

## A Bal Vikas Class : Elaborated

### Bal Vikas Course Components

(A typical Bal Vikas Class comprising of 1 ½ hours every session):

Time Distribution	Topic	Benefits	Values Imbided
First 30 minutes	Taking Attendance	Generates a sense of Duty, Discipline and Regularity.	
	'AUM' Chanting 3 times	Generate Spiritual Vibrations, prepares the mind to rise higher – the switch is on.....!	<ul style="list-style-type: none"> <li>• Peace</li> </ul>
	Slokas, Stotras along with their meanings and other prayers.	Acquaints the child with various forms of God, helps inspire faith and devotion. Knowledge of these invokes their grace speedily and with greater measure	<ul style="list-style-type: none"> <li>• Love</li> <li>• Dharma (Right Conduct)</li> <li>• Truth</li> </ul>
	Japa	Initiates one into the path of inward journey with concentration, devotion and love.	<ul style="list-style-type: none"> <li>• Peace</li> <li>• Love</li> </ul>
	Subject and Meditation (Form Meditation / Jyoti Meditation / Object Meditation)	Awareness of the Truth about the Divine Consciousness with the help of concentration and devotion.	<ul style="list-style-type: none"> <li>• Truth</li> <li>• Love</li> <li>• Peace</li> </ul>
Next 15 minutes	Bhajan	The names of Gods are Mantras which invoke their Shaktis and give to the singer love, peace and joy.	<ul style="list-style-type: none"> <li>• Truth</li> <li>• Love</li> <li>• Peace</li> </ul>
Next 15 minutes	Story-Telling	The inner significance lies in the moral values in each story – all the stories prescribed in the Bal Vikas Syllabus have been selected accordingly. The Teacher – while teaching will focus on the values inherent in the story to get them imprinted in the child's mind.	<ul style="list-style-type: none"> <li>• Truth</li> <li>• Dharma (Right Conduct)</li> <li>• Shanthi (Peace)</li> <li>• Prema (Love)</li> <li>• Ahimsa (Non-violence)</li> </ul>
Next 20 minutes	Special Topics which include one of the following and similar ones:		
	Saints of India and the World	To follow the path.	<ul style="list-style-type: none"> <li>• All the above 5 values.</li> </ul>
	Unity of Faiths	To widen the mental horizon	<ul style="list-style-type: none"> <li>• Truth</li> </ul>
	Calendar of Festivals (monthwise): Significance of Important Festivals	Acquaints the child with various festivals of India, and their significance.	<ul style="list-style-type: none"> <li>• All the 5 values mentioned.</li> </ul>
	Habits of Saving	No waste, ceiling on desires, (Self-Control), Discipline	
	Sometimes Quiz Play, Value Games, Bhajan antakshari, etc.		<ul style="list-style-type: none"> <li>• All the 5 values mentioned</li> </ul>
Last 10 minutes	Closing time with: <ul style="list-style-type: none"> <li>• Asato Maa Sadgamaya (Universal Prayer)</li> <li>• Twameva Mata cha...</li> <li>• Sarvadhama Prayer</li> <li>• Arati</li> <li>• Lokah Samastha Sukhino Bhavantu</li> <li>• Vibhuti Mantra</li> <li>• Disperse</li> </ul>	Generate Spiritual Vibrations	<ul style="list-style-type: none"> <li>• Peace</li> </ul>