

The Vidyalyaya Times

Bharatiya Vidyalyaya Newsletter November 2016

Bharatiya Vidyalyaya Newsletter

Welcome to the very first Bharatiya Vidyalyaya Newsletter. In this newsletter there will be information about important holidays, announcements, and acknowledging students efforts outside Bharatiya Vidyalyaya.



Enjoy this month's newsletter - Srikrishna and Aman

Morning presentation

Hello my name is Aman Arora and I will be helping with the morning assembly presentations. What will you gain from this opportunity? There are many characteristics that you will need to succeed in life. One of these skills is public speaking. Public speaking will help you personally and professionally. You will present a few slides on a topic of your choosing. Four to six slides with key points of what you will be saying. Hard work and time will need to put into this presentation. Me and another volunteer will work with you to help you practice and improve your presentation skills. If you are interested in this opportunity please contact me. Please have your topic chosen when you email me. Good luck

Aman Arora

Annakoot

By: Aman Arora

Annakoot also known as Goverdhan puja is known as the festival of when devotees prepare large amounts of vegetarian food as a mark of gratitude to God. For vaishnavas this day is known as Bhagavata Puran, when Krishna lifted goverdhan mountain and protected the devotees from very dangerous rains. This is a representation that god will always protect devotees who take singular refuge in him. The goverdhan puja is preformed in multiple ways. In the main festival of Annakoot the food is set up in an organised order. Sweets are nearest to the deities then the rest of the food is arranged in order. all the food is arranged so in the center of all the mountain is represented.

Thank you

Trivia Questions

1. When did India gain independence from Britain?
2. On whose birthday is Teacher's Day celebrated?
3. How many chapters are in the Srimad Bhagavad Gita?
4. What are the names of the 4 Vedas?
5. Who is the current Prime Minister of India?
6. Who is the current President of India?
7. Which four characters from the Mahabharata uttered verses in the Gita?
8. How many Thirthankaras are there in Jainism?

9. How many slokas are in the Hanuman Chalisa?
10. How many states are in India?
11. What are the 4 major religions that originated in India?
12. How many houses are there in the Indian Parliament?
13. Who is the head of state and head of government in the federal and state governments?
14. What is the highest civilian and military award given by the Indian government?
15. How many principal Upanishads are there? Name any five of them.

Please try to answer the questions. If you need to check, the answers are given below.

Yoga Classes

By: Srikrishna Chakravarthi

On every 1st, 3rd and 5th Sunday, Bharatiya Vidyalaya students and parents have the great opportunity of attending the yoga class conducted by Alli Natesh aunty. All those who attend get to learn and practice many asanas which benefit different aspects of the body. In the yoga class, we begin with a short prayer "saha na vavatu..." to make sure god will protect both the teacher and student and that there are no misunderstandings between them. After the prayer, we as a class do asanas which help us to get energy and be more active. For example, we do the Surya Namaskar. This is a complete exercise in itself as it balances the entire system in the body. It promotes deep abdominal breathing, increased circulation of blood and helps improve strength and flexibility. After the physical exercises, we do pranayama (breathing exercises) such as kapalbhati, anulom vilom and bhramari. Kapalbhati helps cleanse the lungs, increase oxygen flow to the body and remove the extra carbon dioxide in the body. Anulom vilom is a type of pranayama which helps calm the mind and relieve stress. It is also beneficial in improving the functioning of the lungs. Bhramari also helps remove stress and prevents hypertension. We always end with a prayer from Brihadaranyaka Upanishad "Asato Ma..." which states take me away from the unreal and towards the real, take me from the darkness to light and take me away from the fear of death and towards immortality. This class is one that all must attend since practicing yoga helps balance the body and the mind. Learning the asanas from a learned individual such as Alli aunty is a true privilege.



Navarathri Garba

By: Srikrishna Chakravarthi

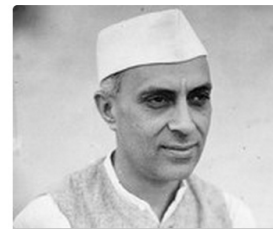
Navarathri is a 9 day festival in which Hindus worship Goddess Durga for the first 3 days, Goddess Lakshmi for the next 3 days and Goddess Saraswati for the last 3 days. Garba is practice which is traditionally done in the state of Gujarat, but is now popular all over India. Garba or Dandiya is a dance which is performed in the late evening after Aarti to the goddess. Aside from being a dance form, Garba holds a special significance. It is believed to be a reenactment of the fight between Goddess Durga and Mahishasura – The bull headed demon. The Dandiya sticks represent the weapons of Durga. On October 9, our Bharatiya Vidyalaya kids celebrated Navarathri Garba. All the children and parents were dressed in beautiful Indian clothing, and it was a wonderful experience as a whole.



November Birthday: Jawaharlal Nehru

By: Srikrishna Chakravarthi

Jawaharlal Nehru, a great freedom fighter and the first Prime Minister of India, was born on November 14, 1889 to a Kashmiri Pandit family. We now celebrate this day as Children's Day. When he was young, he attended Trinity College, Cambridge and got a Law degree from the Inns of Court School of Law. The 1919 Amritsar Massacre which killed 379 people outraged Nehru and solidified his quest for Indian independence. Nehruji accompanied Gandhiji throughout the Non - Cooperation Movement in which Indians refused to buy British goods. During this period, Nehru became a close disciple of Gandhi. He was imprisoned for his involvement in the freedom struggle and would be imprisoned by the British for a total of 9 years. Under his presidency in 1929, the Congress party declared Poorna Swaraj(Total Independence). Until independence, he was in the forefront of the freedom struggle under Gandhiji's leadership.



After independence, Nehru became the first Prime Minister of India and was Prime Minister for 17 formative years. He had a vision for modernizing India and wanted India to become a superpower. Nehruji opted for a secular India because he believed India is a land for everyone. He desired a peaceful coexistence (Panchasheel) between India and China. Nehru laid the foundation for advanced Indian education, built strong infrastructure, and encouraged the establishment of ISRO. He was also a prolific writer authoring many books. His vision helped to elevate India to the global stage.

"Loyal and efficient work in a great cause, even though it may not be immediately recognized, ultimately bears fruit." – Jawaharlal Nehru

Trivia Answers

1. August 15, 1947
2. Dr. Sarvepalli Radhakrishnan

3. 18 chapters
4. Rig, Yajur, Sama, Atharva
5. Shri. Narendra Modi
6. shri Pranab Mukherjee
7. Krishna, Arjuna, Sanjaya, Dhritarashtra
8. 24 Thirthankaras
9. 40 slokas
10. 29 states
11. Hinduism, Jainism, Buddhism, Sikhism
12. 2 houses
13. Federal Government: State – President, Government – Prime Minister; State Government: State – Governor ; Government – Chief Minister
14. Civilian: Bharat Ratna; Military: Param Vir Chakra
15. 10 Principal Upanishads; Names: Aitareya, Brihadaranyaka, Ishavasya, Taittiriya, Katha, Chandogya, Kena, Mundaka, Mandukya, Prashna

About the Authors

Srikrishna Chakravarthi - Hari OM everyone. My name is Srikrishna Chakravarthi and I am in 9th grade. I have been attending Bharatiya Vidyalaya since kindergarten. Vidyalaya is a place that has introduced me to the many different aspects that makes India a unique country on the global stage. Attending the religion, culture and language classes helped strengthen my Indian heritage and my roots.

Aman Arora- Hari OM. my name is Aman Arora and I am in 10th grade. I have also attended Bharatiya Vidyalaya since kindergarten. over the many years, I have learned many lessons that will help in life in the future. Our culture, religion and languages are viewed as mysterious to many foreigners. I am proud to represent my Indian heritage and to help other understand out religion, culture and languages.

About us

Bharatiya Vidyalaya vision is to teach, foster and preserve Indian cultural and spiritual values for the benefit of children. Our goal is to develop awareness of Indian cultural heritage, traditions and values and develop basic reading, writing and communication skills in various Indian languages.

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