



## What is taught in this class and expected outcome

### Year 1 in one page

- 1) What is the name of Hindu Religion – Sanaatana Dharma
- 2) What is Sanaatana Dharma – It means “Way of living”- How one conducts his / her life from morning to the Evening, when one is awake.
- 3) What is OM – OM is the Supreme GOD. All Gods are forms of OM.
- 4) Who is the Trinity – Brahma the creator, Vishnu the preserver and Shiva the destroyer
- 5) Who are the consorts – Brahma – Sarasvati, Vishnu – Lakshmi, Shiva – Parvati.
- 6) Vahanas- Brahma- Swan; Vishnu – Garuda; Shiva – Bull. The Vahanas (carrier-vehicles) though not considered as human beings are given equal importance and treated like, forms of God. Compassion to every being is the core of the religion.
- 7) Shiva and Parvati are considered one. Men and women are equal in Sanaatana Dharma.
- 8) Where is God - God is everywhere and is within us. Every life should be treated with respect and compassion.
- 9) The God within us is Jeevaatma. Paramaatma is God.
- 10) What is a Hindu scripture - Shruti and Smriti  
Shruti – 4 Vedas – Came directly from word of God.

Smriti – Lot of books written by Seers, you will learn in Year 5.

Outcome: Learn foundations of Hindu religion and Hindu practices. Learn about Slokas , Bhajans, moral stories and universal values.



What is taught in this class and expected outcome

## Year 2 in one page

### Ramayana

- 1) Hinduism's supreme document is 4 Vedas-called Shrutis that came directly from God on how to live. Two great epics of Hinduism are **Ramayana and Mahabharata** - these are part of Smritis and written by sages.
- 2) Ramayana is a description of **how evil is won over by truth and righteousness.**
- 3) Ramayana shows humans and animals can attain salvation alike and can have their own following like Hanuman. It shows attaining salvation is **not by birth but by moral values.**
- 4) Ramayana shows how to **respect elders.** Rama went to forest to keep up the word of his beloved father.
- 5) Bharata ruled the kingdom as a symbolic king with Rama's sandals on the throne. **The family values** kept the family going during tough times.
- 6) Even when Rama became King he was humble. **Powerful and fortunate should be humble** and it is their duty to protect the less fortunate (Rama fought Vali for Sugriva).
- 7) Rama earned love and respect from everyone, **by being calm and truthful, carrying out his duties.**

### Dashavatara

- 8) Vishnu took 9 forms (including **Rama**) and 10<sup>th</sup> form is yet to come.
- 9) He appears on Earth to eradicate evil and protect the creation.
- 10) Even God takes a form and comes on His own, like parents would go out to protect their children by themselves. That is the love of creation. **Protection of a common good comes before all the other personal causes.**

**Outcome:** Learn the great story of Ramayana. Learn how truth always wins.

Dasavatara: Learn God could be in any form and treat everyone with respect and try to learn from everything. Learn GOD comes by himself when necessary to help.



What is taught in this class and expected outcome

## Year 3 in one page

### Mahabharata

- 1) Hinduism's supreme document is 4 Vedas-called Shrutis that came directly from God on how to live. Two great epics of Hinduism are **Ramayana and Mahabharata** - these are part of Smritis and written by sages.
- 2) Mahabharata is a description of how life has various aspects of right and wrong that may not appear straightforward. **One has to take time to understand the TRUTH behind it or else mistakes can be made very easily.**
- 3) Draupadi's laughter on Duryodhana implies: Be careful in making statements or act in a way **not to hurt anyone's feelings.**
- 4) If Duryodhana was not upset by the laughter of Draupadi, war would not have happened. **Ego is the cause of all fights.**
- 5) Lot of people took the side of Duryodhana because of his power. Never make a decision based on the size or power of the person. **Choose right over wrong at all times.**
- 6) When Krishna offered "you want me or my army", Duryodhana took his army. **Choose intelligence over size or quantity.**
- 7) Krishna offered to take 5 villages to avoid war and destruction. Duryodhana refused to give. **Always be willing to compromise.**
- 8) Once the peace process is all exhausted the decision for war was declared. All the good people joined. **Good always come together, though a little late.**
- 9) Arjuna was confused about fighting his teacher and relatives. **"Do your duties, leave the rest to ME. Never worry about the results", said LORD KRISHNA.**
- 10) **Gita – is an advice given by Lord Krishna to Arjuna during Mahabharata. When there is a time of trying, get solace by finding an answer from the words of Lord Krishna.**

Outcome: Learn the Great epic story. Learn to make a good decisions and what is important in life.



## What is taught in this class and expected outcome

### Year 4 in one page

#### Bhagavatam / Gita

- 1) Hinduism's supreme document is 4 Vedas-called Shrutis that came directly from God on how to live. Two great epics of Hinduism are **Ramayana and Mahabharata** - these are part of Smritis and written by sages. *Since Gita came directly from Lord Krishna it is considered as Shruti though being a part of Mahabharata.*
- 2) Bhagavatam is a description of life of Lord Krishna. This is a part of Bhagavata Purana and Krishna is one of Dashavatars of Lord Vishnu.
- 3) Gita – is an advice given by Lord Krishna to Arjuna in trying times on battlefield. Arjuna's innerself - Jeevaatma was fighting him from within on what is right and wrong. Paramaatma (Lord Krishna) advises Arjuna on the duties of Jeevaatma.
- 4) He is asking for Jeevaatma to do the duties and leave the results to Paramaatma. **Do the duties and not worry about the results.**
- 5) Said and compiled in Sanskrit, Gita has 700 verses and 18 chapters.
- 6) We learned Bhakti Yoga or Devotion. It is chapter 12 with 20 verses.
- 7) "Focus your mind on Me and let your intellect dwell upon Me alone (through meditation and contemplation). Thereafter, you shall certainly attain Me" (12.08) - **Focus on the right things to see the end through.**
- 8) "If you are unable to focus your mind steadily on Me, then long to attain Me, O Arjuna, by practice of (any other) spiritual discipline (Saadhana) that suits you" (12.09) – **When one needs solace read the Gita.**
- 9) "If you are unable even to do any spiritual discipline (Saadhana), then be intent on performing your duty for Me. You shall attain perfection just by working for Me (as an instrument, just to serve and please Me, without selfish motives)" (12.10) - **Peace can be attained when things are done with the feeling of duty, service and selflessness.**
- 10) If possible read one Gita verse a day and spend some time thinking.

Outcome: Learn what Gita means and learn to discuss thoughtfully the subjects which they may understand or not and listen multiple versions of explanations. Learn to ponder version of explanations.



## What is taught in this class and expected outcome

### Year 5 in one page

#### Indian History / How much more can I learn religion

- 1) Read 5 minutes of **Slokas / Bhajans** a day to keep the mind in peace.
- 2) Do 15 minutes of **Yoga** to keep the body in form.
- 3) Do 10 minutes a day of **Meditation** to keep the body and mind in harmony with each other.

#### Indian History:

- 4) India has recorded history from 3000 BC - Indus valley civilization.
- 5) Different religions started in 600 BC. All of them reflect the tolerance of Hindu way of living and its practices.
- 6) Indian golden period had arts and economy in full swing. It also showed it is very difficult to be number one in the world forever. Different civilizations reached their peak only once in 500 years.

#### Hinduism [Sanaatana Dharma/Vaidhika Dharma]:

- 7) Shruti - 4 **Vedas**, deal about Karma/rebirth and self knowledge. It is the supreme document that came directly from God on how to live. Fire ritual called Yagna (Havan/Homa) worship is Vedic way of praying.
- 8) Smritis – Manu Smriti & more, 2 epics, 18 Puranas, Shastras (Sciences), 6 Darshanas (Philosophies), 6 Vedangas, 4 Upavedas, 4 Upaangas, Literature. Vedas (**=knowledge**) lay the foundation for all these works and are written by sages.

#### Hindu Practices:

- 9) Samskaras (16 Sacraments), Yagna worship, Prayer by sound (Chanting Slokas/Singing Bhajan), Discussion on Shruti and Smriti (Sath Sang), Meditation (Japa), Giving time and money, Yoga, 16 step Pooja, Idol worship, Pilgrimage, Vrathas (Fasting) are all different ways of attaining the spiritual goal. These practices are based on Vedas. *Do research on subject of interest.*
- 10) Live happily and be helpful to all around. Share what one is gifted with less fortunate - it could be Knowledge, wealth and/or time. This yogic (YoGIC) way of living brings peace of mind. **The final goal is for Jeevaatma (inner self) to reach Paramaatma (Supreme God) and attain salvation.** That means freedom from cycle of death and rebirth.

Outcome: The students should learn the overall of Hindu religion. Learn God is the conscience within themselves. They should learn to meet the conscience and put it in peace. Curiosity should be sown so that they learn where to go and read more about faith and take up their own subjects of interest. History: Students should know about Indian history and their heritage.



What is taught in this class and expected outcome

## Year 6 in one page

### Puja/Finance/Astronomy/Chanakya Neeti

- 1) **Puja** – is a practice. There are 16 steps in a simplest puja. It combines physical, mental and verbal worship.
- 2) Chanakya – Political scholar. He helped set a vision for Maurya dynasty. Many of his policies have been compiled under the book “**Chanakya Neeti**” - It is a treatise on the ideal way of life. With astute political skills one can increase their output by many folds.
- 3) One moon lights the sky. Thousands of stars don't. – Having potential is great, but productivity is what matters. Always think how we can be productive with knowledge, time and money.
- 4) **Astronomy** – Learn the length and breadth of unknown. Understand how small we are compared to the universe.
- 5) Learn to dream or allow others to dream and have dreamers in your team. Be understanding of dreamers. All break through comes from dreamers.
- 6) **Career**: Understand money. Make a simple calculation of what we want in life. What are we planning to do? Will we get what we want with what we are planning to do? If not make adjustments, sooner than later.
- 7) When one understands money, we can get the maximum of whatever we do. We understand the value of other's time and dreams.
- 8) We are rich as long as our expense is less than our income.
- 9) Understand the tools of finance, so that the numbers will speak the truth to others and the discussion is objective and not subjective.
- 10) Money is a tool. We converted our life's work into a tool which can be again converted to anything else we prefer. It can be our retirement or giving to the friends and family or for the wellness of the world.

#### Remember the verse of Gita

What have you lost? Why are you crying? What did you bring with you, which you have lost?  
What did you produce, which you have destroyed? Whatever was received was received from here  
Whatever was given was given from here. You brought nothing, when you were born  
You are taking nothing with you when you die. Whatever is yours today was somebody else's yesterday and will be someone else's tomorrow

#### The value of Money is as good as how you spend it.

**Outcome:** Finance -Decide on a career or learn what is the income of the career what you want to do. Let the student stalk on life style and figure out if they can achieve the intentions.

Astronomy - Is about creativity and dreaming. Dome dreaming is good. Learn to think of abstracts.

Chanakya Neeti – Tactics in execution bring better results. Always think deeply and execute calmly.



## What is taught in this class and expected outcome

### Year 7 in one page

#### LIFE SKILLS

- 1) **Time Management** - Time is a scale – Everyone has to live by it to make it easy on others. It is a basic courtesy to be ON TIME. Asking for more time is like, one team asking extra time to score a goal which can't happen so learn to do a time audit. Make adjustments to be on time. Learn to estimate time and execute whatever the plan is in that available time. Have a to-do list prepared for the next day.
- 2) **Problem solving** – is all about getting all possible solutions on the table. No solution will sort out everything. Just walking through and figuring out the best solution is just a practice.
- 3) **Creativity** - Whatever one does has to have some creativity. If one cannot be creative allow others to be creative.
- 4) **Decision Making** – At the end of the day, a decision has to be made. Learn to break down complex problems into simple numbers that will help make a better decision.
- 5) **Project Management** - When a job looks complex, learn to break it down to tasks. Allot time and budget to each task. Any complex task can be solved and executed in a timely fashion. Whatever the profession is, with better project skills, one's output will be multifold.
- 6) **Leadership** - Being a good leader is learning to be a good follower. Leadership is not about telling others what to do. It is stepping up when no one does and inspiring everyone to be a part of it by being a role model. Do the right thing selflessly for the common good, and people will call us a leader.
- 7) **Communication** – is all about figuring out the audience and communicating to get the desired result. Talking everything in one's mind only makes the talker happy. It does not serve the purpose. Communication should be minimal and impactful.
- 8) **Stress** – is going to be a part of life. One has learned a lot of skills on how to mitigate the stress. Yoga, meditation are some of the widely used tools.
- 9) **Social skills** - The first impression is the best impression. Take the time to get the social skills groomed. It gives the turbo effect to one's goals.
- 10) Be good in heart. Work for the common good. How we talk and walk will follow. Happiness will chase us.

Outcome: Should be **on time** as promised. Should understand others time is important and the value of why one should be on time. Also understand to estimate time and deliver on time.

Become creative in solutions and understand all projects will have difficulty and understand it with poise and come up with a solution. Be empathetic and look for a way to move forward and not dwell. Any hard solution can be made into steps and follow the steps to reach the goal. Believe in a plan and execute the plan. If the student understands for any complex solution there is plan. With other skills of working together they will know how to achieve great goals by working as a team.

The student should learn there is more than one side to the coin. There is no one right way to do. There is nothing that cannot be achieved by soft skills. Even the best solution is only achieved by the soft skills we learnt this year.



## What is taught in this class and expected outcome

### Year 8 in one page

#### Volunteering

- 1) Planning – Plan to get the gold medal. Execute the plan. Become an adult.
- 2) Empathy and compassion – By doing this project for a year we get to see the less fortunate.
- 3) Responsibility - We understand our role as how we can be a part of common good.
- 4) Learn to network. Learn to achieve bigger projects by planning and coordinating with others.
- 5) Learn to understand the economics of how to use minimal resources to get as much benefits as possible on a project.
- 6) Learn to build a team of different strengths for a common goal.
- 7) Learn to communicate impact fully.
- 8) Learn to become satisfied and enjoy what you do.
- 9) Learn to become a better you.
- 10) By being able to look at others point of view with empathy and compassion, we will start talking about what is in others' hearts and minds. We will be able to connect with people at that point. Focus will turn into what is common, and the differences will fade away. We will be able to bring people together to achieve a lot more for all.

Outcome- The student should become an adult and learn to become a leader. The student should become confident and be able to see the bigger picture. Student should be able to communicate professionally on the content and have an understanding and depth on any subject given. Key is to listen and ask questions and appreciate others. When others talk with them, the person should recognize the maturity level of the child. The child should be able to plan and execute a project from start to Finish. The student should plan all the resources and time.





## What is taught in this class and expected outcome

### Year 9 in one page

#### Presentation Skills

- 1) Communication can be verbal or non verbal.
- 2) Verbal can be written or spoken.
- 3) Learn to tell a story.
- 4) Use effective tools for the audience - Audio and visual.
- 5) Learn to connect with people.
- 6) Learn to answer by recognizing the importance of the question.
- 7) Be early for a presentation and make connection with the people, room, and technology ahead of time.
- 8) Learn to enjoy what you are communicating.
- 9) Make the presentation fun with some humor.
- 10) Use eye coordination and hand gesture.
- 11) Voice modulation is important.
- 12) Whatever profession we are in, we will be communicating our ideas.
- 13) Practice it to make it simple and genuine.
- 14) At the end of the day, communication is not about saying everything one wants to blurt out. It is about bringing about a desired outcome. Think about the impact of each word we write. If it does not bring an impact, then that statement has to go, even if it is important. Impactful communication is what matters.
- 15) Communication, with a calm voice, sincerity, and mannerisms will bring the results multifold.
- 16) Better communicators become leaders.
- 17) Better leaders make life better for everyone around them.
- 18) Happiness follows.
- 19) Teams form around impactful communicators.
- 20) Communication is THE KEY.

Outcome: At the end of this class, the students should know how to do a proper handshake, be ready to write essays, talk over the phone and meet people, and be ready to do interviews. They will learn how to sell themselves and give a 20 second speech about themselves. They will do as many communications as possible with other parents sitting there to rate them.