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

**Vile Parle Sabha Prarthana Quarterly Report for Nov'09-Jan'10**

**Teachers- Padmini Balsekar and Mangala Nadkarni**

**Venue- Sheetal Bhat pachi's residence**  
**H/4 Guruprasad C.H.S., Hanuman Rd.,**  
**Vile Parle (E)**

**Day and Time- Wednesdays from 6.30pm to 7.30pm**

**No. of children- 8**

**PRARTHANA CLASSES:** Under the Aegis of Shri Chitrapur Math, the Vileparle Sabha is continuing the Prarthana Samskara classes for children from 5-13 years, every Saturday, from 6.30:pm- 7.30pm. With the blessings from PARAMA PUJYA SWAMIJI, a specially designed syllabus has been formulated which provides firm bonding with our Guru and Guruparampara. The activities include imparting knowledge of the Shlokas, Stotras, Bhajans, Stories from the Puranas, Vimarsha, Extra Curricular Activities, Group & Individual Projects, Excursions, essay writing & Drama and Expression.

Prarthana classes has been a very enjoyable experience for both children and teachers. Children are encouraged to speak on various topics which are discussed. The teachers guide them to express their views. Children actively participate in the discussions which we call "Vimarsha" and come up with various points which even adults may not think of. The topics which are discussed make them understand the Sanskaras and will surely enable them to meet challenges in their life. It is here that they take the first step in Spirituality. The activities held in last quarter are given below:

**1 Vimarsha Topics:**

- **Forgiveness:**  
Why is forgiveness required?  
For better understanding, we give examples - how Amma forgives us when we make a mistake and we say "Sorry".

Similarly Guru also forgives us if we have done something wrong and we are really sorry for our deed.

- Ahimsa :  
is not hurting people, even to animals and plants.  
Can impart injury by action, speech or thought.  
Discussed qualities required to practice Ahimsa.  
While practicing Ahimsa, not to allow others to hurt you. Learn self protection.
- Capacity required to recognize good opportunities:  
In a situation which may appear difficult, without getting disheartened, one has to learn to look out for an opportunity.  
Learn to accept criticism from parents/teachers and Guru which may appear harsh but actually is meant for our progress.

### **Anugraha:**

Stories from Anugraha narrated for children to know the origin of Saraswats, their migration to Goa & Karnataka and how their prayers were answered in the form of our first Guru, when they prayed to Lord Mahabaleshwar at Gokarn for Guru. They enjoy seeing colorful pictures in the book " Anugraha". Slowly our Guruparampara Charitra will be revealed.

### **Festivals:**

Importance & significance of festivals are explained. Makara Sankranti was explained and celebrated by distributing Til Laddoos.

### **Shlokas & Bhajans**

- Children can recite Sabha Prarambha prarthana & Sabha samapti prarthana.
- Children can recite Shri Parijnanashram Trayodashi.
- Many other Stotras like Ganapati Stotra, morning prayers
- They have learned some Samvit Sudha bhajans eg. Gurusharanam and other Bhajans

### **5. Activities**

- Kids enjoy the Cross words & quizzes on the topics discussed.
- Pictures of Gods & Goddesses are vividly colored by children.
- Various Konkani & Sanskrit words are made familiar



- Commonly used words and small sentences to be spoken in Sanskrit when told are quickly grasped by children and appropriately used at home.
- Participated in Bhagwat Geeta competition held at Talmakiwadi.

Vile Parle Prarthana children

Took part in Drama named Ramanjaneya that was staged at Talmakiwadi in the august presence of P.P Swamiji. Each child got an opportunity to come on stage and perform in front of a huge gathering. They were thrilled to receive blessings and Kit Kat from Swamiji.



In action during "Ramanjaneya"

Parents are requested to encourage their children to participate in these activities and benefit there from.