

Level 3 Patashala 2015-16 Curriculum Outline:

Week	Beliefs & Practices	Sages & Saints	Epics & Puranas	Temple Deities & Festivals	Values
1	Meaning of <u>Om</u>		Origin of Ganapathy	32 forms of Ganesha; Ganesh Chaturthi	Privilege of praying
2	<u>Symbolism of Ganesha's form</u>				3 types of prayer
3	<u>Hinduism: Introduction</u>	Sage VedaVyasa	Major Scriptures	Durga, Lakshmi & Saraswathi; Navarathri	Value of praying
4	<u>Saguna Brahman: Iswara and The Trinity; The Feminine aspects of the Creator</u>	Valmiki	Stories of Devi & Navaratri	Durga, Lakshmi & Saraswathi; Navarathri	The female principle of Isvara
5			Stories of Diwali	Lakshmi puja	
6	<u>Basic Hindu Beliefs:</u> Introduction to Yama, Niyama, Asana & Pranayama	Patanjali	Patanjali Yoga Sutra	Diwali (contd)	Ashtanga Yoga: 8 steps, Pratyahara, Dharana, Dhyana & Samadhi
7	<u>Yamas: The Dont's 5 restraints</u>		Significance of Skanda Shasti	Lord Muruga; Skanda Shasti	Ahimsa, Satya, Discussion
8	<u>Yamas: contd</u>				Asteya, Brahmacharya and Aparigraha, Discussion
9	<u>Niyamas: Basic</u>		Stories of	Ayyappa;	Introduction to

	rules		Ayyappa	Ayyappa puja	Cultivation of Inner strength & Commitment to a moral life
10	<u>Niyamas:</u> contd			Shiva, Dakshinamurthy (Seat of Knowledge); Ardra Darshanam	Discussion on Saucam, Santosham
11	<u>Niyamas:</u> contd	Andal		Vishnu/Krishna/Rama; Significance of Margazhi, Vaikunta Ekadasi	Tapas, Svadhyaya
12	<u>Hinduism and Christianity</u> Religious Comparison			Jesus Christ; Christmas	
13	<u>Isvara as Elements</u>		Vedas	Pancha Bhutas	Significance of worship of elements
14	<u>Planetary Deities</u>		Sastras; Jyotisha	Navagrahas; Pongal	Respect for planets
15	<u>Values:</u> Through Epic characters		Ramayana: Rama and Bharatha		Respect and Righteousness. Discussion
16	<u>Values:</u> Through Epic characters		Ramayana: Seetha, Hanuman and Lakshman. Role play		Forbearance, Firmness in Resolve, Absence of Ego
17	<u>Values:</u> Through Epic characters		Ramayana: Guha, Sugreeva and Vibhishana. Role play		Friendship and Truthfulness.
18	<u>Values:</u>		Mahabharata:	Mahatma	Truthfulness,

	Through Epic Characters		Yudhisthira, Arjuna and Bhima. Role play	Gandhi, Martin Luther King, Vivekananda	Firmness in Resolve, Respect
19	Values: Through Epic characters		Mahabharata: Duryodhana, Karna, Drona and Bhishma		Values or lack of values portrayed
20	Values: Through Epic characters		Mahabharata: Female characters: Satyavati, Kunti, Draupadi and Gandhari. Role play		
21	Nirguna Brahman: The Absolute one God	Madhavaacharya	Vedas: Chandogya Upanishad	Madwacharya Madhwa Navami	Svetaketu's discussion with Uddalaka
22	Acharyas: Schools of thoughts	Sankaracharya, Ramanujacharya			Dwaita, Adwaita and Vishitadwaita
23	Do Hindus worship One God or many?		Vedas: Scriptures		Hindus worship one God in many forms - Discussion
24	Temple worship:			Shiva: Importance and significance of Shivaratri	Importance of Temple worship: Discussion
25	Japa, Homa, Puja and Rituals		Vedas: Bhagavad Gita		Various forms of worship and significance
26	Hindu Samskaras		Vedas, Bhagavat Gita	Holi	Important Samskaras and significance

27	<u>Hindu food habits : Satva, Rajas and Tamas in food</u>		Vedas: Bhagavad Gita		Practice of Vegetarianism. Discussion
28	<u>Respect for Cow and other animals: Cow as a life giver.</u>		Vedas; Bhagavad Gita	Sri Rama Navami	Presence of divinity in all beings.
29	<u>Growing up as a Hindu in America</u>				Conflicts and responsibilities - Discussion
30	<u>Introduction to other major religions</u>				How these major religions view God, Soul and the world.
31	<u>Comparison of Religions</u>				Eastern and Western views, similarities and differences.
32	<u>Frequently asked questions:</u> 3,4,5,7 and 9				Discussion based on temple booklet on FAQ
33	<u>Frequently asked questions:</u> 10,11,12,13 and 14.				Discussion contd.
34	<u>Frequently asked questions:</u> 15,16,18,20 and 21.				Discussion contd.
35	<u>Frequently asked questions:</u> 29, 31, 32 and 33.				Discussion contd.

36	<u>Compromising of Values, Conflicts and resolutions.</u>				Discussion
37	<u>Action conforming to thoughts:</u>		Bhagavad Gita		Discussion