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GUIDE LINE CUM HAND BOOK FOR OFF LINE ACTIVITY CLASSES BY GEETA PARIWAR
TEAM 11 VOLUNTEERS IN ODISHA ON BALA SANSKAR KARYAKRAM

OUR MOTTO

“ଗୀତା ପଢ଼ି, ପଢ଼ାୟି, ଜୀବନ ମିଁ ଲାୟି” “ଘର ଘର ଗୀତା, ହର କର ଗୀତା”

GEETA PARIWAR ODISHA BRANCH
BHUBANESWAR

PREFACE

On constitution of Odisha central Team 11 for furthering the Balasanskar Karyakram of the Geeta Pariwar, Odisha branch started functioning with headquarter at Bhubaneswar w.e.f. 09.07.2023 soon after the Geeta Maitri Milan function at Bhubaneswar, in presence of our beloved Dr Ashu Goel Bhaiyaji, National Vice president “Geeta Pariwar” and Programme Director “Learn Geeta”. The Branch has got its acceptance and recognition by the Geeta Pariwar Headquarte, Sangmer (Dist Ahmednagar) Maharastra in their email dated 28.07.2023.

As a first step in this context this Booklet has been prepared with caption “**Guideline cum Hand Book for offline Activity classes by the Geeta Pariwar Team 11 members in Odisha on Balasanskar Karyakram**” with an intention to throw a ray of light in execution of the programme with reasonable instructions, books and booklets of the central headquarter into consideration and after a brain storming exercise by Geeta Pariwar members on 29.07.2023. We must admit that omissions and commissions are expected_during the preparation. This booklet has been brought after discussion and finalisation by the groups. Any contents there in, if found contrary to the guide lines/instructions of the Geeta Pariwar, will be treated as null and void and shall stand ignored.

However it is our brain child prepared with a good intention by the grace of Lord Shri Krishna to make the implementation of Geeta Pariwar directives and objectives, a success in field.

President,
Geeta Pariwar, Odisha Branch
Bhubaneswar

INTRODUCTION AND POLICIES

Geeta Pariwar was established in Sangamner (District – Ahmadnagar) Maharashtra in the year of 1986 by Param Pujya Swami Sri Govind Dev Giriji Maharaj. It had set up Bal Sanskar Kendra which is primarily involved in organising 'Balanskar Shibir' (Workshop for imbibing Indian culture among children). During past 37 years this programme is active and has now spread over to different states of India. One of the important works undertaken is training volunteers who are willing to work in the area of conditioning children according to Indian culture.

Param Pujya Swamiji has offered five point programme for volunteers to carryout in the society:-

1. **Bhagawad Bhakti (Devotion to God):** Building a personality into a cultured and morally near to perfect individual, which can take place only through the medium of devotion to God. Devotion to God not only brings softness in human nature but also makes everyone honest.
2. **Bhagawad Geeta :** Bhagawad Geeta is essential for providing noble thoughts in one's mind. This is the only/among the best scriptures which teaches to remain calm at every point of time/situation whatsoever it may be and remain in peace as it leads to improvement in humanity and human life style as well.
3. **Bharatmata(The Motherland) :** It is the duty of every individual to love and serve one's motherland, the piece of land whose precious contribution is for our knowledge, culture, society and growth to a strong personality.
4. **Scientific Attitude:** One should always have an attitude, that co-ordinates science/technology and religion as science without religion is blind and religion without science is lame. Religion without proper proof/result can never survive for long and similarly science without religion will lead to destruction in place of construction.
5. **Swami Vivekananda :** Swami Vivekananda (1863–1902) is best known all over the world for his ground breaking speech in 1893 at "World's Parliament of Religions" at Chicago, USA in which he introduced Hinduism and called for religious tolerance and an end to fanaticism. There was a time when India was synonymous by Swami Vivekananda. He was a noble person and we should emulate him our life.

Objectives

1. The objectives of these five point programme are as under :-
 - i) To encourage students to study Sanskrit and adopt our own traditional culture.
 - ii) To organize Sanskar Shibira (Workshops).
 - iii) To run Sanskar Vargas (Classes and courses) in as many places as possible.
 - iv) To produce interactive and audio video materials useful for this mission.
 - v) To convince children of the importance and magnificence of Indian culture and to make them aware of dangers and bad effects of lifestyles emerging from western culture.
 - vi) To honour persons working selflessly in field with Swami Vivekananda Award.

Principles for adoption in achieving the objectives:-

- (a) In Odisha, Team 11 groups are being formed at State level, District level and Regional levels. To facilitate their action, five stress points have been identified to achieve the objective of Geeta Pariwar with the motto of "Geeta Padha, Padhao, Jiban me Lao" and "Ghar Ghar Geeta, Har Kar Geeta".
1. **Location:** For any offline activity location of activity centre is an important factor. Offline classes can be taken up in Primary Schools, Anganwadi centre points, Temple premises etc. after obtaining due permission.
2. **Initiation:** On identification of location, the trainer co-ordinator should initiate action. He/She should prepare him/herself first to take up activity in a suitable manner.
3. **Persuasion:** - Persuasion is needed to attract the participants, their parents to the centre of activity.
4. **Education:** All those involved in running the centre i.e. participants, parents, trainers etc. are required to be properly educated and trained.
5. **Retention:** It is important to retain all members of Geeta Pariwar by involving them in different activities. Steps may be designed in keeping them engaged throughout their life with Geeta Pariwar.

All the preceding five points are more elaborately discussed in subsequent paragraphs.

CHAPTER – II

SELECTION OF LOCATION FOR UNDERTAKING OFFLINE ACTIVITY

The trainer as per the convenience may select any of the following places for commencing offline classes:

Primary School Building: In each village Primary School buildings are available. The School Managing Committee (SMC)/ the Head Master can be approached to provide a classroom for offline class preferably on Sundays/Holidays.

Anganwadi Centre Building: Each Anganwadi Centre is having Mother's Committee for feeding programme. The Ward Member is a member. They may be approached to accord permission for offline activity on Sundays/holidays.

Private School Buildings: Private School management of the school can give permission to run the centre in their school.

Mahila Samiti/Yubaka Sangha/Community Centre Building: This can be a good place of operation with permission of local authority i.e. President of the organisation, who is available in the vicinity.

Temple Premises: There different temple in villages and urban areas. Some are having enough space in their campus to run the offline classes. In such cases permission of temple management can be obtained.

If any trainer feels that a written request is required to be given to the authority of the premises, the State Branch will take care of it. The State Core Team Members may actively participate and coordinate in these matter at initial stage.

Chapter III

INITIATION

Once a location is selected / finalised the trainer will initiate action. Initiation is as good as preparation. A survey may be made by them to know the availability of number of children to be covered. They may try to commence the activity class with at least 10 members. Initially we may start with even lesser number.

2. Availability of infrastructure is required to be studied. Since it is a voluntary work, assistance from locality may be obtained. It should be ensured that sitting arrangement, drinking water facility, toilets are available and the concerned authority should allow its use.

3. The trainer should adequately prepare himself /herself to ensure that the training starts on time and on fixed dates as decided and intimated. Initially we may start with Sunday classes from 08:00 AM to 09:15 AM and 09:15 AM to 10:30 AM. For convenience the trainees may be divided into two categories i.e. Category-1 (age group 6 to 13 year/ Standard I to VII) and Category-II (age group 14 year and above/ Standard VII and above).

4. To start with the participating children, coming under Category I may be taught on Omkar, Prayers, Stuti, Bandana, Yoga of lower level, Storytelling, Games and other activities so as to attract them towards Bhagabatbhakti, Bhagabad Geeta and Bharat Mata.

5. The Category II trainees may be taught directly pronunciation of Bhagabad Geeta with higher standard of storytelling, yoga and other activities. It is expected that they do have some knowledge in Sanskrit as Sanskrit learning commences from Standard VI. They may be imparted rigorous training/ teaching so as to achieve the goal of " Geeta Padho, Padhao and Jeebanme Lao" with promotion of "Ghar Ghar Geeta, Har Kar Geeta".

Chapter IV

PERSUASION

As we are going to commence offline activity all those who are likely to be involved are realised to be persuaded. The children, parents, guardians, school teachers, villagers, local inhabitants – all require constant persuasion to make the centre stable. Parents and Guardians can be persuaded to send their children to our Sunday Classes (say 8.00 am to 09.15 am and/or 9.15 am to 10.30 am) to school. Children may be persuaded to be regular in attending the class which is entirely based on activity. No books are prescribed for them. Only thing is that, the children will practise the activity on regular basis at their home. Similarly the school authority, school teachers anganwadi workers word members, members of the school committee, members of village committee, members of mother's committee of AWC, member of PTA need to be aware of our programme, its sanctity and impact of the future of the children.

Chapter V

EDUCATION & TRAINING

Education is the vital part of Balasanskar Programme. All those who are involved in this programme need to be educated properly and adequately. The trainers need to be trained. The trainer should know how to pursue parents, to send their children to offline course and how to retain them lifelong. It is also very essential to know as to what to do in offline classes.

In the following lines, steps have been taken in nutshell to explore our intentions as to what to be taught in physical class to the children

Adults who have already gathered some knowledge on Bhagvadbhakti, Bhagvad Geeta, and Bharat Mata may be directly persuaded to learn Bhagwad Geeta. They may be taught Bhagvad Geeta pronunciation along with grammar as being followed in on line Geeta class at L1 to L4. Others may be imparted education in the following subjects. It should be remembered that it is a guide and exhaustive curriculum developed. The trainer may follow these in offline classes.

1. STORIES ON BHAGWAT BHAKTI AND BHAGWADGEET

2. **Truth** : Raja Harischandra, Raja Bali (Bamana Avatar)

Non Voilance : Buddhadev,
Maharshi Valmiki
Mahatma Gandhi,
Ashok (Dharmashok)

Politeness : Bhakta Prahallad

Eternal Love :Meera Bai,
Ramakrushna Paramhansha.

Patience :Dhruba,
Prahallada,
Arjuna,
Shrikrishna,

Fearless :Mahabali Hanuman.
Prahallada

Soft spoken/Gentle:Yudhisthir,
Swami Vivekananda
Sri Aurobinda,
Shri Maa

Self Confidence : Mahabali Hanuman

Principle of Work : Shree Ganesh (Ekadanta story)

Benevolence : Utkalmani Gopabandhu

Stick to rules : Vanavash of Sree Ram

Determination : Pitamah Bhisma , Subhash Chandra Bose

Concentration : Arjun (eye of the bird), Ekalabya

Living style : Hinduism, Sanatan Dharma and its Rules of Life style.
Geeta is the key to successful life style.

3. STORIES ON BHARAT MATA

Braveness : Rana Pratap, Baazi Rout, Rani Laxmi Bai,

Service to Nation/mankind : Satyarthee, Gopabandhu, Redcross, Fire fighters,

Sacrifice : Bhagat singh, Veer Sabarkar, Indian Soldiers, Raja Harishchandra

Patriotism : Subhash Chandra Bose, Bhagat Singh, Swami Vivekananda, Dayanand Saraswati, Baxi Jagabandhu, Veer Surendra Sai, LAL-BAL-TAL, Lalbahadur Shastri, Madhusudan Dash

Others : Shalabega, Shri Chaitanya, Bhimabhoi, Dashia Bauri, Shrabana Kumar, Childhood stories of Shrikrishna, Shri Ram, Mahabali Hanuman, Shree Ganesh, Shree Krishna – Sandipani, Rishi Bashistha, Swami Vivekananda-Ramkrishna Paramhansa, Dharma Pada, Bagha Jatin, Jai Rajguru

4. ACTIVITIES : Following activity may be included for betterment of children and develop good qualities in them.

:Drama, Small play involving students, Question and Answer Session, Competition,

Shree Krishna – Sandipani, Shree Ram Bashistha, Vivekananda-Ramkrishna Paramhansa , spreading the message of Geeta Pariwar among family, Distribution of Geeta Book, enrolling teachers and parents in Geeta Pariwar, Different activity to generate Respect towards Elders and Teachers,

5. BHAGAWAT GEETA: Recitation of Geeta shlokas for Memorising them, explaining the meaning of Geeta and it's impact on individual's life.

Asking children to pay respect to parents and elders in morning & before going to bed and getting their blessings. In addition Praying God with any Mantras during Morning & evening.

6. GAMES :

Spoon Race, Pot Race, Kabadi, Cricket, Competition Game, KHO-KHO, Kabadi, Ram-Syam, Ahi-Nakula, Surya-Hanuman, Sitting Games, Standing Games, Two line Games, Running Games.

It can be taken up, subject to availability of sufficient space and time

7. PRAYERS :

PRAYERS ON BHAGWADBHAKTI

OMM, Gayatri Mantra, Maha Mrityunjya Mantra, Shiva Panchakshyari, Saraswati Bandana, Shree Ganesh Stuti, Haniman Chalisha

PRAYERS ON BHAGWAD GEETA

Shree Krishna Vandana, Geeta Vandana,

PRAYERS ON BHARAT MATA

Bande Maataram, Bande Utkala Janani, Patriotic songs.

8. YOGA :

Surya Namaskar, Tadasan, Padahastasan, Ardha chakrasan, Brisasan, Bajrasan, Padmasan, Ardhapadmasan, Sasangasan, Ardhabhastrasan, Dhanurasan, Bhujangasan, Salabhasan, Shabasan

MODEL SCHEDULE

Total Time – 1hr 15 Mts.

1. Ommkar Mantra	5 mts.
2. Physical exercise	15 mts.
3. Practice/ Abhyash	20 mts.
4. Games	20 mts.
5. Story Telling	10 mts.
6. Closing mantra	5 mts

Total 75 mts.

Chapter VI

RETENTION

Retention is a very important in any off line programme. When we are taking activity classes for children, care should be taken so that they don't drop them self from the programme. The trainer should take extra care in this aspect. No doubt, with a lot of persuasion they attend the Sunday class for an activity. Instead of any specific instructions, this aspect can be overcome by personal capability of the trainer. If necessary they should be in constant touch with parents also.

While contacting parents, the trainer may pursue parents to join on-line Geeta Classes i.e. Learn Geeta.com. Once parents show interest in joining on-line Geeta Classes then retention will be easier.

Similarly the teachers and the management persons of the school / institution should be included in online Geeta learning. In all stages of work we shall make 'GEETA' our guide, mind, body and soul so that it remains with us and lives with us and dies with us.

Chapter VII

MISCELANEOUS

For implementation of Balasanskar Programme a number of books and booklets have been published by the Geeta Pariwar in Hindi, Marathi, other languages.

Perhaps the publication in Odia is nill or very less. On opening of Odisha Branch of Geeta Pariwar steps are been taken to translate theme to Odia. However for the time being existing Publications may be followed. Such books to be referred by trainers is enumerated below.

- (i) Sanskar Patha Digadarshika (Hindi)
- (ii) Bala Sanskar Pathamala (Hindi)
- (iii) Different Odia Books may be collected by the trainer to teach stories, Yoga, Mantras, Stuti etc are their level till a full fledged Books in Odia is prepare and circulated.
- (iv) Electronic media may be used.