, NJ 08512
Phone: 609-655-0404 | www.chinmayavrindavan.org

2022-2023 Calendar

September 2022							February 2023						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	3			1	2	3	4	
4	5	6	7	8	9	10	14	5	6	7	8	9	10
11	12	13	14	15	16	17	15	12	13	14	15	16	17
18	19	20	21	22	23	24	22	20	21	22	23	24	25
25	26	27	28	29	30		26	27	28				
October 2022							March 2023						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1					1	2	3	4	
2	3	4	5	6	7	8	9	5	6	7	8	9	10
9	10	11	12	13	14	15	10	12	13	14	15	16	17
16	17	18	19	20	21	22	16	19	20	21	22	23	24
23	24	25	26	27	28	29	23	26	27	28	29	30	31
30	31												
November 2022							April 2023						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
			1	2	3	4	5			1			
6	7	8	9	10	11	12	6	2	3	4	5	6	7
13	14	15	16	17	18	19	13	9	10	11	12	13	14
20	21	22	23	24	25	26	20	16	17	18	19	20	21
27	28	29	30				27	23	24	25	26	27	28
							30						
December 2022							May 2023						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
			1	2	3				1	2	3	4	5
4	5	6	7	8	9	10	4	7	8	9	10	11	12
11	12	13	14	15	16	17	11	14	15	16	17	18	19
18	19	20	21	22	23	24	18	21	22	23	24	25	26
25	26	27	28	29	30	31	25	28	29	30	31		
January 2023							June 2023						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
	1	2	3	4	5	6	7			1	2	3	
8	9	10	11	12	13	14	8	4	5	6	7	8	9
15	16	17	18	19	20	21	15	11	12	13	14	15	16
22	23	24	25	26	27	28	22	18	19	20	21	22	23
29	30	31					29	25	26	27	28	29	30

Balavihar will be held on days marked as below

Regular Class Days

CORD Walkathon / Holi

Spirit Day

House Inaugural Day

Makeup for Snow Days

28

Subject to change

NO Balavihar will be held on days marked as below

Teachers' Sammelan

Open House

Pongal / Sankranti Program

Field Day / Family Day

Memorial Day Camp

Annual Day/Mela

Geeta Chanting Regionals



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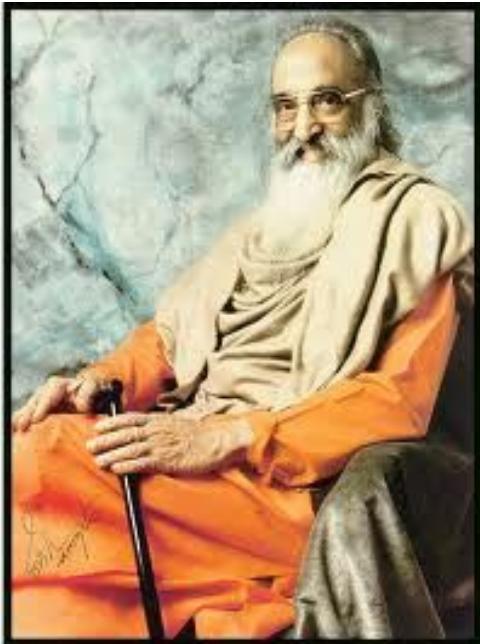
Chinmaya Vrindavan Balavihar 2022-2023

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Note: This handbook is available online at <https://www.chinmayavrindavan.org/balavihar/parents-corner/handbook>



HARI OM!



Swami Chinmayananda

Dear Children,

From the Lord, when we reached here, we came as a good child of light.

But as we live among others, the animal in us comes up and we become bad children of darkness.

To avoid this fall, we must always remember the great Lord of Love, the flute player of Jamuna (Yamuna) banks.

Balavihar is meant for this.

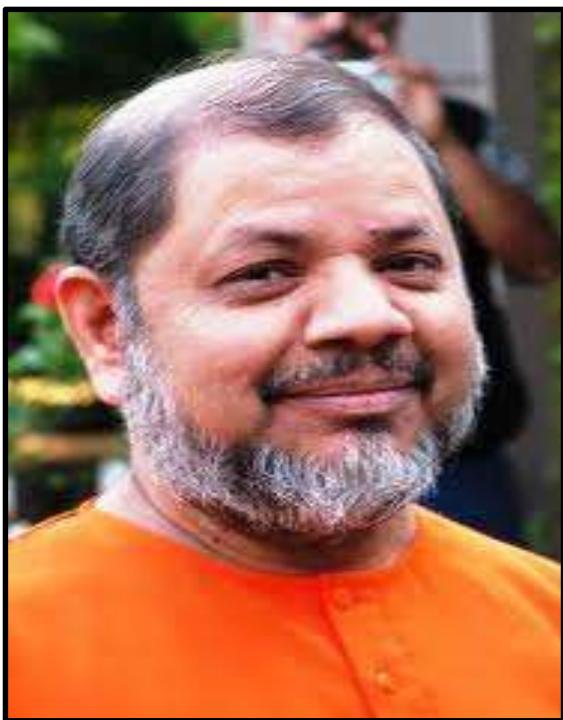
With the song of the glorious Lord in your heart, grow to be great men and women of our country. The country needs you; you deserve a great country."

Dear Parents,

"Children are lamps to be lit, not vessels to be filled. Children are the architects of the future world. They are the builders of humanity. It is the most sacred task of parents as well as teachers to mold their lives in accordance with the sublime Indian tradition. The seeds of spiritual values should be sown in young hearts and the condition should be made favorable for its sprouting and steady growth by the exercise of proper control and discipline. Cared for with warmth of love and affection, such a tree shall blossom forth flowers of Brotherhood, Universal Love, Peace, Bliss, Beauty and Perfection".

HARI OM!

Pujya Guruji Tejomayanandaji

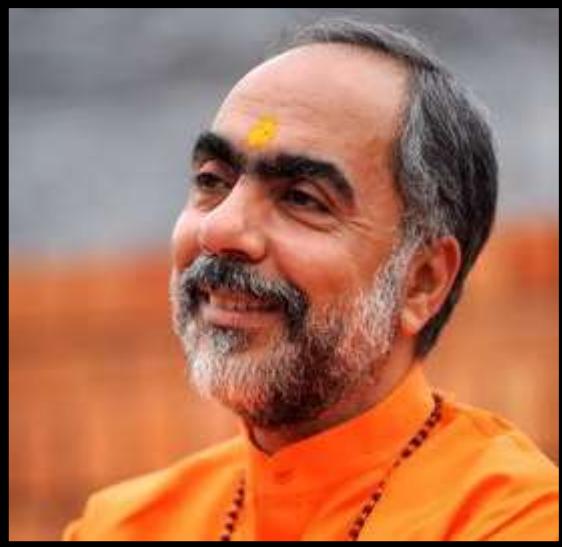


The greatest boon given by Pujya Gurudev Swami Chinmayananda to the younger generation is Balavihar. Balavihar provides a spiritual and cultural orientation to the children of the modern age. Guruji elucidates the rationale of Balavihar in the "*March of the future*" talk is summarized below:

- To train the children and inculcate in them the reverence for our ancient culture, and inspire them to live up to it with correct understanding
- To create self-confidence to serve and act cheerfully
- To generate a true affection in all contacts, inculcate personal discipline and a true spirit of leadership
- To mold their capacity to express and assert their individuality
- To bring out their dormant faculties and detect defects; cultivate and improve their creative abilities
- To help children to develop a healthy resistance against temptations in the atmosphere in which they grow
- To provide an atmosphere to grow with noble ideals, healthy emotions and physical discipline.

Mukhya Swami Swaroopanandaji

Dear Children,



“Fill the Heart with the oil of love. Place in it the wick of single - pointed mind. Light it with the Knowledge of Truth and remove the darkness of ignorance around you. Just as one lamp can light many lamps, let each youth kindle this Light in many hearts.”

His boundless grace flows / Like the perennial Ganga from the heights / Of the majestic Himalayas / So large is His heart which eternally gives, / So small the hands that attempt to receive / Why cup His Grace in hands / Which cannot hold? / Open them and let it flow. / He touched the hearts of millions / He continues to transform the lives of countless / His Legacy is Timeless / His Love is Endless / He is Gurudev, Our Gurudev / The Guru for ages to come.

September 2022



**Blessed Self,
Hari Om! Salutations!**

It gives me great pleasure to welcome you to the Chinmaya Mission's Weekend programs: the Balavihar, Yuva Kendra, Adult Study Group and Language Classes- at Chinmaya Vrindavan. We offer Balavihar classes in three sessions and Amruta Vihar for the differently abled children. The classes are going to be in-person after two years of online classes due to Covid pandemic.

The tremendous growth and success of the Balavihar, Yuva Kendra, the Adult Study Group and Language Classes program is made possible by our volunteers who work tirelessly to provide constant enrichment and learning for children and adults. The impact of Eastern and Western cultures on our families brings about many challenges and opportunities for children growing up in America and parents raising families in America. We have seen the long-term benefits of active participation in Balavihar and the Adult Study Group makes a big difference in enriching families and our community.

As Pujya Guruji Swami Tejomayanandaji has put it, "The purpose of Balavihar is to prepare our children to live their lives fully; to learn how to face life as it comes to them as well as creating a life that they want. Balavihar should give them both roots and wings." As such, we believe that the Balavihar, Yuva Kendra, and Adult Study Group program are essential to spiritual and cultural growth, and we are pleased that the program includes, but is not limited to, the following:

1. A grade-based program that is tuned to the mental and intellectual growth of our children.
2. An enriching program for the entire family regardless of the number of children, parents, and grandparents
3. A dynamic program that offers numerous opportunities to explore our children's talents in music, drama and the performing arts - based on the wisdom of Vedanta contained in our scriptures
4. Celebration of major festivals, such as Mahasivaratri, Diwali, Rama Navami, etc., and our Annual Geeta Chanting Competition (for children and adults) and our Annual Geeta Essay Competition (for older children)
5. Numerous service/volunteer activities such as Anna Danam, CORD Walk-a-thon, and other community service projects like Chinmaya Youth Summer Project (CYSP)
6. Specialized skill building programs like Math Club, teaching young students with the help of young student volunteer teachers thus enriching both in the process

We continue to improve the program so that everyone (children and adults) can obtain the maximum benefit. For example, we plan to continue our program of bringing Samskritam and other languages to our children, youth, and adults. We also offer interactive seminars on topics such as parenting, youth-parent relationships, and revitalizing our adult study group classes. Additionally, we plan to expand upon the existing seva/service activities through additional community service projects.

Pujya Gurudev, Swami Chinmayanandaji, greatly stressed developing a strong identity for children and adults alike. He was a master with great vision and He believed that religion and the inquiry into the Divine provided the substance for unification and the true recipe for happiness. I encourage you to share the Mission's programs with other families and let them also benefit through their participation.

Welcoming you with Prem and Om!

**Swami Shantananda
Resident Swamiji
Chinmaya Vrindavan**

Grade	Topic	Shlokas (Page # from My Prayers book)	Bhajans (Page # from My Prayers book)	Recommended book
Toddler Pre-K	Mythological value based stories, Arts & Crafts projects, Yoga, Sanskrit Vocabulary	Assorted Shlokas and Bhajans with actions		No Book
Kinder garten 1	Alphabet Safari Simple values like aspiration, brotherhood, cleanliness etc. are taught through animal stories and coloring. Through simple hands-on activities and demonstrations, children learn that just because something is not seen does not mean it is not there! Hence, the need to fix our mind.	Sahana Vavathu (8) Shuklam Baradaram (8) Saraswathi Namastubhyam (12) Krishnaya Vasudevaya (105) Sri Rama Rama Rameti (129) Manojavam Marutha (152)	Ganesha Sharanam (31) Bam Bam Bhola (87) Subramaniam Subramaniam (37) Come here my dear....(120) Raghupathy Raghava (142)	No Book
2	Bala Ramayana Children listen to the story of Ramayana and learn to comprehend the values that Sri Rama lived by. Coloring and drawing scenes, and following the trials of Sri Rama's journey with events and stories inspire children and develop their imagination.	Daily Prayers (11-13) Guru Stothram (61 - verse 1 to 3 and Tvameva Mata) Nilambuja Shymala (129)	Atma Rama (143) Manasa Bhajare (73) Shivaya Parameshwariaya (83)	Bala Ramayan Coloring Book
3	Hanuman the Super Superman "Have a backbone like a ruler and rule the world." Learn from Hanumanji's example - courage, strength, fearlessness, alertness, discipline, eloquence etc., as these qualities make us physically as well as mentally strong, and help us develop a majestic personality.	Buddhir Balam (152) Manojavam Marutha (152) Hanuman Chalisa (160)		No Book
4	Bala Bhagavatam Part 1 - Dasavataram Stories of Lord Vishnu's main avatars teach children how to measure happiness in this world and the right means to achieve it. They are taught how to develop discrimination between needs and wants, and responsibility by owning up to their choices and learning from them.	Guru Stothram (61) Dasavataram (94) Madhurashtakam (106)	Krishnaashtakam (109) Govinda Damodara Stothram - handout will be given	Bala Bhagavatham
5	Bala Bhagavatam Part 2 -Krishna Everywhere - My 24 teachers Lord Krishna's leelas teach children about sharing, self-discipline, and integrity. They are taught to introspect and observe themselves. Through the text My Twenty-four Teachers, they understand how all aspects of mother nature are selfless and giving, and how we must open our eyes to learn from teachers all around us.		Radhe Radhe (119) Radha Krishna Arathi (from handbook)	Bala Bhagavatham
6	Mahabharata Part 1 Until Virata Parva: Children listen to the story in detail and learn about this rich and complex epic India the Sacred Land: Saints Why India is sacred? Our rich heritage & saints and sages are our treasure.	Ajan Nirvikalpam (28) Ganesha Pancharatnam (30)	Sri Jagadeeswara Arathi (19) Sri Chinmaya Arathi (17)	No Book
	Mahabharata Part 2 In-depth story telling to expose children to this rich and complex epic First 4 weeks - Recap of Mahabharata upto Virata Parva Complete Mahabharatha by end of academic year India the Sacred Land: Temples of India Why India is sacred? Our rich heritage, architecture, rivers, temples & cities.	Devi Dhyanam shloka- Sarva mangala (39) Mahalakshmya Ashtakam (39) Maithshasuramardini Stotram (47)	Amba parameshwari (52)	No Book

Grade	Topic	Shlokas (Page # from My Prayers book)	Bhajans (Page # from My Prayers book)	Recommended book
7	Ramayana - by Rajagopalachari Analysis of main actors as we study the text in detail and understand how actions define character, how adherence to Dharma is portrayed in difficult situations. Vibhishana Gita (Keys to Success) Key To Success teaches children how to achieve success in the world by living a life that is rich in values. Emphasis is on the mind and how a disciplined mind achieves happiness and peace.	Sri Rama Dhyan shloka (129-1,2) Nana-Ramayanam (135) Vibhishana Gita Verses - handout will be given	Prema Mudita Mana Se Kaho (144)	Ramayana - by Rajagopalachari
8	Symbolism in Hinduism Children learn why we have so many deities and how they are the symbols of the one Lord, who pervades all. These symbols teach us to live a life of harmony, fulfillment, and happiness. Yato Dharma Tato Jayah Discussion of Yaksha Prashnas and Yudhishtira's answers	Gita Dhyan Shloka (112) Shri Tapovan Ashtakam (70-1)	Manasa bhajare (73) Aao Gurudeva (74)	Mahabharatha - by Rajagopalachari
9	Introduction to Hindu Culture Through this text children learn how a life lived as prescribed by the Hindu Samskars can reduce stress and tension in life, easily setting and accomplishing lofty goals. Chinmaya Mission Pledge Discuss this beautiful work by Gurudev and how it provides a roadmap for responsible citizenship, engagement and upliftment of ourselves as well as society.	Lord Shiva Dhyan shloka (78-1,2) Lingashtakam (78) Shiva Panchakshari Stotram (82) Shiva Manasa Pooja - handout will be given	No Book	
10-12	Bhagavad Gita Chapter 13 to 18 Choosing selected verses from the Bhagavad Gita, an overview of the essence of Bhagavad Gita is provided to the children. The overview of the sacred text is provided without sacrificing the subtle and detailed analysis of relevant verses. A number of classroom activities are also conducted to prepare the children to answer questions and make choices based on everyday situations.	Gita Dhyan shloka (112) Sri Chinmaya-Ashottarashata-namavalli (67) Aditya Hridayam - handout will be given	The Holy Gita Vision of Gita	

Adult study groups

Mere listening will not add to your beauty. These ideas are to be reflected upon deeply and digested slowly. This process is hastened only when you discuss what you have studied with others. Study Groups constitute the heart of our Mission

Swami Chinmayananda

Self Unfoldment By Swami Chinmayananda	The book <i>Self Unfoldment</i> written by Puja Swami Chinmayananda is an extensive manual that elucidates the whole topic of Vedanta in simple layman's language. The book is filled with simple examples which illustrate complex Vedantic concepts like BMI chart, Karma, Gunas, Pancha Kosha, meditation and many other topics. Every chapter ends with a set of questions and references for further reading from the Holy Bhagavad Gita, Upanishads and other Vedantic texts. The greatness of this book lies in the fact that it does not only discuss Vedantic philosophies academically but also provides real life examples of how this philosophy can be applied in real life by the aspirant to gain the ultimate happiness which is within us. Anyone who reads and absorbs the contents of this book gets a very firm footing on the spiritual path and his/her doubts vanish due to the simple handling of topics.
Tattva Bodha By Adi Shankaracharya	Vedanta is the science of life and when properly understood and applied, is the answer to the problem of human suffering. <i>Tattva Bodha</i> is a prakarana grantha, written in simple samskritham, provides clear definitions of Vedantic terms like nitya, anitya, viveka, vairagya, maya etc. It also clearly defines the necessary preparation a student of Vedanta must undertake to truly benefit from this knowledge. The sum total of all Vedantic analysis is presented vividly in this book to gain the above objectives.
Atma Bodha By Adi Shankaracharya	Vedanta is the science of life. It shows us the gateway to peace and happiness. To understand this subtle science, knowledge of certain terms and concepts is mandatory. With striking examples and ingenious poetry, <i>Atma Bodha</i> guides the reader along the path of Vedanta terminology. Reflecting on these verses will uplift the mind and elevate the soul. A great guide for beginners and a meditation prop for advanced seekers.
Bhagavad Gita Commentary by Swami Chinmayananda	If the <i>Upanishads</i> are the text books of philosophical principles discussing man, world and God, the <i>Bhagavad Gita</i> is a handbook of instructions as to how every human being can come to live the subtle philosophical principles in the actual work-a-day world. <i>Srimad Bhagavad Gita</i> , the Divine song of the Lord, occurs in the <i>Bhisma Parva</i> of the <i>Mahabharata</i> . This great handbook of practical living marked a positive revolution in Hinduism and inaugurated a Hindu renaissance for the ages that followed the <i>Puranic</i> era.
Mundaka Upanishad Commentary by Swami Chinmayananda	Among the Upanishads, the <i>Mundaka Upanishad</i> is regarded as one the most important. It throws a flood of light on the Jnana Marga (the path of Knowledge) and leads the aspirant to the highest rung in the ladder of Jnana—Brahmavid brahmaiva bhavati. It appears in the <i>Atharva Veda</i> . This is an advanced text and requires one to have undergone the study of basic Vedantic texts before entering into its study.
Kaivalya Upanishad Commentary by Swami Chinmayananda	<i>Kaivalyopanishad</i> belongs to the <i>Atharvana Veda</i> . Its poetic diction, systematic development of thought at once clear and concise, and scientific arrangement of highly philosophical ideas make it one of the most striking minor Upanishads. In this Upanishad, Asvalayana, the great teacher of Rig Veda is a disciple and Lord Brahma, the Creator is the teacher.
Kathopanishad Commentary by Swami Chinmayananda	<i>Kathopanishad</i> , one of the major <i>Upanishads</i> expounds a great truth, very simply, as to what happens after death. It is in the form of a dialogue between the God of Death (Yama) and Nachiketas a boy just nine years old. Its importance can very well be gauged by the fact that many of its mantras are reproduced in toto in the <i>Bhagavad Gita</i>

Teacher Roster for Chinmaya Vrindavan Balavihar 2022-23

	Friday PM	Sunday AM	Sunday PM
Coordinators	Ram Ramachandran	Vilas Magadum	Vasava Krishnamoorthy
	Sankar Mahadevan	Lakshmi N Aiyer	Sriram Srinivasan
Shishu vihar	Sanjay Rajput Vishnupriya Kannan	Vidya Venkatesh Namita Kekatpure	Sireesha Awa Vasavi Mukkamula
	Kavita Pattiola Rajalakshmi Karthikayan	Mahalakshmi Arcot Chandarani Deshmukh	Vasudha Manikandan Harshala Sarwadnya
1	Yamuna Kuchibotla Uma Bhashetty	Subha Sriram Srinivasan Selvi Deepak	Sapna Madiraju Saraththa Priya Arthanari
	Sujatha Iyer Thejasvi Venkatachalam (CHYK)	Meena Rajan Ramya Belavadi	Sudha Radhakrishnan Rajeswari Ummettala
2	Harinee Madhusudhan Lakshmi Voruganti	Rupa Ranganath Chitra Sukthankar	Aruna Amaresan Subbu Somayaji
	Anandhi Ramachandran Suresh Gopalakrishnan	Vidhya Aiyer Neelima Turaga	Shasi Mukkamala Purna Nandyala
3	Shivram Vempathy Anuradha Bhaskara	Indira Bhaskar Raji Subramanian	Roopa Byrichetty Ramee Karthikeyan
	Viji Lakshmi Hari Anupama Sivakumar	Abhirami Srinivas Keerthi Kobla	Rashmi Kuroodi Venu Sadda
4	Nirmala Rajan Mythili Pendyala	Sirisha Pannala Prarthana Gururaj	Vijayanti Durbhakula Kalyani Tholeti
	Purnima Krishnamoorthy Venkatasamy Shankar	Mekhala Girish Inchara Mottana (CHYK)	Nivedita Suresh Rajesh Jayakumar
5	Uma Shankar Jayashree Vedamurthy	Sitaram Kuchibotla Partha Turaga	Venu Avva Ankita Janakiraman
	Aruna Sarma Jayant Murthy	Rashmi Kashii Ananya Chakravarti (CHYK)	Swaminini Radhikanandaji
JCHYK			

CHYK: Chinmaya Yuva Kendra; JCHYK - Junior Chinmaya Yuva Kendra

Adult Study Groups

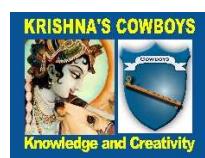
Study Group	Friday PM	Sunday AM	Sunday PM
Vedanta 101	Rajan Narayanaswamy <i>Book: Kaivalya Upanishad/Self Unfoldment</i>	Srini Natarajan Venky Ramasubramani <i>Book: Atma Bodha</i>	Diwakar Sarwadnya <i>Book: Self Unfoldment/Tattva Bodha</i>
Bhagavad Gita	Madhu Nagarajan Srini Kesavan <i>Book: Bhagavad Gita Ch 6</i>	Keshav Murthy Kumar Rampura <i>Book: Bhagavad Gita Ch 4</i>	Mani Manikandan Sai Narasimhan <i>Book: Bhagavad Gita Ch 7</i>
Advanced Vedanta	Venkat Krishnaswamy Narasimha Pinniti <i>Book: CIF Bhagavad Gita course</i>	Raj Pratha Hari Srinivasan <i>Book: Mundaka Upanishad</i>	Vasu Ranganathan <i>Book: Bhagavad Gita Ch 6</i>
Bhajans		Subha Srinivasan	
Slokas	Priya Ramaswamy Anjana Suresh Pushkala Krishnaswamy		Saroja Raman Usha Venkatakrishnan

Language Teachers (Sunday 11:15 AM - 12:15 PM)

	Gujarati	Tamil	Sanskrit	Kannada
Bhagwati Shukla (Level 1)	Veena Nair (Level 1)	Vinithira Rangarajan (Level 1)		
Neelima Shah (Level 2)	Chitra Menon (Level 2)	Vidhya Aiyer (Level 2)		
		Anandhi Ganesh (Level 3)		
		Aruna Amaresan (Level 4)		
		Hemalatha Ramaswamy (Level 5)		
	Malayalam			
Anitha Sridhar (Level 1)	Venkat Voruganti (Level 1)	Vandana Kashyap (Level 1)	Namitha Kekatpure (Level 1)	Greeshma Kappetu (Level 1)
Sindhu Janeesh (Level 1)	Bhaskar Cherukumilli (Level 2)	Priya Ramaswamy (Level 2)	Pratima Chandwakar (Level 1)	
Geetanjali Bharadwaj (Level 1)	Prasad Bapatla (Level 3)	Abhirami Srinivas (Level 3)		
Rashmi Kuroodi (Level 2)		Sitaram Kuchibotla (Level 4)		
Pallavi Kadlaskar (Level 3)		Anjana Suresh (Level 4)		
Toshi Singh (Level 4)				
	Hindi	Telugu	Marathi	
Anitha Sridhar (Level 1)	Venkat Voruganti (Level 1)	Vandana Kashyap (Level 1)		
Sindhu Janeesh (Level 1)	Bhaskar Cherukumilli (Level 2)	Priya Ramaswamy (Level 2)		
Geetanjali Bharadwaj (Level 1)	Prasad Bapatla (Level 3)	Abhirami Srinivas (Level 3)		
Rashmi Kuroodi (Level 2)		Sitaram Kuchibotla (Level 4)		
Pallavi Kadlaskar (Level 3)		Anjana Suresh (Level 4)		
Toshi Singh (Level 4)				

Other Programs at Chinmaya Vrindavan

Amruta Vihar	<p>Amruta Vihar is a special program tailored for children, who are differently abled, to come together for social interaction, spiritual growth and learning. The children are introduced to stories from our Puranas, taught how to chant shlokas and sing bhajans, along with art & craft activities, yoga, breathing exercises and group discussions. The classes are conducted on Saturdays from 10:30 am to 11:30 am in weekends with Balavihar classes.</p> <p>Contact: Vasudha Manikandan (609-937-0185) or amrutavihar@chinmayavrindavan.org</p>
Swaranjali	<p>Swaranjali consists of a group of talented youth musicians selected from among our Balavihar students by an audition to sing bhajans at various Balavihar, Ashram events. Mentored and coached by adult Chinmaya sevaks, the children have helped create bhakti bhava among audiences singing prior to Swamiji's discourses on Vedanta and at various festivals. The group meets on Sundays to practice from 11:15 AM to 12:15 PM on all Sundays that Balavihar is in session. We ask for the students' regular attendance and practice of songs taught to be able to sing confidently and with feeling as one voice. Both vocalists and instrumentalists with some form of classical training are welcome.</p> <p>Contact: Subha Srinivasan (732-801-7654) or swaranjali@chinmayavrindavan.org</p>
Language classes	<p>Language classes are offered to kids, currently enrolled in Balavihar. We teach Gujarati, Hindi, Kannada, Malayalam, Sanskrit, Tamil and Telugu. We follow a structured curriculum that enforces reading, writing and also conversing. Classes meet every Sunday during the Balavihar calendar year from 11:15 AM – 12:15 PM. Children are grouped by their proficiency in the language. Active participation of children in the class is encouraged to foster learning; parents are requested to assist as needed.</p> <p>Contact: Purnima Krishnamurthy (732-742-6794) or languages@chinmayavrindavan.org</p>
Dasbodha study group	<p>Discussions in Marathi based on Dasbodha (Advice to the Disciple) by Samarth Ramdas Swami are held on Sunday during the Balavihar calendar year from 11:15 AM – 12:15 PM at Vrindavan.</p> <p>Contacts: Diwakar Sarwadnya (973-964-5817) or Sachin Kadlaskar (551-998-0378)</p>
Sanskrit Subhaashita	<p>Pre-req: A keen interest in the language and the values handed down to us! Basic ability to read and write Sanskrit will be helpful, but not compulsory.</p> <ul style="list-style-type: none"> • Learn Sanskrit through subhaashitas and build vocabulary • Comprehend the deeper imports of the verses and breaking words in a shloka • Understand the structure of the language and the intricacies of the words <p>Classes meet every Sunday during the Balavihar calendar year from 11:15 AM – 12:15 PM. Recommended Books – Sanskrit Pearls Vol. 1, 2 and 3. Contact: Rashmi Kashi (732-322-6982)</p>



Vrindavan Balavihar Houses

एकयम् अस्माकं बलम् / Unity is our strength.

When you join Balavihar, you will automatically belong to one of our four Houses – Arjuna’s Arrows, Bajrangi’s Bolts, Krishna’s Cowboys or Durga’s Daredevils. Every year there is a fierce but friendly competition between the four Houses to lift the huge House Trophy that you can see in our Ashram lobby. Periodically, we will have fun team building contests involving all children in Balavihar across all the 3 sessions.

All Balavihar children from PreK-7th grade shall belong to a House based on the grade they attend. The teachers of these grades shall belong to the same House as the grade students. High schoolers and 8th graders are sorted into one of the four Houses using a special sorting quiz and shall be captains of the respective Houses. Each of these Houses shall have adult mentors.

- Show your House Spirit! Wear your House colors on special occasions
- Earn Points for your House by participating enthusiastically in team building activities and contests throughout the year
- Learn and participate in Geeta chanting yajna and Shlokathon
- Write Likhita Japa in your notebook to earn points for your House

House Name	Color	Values	Grades	Bhajan
ARJUNA'S ARROWS	Green	Action, Perfection	Pre K, 3, 5	Bolo Bolo Sab Mil Bolo
BAJRANGI'S BOLTS	Yellow	Service, Discipline	2,7	Veera Hanumana
KRISHNA'S COWBOYS	Blue	Knowledge, Creativity	KG,4	Hey Murali Shridhara
DURGA'S DAREDEVILS	Red	Bravery, Righteousness	1,6	Jay Ambe Jagadambe

TROPHY WINNERS

2021-22 – ARJUNA'S ARROWS

2020-21 – BAJRANGI'S BOLTS

2019-20 – DURGA'S DAREDEVILS

2018-19 – KRISHNA'S COWBOYS

2017-18 – KRISHNA'S COWBOYS

2016-17 – DURGA'S DAREDEVILS

IMPORTANT DATES FOR 2022-2023

- Oct 7/9, Oct 14/16 - Sorting of incoming 8th, 9th graders and new high schoolers
- Oct 28/30 – House Inaugural Assembly (Parents are invited to join the Assembly)
- Feb 24/26 - House Spirit Day (Parents are invited for the final activity in Assembly)
- May 6 (Rain Date May 13th) - Balavihar Family Picnic/Field Day/Baking Contest
- Jan 28th (Tentative) - Story Telling Contest
- March 18th (Tentative)- Shlokathon
- Ongoing Oct until May - Likhita Japa

List of shlokas for Shlokathon – Please refer to our website www.chinmayavrindavan.org for the latest list and resources to learn the Shlokas. Memorize to earn points.

Coaching classes to prepare for Shlokathon will start in October (limited seats). Please watch out for the details in the weekly Balavihar Email and your class WhatsApp groups.

Value for this year

Every year, Swami Shantananda ji picks a value to be focused on during the Balavihar year. The last three years it has been Daanam (Charity), Daya (Compassion), and Dama (Self Control). This year Swamiji has suggested we focus on Bhakti (Devotion). We will try to inculcate this value in ourselves and the children this year!

For questions or if you want to volunteer for house events, please contact bvhouses@chinmayavrindavan.org

Balavihar Guidelines

What can families expect?

1. Active leadership from our resident Swamiji - Swami Shantanandaji.
2. Knowledgeable and trained teacher volunteers who teach children by grade using a well-defined curriculum based on Puranas and sacred texts such as the Bhagavad Gita.
3. Access to the state-of-the-art Chinmaya Vrindavan Ashram facilities for all Balavihar and Adult Study Groups.
4. Dissemination of pertinent information about Balavihar/Adult Study Groups and other programs via email, web, and verbal announcements in a timely and efficient manner.
5. Availability of curriculum books, Chinmaya publication books, Vedantic texts and related items, at the bookstore in the Chinmaya Vrindavan Ashram.
6. Celebration of traditional Hindu festivals and other educational, cultural, and spiritual activities at the Chinmaya Vrindavan Ashram.
7. Please note Chinmaya Mission may record Balavihar activities using various formats (e.g. still/video camera, etc.) for the purpose of promoting its programs.
8. Chinmaya Mission will make every reasonable effort to work with parents to try and accommodate their children with special needs; however, if a mutually acceptable solution still cannot be reached, the Chinmaya Mission reserves the right to decline/rescind registrations.

What is expected of the children?

1. General discipline should be maintained in the class. Be respectful and courteous to others.
2. Bring a copy of the "My Prayers" book, Balavihar handbook, and a notebook to each session. All children should have pencils, pens, erasers, and loose-leaf paper in the Balavihar binder for the class. Younger children may require color pencils for arts & crafts projects.
3. No snacks, food or drinks (other than a spill proof water bottle) is allowed in the classrooms.
4. All children should buy the prescribed textbook for their grade from the bookstore. Any other required books/items requested by the Balavihar teacher should be brought to the class.
5. Participate actively and attentively in class and during scheduled festivals/other events.
Participation in Arati and Pledge at the end of each session is mandatory to instill a sense of community and culture.
6. Follow health and safety protocols in effect such as wearing of masks and social distancing.
7. Each class will have a presentation (like skit, play, gameshow etc.) either as part of monthly programs or annual day. All children should make the necessary effort to prepare and participate in these programs.
8. Any form of bullying will not be tolerated. Should such an incident occur, Chinmaya Mission reserves the right to take appropriate action up to and including cancellation of registration.
9. Do not run around, play with equipment or cause any damage to the Ashram facilities. Parents are responsible to reimburse Ashram for repair/replacement of any intentional damage caused by their children to Ashram property.

What is required of all parents and guardians?

1. All participants attending Balavihar must complete registration and pay prior to joining the program. No refunds will be processed for discontinuing families.
2. Arrive 5 minutes before for your respective sessions (i.e., 9:10 for classes starting at 9:15 etc.) and stay through the program concluding with Aarti and Pledge. Children arriving late may have to wait for entry to minimize disruption to the class.
3. At least one parent/guardian should remain at the facility during the Balavihar session. Chinmaya Mission offers multiple adult study group classes, prayer hall is accessible, and there are numerous volunteering opportunities available during Balavihar. Please see your Balavihar session coordinator for additional details.
4. Follow health and safety protocols in effect such as wearing of masks and social distancing.
5. At all times, except in the classroom, children attending Balavihar are the responsibility of their parents or the emergency contact listed during online registration. Insurance regulations may require Chinmaya Mission to conduct exercises such as fire drills. In the event of such exercises or any actual emergencies, parents must be on site and immediately available to receive their children.
6. Parents whose children have special needs must notify the Chinmaya Mission in writing for consideration prior to submitting their online registration.
7. Treat property with care: keep it clean and make sure your children understand the same.

What is requested of the parents/guardians?

1. Take an active interest in your children's classes and support their participation in events.
2. Check to make sure you are receiving all the information regarding the upcoming Balavihar and other events including any last-minute cancellations due to bad weather (e.g., when there is significant snow, ice, hail, rain), other emergencies, etc. through email.
3. Subscribe to Chinmaya Vrindavan Twitter messages.
4. Join the Facebook page of Chinmaya Vrindavan.
5. Participate in class-specific email/online group discussions as requested by teachers.

What can parents/guardians do to help?

1. Sign up to bring Prasad for Balavihar and related events.
2. Volunteer for monthly programs and Balavihar events.
3. Participate in temple / ashram activities in Chinmaya Vrindavan.
4. Attend pravachans and music concerts organized at Chinmaya Vrindavan.
5. Spread the word about Chinmaya Mission with friends and family.

Virtual Class Etiquette for Students

1. Please sit in a quiet room with a clean background.
2. Use your full name as your screen name so that the teacher can admit you into the class.
3. Light should fall on your face so that the teacher can see you clearly.
4. Speak clearly and slowly. Use a headset if possible.
5. Stay engaged in class without distractions on the computer or phone.
6. Maintain classroom decorum - limit bathroom breaks and no eating in front of the computer.
7. Have Daily Prayers, Handbook, and shloka handouts handy.

Chinmaya Vrindavan
CNJ Balavihar Contacts

Resident Swamiji	Swami Shantanandaji	609-655-1787	shantananda.swami@gmail.com
Balavihar Activities	Sevak/Sevika	Phone Numbers	Email Address
Friday Team	Ram Ramachandran Sankar Mahadevan	408-667-3796 609-439-9479	fri-coordinators @chinmayavrindavan.org
Sunday AM Team	Vilas Magadum Lakshmi N Aiyer	201-984-5276 973 723 0885	sunam-coordinators @chinmayavrindavan.org
Sunday PM Team	Vasava Krishnamoorthy Sriram Srinivasan	609-933-1915 732-258-8936	sunpm-coordinators @chinmayavrindavan.org
Books/Publications	Girish Ananthashankaran Ajit Kashyap	609-937-0521 203-252-6399	bookstore @chinmayavrindavan.org
Language classes*	Purnima Krishnamurthy Sundaresh Ravindran	732-742-6794 201-665-7859	languages @chinmayavrindavan.org
Geeta chanting	Viji Lakshmi Hari	609-468-9633	geeta@chinmayavrindavan.org
Balavihar Houses	Jayashree Vedamurthy	609-439-7838	bvhouses @chinmayavrindavan.org
Amruta Vihar*	Vasudha Manikandan	609-937-0185	Amrutavihar @chinmayavrindavan.org
Youth volunteer projects	Subba Tholeti Shankar Venkatapathy	609-489-1172 609-233-2821	cmvrindavanysp@gmail.com

Music & Fine Arts	Sevak/Sevika	Phone Numbers	Email Address
Concerts at Vrindavan	Harinee Madhusudhan Madhusudhan Nagarajan Gajanan Hegde	732-491-7862 732-491-7863 609-915-4330	cultural.events @chinmayavrindavan.org
Swaranjali Bhajan Group*	Subha Sriram Kannan Raghavan	732-801-7654 908-331-1294	swaranjali @chinmayavrindavan.org

Ashram Activities	Sevak/Sevika	Phone Numbers	Email Address
Temple activities	Sujani Murthy	609-275-9114	sujanimurthy@hotmail.com
Soup Kitchen	Vyjayanthi Durbhakula	732-319-5715	vyjayantid@yahoo.com
Weekend Yoga Classes	Rajan Narayanaswamy	732-666-8878	n_rajan@hotmail.com
CORD Walkathon	Sriram Srinivasan	732-258-8936	CORDWalkathon @chinmayavrindavan.org

* More information available in Other Programs page.

Note: Please visit Ashram activities page at <http://www.chinmayavrindavan.org> for details about any Music and Dance classes that are offered at Vrindavan Ashram.



Gītā Chanting Yajñā

Chapter 3 - Karma Yoga

The Yoga of Action



nirmamah
asaktah
yajñah

यज्ञार्थात्कर्मणोऽन्यत्र लोकोऽयं कर्मवन्धनः।

तदर्थं कर्म कौन्तेय मुक्तसङ्गः समाचर ॥

*yajñārtha-tkarmano'nyatra lokoyān karmabandhanah
tadarthan karma kaunteya muktasaṅgah samācara*



The world is bound by actions other than those performed for the sake of sacrifice; do thou, therefore, O son of Kuntī! Perform action for that sake (for yajñā) alone, free from all attachment. - Chapter 3 Verse 9

Verse Assignment:

Group	Grade	Verses
Kirīti	Śiśuvihār	1 – 6
Anagha	Kindergarten	1 - 10
Arjuna	Grades 1 - 2	1 - 16
Bhārata	Grades 3 - 4	1 - 25
Pārtha	Grades 5 - 6	1 - 30
Gudakeśa	Grades 7 - 8	1 - 35
Dhananjaya	Grades 9 - 12	1 - 35
Kaunteya «	Grades 9 - 12	1 - 43
Medhāvī ☀	Grades 1 - 12	1 - 43
Mahābāho «	-- (Adults)	1 - 43
Parantapa	-- (Adults)	1 - 43

« Groups reading the verses (Additional Vocab. Test/Talks)

All other groups are required to memorize the verses

☀ - New group for all dedicated students!

"Live in the world but don't be of the world. Live in the world but don't let the world live within you" declared the Learned. Bound by their inherent nature, all living beings engage in performing worldly tasks. Superior are those that perform those worldly tasks diligently with no material attachment but to the satisfaction of the Supreme Lord. Lord Krishna explains to Arjuna that one should perform one's prescribed duties, with no exception to Himself, for the welfare of the society.

Arjuna asks, What causes or forces one to perform sinful acts? Lord Krishna explains that even the wise come under the sway of this powerful enemy, the destroyer of Knowledge & Wisdom, known as "Desire", and asks Arjuna to conquer this formidable enemy by controlling one's senses and performing one's duties!

Let us chant & live the karma-yoga of śrīmad-bhagavad-gītā!

Save the Dates!

CNJ Regionals: April 22 , 2023

Gītotsavam : May 13, 2023 (tentative)

For all Gītā chanting event related info and updates, visit: <http://www.chinmayavrindavan.org/geeta-chanting/>.

Please contact the Gītā Chanting Yajna coordinator of your center if you have any questions or comments.

Chinmaya Mission New Jersey

(Incorporating NJ/NY/CT Chinmaya Mission Centers)

Vrindavan www.chinmayavrindavan.org
95 Cranbury Neck Road, Cranbury, NJ 08512

Ramdoot bbnj.chinmayamission.com
1941 Holland Brook Road W., Branchburg, NJ 08876

Saraswati www.chinmayafairfield.org
393 Derby Avenue, Orange, CT 06477

New York www.chinmayanewyork.org
100 Lakeville Road, New Hyde Park, NY 11040

भगवद्गीता ध्यानम्	bhagavadgītā dhyānam
<p>ॐ पार्थाय प्रतिबोधितां भगवता नारायणेन स्वयम् व्यासेन ग्रथितां पुराणमुनिना मध्ये महाभारतम्। अद्वैतामृतवर्षिणीं भगवतीम् अष्टादशाध्यायिनीम् अम्ब त्वाम् अनुसन्दधामि भगवद्गीते भवद्वेषिणीम्॥</p> <p>नमोऽस्तु ते व्यास विशालबुद्धे फुल्लारविन्दायतपत्रनेत्र।</p> <p>येन त्वया भारततैलपूर्णः प्रज्वालितो ज्ञानमयः प्रदीपः ॥</p> <p>प्रपञ्चपारिजाताय तोत्रवैत्रैकपाणये। ज्ञानमुदाय कृष्णाय गीतामृतदुहे नमः ॥</p> <p>सर्वोपनिषदो गावः दोग्धा गोपालनन्दनः। पार्थो वत्सः सुधीर्भौक्ता दुर्गं गीतामृतं महत् ॥</p> <p>वसुदेवसुतं देवम् कंसचाणूर्मर्दनम्। देवकीपरमानन्दम् कृष्णं वन्दे जगद्गुरुम् ॥</p> <p>भीष्मद्रोणतटा जयद्रथजला गान्धारनीलोत्पला शत्यग्राहवती कृपेण वहनी कर्णेन वेलाकुला। अश्वत्थामविकर्णघोरमकरा दुर्योधनावर्तीनी सोत्तीर्णा खलु पाण्डवैः रणनदी कैर्वर्तकः केशवः ॥</p> <p>पाराशर्यवचः सरोजममलं गीतार्थगन्धोत्कटम् नानाख्यानकेसरं हरिकथा सम्बोधनाबोधितम्। लोके सज्जन षट्पदैरहरहः पेरीयमानं मुदा भूयात् भारतपङ्कजं कलिमल-प्रचंसि नः श्रेयसे ॥</p> <p>मूकं करोति वाचालम् पञ्जुं लङ्घयते गिरिम्। यत्कृपा तमहं वन्दे परमानन्दमाधवम् ॥</p> <p>यं ब्रह्मा वरुणेन्द्ररुद्रमरुतः स्तुन्वन्ति दिव्यैः स्तवैः वेदैः साङ्गपदकमोपनिषदैः गायन्ति यं सामगाः। ध्यानावस्थिततद्वतेन मनसा पश्यन्ति यं योगिनः यस्यान्तं न विदुः सुरासुरगणाः देवाय तस्मै नमः ॥</p>	<p>om pārthāya pratibodhitām bhagavatā nārāyaṇena svayam vyāsenā grathitām purāṇamuninā madhye mahābhāratam advaitāmr̄tavarṣiṇīm bhagavatīm aṣṭādaśādhyāyīnīm amba tvām anusandadhāmi bhagavadgīte bhavadveṣīnīm (1) namo'stu te vyāsa viśālabuddhe phullāravindāyatapatranetra yena tvayā bhāratatailapūrṇāḥ prajvālito jñānamayaḥ pradīpaḥ (2)</p> <p>prapannapārijātāya totravetraikapāṇaye jñānamudrāya kṛṣṇāya gītāmr̄taduhe namaḥ (3)</p> <p>sarvopaniṣado gāvah dogdhā gopālanandanāḥ pārtho vatsaḥ sudhīrbhoktā dugdhaṁ gītāmr̄taṁ mahat (4)</p> <p>vasudevaśutarāḥ devam kāṁsacāṇūramardanām devakīparamānandam kṛṣṇām vande jagadgurum (5)</p> <p>bhiṣmadronataṭā jayadrathajalā gāndhāranīlotpalā śalyagrāhavatī kṛpeṇa vahanī karṇena velākulā aśvatthāmavikarṇaghoramakarā duryodhanāvartīnī sottīrṇā khalu pāṇḍavaīḥ raṇanadī kaivartakaḥ keśavaḥ (6)</p> <p>pārāśaryavacāḥ sarojamamalaṁ gītārthagandhotkaṭam nānākhyānakakesaram harikathā sambodhanābodhitam loke sajjana ṣaṭpadairaharahaḥ pepīyamānaṁ mudā bhūyāt bhāratapaṇkajāṁ kalimalapradhvāṁsi naḥ śreyase (7)</p> <p>mūkāṁ karoti vācālam paṅguṁ laṅghayate girim yatkr̄pā tamahaṁ vande paramānandamādhavam (8)</p> <p>yam brahmā varuṇendrarudramarutaḥ stuvanti divyaiḥ stavaiḥ vedaiḥ sāṅgapadakramopaniṣadaih gāyanti yam sāmagāḥ dhyānāvasthitatadgatena manasā paśyanti yam yogināḥ yasyāntarāḥ na viduh surāsuragaṇāḥ devāya tasmai namaḥ (9)</p>

कर्मयोगः (karma-yogah)

ॐ श्रीपरमात्मने नमः । अथ तृतीयोऽध्यायः । कर्मयोगः ।

om śrīparamātmane namah. atha tṛtīyo'dhyāyah. karmayogah.

1.	<p>अर्जुन उवाच । ज्यायसी चेत्कर्मणस्ते मता बुद्धिर्जनार्दन । तत् किं कर्मणि घोरे माम् नियोजयसि केशव ॥</p>	arjuna uvāca jyāyasī cetkarmaṇaste matā buddhirjanārdana tat kiṁ karmaṇi ghore mām niyojayasi keśava
2.	<p>व्यामिश्रेणेव वाक्येन बुद्धिं मोहयसीव मे । तदेकं वद निश्चित्य येन श्रेयोऽहमाप्नुयाम् ॥</p>	vyāmiśreṇeṣeva vākyena buddhim mohayasīva me tadekam vada niścitya yena śreyo'hamāpnuyām
3.	<p>श्रीभगवानुवाच । लोकेऽस्मिन्द्विविधा निष्ठा पुरा प्रोक्ता मयानघ । ज्ञानयोगेन साहृद्यानाम् कर्मयोगेन योगिनाम् ॥</p>	śrībhagavānuvāca loke'smindvividhā niṣṭhā purā proktā mayānagha jñānayogena sāṅkhyañām karmayogena yoginām
4.	<p>न कर्मणामनारम्भात् नैष्कर्म्यं पुरुषोऽश्रुते । न च सन्न्यसनादेव सिद्धिं समधिगच्छति ॥</p>	na karmaṇāmanārambhāt naiṣkarmyam puruṣo'snute na ca sannyasanādeva siddhim samadhigacchati
5.	<p>न हि कश्चित्क्षणमपि जातु तिष्ठत्यकर्मकृत् । कार्यते ह्यवशः कर्म सर्वः प्रकृतिजैर्गुणैः ॥</p>	na hi kaścitkṣaṇamapi jātu tiṣṭhatyakarmakṛt kāryate hyavaśaḥ karma sarvah prakṛtijairguṇaiḥ
6.	<p>कर्मेन्द्रियाणि संयम्य य आस्ते मनसा स्मरन् । इन्द्रियार्थान्विमूढात्मा मिथ्याचारः स उच्यते ॥</p>	karmendriyāṇi samyamya ya āste manasā smaran indriyārthaṁvimūḍhātmā mithyācāraḥ sa ucyate
7.	<p>यस्त्विन्द्रियाणि मनसा नियम्यारभतेऽर्जुन । कर्मेन्द्रियैः कर्मयोगम् असक्तः स विशिष्यते ॥</p>	yastvindriyāṇi manasā niyamyārabhate'rjuna karmendriyaiḥ karmayogam asaktaḥ sa viśisyate
8.	<p>नियतं कुरु कर्म त्वम् कर्म ज्यायो ह्यकर्मणः । शरीरयात्रापि च ते न प्रसिद्धूद्धेदकर्मणः ॥</p>	niyatam kuru karma tvam karma jyāyo hyakarmaṇah śarīrayātrāpi ca te na prasiddhyedakarmaṇah

9.	यज्ञार्थात्कर्मणोऽन्यत्र लोकोऽयं कर्मबन्धनः । तदर्थं कर्म कौन्तेय मुक्तसङ्गः समाचर ॥	yajñārthāt karmaṇo'nyatra loko'yaṁ karmabandhanah tadarthan karma kaunteya muktasaṅgaḥ samācara
10.	सहयज्ञाः प्रजाः सृष्टा पुरोवाच प्रजापतिः । अनेन प्रसविष्यध्वम् एष वोऽस्त्विष्टकामधुक् ॥	sahayajñāḥ prajāḥ sr̄ṣṭvā purovāca prajāpatih anena prasaviṣyadhvam eṣa vo'stvīṣṭakāmadhuk
11.	देवान्भावयतानेन ते देवा भावयन्तु वः । परस्परं भावयन्तः श्रेयः परमवाप्स्यथ ॥	devān bhāvayatānena te devā bhāvayantu vaḥ parasparam bhāvayantah śreyah paramavāpsyatha
12.	इष्टान्भोगान्हि वो देवाः दास्यन्ते यज्ञभाविताः । तैर्दत्तानप्रदायैभ्यः यो भुद्भक्ते स्तेन एव सः ॥	iṣṭānbhogānhi vo devāḥ dāsyante yajñabhāvitāḥ tairdattānapradāyaibhyah yo bhūnkte stena eva saḥ
13.	यज्ञशिष्टाशिनः सन्तः मुच्यन्ते सर्वकिल्बिषैः । भुञ्जते ते त्वघं पापाः ये पचन्त्यात्मकारणात् ॥	yajñaśiṣṭāśinah santah mucyante sarvakilbiṣaiḥ bhūñjate te tvagham pāpāḥ ye pacantyātmakāraṇāt
14.	अन्नाद्ववन्ति भूतानि पर्जन्यादन्नसम्भवः । यज्ञाद्ववति पर्जन्यः यज्ञः कर्मसमुद्धवः ॥	annādbhavanti bhūtāni parjanyādannasambhavaḥ yajñādbhavati parjanyaḥ yajñāḥ karmasamudbhavaḥ
15.	कर्म ब्रह्मोद्दवं विद्धि ब्रह्माक्षरसमुद्धवम् । तस्मात्सर्वगतं ब्रह्म नित्यं यज्ञे प्रतिष्ठितम् ॥	karma brahmodbhavam viddhi brahmākṣarasamudbhavam tasmātsarvagataṁ brahma nityam yajñe pratiṣṭhitam
16.	एवं प्रवर्तितं चक्रम् नानुवर्त्यतीह यः । अघायुरिन्द्रियारामः मोघं पार्थ स जीवति ॥	evam pravartitam cakram nānuvartyatātīha yaḥ aghāyurindriyārāmaḥ mogham pārtha sa jīvati
17.	यस्त्वात्मरतिरेव स्यात् आत्मतृसश्च मानवः । आत्मन्येव च सन्तुष्टः तस्य कार्यं न विद्यते ॥	yastvātmaratireva syāt ātmatṛptaśca mānavah ātmanyevo ca santuṣṭah tasya kāryam na vidyate

18.	नैव तस्य कृतेनार्थः नाकृतेनेह कश्चन । न चास्य सर्वभूतेषु कश्चिदर्थव्यपाश्रयः ॥	naiva tasya kṛtenārthaḥ nākṛteneha kaścana na cāsyā sarvabhūteṣu kaścidarthyapāśrayaḥ
19.	तस्मादसक्तः सततम् कार्यं कर्म समाचर । असक्तो ह्याचरन्कर्म परमाप्नोति पूरुषः ॥	tasmādasaktaḥ satatam kāryam karma samācara asakto hyācarankarma paramāpnoti pūruṣaḥ
20.	कर्मणैव हि संसिद्धिम् आस्थिता जनकादयः । लोकसङ्घमेवापि सम्पश्यन्कर्तुमर्हसि ॥	karmaṇaiwa hi samsiddhim āsthitā janakādayaḥ lokasaṅgrahamevāpi sampaśyankartumarhasi
21.	यद्यदाचरति श्रेष्ठः तत्तदेवेतरो जनः । स यत्रमाणं कुरुते लोकस्तदनुवर्तते ॥	yadyadācarati śreṣṭhaḥ tattadevetaro janah sa yatpramāṇam kurute lokastadanuvartate
22.	न मे पार्थास्ति कर्तव्यम् त्रिषु लोकेषु किञ्चन । नानवास्तमवासव्यम् वर्त एव च कर्मणि ॥	na me pārthāsti kartavyam triṣu lokeṣu kiñcana nānavāptamavāptavyam varta eva ca karmani
23.	यदि ह्यहं न वर्तेयम् जातु कर्मण्यतन्द्रितः । मम वर्त्मानुवर्तन्ते मनुष्याः पार्थ सर्वशः ॥	yadi hyaham na varteyam jātu karmanyatandritaḥ mama vartmānuvartante manuṣyāḥ pārtha sarvaśaḥ
24.	उत्सीदेयुरिमे लोकाः न कुर्यां कर्म चेदहम् । सङ्करस्य च कर्ता स्याम् उपहन्यामिमाः प्रजाः ॥	utsīdeyurime lokāḥ na kuryām karma cedaham saṅkarasya ca kartā syām upahanyāmimāḥ prajāḥ
25.	सक्ताः कर्मण्यविद्वांसः यथा कुर्वन्ति भारत । कुर्याद्विद्वांस्तथासक्तः चिकीर्षुर्लोकसङ्घम् ॥	saktāḥ karmanyavidvāṁsaḥ yathā kurvanti bhārata kuryādvidvāṁstathāsaktāḥ cikīrṣurlokaśaṅgraham
26.	न बुद्धिं भेदं जनयेत् अज्ञानां कर्मसङ्गिनाम् । जोषयेत्सर्वकर्माणि विद्वान्युक्तः समाचरन् ॥	na buddhi bhedaṁ janayet ajñānām karmasaṅginām joṣayetsarvakarmāṇi vidvānyuktaḥ samācaran

27.	प्रकृतेः क्रियमाणानि गुणैः कर्माणि सर्वशः । अहङ्कारविमूढात्मा कर्ताहमिति मन्यते ॥	prakṛteḥ kriyamāṇāni guṇaiḥ karmāṇi sarvaśah ahaṅkāravimūḍhātmā kartāhamiti manyate
28.	तत्त्ववित्तु महाबाहो गुणकर्मविभागयोः । गुणा गुणेषु वर्तन्ते इति मत्वा न सज्जते ॥	tattvavittu mahābāho guṇakarmavibhāgayoh guṇā guṇeṣu vartante iti matvā na sajjate
29.	प्रकृतेर्गुणसम्मूढाः सज्जन्ते गुणकर्मसु । तानकृत्स्वविदो मन्दान् कृत्स्वविन्नविचालयेत् ॥	prakṛterguṇasammūḍhāḥ sajjante guṇakarmasu tānakṛtsnavido mandān kr̄tsnavinnavicalayet
30.	मयि सर्वाणि कर्माणि सञ्च्यस्याध्यात्मचेतसा । निराशीर्निर्ममो भूत्वा युध्यस्व विगतज्वरः ॥	mayi sarvāṇi karmāṇi sannyasyādhyātmacetasā nirāśīrnirmamo bhūtvā yudhyasva vigatajvarah
31.	ये मे मतमिदं नित्यम् अनुतिष्ठन्ति मानवाः । श्रद्धावन्तोऽनसूयन्तः मुच्यन्ते तेऽपि कर्मभिः ॥	ye me matamidam nityam anutिष्ठanti mānavāḥ śraddhāvanto'nasūyantah mucyante te'pi karmabhiḥ
32.	ये त्वेतदभ्यसूयन्तः नानुतिष्ठन्ति मे मतम् । सर्वज्ञानविमूढांस्तान् विद्धि नष्टानचेतसः ॥	ye tvetadabhyasūyantah nānutiṣṭhanti me matam sarvajñānavimūḍhāṁstān viddhi naṣṭānacetasah
33.	सदृशां चेष्टते स्वस्याः प्रकृतेज्ञानवानपि । प्रकृतिं यान्ति भूतानि निय्रहः किं करिष्यति ॥	sadṛśāṁ ceṣṭate svasyāḥ prakṛterjñānavānapi prakṛtim yānti bhūtāni nigrahaḥ kim kariṣyati
34.	इन्द्रियस्येन्द्रियस्यार्थे रागद्वेषौ व्यवस्थितौ । तयोर्नवशमागच्छेत् तौ ह्यस्य परिपथिनौ ॥	indriyasyendriyasyārthe rāgadveṣau vyavasthitau tayornavaśamāgacchet tau hyasya paripanthinau
35.	श्रेयान्स्वधर्मो विगुणः परधर्मात्स्वनुष्ठितात् । स्वधर्मं निधनं श्रेयः परधर्मो भयावहः ॥	śreyānsvadharmo viguṇah paradharmātsvanuṣṭhitat svadharme nidhanam śreyah paradharmo bhayāvahaḥ

36.	<p>अर्जुन उवाच । अथ केन प्रयुक्तोऽयम् पापं चरति पूरुषः । अनिच्छन्नपि वार्ष्ण्य बलादिव नियोजितः ॥</p>	arjuna uvāca atha kena prayukto'yam pāpam carati pūruṣah anicchannapi vārṣṇeya balādiva niyojitaḥ
37.	<p>श्रीभगवानुवाच । काम एष क्रोध एषः रजोगुणसमुद्धवः । महाशनो महापाप्मा विद्ध्येनमिह वैरिणम् ॥</p>	śrībhagavānuvāca kāma esa krodha esah rajoguṇasamudbhavaḥ mahāshano mahāpāpmā viddhyenamiha vairiṇam
38.	<p>धूमेनाव्रियते वह्निः यथादर्शो मलेन च । यथोल्बेनावृतो गर्भः तथा तेनेदमावृतम् ॥</p>	dhūmenāvriyate vahniḥ yathādarśo malena ca yatholbenāvṛto garbhaḥ tathā tenedamāvṛtam
39.	<p>आवृतं ज्ञानमेतेन ज्ञानिनो नित्यवैरिणा । कामरूपेण कौन्तेय दुष्पूरेणानलेन च ॥</p>	āvṛtam jñānametena jñānino nityavairiṇā kāmarūpeṇa kaunteya duṣpūreṇānalena ca
40.	<p>इन्द्रियाणि मनो बुद्धिः अस्याधिष्ठानमुच्यते । एतैर्विमोहयत्येषः ज्ञानमावृत्य देहिनम् ॥</p>	indriyāṇi mano buddhiḥ asyādhiṣṭhānamucyate etaivimohayatyesaḥ jñānamāvṛtya dehinam
41.	<p>तस्मात्त्वमिन्द्रियाण्यादौ नियम्य भरतर्षभ । पाप्मानं प्रजहित्येनम् ज्ञानविज्ञाननाशनम् ॥</p>	tasmāttvamindriyāṇyādau niyamya bharatarṣabha pāpmānaṁ prajahiyenam jñānavijñānanāśanam
42.	<p>इन्द्रियाणि पराण्याहुः इन्द्रियेभ्यः परं मनः । मनसस्तु परा बुद्धिः यो बुद्धेः परतस्तु सः ॥</p>	indriyāṇi parāṇyāhuḥ indriyebhyah param manah manasastu parā buddhiḥ yo buddheḥ parastu saḥ
43.	<p>एवं बुद्धेः परं बुद्ध्वा संस्तभ्यात्मानमात्मना । जहि शत्रुं महाबाहो कामरूपं दुरासदम् ॥</p>	evam buddheḥ param buddhvā saṁstabhyātmānamātmanā jahi śatrum mahābāho kāmarūpaṁ durāsadam

ॐ तत् सत् । इति श्रीमद्भगवद्गीतासु उपनिषत्सु ब्रह्मविद्यायां योगशास्त्रे श्रीकृष्णार्जुनसंवादे कर्मयोगो नाम तृतीयोऽध्यायः ॥
श्रीकृष्णार्पणमस्तु ॥

om tat sat - iti śrīmadbhagavadgītāsu upaniṣatsu brahmavidyāyām yogaśāstre
śrīkṛṣṇārjunasamivāde karmayogo nāma tṛtīyo'dhyāyah
śrīkṛṣṇārpaṇamastu

Shree Gurustotram

अखण्डमण्डलाकारं व्याप्तं येन चराचरम् ।
 तत्पदं दर्शितं येन तस्मै श्रीगुरवे नमः ॥ १ ॥
 akhaṇḍamaṇḍalākāram vyāptam yena carācaram |
 tatpadam darsitam yena tasmai śrīgurave namah ॥ 1 ॥

Salutations are to that guru who showed me the abode, the one who is to be known, whose form is the entire universe and by whom all the movable and immovable are pervaded.

अज्ञानतिमिरान्धस्य ज्ञानाङ्गनशलाकया ।
 चक्षुरुन्मीलितं येन तस्मै श्रीगुरवे नमः ॥ २ ॥
 ajñānatimirāndhasya jñānāñjanaśalākayā |
 cakṣurunmīlitam yena tasmai śrīgurave namah ॥ 2 ॥

Salutations are to that guru who opened the eye of one blind due to the darkness (cover) of ignorance with a needle coated with the ointment of knowledge.

गुरुब्रह्मा गुरुर्विष्णुः गुरुर्देवो महेश्वरः ।
 गुरुरेव परं ब्रह्म तस्मै श्रीगुरवे नमः ॥ ३ ॥
 gururbrahmā gururviṣṇuh gururdevo maheśvaraḥ |
 gurureva param brahma tasmai śrīgurave namah ॥ 3 ॥

Salutations to that guru who is the Creator, Sustainer and Destroyer, who is the limitless one.

स्थावरं जडमं व्याप्तं यत्किञ्चित् सचराचरम् ।
 तत्पदं दर्शितं येन तस्मै श्रीगुरवे नमः ॥ ४ ॥
 sthāvaram jaṅgamam vyāptam yatkiñcit sacarācaram |
 tatpadam darsitam yena tasmai śrīgurave namah ॥ 4 ॥

Salutations are to that guru who showed me the one to be known, who permeates whatever is movable, immovable, sentient or insentient.

चिन्मयं व्यापि यत्सर्वं त्रैलोक्यं सचराचरम् ।
 तत्पदं दर्शितं येन तस्मै श्रीगुरवे नमः ॥ ५ ॥
 cinmayam vyāpi yatsarvam trailokyam sacarācaram |
 tatpadam darsitam yena tasmai śrīgurave namah ॥ 5 ॥

Salutations to that teacher who showed me (by teaching) the One to be known, who is but Awareness and who is the pervader of all three worlds comprising the sentient and insentient.

सर्वश्रुतिशिरोरत्नविराजितपदाम्बुजः ।
 घेदान्ताम्बुजसूर्यो यः तस्मै श्रीगुरवे नमः ॥ ६ ॥
 sarvaśrutiśiroratnavirājitapadāmbujah ।
 vedāntāmbujasūryo yaḥ tasmai śrīgurave namah ॥ 6 ॥

Salutations are to that guru who is the Sun to the lotus of Vedanta and whose lotus feet are made radiant by the jewel of all Srutis (Upanishads).

चैतन्यः शाश्वतः शान्तो व्योमातीतो निरञ्जनः ।
 विन्दुनादकलातीतः तस्मै श्रीगुरवे नमः ॥ ७ ॥
 caitanyaḥ śāśvataḥ śānto vyomātīto nirañjanaḥ ।
 bindunādakalātītaḥ tasmai śrīgurave namah ॥ 7 ॥

Salutations are to that guru who is Awareness, changeless (beyond time), who is peace, beyond space, pure (free from likes and dislikes), and who is beyond the manifest and the unmanifest (Nada, Bindu, etc.).

ज्ञानशक्तिसमारूढः तत्त्वमालाविभृषितः ।
 भुक्तिमुक्तिप्रदाता च तस्मै श्रीगुरवे नमः ॥ ८ ॥
 jñānaśaktisamārūḍhaḥ tattvamālāvibhūṣitah ।
 bhuktimuktipradātā ca tasmai śrīgurave namah ॥ 8 ॥

Salutations are to that guru who is rooted in knowledge that is power, adorned with the garland of Truth and who is the bestower of the joy of liberation.

अनेकजन्मसम्प्राप्त कर्मबन्धविदाहिने ।
 आत्मज्ञानप्रदानेन तस्मै श्रीगुरवे नमः ॥ ९ ॥
 anekajanmasamprāpta karmabandhavidāhine ।
 ātmajñānapradānena tasmai śrīgurave namah ॥ 9 ॥

Salutations are to that guru who by bestowing the knowledge of the self burns up the bondage created by accumulated actions of innumerable births.

शोषणं भवसिन्धोश्च ज्ञापनं सारसम्पदः ।
 गुरोः पादोदकं सम्यक् तस्मै श्रीगुरवे नमः ॥ १० ॥
 śoṣaṇam bhavasindhośca jñāpanam sārasampadah ।
 guroḥ pādodakam samyak tasmai śrīgurave namah ॥ 10 ॥

Salutations are to that guru; the perennial flow of wisdom from the one rooted in the vision of the sruti, dries up totally to ocean of transmigration (samsara) and reveals the essence of all wealth (the freedom of want).

न गुरोरधिकं तत्यं न गुरोरधिकं तपः ।
 तत्त्वज्ञानात् परं नास्ति तस्मै श्रीगुरवे नमः ॥ ११ ॥
 na guroradhikam tattvam na guroradhikam tapah ।
 tattvajñānāt param nāsti tasmai śrīgurave namah ॥ 11 ॥

There is nothing superior to knowledge of Truth, nothing higher than the Truth, and there is no purifying austerity better than the Truth; salutations to that guru.

मन्नाथः श्रीजगन्नाथः मद्गुरु श्रीजगद्गुरुः ।
 मदात्मा सर्वभूतात्मा तस्मै श्रीगुरवे नमः ॥ १२ ॥
 mannatrahā śrījagannāthah madguru śrījagadguruḥ ।
 madātmā sarvabhūtātmā tasmai śrīgurave namah ॥ 12 ॥

Prostrations to that guru who is the Lord of the Universe, my Teacher, who is the Teacher of the Universe, who is the Self in me, and the Self in all Beings.

गुरुरादिरनादिश्च गुरुः परमदैवतम् ।
 गुरोः परतरं नास्ति तस्मै श्रीगुरवे नमः ॥ १३ ॥
 gururādiranādiśca guruḥ paramadaivatam ।
 guroḥ parataram nāsti tasmai śrīgurave namah ॥ 13 ॥

Salutations are to that guru who is the beginning and the beginningless, who is the highest Deity and to whom there is none superior.

त्वमेव माता च पिता त्वमेव
 त्वमेव बन्धुश्च सखा त्वमेव ।
 त्वमेव विद्या द्रविणं त्वमेव
 त्वमेव सर्वं मम देवदेव ॥ १४ ॥
 tvameva mātā ca pitā tvameva
 tvameva bandhuśca sakhā tvameva ।
 tvameva vidyā draviṇam tvameva
 tvameva sarvam mama devadeva ॥ 14 ॥

O God of all Gods, you alone are my mother, father, kinsman, friend, the knowledge and wealth. You are everything to me.

Mangala Aarti

मंगल आरति प्रिया प्रीतमकी । मंगल प्रीतिरीति दोउनकी ॥
मंगल कांति हंसनि दसननकी । मंगल मुरली बीनाधुनकी ॥

*mangala aarti priya pritamaki | mangala pritiriti dounaki ||
mangala kanti hamsani dasananki | mangala murali binadhunaki ||*

मंगल बनिक त्रिभंगी हरिकी । मंगल सेवा सब सहचरकी ॥
मंगल सिर चंद्रिका मुकुटकी । मंगल छबि नैननमें अटकी ॥

*mangala banika tribhangi hariki | mangala seva saba sahacaraki ||
mangala sira candrika mukutaki | mangala chabi nainanamem ataki ||*

मंगल छटा फबी अंग अंगकी । मंगल गौर स्याम रसरंग की ॥
मंगल अति कटि पियरे पटकी । मंगल चितवनि नागरनाटकी ॥

*mangala chata phabi amga amgaki | mangala gaura syama rasaramgaki ||
mangala ati kati piyare pataki | mangala citavani nagaranataki ||*

मंगल सोभा कमलनयनकी । मंगल माधुरि मृदुल बैन की ॥
मंगल व्रंदावन मग अटकी । मंगल क्रीड़न जमुनातटकी ॥

*mangala sobha kamalanayanaki | mangala madhuri mrdula bainaki ||
mangala vrndavana maga ataki | mangala krirana jamunatataki ||*

मंगल चरन अरुन तरुवन की । मंगल करनि भगति हरिजनकी ॥
मंगल जुगलप्रिया भावनकी । मंगल श्रीराधा जीवनकी ॥

*mangala carana aruna taruvanaki | mangala karani bhagati harijanaki ||
mangala jugalapriya bhavanaki | mangala sriradha jivanaki ||*

aarati

ॐ जय जगदीश हरे स्वामि जय जगदीश हरे
भक्तजनों के सङ्कट दासजनों के सङ्कट
क्षण में दूर करे। ॐ जय जगदीश हरे

जो ध्यावे फल पावे दुःख बिनसे मन का-स्वामि
सुख सम्पति घर आवे (2)
कष्ट मिटे तन का। ॐ जय जगदीश हरे

मातपिता तुम मेरे शरण कहुँ मै किस कि-स्वामि
तुम बिन और न दूजा तुम बिन और न कोइ
आशा करुँ मै जिस कि। ॐ जय जगदीश हरे

तुम पूर्ण परमात्मा तुम अन्तर्यामी-स्वामि
पार ब्रह्म परमेश्वर (2)
तुम सबके स्वामी। ॐ जय जगदीश हरे

तुम करुणा के सागर तुम पालनकर्ता-स्वामि
मै मूरख खल कामी मै सेवक तुम स्वामी
कृपा करो भरता। ॐ जय जगदीश हरे

तुम हो एक अगोचर सब के प्राणपती-स्वामि
किस विध मिलूँ दयामय किस विध मिलूँ कृपामय
तुम को मै कुमती। ॐ जय जगदीश हरे

दीनबन्धु दुःख हरता तुम रक्षक मेरे-स्वामि
अपने हाथ उठाओ अपने चरन बढ़ाओ
द्वार पड़ा मै तेरे। ॐ जय जगदीश हरे

विषय विकार मिटाओ पाप हरो देवा-स्वामि
श्रद्धा भक्ति बढ़ाओ श्रद्धा प्रेम बढ़ाओ
सन्तन की सेवा। ॐ जय जगदीश हरे

तन मन धन सब तेरा सब कुछ है तेरा-स्वामि
तेरा तुझको अर्पण (2)
क्या लागे मेरा। ॐ जय जगदीश हरे

Om jaya jagadlsha hare svaami jaya jagadlsha hare
bhaktajanoM ke sa~nkaTa daasajanoM ke sa~nkaTa
kShaNa me dUra kare। Om jaya jagadlsha hare

jo dhyaave **phala** paave du**Hkha** binase mana kaa-svaami
sukha sampati **ghara** aave (2)
kaShTa miTe tana kaa। Om jaya jagadlsha hare

maatapitaa tuma mere sharaNa kahun mai kisa ki-svaami
tuma bina aura na dUja tuma bina aura na koi
aashaa karun mai jisa ki। Om jaya jagadlsha hare

tuma pUrana paramaatmaa tuma antaryaaml-svaami
paara brahma parameshvara (2)
tuma sabake svaamI। Om jaya jagadlsha hare

tuma karuNaa ke saagara tuma paalanakartaa-svaami
mai mUra**kha** **khala** kaaml mai sevaka tuma svaamI
kRupaa karo **bharataa**। Om jaya jagadlsha hare

tuma ho eka agochara saba ke praaNapatI-svaami
kisa vidha milUn dayaamaya kisa vidha milUn kRupaamaya
tuma ko mai kumatI। Om jaya jagadlsha hare

dInabandhu du**Hkha** harataa tuma rakShaka mere-svaami
apane **haatha** u**Thaao** apane charana **baDhaao**
dvaara paDaa mai tere। Om jaya jagadlsha hare

viShaya vikaara miTaao paapa haro devaa-svaami
shraddhaa **bhakti** **baDhaao** shraddhaa prema **baDhaao**
santana kI sevaa। Om jaya jagadlsha hare

tana mana dhana saba teraa saba ku**Cha** hai teraa-svaami
teraa tujhako arpaNa (2)
kyaa laage meraa। Om jaya jagadlsha hare

chinmaya aarati

आरति श्री चिन्मय सद्गुरु की
दिव्यरूप मूरति करुणा की ॥
आरति सद्गुरु की

चरणों में उनके शान्ति समाये
शरणागत की भ्रान्ति मिटाये
पाप ताप सन्ताप हरण की
आरति श्री चिन्मय सद्गुरु की ॥
आरति सद्गुरु की

वेद उपनिषद् गीता को गाया
धर्म सनातन फिर से जगाया
शुद्ध नीति प्रीति शङ्कर की
आरति श्री चिन्मय सद्गुरु की ॥
आरति सद्गुरु की

सिद्धबाडि के तपोभूमि में
नित्यविराजे गुरु हमारे
भक्त हृदय आनन्द स्रोत की
आरति श्री चिन्मय सद्गुरु की ॥
आरति सद्गुरु की

आरति श्री चिन्मय सद्गुरु की
दिव्यरूप मूरति करुणा की ॥
आरति सद्गुरु की

aarati shri chinmaya sadguru kl
divyarUpa mUrati karuNaa kl ||
aarati sadguru kl

charaNoM meM unake shaanti samaaye
sharaNaagata kl **bhraanti** miTaaye
paapa taapa santaapa haraNa kl
aarati shri chinmaya sadguru kl ||
aarati sadguru kl

veda upaniShad gltaa ko gaayaa
dharma sanaatana **phira** se jagaayaa
shuddha nlti prlti sha~nkara kl
aarati shri chinmaya sadguru kl ||
aarati sadguru kl

siddhabaaDi ke tapo**bh**Umi meM
nityaviraaje guru hamaare
bhakta hRudaya aananda srota kl
aarati shri chinmaya sadguru kl ||
aarati sadguru kl

aarati shri chinmaya sadguru kl
divyarUpa mUrati karuNaa kl ||
aarati sadguru kl

shaanti mantra-s

ॐ सर्वेषां स्वस्तिर्भवतु
सर्वेषां शान्तिर्भवतु ।
सर्वेषां पूर्णं भवतु
सर्वेषां मङ्गलं भवतु ॥

सर्वे भवन्तु सुखिनः
सर्वे सन्तु निरामयाः ।
सर्वे भद्राणि पश्यन्तु
मा कश्चिद् दुःखभागं भवेत् ॥

असतो मा सद्गमय ।
तमसो मा ज्योतिर्गमय ।
मृत्योर्मा अमृतं गमय ।

ॐ पूर्णमदः पूर्णमिदं
पूर्णात् पूर्णमुदच्यते ।
पूर्णस्य पूर्णमादाय
पूर्णमेवावशिष्यते ॥

Om sarveShaaM svastir**bh**avatu
sarveShaaM shaantir**bh**avatu |
sarveShaaM pUrNaM **bh**avatu
sarveShaaM ma~ngalaM **bh**avatu ||

sarve **bh**avantu su**k**hinaH
sarve santu niraamayaah |
sarve **bh**adraaNi pashyantu
maa kashchid duH**khabhaag** **bh**avet ||

asato maa sadgamaya |
tamaso maa jyotirgamaya |
mrutyormaa amRutaM gamaya |

Om pUrNamadaH pUrNamidaM
pUrNaat pUrNamudachyate |
pUrNasya pUrNamaadaaya
pUrNamevaavashiShyate ||

ॐ शान्तिः शान्तिः शान्तिः ॥
हरिः ॐ
श्री गुरुभ्यो नमः
हरिः ॐ

Om shaantiH shaantiH shaantiH ||
hariH Om
shriI guru**b**hyo namaH
hariH Om

Chinmaya Mission Pledge

We stand as one family,
Bound to each other with love and respect.

We serve as an army,
Courageous and disciplined,
Ever ready to fight against,
All low tendencies and false values,
Within and without us.

We live honestly
The noble life of sacrifice and service
Producing more than what we consume
And giving more than what we take.

We seek the Lord's grace
To keep us on the path of virtue, courage and wisdom.
May Thy grace and blessings flow
Through us to the world around us.

We believe that the service of our country
Is the service of the Lord of lords
And devotion to the people
Is devotion to the Supreme Self.

We know our responsibilities
Give us the ability and courage to fulfill them.

OM TAT SAT

Chinmaya Vrindavan Cultural Events

2022-2023



150+ Concerts since 2015
cultural.events@chinmayavrindavan.org

An invitation to join Chinmaya Parivar

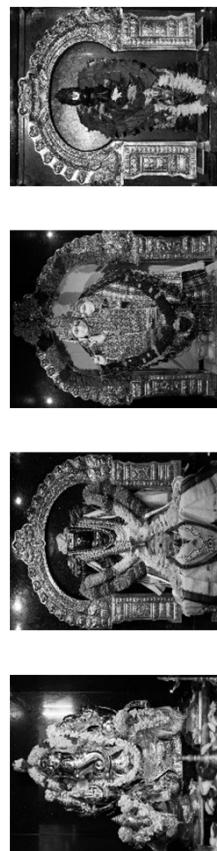
Chinmaya Parivar is a dedicated group of individuals and families who believe in the motto of **Chinmaya mission**, “To give maximum happiness to maximum people for maximum time”, as envisioned by **Pujya Gurudev Swami Chinmayananda**. The sustained support provided by volunteer members enables Chinmaya mission centers to serve the community through enlightening Vedantic education, celebration of Hindu festivals, observing religious and spiritual practices, promotion of vibrant Indian arts & culture, and helping the society they are part of.

Chinmaya Vrindavan is able to do all these activities for its members through the generous donations and financial support of its dedicated volunteers. There are several monthly operating expenses and financial obligations for the ashram such as mortgage and loan payments, salaries and insurance payments, utility bills, travel expenses, janitorial services, audio-video equipment maintenance, temple and teaching supplies, and building maintenance expenses.

The **Chinmaya Parivar** program is established to ensure a steady stream of income from its volunteer members to sustain the activities of the mission and build a strong foundation to serve future generations. Members can either contribute a lump sum payment of \$1,200 at the start of a year or sign up for monthly payments of \$100. Parivar members are given priority in registration and offered discounts as a token of appreciation. We request you to become a Parivar member today - becoming a patron of the ashram is easy and please visit <https://www.chinmayavrindavan.org/balavihar/registration> for details. We sincerely thank you for your support and may Gurudev's blessings be upon you and your family.

Weekly Poojas & Homams

Temple Hours: Mon – Fri: 09:00am – 02:00pm and 05:30pm – 08:15pm
 Sat – Sun : 08:30am – 08:30pm



Nitya Poojas start at 9:00am, 12:00pm and 5:30pm except on Festival Days.
 On Festival Days/Pradosham/Sankatahara Chaturthi, timings subject to change
 For Priest Services booking, contact Temple @ **(609)655-0404** or email
cmtcpooja@gmail.com. For Pooja related queries, kindly contact Sujani Murthy
 @ (609)540-9114

Day	Time	Pooja	Day & Time	Deity	Homam
Sunday & Pradosham*	6:30 PM	Lord Shiva (Spatika Lingam)	Rudrabhishekam Pradosham time varies. Please call temple for timings	Monday 12 PM to 1PM	Lord Shiva
Monday 6:30 PM 31	6:30 PM	Lord Shiva (Spatika Lingam)	Rudrabhishekam followed by chanting of Shiva Kavacham Pradosham time varies. Please call temple for timings	Tuesday 12 PM to 1PM	Lord Ganapathi
Tuesday 6:30 PM	6:30 PM	Lord Abhaya Ganapathi Lord Subramanya	Ganapathi Athavarasirsha Ganesha Trisathi Subramanya Archana	Wednesday 12 PM to 1PM	Lord Vishnu
Wednesday 6:30 PM	6:30 PM	Lord Radha Krishna	5:15pm Narayanaeeyam (Chanting 5 Dashakams) 6:30pm Vishnu Sahasranama Archana	Thursday 12 PM to 1PM	Lord Medha Dakshinamurthy
Thursday 6:30 PM	6:30 PM	Lord Medha Dakshinamurthy	Dakshinamurthi Abhishekam, Sahasranama Archana and Dakshinamurthi Ashtakam	Friday 6:30 PM to 7:30 PM	Goddess Mahalakshmi
Friday 6:30 PM	6:30 PM	Goddess Lalithambika	Srichakra Pooja for Mahameru with Lalitha Sahasranama Archana	Saturday 6:PM to 7 PM	Navagrahas
Saturday 10:30am	10:30am	Lord Bhakta Hanuman	Hanuman Abhishekam and Archana		

ALL ARE WELCOME

Our Motto: To give Maximum Happiness to Maximum people for Maximum Time
 95 Cranbury Neck Road, Cranbury, NJ 08512. Phone: (609) 655-0404



www.chinmayaavrindavan.org



Balavatihar 2022-23
 Navagraha Homam - Navagraha homam is commonly believed to reduce the malefic energies of the planets in very effective manner



