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॥ Shri Gurubhyo Namaha ॥
॥ Shri Bhavanishankaraya Namaha ॥
॥ Shri Matre Namaha ॥

**Talmaki wadi Senior and Anandashram Senior , Grant Road Sabha
Prarthana Quarterly Report for Nov'09-Jan'10**

Teachers--Smita Mavinkurve, Deepa Savkur.

Venue—Udyog, Talmaki wadi

Day and Time- 7pm on Mondays

Total Students- 7

During Dattajayanti we presented a cultural programme in front of Parama Pujya Swamiji. This year we performed skits on Ramanjaneya stories like Hanuman swallows Surya, Lanka Dahan, Setu Bandhan, Hanuman brings Mritasanjeevani from Himalaya, Hanuman breaks beads of necklace, Bhima's Garvahan, Hanuman in Dwaraka.

All centers participated in this programme. Three students from the Senior Talmaki wadi and Anandashram group had taken part in Setubandhan skit. Due to daily rehearsals we could not hold classes till the first week of January. We covered sessions on "Attitude towards studies", "Focus and Concentration".

Topic - **Focus and concentration.**

*Started with an Activity: Pick up marbles with boxing gloves on hand and arrange them one by one in a Brain vita Box within 30 sec.

*Narrated story of 2 frogs in a curd pot and the story of Arjuna and Ekalavya.

*Vimarsha – Who is the best shishya among Arjuna and Ekalavya for Guru Dronacharya and why?

Why did Guru Dronacharya ask for a thumb as Gurudakshina from Ekalavya? Why do we need a Guru?

*Vimarsha conclusion – We need a Guru to guide us in our journey of life. He protects us and shows us the right path.

*Session 16—**Attitude towards Studies, Swadhyaya.**

*Vimarsha –Old techniques and New, modern techniques of studies, main aim of teaching in Gurukul in ancient times.

Pranayam before studies helps concentrate.

Narrated Shloka- Saraswati namastubhyam....

*Activity- - Given sudoku to solve.

Home work- To solve incomplete sudoku.

Jai Ho!

Deepa Savkur