

A HANDBOOK FOR PARENTS



@ The Vedanta Society of Toronto

2009-2010
VEDANTA VIDYA MANDIR

Table of Contents

1. Mission Statement	Error! Bookmark not defined.
2. What is Vedanta?	Error! Bookmark not defined.
3. Goals and Objectives of Vedanta Vidya Mandir.....	Error! Bookmark not defined.
4. Behavioural Guidelines	4
5. Dress Code	4
6. Responsibilities of Parents and students	5
7. Age Group Divisions	5
8. Curriculum for Juniors, Intermediate, and Seniors	6
9. Homework.....	6
10. Parent Participation	6
11. Financial Obligation	7
12. Calendar	7
13. Class Schedule	8-9
14. Things to Bring for Class	9
15. Snacks	9
16. Contact information.....	9

1. Mission Statement

Our mission, in broad terms, is to place education in the context of wholesome development. This not only includes knowledge, but also moral and ethical values and a spiritual perspective

2. What is Vedanta?

The Samskrit word 'vid' means 'to know'. The word 'Veda' means that which is known, or knowledge. The word 'Vedanta' means the culmination of knowledge, or wisdom. This wisdom is borne out of spiritual realization. Vedanta is a collection of spiritual principles that have guided and inspired spiritual seekers over several millennia. The main principles are

- (a) divinity of the soul: the essence of all living beings is the Divine spirit.
- (b) unity of existence at the level of spirit
- (c) harmony of religions

Vedanta encourages the study of the teachings of all great spiritual teachers. Vedanta also teaches that spirituality is not to remain theoretical, but that we can realize God here and now by following spiritual disciplines. These disciplines are varied and their suitability depends on the temperament of the individual. According to Swami Vivekananda, they can be broadly classified as

- (a) Jnana Yoga: discipline through knowledge
- (b) Karma Yoga: discipline through unselfish work
- (c) Bhakti Yoga: discipline through devotion
- (d) Raja Yoga: discipline through mental concentration and meditation

To be successful, all of these paths presuppose a highly moral, ethical and self-disciplined life.

3. Goals and Objectives of Vedanta Vidya Mandir

The main goals and objectives of the Vidya Mandir are to supplement the education received in public schools by communicating the following:

- Appreciation and respect for one's own cultural identity and heritage as well as that of others
- An appreciation of how to have healthy interaction with people through moral and ethical values
- An appreciation for our relationship to God
- An appreciation of the principles of Vedanta
- An appreciation of how to incorporate these principles into daily life

4. Behavioural Guidelines

In order to make the Vidya Mandir experience beneficial for everyone involved, it is expected that students will follow the following guidelines:

- a. **Listen to and follow instructions.**
- b. **Conduct yourself in a manner appropriate for a sacred place.**
- c. **Walk quietly when moving from one class to another.**
- d. **Respect temple facilities, equipment and supplies.**
- e. **Respect other students' property.**
- f. **Take care of personal items. Take jackets, boots, etc, after school, and have name on all personal property.**
- g. **Share, co-operate, respect and accept others.**
- h. **Develop friendships.**
- i. **Learn from others.**
- j. **Become a responsible citizen.**

5. Dress Code

There is no strict dress code. Attire should be appropriate to a sacred place.

6. Responsibilities of Parents and Students

Responsibilities of Parents:

- a. Give importance to attendance
- b. Avoid being late
- c. Share in the task of your children's education
- d. Follow up with class materials at home
- e. Help to shape the goals of the Vidya Mandir.

Please Note: Parents/Guardian responsible for the child will be on site for the entire duration of Vidya Mandir classes.

Responsibilities of Students:

- a. Make the utmost of your learning opportunities
- b. Respect the rights of others
- c. Co-operate with fellow students and with teachers.

Attendance

- Please try to avoid missing classes
- Certificate are issued on the basis of attendance
- Special awards will be given to students who have very high attendance
- Participation in the Pradarshanam is on the basis of attendance
- The cutoff is > 75% attendance and attendance at all practice sessions.

7. Age Group Divisions

Children are divided into three classes based on grade:

- a) Junior: Kindergarten (age 4 and higher) to Grade 2,
- b) Intermediate: Grade 3 to 5,
- c) Senior: Grade 6 and above.

It is expected that normally, students will stay in their group for three years

8. Curriculum for Junior, Intermediate, Senior

<i>Section</i>	<i>Subject</i>	<i>Teacher(s)</i>
<i>All sections</i>	<i>Prayer / Vedic chants / Moral stories</i>	<i>Swami Kripamayananda</i>
<i>All sections</i>	<i>Sanskrit</i>	<i>Hema Murty</i>
<i>All sections</i>	<i>Music</i>	<i>Suman / Renuka / Rajesh</i>
<i>Junior: Kindergarten (age 4 and higher) to Grade 2</i>	<i>Inspiring stories</i>	<i>Nivedita /Deepa</i>
<i>Intermediate (Grade 3-5)</i>	<i>Moral values in practice</i>	<i>Falguni/Pia</i>
<i>Senior (Grade 6 and above)</i>	<i>Bhagavad Gita and The life of Holy Mother</i>	<i>Kaushik</i>

Adults: Swami (Bhagavad Gita), Hema (Sanskrit),

Snacks: Suchitra, Babita

Registration/Coordinator: Ramya

Finances: Abhijit

9. Homework

This is of two kinds. Some homework is given in class. Besides this, there is homework of karma yoga.

10. Parent Participation (In values education)

The Vidya Mandir recognizes that, as parents, you are your child's first teachers. Your involvement will help us in realizing the goals and objectives of the Vedanta Vidya Mandir. Working together, parents and teachers can make a difference in this shared responsibility.

11. Financial Obligations

The fees for 2009-2010 are set as follows: *The fees are nonrefundable*

***Fees:** \$8 per class per child (rounded off to \$160 per year, per child) irrespective of the number of children attending from one family. If you can, we would appreciate receiving this amount in one installment .If not, please make your payments in two installments. Cheques should be made payable to the Vedanta Society of Toronto.*

***Adult Classes:** Swamiji will be conducting a Bhagavad Gita class for adults from 2:30 to 3:00.*

Hema Murty will be conducting an adult Samskrit class from 3:30 to 4:00pm. This class requires registration. There is small fee for the Samskrit class \$50.00 per adult for the whole year

Registration is necessary.

Last date of registration: October 28, 2009 (by the third class).

12. Calendar Dates

1. Class Dates: Classes are held from 1:30 to 4:15pm on the following dates.

MONTH	DATES	# of CLASSES
September '09	13	1
October '09	4, 25	2
November '09	1,15,29	3
December '09	6	1
January '10	17, 31	2
February '10	7, 28	2
March '10	7, 28	2
April '09	11, 25	2
May '09	9, 30	2
June '09	6,12,13	3
Total # of Classes		20

***September 13: Registration at 12.30pm, Parent Teacher meeting, Snack**

***Please note that June 13 is a rehearsal day for the Pradarshanam. More information for this will be posted later in the year.**

13. Class Schedule

Class A: Junior Class

Class B: Intermediate Class

Class C: Senior Class

1:30-2:00	Shrine	Introductory Remarks, Prayer, Offering, Chanting by Swami Kripamayanandaji		Class A Class B Class C Parents Teachers
2:00-2.30	Foyer	Nivedita / Deepa	<i>Inspiring stories</i>	Class A
	UL	Hema /	Sanskrit	Class B
	Shrine	Suman / Renuka / Rajesh	Music	Class C
2:30-3:00	Foyer	Nivedita / Deepa	<i>Inspiring stories</i>	Class A
	Shrine	Suman / Renuka / Rajesh	Music	Class B
	UL	Hema /	Sanskrit	Class C
3:00-3:30	UL	Hema /	Sanskrit	Class A
	LL	Falguni/Pia	<i>Moral values in practice</i>	Class B
	Foyer	Kaushik /	<i>Bhagavad Gita and the Life of Holy Mother</i>	Class C
3:30-4:00	Shrine	Suman / Renuka / Rajesh	Music	Class A
	LL	Falguni/Pia	<i>Moral values in practice</i>	Class B
	Foyer	Kaushik /	<i>Bhagavad Gita and the Life of Holy Mother</i>	Class C
4:00-4:15	Shrine	CLOSING ASSEMBLY		Class A Class B Class C Parents Teachers

Schedule by Class:

Time	Class A	Class B	Class C	Adults
1:30-2:00	Prayer & Meditation	Prayer & Meditation	Prayer & Meditation	Prayer & Meditation
2:00-2:30	Inspiring stories	Sanskrit	Music	
2:30-3:00	Inspiring stories	Music	Sanskrit	Bhagavad Gita
3:00-3:30	Sanskrit	Moral values in practice	Bhagavad Gita and Life of Holy Mother	Music
3:30-4:00	Music	Moral values in practice	Bhagavad Gita and Life of Holy Mother	Sanskrit
4.00-4.15	Closing Assembly	Closing Assembly	Closing Assembly	Closing Assembly

14. Things to Bring for Class

- ❖ *One fruit per child for offering at the Shrine*
- ❖ *Binder (returning students only)*
- ❖ *Chaddar (returning students only)*

15. Snacks

*Children will be given a snack at 4:15pm. Snacks given will be purchased from outside vendors (Indian & Canadian). **Therefore the snacks offered at Vidya Mandir may contain nuts or traces of nuts in them. If your children are allergic to nuts, please let us know.***

16. Contact Information

If you have questions or concerns, we would like to hear from you. Please email us at vedantavidyamandir@gmail.com or call Ramya @ 647-831-8451.