

HSBV Balvihar Class

4 years to First grade

FY 2010-2011

Days and Time: Balvihar Sundays from 10:30am to 11:30am (Sundays marked in the attached schedule)

Instructors: Asha Girimaji and Prabha Vasudevan

Email: asha_girimaji@yahoo.com; prabarun@yahoo.com

Topics/Activities:

- Exercise/yoga
- Meditation
- Shlokas : Ganesha shloka, Saraswathi shloka, Rama Shloka, Krishna shloka, Guru shloka, Vishnu shloka, Shiva shloka and morning prayer
- Story telling:
 - Hindu gods and festival significance
 - Alphabet time-Hindi or Sanskrit word meanings
 - Stories from our scriptures
- Arts/Crafts/quizzes