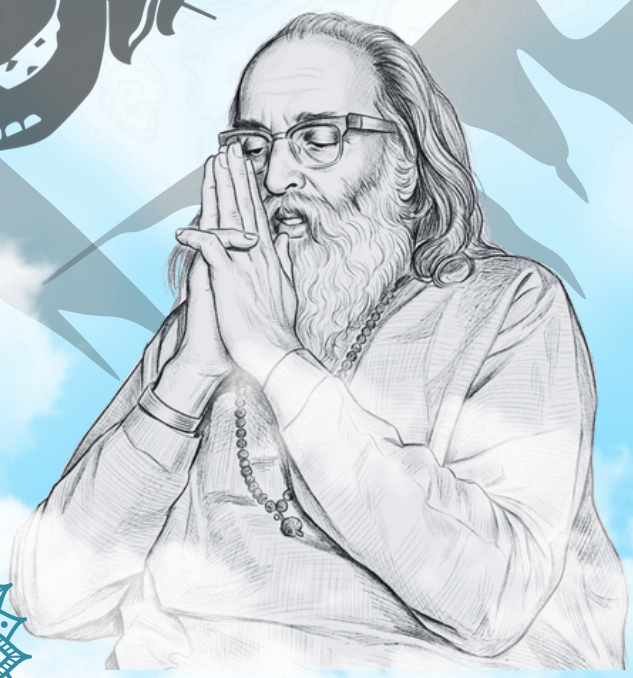
CHINMAYA AMRIT MAHOTSAV 75 years





CHINMAYA VRINDAVAN

Handbook 2026–2027

95 CRANBURY NECK ROAD, CRANBURY, NJ 08512

PHONE: 609-655-0404 | WWW.CHINMAYAVRINDAVAN.ORG

2026-2027 Calendar

September 2026

S	M	T	W	T	F	S
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October 2026

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November 2026

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29	30					

December 2026

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January 2027

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31						

February 2027

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16	28						

March 2027

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April 2027

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May 2027

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June 2027

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	27	25	29	30			

Balavihar will be held on days marked as below
Regular Class Days
House Inaugural
Saraswati Pooja
Spirit Day
Snow Make up Days
Guru Paduka Pooja
Guru Vandanam

NO Balavihar will be held on days marked as below
House Activities
Gita Chanting Regionals
Annual Day
CORD Walkathon
Kalarangam
Vrindavan Surabhi

TABLE OF CONTENTS

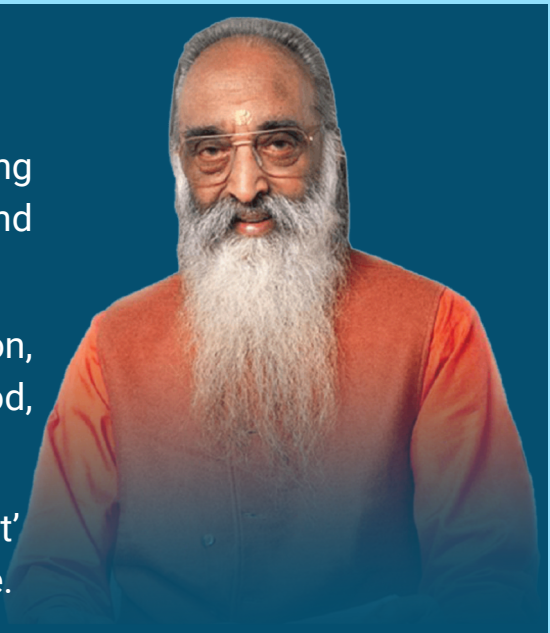
Chinmaya Vrindavan Bala Vihar 2026-2027



Bala Vihar Calendar	Front Cover (Inside)
Messages from our Gurus	2
Pujya Swami Shantananda ji's message	3
Bala Vihar Guidelines	4
About Bala Vihar and Other Programs	5
Chinmaya Vrindavan Contacts	7
Bala Vihar Curriculum and Teacher Assignment	8
Adult Study Groups and Moderators	12
Recommended Books for Adult Study Group	13
Language Classes and Teacher Assignments	14
Vedanta Classes with Pujya Swami Shantananda ji	15
Vrindavan Bala Vihar Houses	16
Chinmaya Cultural Events	17
Chinmaya Parivar Appeal	18
Gita Chanting Yagna	19
Bhagavad Gita Dhyanam	20
Chapter 6 - Bhagavad Gita	21
Guru Stotram	24
Mangala Aarti	26
Aarti	27
Chinmaya Aarti	28
Shanti Mantras	29
Temple Pooja Timings	30
Notes	31
Chinmaya Mission Pledge	32
MSC 2026 Pictures	Back Cover (Inside)

Messages from our Gurus

Pujya Gurudev Swami Chinmayananda ji



The seed of spiritual values should be sown in young hearts, and the conditions made favorable for sprouting and steady growth through proper control and discipline.

It must be cared for with the warmth of love and affection, and such a tree shall blossom forth flowers of brotherhood, universal love, peace, bliss, beauty, and perfection.

Success or achievement is not the final goal. It is the 'spirit' in which you act that puts the seal of beauty upon your life.



Pujya Guruji Swami Tejomayananda ji

Bala Vihar provides a spiritual and cultural orientation to the children of the modern age.

The purpose of Bala Vihar is to prepare our children to live their lives fully; to learn how to face life as it comes to them as well as creating a life that they want.

Bala Vihar should give them both roots and wings.

Pujya Swami Swaroopananda ji

Fill the Heart with the oil of love.
Place in it the wick of single - pointed mind.

Light it with the Knowledge of Truth and
remove the darkness of ignorace around you.

Just as one lamp can light many lamps, let each youth kindle this light in many hearts.





Blessed Self
Hari Om! Salutations!

It gives me great pleasure to welcome you to the Chinmaya Mission's Weekend programs: the Bala Vihar, Yuva Kendra, Adult Study Group, Language Classes, Gita and Shloka chanting classes - at Chinmaya Vrindavan. We offer Bala Vihar classes in three sessions and Amruta Vihar for the differently abled children.

The tremendous growth and success of all programs is made possible by our volunteers who work tirelessly to provide constant enrichment and learning for children and adults. The impact of Eastern and Western cultures on our families brings about many challenges and opportunities for children growing up in America and parents raising families in America. We have seen that the long-term benefits of active participation in Bala Vihar and the Adult Study Group makes a big difference in enriching families and our community making it essential to their spiritual and cultural growth.

We continue to improve the program so that everyone (children and adults) can obtain the maximum benefit. We also offer interactive seminars on topics such as parenting, youth-parent relationships, and revitalizing our adult study group classes. Additionally, we plan to expand upon the existing seva/service activities through additional community service projects.

Pujya Gurudev, Swami Chinmayanandaji, greatly stressed developing a strong identity for children and adults alike. He was a master with great vision and He believed that religion and the inquiry into the Divine provided the substance for unification and the true recipe for happiness.

I encourage you to share the Mission's programs with other families and let them also benefit through their participation.

Welcoming you with Prem and Om!

Sj Shantanand

Swami Shantananda
Resident Swamiji
Chinmaya Vrindavan

Bala Vihar Guidelines

The Bala Vihar Program is completely run by volunteers who donate their skills and time with an attitude of service (*seva bhava*). We request active support from parents / guardians to ensure the children have a wholesome experience.

What is expected of the children?

- General discipline should be maintained at all times during Bala Vihar. Be respectful and courteous to others.
- Bring a copy of the "My Prayers" book, Bala Vihar handbook, and a notebook to each session. All children should have pencils, pens, and other stationary items as instructed by the teacher.
- No snacks, food or drinks (other than a spill-proof water bottle) are allowed in the classrooms.
- All children should buy the prescribed textbook for their grade from the bookstore.
- Participate actively and attentively in class and in scheduled festivals/events.
- Participation in Aarti and Pledge at the end of each session is mandatory to instill a sense of community and culture.
- Any form of bullying will not be tolerated. Should such an incident occur, Chinmaya Mission reserves the right to take appropriate action including cancellation of registration.
- Do not run around, play with equipment or cause any damage to the facilities. Parents are responsible to reimburse the Ashram for any damage caused by their children to Ashram property.

What is required of all parents and guardians?

- All participants attending Bala Vihar must complete registration and pay prior to joining the program. No refunds will be processed for discontinuing families.
- Arrive early for classes and stay through the program concluding with Aarti and Pledge.
- At all times, except in the classroom, children attending Bala Vihar are the responsibility of their parents or guardians.
- One parent or guardian needs to be in Ashram premises during Bala Vihar. Do not drop your children and leave the premises. In the event of any emergencies, parents must be available onsite to receive their children.
- Ensure that you park your car and walk the children into the building. Please do not stop your car near the door and drop off your children.
- Ensure all shoes are removed and stacked in the shoe rack when entering the Ashram. Shoes lying on the floor will be discarded. Hang your jackets neatly.
- Treat property with care: keep it clean and make sure your children understand the same.
- Participate in class-specific email/online group discussions as requested by teachers. Sign up to receive communication to get up-to-date information about Bala Vihar and Ashram activities.
- Take active interest in Bala Vihar activities as a role model to children and participate in Ashram activities for self-development and to give back to society

About Bala Vihar and Other Programs

Bala Vihar

Session 1 - Fri - 7:00 pm - 8:45 pm | Session 2 - Sun - 9:15 am - 11:00 am | Session 3 - Sun - 1:00 pm - 2:45 pm

Bala Vihar is a grade-based program that is tuned to the mental and intellectual growth of our children. It is a weekly class for children between the ages of three to eighteen years, taught by trained volunteers at the Ashram. The aim of Bala Vihar is to help children bloom, grow, and inculcate values through fun-filled activities. Bala Vihar enhances the overall development of the personality of a child at all levels — physical, emotional, intellectual and spiritual.

Mission Statement
"To help children learn values with fun, to delight like the moon and shine like the sun"

Adult Study Groups

Session 1 - Fri - 7:00 pm - 8:45 pm | Session 2 - Sun - 9:15 am - 11:00 am | Session 3 - Sun - 1:00 pm - 2:45 pm

Study groups are forums where seekers of knowledge study a Vedantic text and discuss the concepts with like-minded aspirants in an open environment conducive to positive spiritual growth. We conduct a number of study groups in each session, catering to varied interests and levels of advancement. The focus of the Study Group is 'shastra-chintan-pradhan' i.e. the emphasis is on the study and logical reflection on the teachings of the scriptures. The aim is to gain Self knowledge.

Amruta Vihar

Wednesday 6:30 PM to 7:30 PM (Only on the weeks that Bala Vihar classes are on)

Amruta Vihar is a special program tailored for children, who are differently abled, to come together for social interaction, spirtual growth and learning. Children are introduced to stories from puranas, taught shlokas, bhajans and are engaged in a number of activities including arts & crafts, yoga, group discussions etc.

Language Classes

Sunday, 11:15 am - 12:30 pm

Language classes are offered to children, currently enrolled in Bala Vihar. We teach Gujarati, Hindi, Kannada, Malayalam, Sanskrit, Marathi, Tamil and Telugu. We follow a structured curriculum that enforces reading, writing and also conversing. Children are grouped by their proficiency in the language.

Swaranjali

Sunday, 11:15 am - 12:30 pm

Swaranjali consists of a group of talented youth musicians selected from among our Bala Vihar students by an audition to sing bhajans at various Ashram events. Children are mentored and coached by adult Chinmaya Sevaks. Both vocalists and instrumentalists with some classical training are welcome.

Bhajan Sandhya (Online)

Sunday, 6:45 pm - 7:15 pm

Bhajan Sandhya - Chinmaya Vrindavan's adults Bhajan group - provides an opportunity to learn divine songs and simple bhajans rendered melodiously by music professionals, resonating the glory of God.

Shloka Classes

30- 60 mins (Once a week Mon - Thu evening)

Bala Vihar children will be assigned to different levels, beginner to advanced, depending upon their proficiency, and can learn to memorise all important shlokas over the years such as daily prayers, Ashtakams, Hanuman Chalisa, Vishnu and Lalitha Sahasranamams.

About Bala Vihar and Other Programs CONT'D

Yoga

Sunday, 7:30 am - 9:00 am

Learn yoga the traditional way at Chinmaya Vrindavan. Yoga is not just an exercise system but a system that teaches us that there is something within us that is immensely powerful and deeply peaceful. All great spiritual paths target the discovery of this secret that often evades us in the normal flow of life. Inner peace can be cultivated by "ordinary" people in practical ways.

Vedic Chanting

Wednesday, 7:00 pm - 8:00 pm (for all ages)

Learn Vedic Chanting from the Chinmaya Vrindavan Temple priests of the various vedic texts. Considered to be a divine revelation to the Ṛṣi-s (Seers) of ancient India, Vedic Chanting is bound by strict adherence to six rules.
Varṇa (pronunciation), Svara (chanting notes), Mātrā (duration) Balam (force), Sāma (continuity) and Santāna (conjugation, punctuation).

Gita Chanting

Twice per week on Zoom (for registered Bala Vihar children)

Chanting coaching classes in small groups are conducted twice per week on Zoom to currently registered Bala Vihar children of grades KG -12 on the chapter picked for the particular year. These sessions primarily focus on memorization, correct pronunciation, intonation and are recommended for children with limited to no experience in learning to chant Gita shlokas.

Online Guided Meditation

Sunday, 7:00 am to 7:30 am

To get the mind to focus takes a lot of concentration. With guided meditation, you have a better chance of staying in that state of concentration for longer. Guided Meditations are an ideal way to meditate for both beginners and the more experienced.

Other Programs

We are pleased that the program also includes

- Numerous opportunities to explore our children's talents in music, drama and the performing arts - based on the wisdom of Vedanta contained in our scriptures
- Celebration of major festivals, such as Mahasivaratri, Diwali, Rama Navami, etc., and our Annual Gita Chanting Competition (for children and adults).
- Numerous service/volunteer activities such as Anna Danam, CORD Walk-a-thon, and other community service projects like Chinmaya Youth Summer Project (CYSP)
- Specialized skill building programs like Heroic Club for Bala Vihar high school students to find their inherent talents by working on independent research projects.

For more information visit **www.chinmayavrindavan.org or email geninfo@chinmayavrindavan.org**

Chinmaya Vrindavan Contacts

Resident Swamijii	Swami Shantananda ji	609-655-1787	shantananda.swami@gmail.com

Bala Vihar Activity	Sevak/Sevika	Phone	Email
Friday Team	Ram Ramachandran Yogeswara Rao Navin Nukavarapu	609-936-0245 914-356-2916 347-453-0692	fri-coordinators@chinmayavrindavan.org
Sunday AM Team	Anshuman Panigrahi Kunal Ganorkar Anuj Seth	732-258-8936 267-242-7158 508-733-0541	sunam-coordinators@chinmayavrindavan.org
Sunday PM Team	Indrajeet Harer Rajesh Iyer	973-906-3593 732-647-5312	sunpm-coordinators@chinmayavrindavan.org
Amruta Vihar	Vasudha Manikandan	609-937-0185	Amrutavihar@chinmayavrindavan.org
Language Classes	Purnima Krishnamurthy Sundaresh Ravindran Sathish Ejoumale Bharath Radhakrishnan	732-742-6794 201-665-7859 551-200-1528 732-882-8895	languages@chinmayavrindavan.org
Swaranjali Bhajan	Subha Sriram Kannan Raghavan Sindhuja Sandeep	732-801-7654 908-331-1294 201-234-7499	swaranjali@chinmayavrindavan.org
Gita Chanting	Abhirami Shrinivas Anjana Suresh Sangeeta Iyer	774- 270-1455 609-915-5104 732-586-0844	chantgita@chinmayavrindavan.org
Bala Vihar Houses	Jayashree Vedamurthy	609-439-7838	bvhouses@chinmayavrindavan.org
Youth volunteer projects	Subba Tholeti Lakshmi N Aiyer	609-489-1172 973-723-0885	cmvrindavanysp@gmail.com
Concerts at Vrindavan	Harinee Madhusudhan Madhusudhan Nagarajan Gajanan Hegde	732-491-7862 732-491-7863 609-915-4330	cultural.events@chinmayavrindavan.org
Temple Activities	Sujani Murthy	609-540-9114	sujanimurthy@hotmail.com
Books/Publications	Girish Ananthashankaran	609-937-0521	bookstore@chinmayavrindavan.org
Cord USA, Annadanam	Vyjayanti Durbhakula	732-319-5715	vyjayantid@gmail.com
Yoga Classes	Rajan Narayanaswamy	732-666-8878	n_rajan@hotmail.com

Bala Vihar Curriculum and Teacher Assignments

Grade	Topic	Fri: 7pm-8:45pm	Sun: 9:15am-11am	Sun: 1pm-2:45pm
Toddler Pre-K	Stories, Arts & Crafts, Yoga & Sanskrit vocabulary	**Malini Muralidharan Parth Gandhi**	**Vidya Venkatesh Gauri Ranganathan**	**Venu Avva Namrata Raval**
K	**Alphabet Safari -** Simple values like aspiration, brotherhood, cleanliness etc. are taught through animal stories and coloring. Through simple hands-on activities and demonstrations, children learn that just because something is not seen does not mean it is not there! Hence, the need to fix our mind.	**Anuradha Bhaskara Darshana Vednere**	**Nithya Murthy Shruthi Vaidhyanathan**	**Malathy Balasubramanian Sujata Arunkumar**
1	**Bala Ramayana -** Children listen to the story of Ramayana and learn to comprehend the values that Sri Rama lived by. Coloring and drawing scenes, and following the trails of Sri Rama's journey with events and stories inspire children and develop their imagination.	**Vasudha Manikandan Anagha Deshpande**	**Divya Purushottam Sowmya Chidambaram**	**Neha Patle Vijaya Balakrishnan**
2	**Superman Hanuman** "Have a backbone like a ruler and rule the world." Learn from Hanumanji's example - courage, strength, fearlessness, alertness, discipline, eloquence etc., as these qualities make us physically as well as mentally strong, and help us develop a majestic personality.	**Uma Bhashetty Santhi Sama**	**Yamuna Kuchibhotla Malavika Shyamkrishnan**	**Roopa Byrichetty Aastha Vasavada**

Grade	Topic	Fri: 7pm-8:45pm	Sun: 9:15am-11am	Sun: 1pm-2:45pm
3	**Bala Bhagavatam Part 1 - Dasavataram** Stories of Lord Vishnu's main avatars teach children how to measure happiness in this world and the right means to achieve it. They are taught how to develop discrimination between needs and wants, and responsibility by owning up to their choices and learning from them.	**Aarthi Thiagarajan** **Niveditha Thyagarajan**	**Rajeswari Ummettala** **Neha Wagh**	**Sangeetha Iyer** **Ankur Tuteja**
4	**Bala Bhagavatam Part 2** **- Krishna Everywhere** **- My 24 teachers** Lord Krishna's leelas teach children about sharing, self-discipline, and integrity. They are taught to introspect and observe themselves. Through the text My Twenty-four teachers, they understand how all aspects of mother nature are selfless and giving, and how we must open our eyes to learn from teachers all around us.	**Sujatha Iyer** **Devender Akula**	**Mahalakshmi Arcot** **Indira Bhaskar**	**Rashmi Kuroodi** **Aparna Prasad**
5	**Mahabharata Part 1** Until Virata Parva: Children listen to the story in detail and learn about this rich and complex epic India the Sacred land: Saints Why India is sacred? Our rich heritage & saints and sages are our treasure.	**Nivedita Sridhar** **Nirmala Rajan**	**Raji Subramanian** **Sai Jayaraman**	**Sai Jyothi** **Sirat Chhabra**

Grade	Topic	Fri: 7pm-8:45pm	Sun: 9:15am-11am	Sun: 1pm-2:45pm
6	**Mahabharata Part 2** In-depth story telling to expose children to this rich and complex epic First 4 weeks - Recap of Mahabharata upto Virata Parva. Complete Mahabharatha by end of academic year **India the Sacred Land: Temples of India** Why India is sacred? Our rich heritage, architecture, rivers, temples & cities.	**Purnima Krishnamurthy** **Radhika Yogi**	**Nithya Shankar** **Shivkumar Jayanthi**	**Prasanna Kumar** **Sapna Madiraju**
7	**Ramayana - by Rajagopalachari** Analysis of main actors as we study the text in detail and understand how actions define character, how adherence to Dharma is portrayed in difficult situations. **Vibhishana Gita** (Keys to Success) Key to Success teaches children how to achievesuccess in the world by livinga life that is rich in values. Emphasis is on the mind and how a disciplined mind achieves happiness and peace.	**Anandhi Ramachandran** **Sunil Nadig**	**Keerthi Kobla** **Rahul Bukkarayasamudram**	**Sreekruthi Dubagunta** **Namrata Tiwari**
8	**Symbolism in Hinduism** Children learn why we have so many deities and how they are the symbols of the one Lord, who pervades all. These symbols teach us to live a life of harmony, fulfillment, and happiness. **Yato Dharma Tato Jayah** Discussion of Yaksha Prashnas and Yudhishtra's answers.	**Shivram Vempaty** **Chaitanya Karimanasseri**	**Partha Turaga** **Abhirami Shrinivas**	**Vyjayanti Durbhakula** **Arun Warikoo**

Grade	Topic	Fri: 7pm-8:45pm	Sun: 9:15am-11am	Sun: 1pm-2:45pm
9	**Introduction to Hindu Culture** Through this text children learn how a life lived as prescribed by the Hindu Samskaras can reduce stress and tension in life, easily setting and accomplishing lofty goals. **Chinmaya Mission Pledge** Discuss this beautiful work by Gurudev and how it provides a roadmap for responsible citizenship, engagement and upliftment of ourselves as well as society.	**Venkatapathy Shankar** **Mythili Pendyala**	**Sitaram Kuchibotla** **Prarthana Gururaj**	**Jayashree Vedamurthy** **Richa Goel**
10-12 (JCHYK)	**Gita Ch 1 - 6** Choosing selected verses from the Bhagavad Gita, an overview of the essence of Bhagavad Gita is provided to the children. The overview of the sacred text is provided without sacrificing the subtle and detailed analysis of relevant verses. A number of classroom activities are also conducted to prepare the children to answer questions and make choices based on everyday situations.	**Aruna Sarma** **Sangita Patankar**	**Rashmi Kashi** **Jacqueline Gaines**	**Ravi Peri** **Sankar Mahadevan**

	Friday	Sunday AM	Sunday PM
AV Coordinator	**Manoj Nair/Daya Sunkara**	**Kiran Kodali**	**Prasad Pulakkat / Bala Dandapani**
Prasadam Coordinator	**Sanjitha Sreevatsan**	**Jessica Seth**	**Rajeshwari Sreenivas**

Children are not vessels to be filled, but lamps to be LIT. The seed of spiritual values should be sown in young hearts, and the conditions made favourable for sprouting and steady growth through proper control and discipline. It must be cared for with the warmth of love and affection, and such a tree shall blossom forth flowers of brotherhood, universal love, peace, bliss, beauty, and perfection

- Swami Chinmayananda

Adult Study Groups and Moderators

Text	Fri: 7pm-8:45pm	Sun: 9:15am-11am	Sun: 1pm-2:45pm
Vedanta 101	Janakiraman Gopalakrishnan Alka Krishnamoorthy **Books: Self Unfoldment / Manah Sodhanam**	Srini Natarajan Venky Ramasubramani **Book: Self Unfoldment Gita – The Guiding Light**	Sridhar Vaidyanathan Prasad Pulakkat **Books: Tattvabodha**
Vedanta 201	Rajan Narayanaswamy Pramod Gadilkar **Books** : Kaivalya Upanishad	--	--
Bhagavad Gita	Srini Kesavan Madhusudhan Nagarajan **Book: Bhagavad Gita Ch 8 / Manah Sodhanam**	Keshav Murthy Kumar Rampura **Book: Bhagavad Gita Ch 5/6**	Diwakar Sarwadnya Suresh Ramasubramaniam **Book: Bhagavad Gita Ch 2**
Advanced Vedanta 1	Manikandan Alapakkam Sai Narasimhan **Book: Kathopanishad**	Hari Srinivasan Raj Pratha **Book: Vivekachoodamani**	Vasu Desikan **Book: Kenopanishad/ Mundakopanishad**
Advanced Vedanta 2	Sriram Krishna Venkat Krishnaswamy **Book**: Mundakopanishad	--	--
Women Seekers	Jody Nair **Book**: Women Seekers	--	Uma Shankar **Book**: Women Seekers
Bhajans	--	Subha Srinivasan	--
Shlokas	Harinee Madhusudhan **Sundarkand RamCharitManas**		

Text	Day/Time/Location
Amrutanubhava/Dasabodha - Marathi spiritual text moderated by Diwakar Sarwadnya & Sachin Kadlaskar	**Sun: 11:15 am-12:30 pm in-person at Vrindavan**

RECOMMENDED BOOKS FOR ADULT STUDY GROUP

Mere listening will not add to your beauty. These ideas are to be reflected upon deeply and digested slowly. This process is hastened only when you discuss what you have studied with others. Study Groups constitute the heart of our Mission

- Swami Chinmayananda

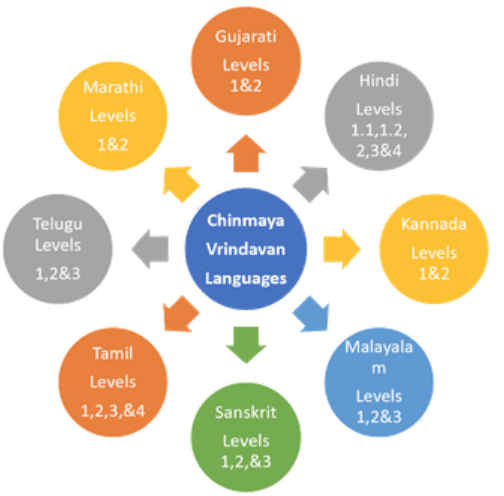
Self Unfoldment By Swami Chinmayananda	The book Self Unfoldment is an extensive manual that elucidates the whole topic of Vedanta in simple layman's language. The greatness of this book lies in the fact that it does not only discuss Vedantic philosophies academically but also provides real life examples of how this philosophy can be applied in real life by the aspirant to gain the ultimate happiness which is within us
Manah Sodhanam by Swami Tejomayananda	Manah Shodhanam is an original Sanskrit composition by Swami Tejomayananda rather than Adi Sankaracharya, designed as a practical guide to purifying and controlling the mind
The Holy Geeta Commentary by Swami Chinmayananda	The Bhagavad Gita is a handbook of instructions as to how every human being can come to live the subtle philosophical principles in the practical everyday world. The Divine song of the Lord, occurs in the Bhishma Parva of the Mahabharata.
Vivekachoodamani Commentary by Swami Chinmayananda	The group discusses key concepts such as the Viveka (discrimination or discernment) between real (unchanging, eternal) and unreal (changing, temporal), Prakriti and Atman, the oneness of Atman and Brahman, and self-knowledge as the central task of spiritual life and for Moksha
Kaivalyopanishad Commentary by Swami Chinmayananda	Full of guidance for right living, the book inspires every reader to pursue true spirituality. Pujya Gurudev initiates us into the essentials of a higher, value-based life.
Kathopanishad Commentary by Swami Chinmayananda	Kathopanishad, one of the major Upanishads expounds a great truth, very simply, as to what happens after death. It is in the form of a dialogue between the God of Death (Yama) and Nachiketas a boy just nine years old.
Kenopanishad Commentary by Swami Chinmayananda	Kena Upanishad is notable in its discussion of Brahman with attributes and without attributes, and for being a treatise on "purely conceptual knowledge". It asserts that the cause of all the gods, symbolically envisioned as forces of nature, is Brahman.
Mundakopanishad Commentary by Swami Chinmayananda	The Mundaka Upanishad, in the second Mundakam, teaches that true wisdom comes from understanding the self and realizing its unity with Brahman. True wisdom is attained by understanding one's self.
Dasabodha By Samarth Ramdas Swami	Dasbodh, loosely meaning "advice to the disciple" in Marathi, is a 17th-century spiritual text. It was orally narrated by the saint Samarth Ramadas to his disciple, Kalyan Swami. The Dasbodh provides readers with spiritual guidance on matters such as devotion and acquiring knowledge.
The Women Seeker	The Woman Seeker is a book featuring 18 Devis and their journey to Enlightenment. They are from various parts of Bharat, different time periods and all walks of life – from the Vedic seers to wandering ascetics, from visionary composers to dharmic householders, from ardent devotees to sublime renunciates.
Tattvabodha	Tattvabodha is a foundational introductory text of Advaita Vedanta that teaches the knowledge of truth and the nature of the self through a dialogue between a guru and a disciple.
Gita – The Guiding Light	This book presents the Gita's complete message in a clear and practical manner, thoughtfully condensed and illustrated with relatable, real-life examples and situations.

Language Classes for Children

Sunday, 11:15am - 12:30pm

Language classes are offered to children, currently enrolled in Bala Vihar. We teach Gujarati, Hindi, Marathi, Kannada, Malayalam, Sanskrit, Tamil and Telugu. We follow a structured curriculum that enforces reading, writing and conversing. Children are grouped by their proficiency in the language.

For any further information please send email to **languages@chinmayavrindavan.org**



संस्कृतम् **Sanskritam** **Ravi Peri** **Vani Kadur** **Abhirami Shrinivas** **Priya Ramaswamy** **Sitaram Kuchibotla**	**తెలుగు** **Telugu** **Venkat Voruganti** **Bhaskar Cherukumilli** **Prasad Bapatla** **Yogeshwar Rao Lekkalapudi**	**தமிழ்** **Tamil** **Geeta Desikan** **Gayathri Ganesan** **Aruna Amaresan** **Malathy Balasubramanian** **Hemalatha Ramaswamy**	**हिन्दी** **Hindi** **Geetanjali Sharma** **Sindhu Janeesh** **Rashmi Kuroodi** **Pallavi Kadlaskar** **Toshi Singh**
ગુજરાતી **Gujarathi** **Neelima Shah** **Bhagwati Shukla** **Aastha Vasavada**	**ಕನ್ನಡ** **Kannada** **Mamatha Ramachandra** **Sushma Hemanth**	**മലയാളം** **Malayalam** **Veena Nair** **Lakshmi Parameshwaran** **Amruta** **Chitra Menon** **Prasanna Kumar**	**मराठी** **Marathi** **Renuka Mundhe**

Vedanta Classes with Pujya Swami Shantananda ji

A number of new and continuing classes are conducted in-person and online throughout the week. These classes are free and open to all.

Text	Day/Time	Location
Srimad Bhagavatam by Bhagavan Veda Vyasa (ongoing class)	Tuesdays & Thursdays 11:00 am - 12:30 pm	In-person Devi Group class in main temple hall and Livestream: https://www.chinmayavrindavan.org/home/vrindavan-live Zoom : https://bit.ly/SwamijiSatsang
Mahabharata by Bhagavan Veda Vyasa (ongoing class)	Wednesdays 8:30 pm - 9:30 pm	Zoom : Meeting ID: 896 1729 5018 Passcode: hariom95!
Naishkarmya Siddhi by Sri Sureśvaracharya (ongoing class)	Thursdays 7:00 am - 8:00 am	Zoom : Meeting ID: 818 7367 5180 Passcode: hariom95!
Srimad Bhagavatam by Bhagwan Veda Vyasa (ongoing class)	Saturdays 8:30 pm - 9:30 pm	Zoom : Meeting ID: 896 1729 5018 Passcode: hariom95!
Guided Meditation with Brni Akalkaji	Sundays 7:00 am - 7:30 am	Zoom : Meeting ID: 940 1253 0955 Passcode: hariom95!
Upanishad (ongoing class)	Sundays 5:30 pm - 6:30 pm	Zoom : Meeting ID: 813 9858 1467 Passcode: hariom95!

Join us to deepen your spiritual journey!
Please check out our website www.chinmayavrindavan.org for more details.

VRINDAVAN BALA VIHAR HOUSES

ऐक्यम् अस्माकं बलम्/ Unity is our strength.

Welcome to Bala Vihar! Join the Spirit of Our Four Houses

When your child joins Bala Vihar, they become part of an exciting tradition, belonging to one of our four dynamic Houses. These Houses foster teamwork, friendly competition, and a sense of belonging that lasts throughout the year.

				
House Name	BAJRANGI'S BOLTS	ARJUNA'S ARROWS	DURGA'S DAREDEVILS	KRISHNA'S COWBOYS
Color	Yellow	Green	Red	Blue
Values	Service, Discipline	Action, Perfection	Bravery, Righteousness	Knowledge, Creativity
Grades	2,7	3, 5	Shishu Vihar, 1,6	KG, 4
Bhajan	Veera Hanuman	Bolo Bolo Sab Mil Bolo	Amba Parameshwari	Hey Murali Shridhara

Key Features of House Participation

- **Show Your House Spirit: Wear your House colors on special occasions!**
- **Earn Points for Your House:** Engage in team-building activities, Gita chanting, Likhita Japa, Storytelling, Shlokathon, Bhajanotsav and more.
- **Leadership Opportunities:** High schoolers and 8th graders serve as House captains, guiding younger students with the help of adult mentors.

Important Dates for 2026-2027

- **Sep 18/20**: Sorting of incoming 8th, 9th graders & new high schoolers
- **Sep 25/ Sep 27** : Inaugural Assembly
- **Jan 30** : Storytelling Contest
- **Feb 21/23** : House Spirit Day
- **Mar 13** : Shlokathon
- **Apr 3** : Seva Day and Field Day
- **May 1** : Bhajanotsav
- **Oct–May** : Likhita Japa (Ongoing)

Past Trophy Winners

2025-26: Arjuna's Arrows
2024-25: Krishna's Cowboys
2023-24: Bajrangi's Bolts
2022-23: Bajrangi's Bolts
2021-22: Arjuna's Arrows

Shlokathon Preparation

- Coaching classes will start in October
  Keep an eye on weekly Bala Vihar emails and class WhatsApp groups for details.
- Shloka List: Visit www.chinmayavrindavan.org for the latest list of shlokas and resources.

This Year's Theme - Temples of India



With Swamiji's Blessings, this year's theme is "Temples of India". We encourage children to explore and learn about the magnificent temples of Bharat.

For any questions please contact us at
bvhouses@chinmayavrindavan.org

Chinmaya Cultural Events



Chinmaya Vrindavan has hosted over 150 cultural events in last five years. Events include Bharatanatyam, Kathak, Kuchipudi, Mohiniattam, Carnatic and Hindustani classical concerts and performances by renowned Flute, Violin & Saxaphone maestros etc.

In addition to performances by visiting artists, we promote presentations by local artists and upcoming youngsters in tri-state area.

Chinmaya Kalaarangam and Yuva Series Events are scheduled on periodic basis to show case talents of Chinmaya Bala Vihar youth.

For further information, Please contact Cultural Event team at **cultural.events@chinmayavrindavan.org**



AN INVITATION TO JOIN CHINMAYA PARIVAR

Chinmaya Parivar is a dedicated group of individuals and families who believe in the motto of **Chinmaya Mission**. "To give maximum happiness to maximum people for maximum time" as envisioned by **Pujya Gurudev Swami Chinmayananda.** The sustained support provided by volunteer members enables Chinmaya Mission centers to serve the community through enlightening Vedantic education, celebration of Hindu festivals, observing religious and spiritual practices, promotion of vibrant Indian arts & culture, and helping the society they are part of.

Chinmaya Vrindavan has several monthly operating expenses, financial obligations, and maintenance costs, all which are being covered with the generous donations and financial support of its dedicated volunteers.

The **Chinmaya Parivar** program is established to ensure a steady stream of income from its volunteer members to sustain the activities of the Mission and build a strong foundation to server future generations. Members can either contribute a l**ump sum payment of $1200 at the start of a year or sign up for monthly payments of $100.** Parviar members are given priority in registration and offered discounts as a token of appreciation. We request you to become a Parivar member today - becoming a patron of the ashram ensures the continued sustainability of Chinmaya Vrindavan for the coming generations..

We sincerely thank you for your support and may Gurudev's blessings be upon you and your family.

Please visit

https://www.chinmayavrindavan.org/balavihar/registration

for registration details.

Gītā Chanting Yajña

Chapter 6 - ātma-saṁyama- yogaḥ

The Yoga of Meditation

उद्धरेदात्मनात्मानम् नात्मानमवसादयेत् ।
आत्मैव ह्यात्मनो बन्धुः आत्मैव रिपुरात्मनः॥



uddharedātmanātmānam
nātmānamavasādayet|
ātmaiva hyātmano bandhuḥ
ātmaiva ripurātmanaḥ||

Chant, learn and live the yoga of meditation from the bhagavad gītā!

Verse Assignment:

Group	Grade	Verses
Kirīṭi	Śiśuvihār	6.1-6.5
Anagha	Kindergarten	6.1-6.9
Arjuna	Grades 1-2	6.1-6.14
Bhārata	Grades 3-4	6.1-6.17
Pārtha	Grades 5-6	6.1-6.20
Gudakeśa	Grades 7-9	6.1-6.23
Dhanañjaya	Grades 10-12	6.1-6.23
Kaunteya *	Grades 10-12	6.1-6.23
Medhāvī ✪	Grades 1-6	6.1-6.23
Mahābāho *	Adults	6.1-6.23
Parantapa	Adults	6.1-6.23

*Groups reading the verses (Additional Talks) ; All other groups are required to memorize the verses

✪ New group for all dedicated students!
Learn Gita vocabulary quiz for Grades 1-12

Let a man lift himself by his own Self alone, and let him not lower himself; for, this Self alone is the friend of oneself, and this Self alone is the enemy of oneself. The potentiality for improvement, the strength to haul ourselves out from our own misconceptions, are ever open and it all depends upon how we make use of them. It is only through the practice of meditation that a person can grow out of their weaknesses and into the greater possibilities within oneself. When one, well established in these necessary physical self-controls and essential mental and intellectual habits, sits meditating upon the Truth, he is a true seeker striving on the right path to achieve and acquire the highest that is possible in life.

★ Save the Date ★

NJ Regionals: April 17, 2027

For all Gītā chanting yajña related information and resources, visit:
http://www.chinmayavrindavan.org/geeta-chanting/
Email: chantgita@chinmayavrindavan.org

Chinmaya Mission New Jersey

Vrindavan *www.chinmayavrindavan.org*
95 Cranbury Neck Road, Cranbury, NJ 08512

Ramdoot (BBNJ) *bbnj.chinmayamission.com*
1941 Holland Brook Road West, Branchburg, NJ 08876

भगवद्गीता ध्यानम्	bhagavadgītā dhyānam
ॐ पार्थाय प्रतिबोधितां भगवता नारायणेन स्वयम् व्यासेन ग्रथितां पुराणमुनिना मध्ये महाभारतम्। अद्वैतामृतवर्षिणीं भगवतीम् अष्टादशाध्यायिनीम् अम्ब त्वाम् अनुसन्दधामि भगवद्गीते भवद्वेषिणीम्॥	om pārthāya pratibodhitāṁ bhagavatā nārāyaṇena svayam vyāsena grathitāṁ purāṇamuninā madhye mahābhāratam advaitāmṛtavarṣiṇīṁ bhagavatīm aṣṭādaśādhyāyinīm amba tvām anusandadhāmi bhagavadgīte bhavadveṣiṇīm (1)
नमोऽस्तु ते व्यास विशालबुद्धे फुल्लारविन्दायतपत्रनेत्र। येन त्वया भारततैलपूर्णः प्रज्वालितो ज्ञानमयः प्रदीपः॥	namo'stu te vyāsa viśālabuddhe phullāravindāyatapatranetra yena tvayā bhāratatailapūrṇaḥ prajvālito jñānamayaḥ pradīpaḥ (2)
प्रपन्नपारिजाताय तोत्रवेत्रैकपाणये। ज्ञानमुद्राय कृष्णाय गीतामृतदुहे नमः॥	prapannapārijātāya totravetraikapāṇaye jñānamudrāya kṛṣṇāya gītāmṛtaduhe namaḥ (3)
सर्वोपनिषदो गावः दोग्धा गोपालनन्दनः। पार्थो वत्सः सुधीर्भोक्ता दुग्धं गीतामृतं महत्॥	sarvopaniṣado gāvaḥ dogdhā gopālanandanaḥ pārtho vatsaḥ sudhīrbhoktā dugdhaṁ gītāmṛtaṁ mahat (4)
वसुदेवसुतं देवम् कंसचाणूरमर्दनम्। देवकीपरमानन्दम् कृष्णं वन्दे जगद्गुरुम्॥	vasudevasutaṁ devam kaṁsacāṇūramardanam devakīparamānandam kṛṣṇaṁ vande jagadgurum (5)
भीष्मद्रोणतटा जयद्रथजला गान्धारनीलोत्पला शल्यग्राहवती कृपेण वहनी कर्णेन वेलाकुला। अश्वत्थामविकर्णघोरमकरा दुर्योधनावर्तिनी सोत्तीर्णा खलु पाण्डवैः रणनदी कैवर्तकः केशवः॥	bhīṣmadroṇataṭā jayadrathajalā gāndhāranīlotpalā śalyagrāhavatī kṛpeṇa vahanī karṇena velākulā aśvatthāmavikarṇaghoramakarā duryodhanāvartinī sottīrṇā khalu pāṇḍavaiḥ raṇanadī kaivartakaḥ keśavaḥ (6)
पाराशर्यवचः सरोजममलं गीतार्थगन्धोत्कटम् नानाख्यानककेसरं हरिकथा सम्बोधनाबोधितम्। लोके सज्जन षट्पदैरहरहः पेपीयमानं मुदा भूयात् भारतपङ्कजं कलिमल-प्रध्वंसि नः श्रेयसे॥	pārāśaryavacaḥ sarojamamalaṁ gītārthagandhotkaṭam nānākhyānakakesaraṁ harikathā sambodhanābodhitam loke sajjana ṣaṭpadairaharahaḥ pepīyamānaṁ mudā bhūyāt bhāratapaṅkajaṁ kalimalapradhvaṁsi naḥ śreyase (7)
मूकं करोति वाचालम् पङ्गुं लङ्घयते गिरिम्। यत्कृपा तमहं वन्दे परमानन्दमाधवम्॥	mūkaṁ karoti vācālam paṅguṁ laṅghayate girim yatkṛpā tamahaṁ vande paramānandamādhavam (8)
यं ब्रह्मा वरुणेन्द्ररुद्रमरुतः स्तुन्वन्ति दिव्यैः स्तवैः वेदैः साङ्गपदक्रमोपनिषदैः गायन्ति यं सामगाः। ध्यानावस्थिततद्गतेन मनसा पश्यन्ति यं योगिनः यस्यान्तं न विदुः सुरासुरगणाः देवाय तस्मै नमः॥	yaṁ brahmā varuṇendrarudramarutaḥ stunvanti divyaiḥ stavaiḥ vedaiḥ sāṅgapadakramopaniṣadaiḥ gāyanti yaṁ sāmagāḥ dhyānāvasthitatadgatena manasā paśyanti yaṁ yoginaḥ yasyāntaṁ na viduḥ surāsuraganāḥ devāya tasmai namaḥ (9)

आत्मसंयमयोगः (ātma-saṁyama-yogaḥ)

	ॐ श्रीपरमात्मने नमः। अथ षष्ठोऽध्यायः। आत्मसंयमयोगः।	
	om śrīparamātmane namaḥ. atha ṣaṣṭho'dhyāyaḥ. ātmasaṁyamayogaḥ.	
1.	श्रीभगवानुवाच। अनाश्रितः कर्मफलम् कार्यं कर्म करोति यः। स सन्न्यासी च योगी च न निरग्निर्न चाक्रियः॥	śrībhagavānuvāca anāśritaḥ karmaphalam kāryaṁ karma karoti yaḥ sa sannyāsī ca yogī ca na niragnirna cākriyaḥ
2.	यं सन्न्यासमिति प्राहुः योगं तं विद्धि पाण्डव। न ह्यसन्न्यस्तसङ्कल्पः योगी भवति कश्चन॥	yaṁ sannyāsamiti prāhuḥ yogaṁ taṁ viddhi pāṇḍava na hyasannyastasaṅkalpaḥ yogī bhavati kaścana
3.	आरुरुक्षोर्मुनेर्योगम् कर्म कारणमुच्यते। योगारूढस्य तस्यैव शमः कारणमुच्यते॥	ārurukṣormuneryogam karma kāraṇamucyate yogārūḍhasya tasyaiva śamaḥ kāraṇamucyate
4.	यदा हि नेन्द्रियार्थेषु न कर्मस्वनुषज्जते। सर्वसङ्कल्पसन्न्यासी योगारूढस्तदोच्यते॥	yadā hi nendriyārtheṣu na karmasvanuṣajjate sarvasaṅkalpasannyāsī yogārūḍhastadocyate
5.	उद्धरेदात्मनात्मानम् नात्मानमवसादयेत्। आत्मैव ह्यात्मनो बन्धुः आत्मैव रिपुरात्मनः॥	uddharedātmanātmānam nātmānamavasādayet ātmaiva hyātmano bandhuḥ ātmaiva ripurātmanaḥ
6.	बन्धुरात्मात्मनस्तस्य येनात्मैवात्मना जितः। अनात्मनस्तु शत्रुत्वे वर्तेतात्मैव शत्रुवत्॥	bandhurātmātmanastasya yenātmaivātmanā jitaḥ anātmanastu śatrutve vartetātmaiva śatruvat
7.	जितात्मनः प्रशान्तस्य परमात्मा समाहितः। शीतोष्णसुखदुःखेषु तथा मानापमानयोः॥	jitātmanaḥ praśāntasya paramātmā samāhitaḥ śītoṣṇasukhaduḥkheṣu tathā mānāpamānayoḥ

8.	ज्ञानविज्ञानतृप्तात्मा कूटस्थो विजितेन्द्रियः। युक्त इत्युच्यते योगी समलोष्टाश्मकाञ्चनः॥	jñānavijñānatṛptātmā kūṭastho vijitendriyaḥ yukta ityucyate yogī samaloṣṭāśmakāñcanaḥ
9.	सुहृन्मित्रार्युदासीन- मध्यस्थद्वेष्यबन्धुषु। साधुष्वपि च पापेषु समबुद्धिर्विशिष्यते॥	suhṛnmitrāryudāsīna- madhyasthadveṣyabandhuṣu sādhuṣvapi ca pāpeṣu samabuddhirviśiṣyate
10.	योगी युञ्जीत सततम् आत्मानं रहसि स्थितः। एकाकी यतचित्तात्मा निराशीरपरिग्रहः॥	yogī yuñjīta satatam ātmānaṁ rahasi sthitaḥ ekākī yatacittātmā nirāśīraparigrahaḥ
11.	शुचौ देशे प्रतिष्ठाप्य स्थिरमासनमात्मनः। नात्युच्छ्रितं नातिनीचम् चैलाजिनकुशोत्तरम्॥	śucau deśe pratiṣṭhāpya sthiramāsanamātmanaḥ nātyucchritaṁ nātinīcam cailājinakuśottaram
12.	तत्रैकाग्रं मनः कृत्वा यतचित्तेन्द्रियक्रियः। उपविश्यासने युञ्ज्यात् योगमात्मविशुद्धये॥	tatraikāgraṁ manaḥ kṛtvā yatacittendriyakriyaḥ upaviśyāsane yuñjyāt yogamātmaviśuddhaye
13.	समं कायशिरोग्रीवम् धारयन्नचलं स्थिरः। सम्प्रेक्ष्य नासिकाग्रं स्वम् दिशश्चानवलोकयन्॥	samaṁ kāyaśirogrīvam dhārayannacalaṁ sthiraḥ samprekṣya nāsikāgraṁ svam diśaścānavalokayan
14.	प्रशान्तात्मा विगतभीः ब्रह्मचारिव्रते स्थितः। मनः संयम्य मच्चित्तः युक्त आसीत मत्परः॥	praśāntātmā vigatabhīḥ brahmacārivrate sthitaḥ manaḥ saṁyamya maccittaḥ yukta āsīta matparaḥ
15.	युञ्जन्नेवं सदात्मानम् योगी नियतमानसः। शान्तिं निर्वाणपरमाम् मत्संस्थामधिगच्छति॥	yuñjannevaṁ sadātmānam yogī niyatamānasaḥ śāntiṁ nirvāṇaparamām matsaṁsthāmadhigacchati

16.	नात्यश्नतस्तु योगोऽस्ति न चैकान्तमनश्नतः। न चाति स्वप्नशीलस्य जाग्रतो नैव चार्जुन॥	nātyaśnatastu yogo'sti na caikāntamanaśnataḥ na cāti svapnaśīlasya jāgrato naiva cārjuna
17.	युक्ताहारविहारस्य युक्तचेष्टस्य कर्मसु। युक्तस्वप्नावबोधस्य योगो भवति दुःखहा॥	yuktāhāravihārasya yuktaceṣṭasya karmasu yuktasvapnāvabodhasya yogo bhavati duḥkhahā
18.	यदा विनियतं चित्तम् आत्मन्येवावतिष्ठते। निःस्पृहः सर्वकामेभ्यः युक्त इत्युच्यते तदा॥	yadā viniyataṁ cittam ātmanyevāvatiṣṭhate niḥspṛhaḥ sarvakāmebhyaḥ yukta ityucyate tadā
19.	यथा दीपो निवातस्थः नेङ्गते सोपमा स्मृता। योगिनो यतचित्तस्य युञ्जतो योगमात्मनः॥	yathā dīpo nivātasthaḥ neṅgate sopamā smṛtā yogino yatacittasya yuñjato yogamātmanaḥ
20.	यत्रोपरमते चित्तम् निरुद्धं योगसेवया। यत्र चैवात्मनात्मानम् पश्यन्नात्मनि तुष्यति॥	yatroparamate cittam niruddhaṁ yogasevayā yatra caivātmanātmānam paśyannātmani tuṣyati
21.	सुखमात्यन्तिकं यत्तत् बुद्धिग्राह्यमतीन्द्रियम्। वेत्ति यत्र न चैवायम् स्थितश्चलति तत्त्वतः॥	sukhamātyantikaṁ yattat buddhigrāhyamatīndriyam vetti yatra na caivāyam sthitaścalati tattvataḥ
22.	यं लब्ध्वा चापरं लाभम् मन्यते नाधिकं ततः। यस्मिन्स्थितो न दुःखेन गुरुणापि विचाल्यते॥	yaṁ labdhvā cāparaṁ lābham manyate nādhikaṁ tataḥ yasminsthito na duḥkhena guruṇāpi vicālyate
23.	तं विद्याद्दुःखसंयोग- वियोगं योगसञ्ज्ञितम्। स निश्चयेन योक्तव्यः योगोऽनिर्विण्णचेतसा॥	taṁ vidyādduḥkhasaṁyoga- viyogaṁ yogasañjñitam sa niścayena yoktavyaḥ yogo'nirviṇṇacetasā
	हरिः ॐ। श्रीगुरुभ्यो नमः। हरिः ॐ। श्रीकृष्णार्पणमस्तु॥	hariḥ om. śrīgurubhyo namaḥ. hariḥ om. śrīkṛṣṇārpaṇamastu *(to be continued in the next academic year)*

Shree Gurustotram

अखण्डमण्डलाकारं व्याप्तं येन चराचरम् ।
तत्पदं दर्शितं येन तस्मै श्री गुरवे नमः ॥१॥

akhaṇḍa-maṇḍalā-kāraṁ vyāptaṁ yena carācaram |
tatpadaṁ darśitaṁ yena tasmai śrī gurave namaḥ ||1||

अज्ञानतिमिरान्धस्य ज्ञानाञ्जन-शलाकया ।
चक्षुरुन्मीलितं येन तस्मै श्री गुरवे नमः ॥२॥

ajñāna timirāndhasya jñānānjana-śalākayā |
cakṣurunmīlitaṁ yena tasmai śrī gurave namaḥ ||2||

गुरुर्ब्रह्मा गुरुर्विष्णुः र्गुरुर्देवो महेश्वरः ।
गुरुरेव परं ब्रह्म तस्मै श्री गुरवे नमः ॥३॥

gurur-brahmā gurur-viṣṇuḥ gururdevo maheśvaraḥ |
gurureva param brahma tasmai śrī gurave namaḥ ||3||

स्थावरं जङ्गमं व्याप्तं यत्किञ्चित् सचराचरम् ।
तत्पदं दर्शितं येन तस्मै श्री गुरवे नमः ॥४॥

sthāvaraṁ jangamam vyāptam yatkincit sacarācaram |
tatpadam darśitaṁ yena tasmai śrī gurave namaḥ ||4||

चिन्मयं व्यापियत् सर्वम् त्रैलोक्यं सचराचरम् ।
तत्पदं दर्शितं येन तस्मै श्री गुरवे नमः ॥५॥

cinmayam vyāpiyat sarvaṁ trailokyam sacarācaram |
tatpadam darśitam yena tasmai śrī gurave namaḥ ||5||

सर्वश्रुति-शिरोरत्न विराजित पदाम्बुजः ।
वेदान्ताम्बुज सूर्योयः तस्मै श्री गुरवे नमः ॥६॥

sarva-śruti-śiro-ratna virājita padāmbujaḥ |
vedāntāmbuja suryoyaḥ tasmai śrī gurave namaḥ ||6||

चैतन्यः शाश्वतः शान्तो व्योमातीतोनिरञ्जनः ।
बिन्दुनादकलातीतः तस्मै श्री गुरवे नमः ॥७॥

caitanyaḥ śāśvataḥ śānto vyomātīto niranjanaḥ |
bindunāda-kalātītaḥ tasmai śrī gurave namaḥ ||7||



Shree Gurustotram Cont'd

ज्ञानशक्ति समारूढः तत्वमाला विभूषितः ।
भुक्ति-मुक्ति-प्रदाता च तस्मै श्री गुरवे नमः ॥८॥

jñāna-śakti samārūḍhaḥ tattva-mālā vibhūṣitaḥ |
bhukti-mukti-pradātā ca tasmai śrī gurave namaḥ ||8||

अनेक-जन्म-सम्प्राप्त कर्मबन्ध विदाहिने ।
आत्मज्ञान-प्रदानेन तस्मै श्री गुरवे नमः ॥९॥

aneka-janma-samprāpta karma-bandha vidāhine |
ātma-jñāna-pradānena tasmai śrī gurave namaḥ ||9||

शोषणं भवसिन्धोश्च ज्ञापनं सारसम्पदः ।
गुरोः पादोदकं सम्यक् तस्मै श्री गुरवे नमः ॥१०॥

śoṣaṇaṁ bhava-sindhośca jñāpanam sāra-sampadaḥ|
guroḥ pādodakam samyak tasmai śrī gurave namaḥ ||10||

न गुरोरधिकं तत्त्वं न गुरोरधिकं तपः ।
तत्त्वज्ञानात् परं नास्ति तस्मै श्री गुरवे नमः ॥११॥

na guroradhikaṁ tattvaṁ na guruoradhikaṁ tapaḥ |
tattva-jñānāt paraṁ nāsti tasmai śrī gurave namaḥ ||11||

मन्नाथः श्री जगन्नाथः मद्गुरुः श्री जगद्गुरुः ।
मदात्मा सर्वभूतात्मा तस्मै श्री गुरवे नमः ॥१२॥

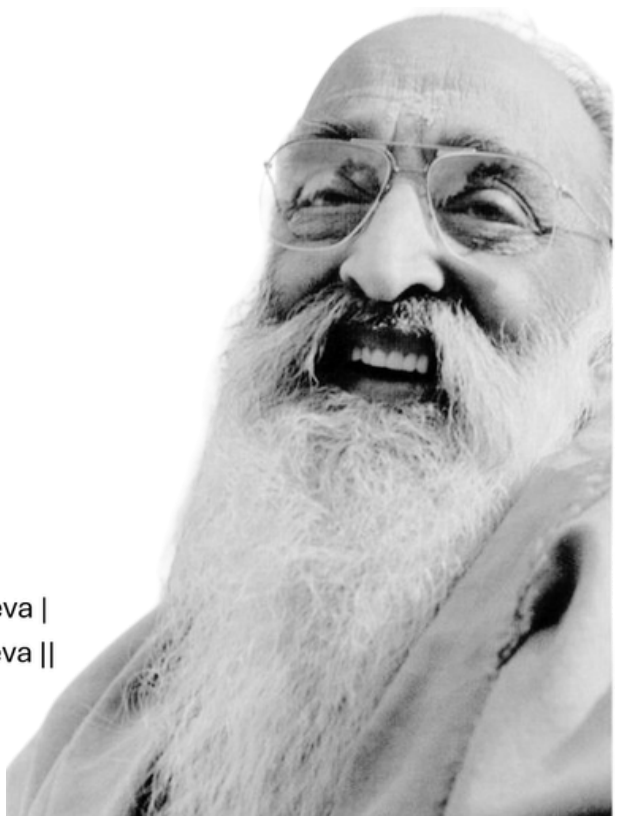
mannāthaḥ śrī jagannāthaḥ madguruḥ śrī jagad-guruḥ|
madātmā sarva-bhūtātmā tasmai śrī gurave namaḥ ||12||

गुरुरादिरनादिश्च गुरुः परमदैवतम् ।
गुरोः परतरं नास्ति तस्मै श्री गुरवे नमः ॥१३॥

gururādiranādiśca guruḥ parama-daivatam |
guroḥ parataram nāsti tasmai śrī gurave namaḥ ||13||

त्वमेव माता च पिता त्वमेव । त्वमेव बन्धुश्च सखा त्वमेव ।
त्वमेव विद्या द्रविणं त्वमेव । त्वमेव सर्वं मम देव देव ॥

tvameva mātā ca pitā tvameva | tvameva bandhuśca sakhā tvameva |
tvameva vidyā draviṇaṁ tvameva | tvameva sarvaṁ mama deva deva ||



Mangala Aarti

मंगल आरति प्रिया प्रीतम की मंगल प्रीति रीति दोउन की।

मंगल कांति हँसाने की दसनानन की मंगल मुरली वीना धुनि की॥

Mangal aarti priya preetam ki mangal preeti reeti doun ki

mangalkanti hasani dasnan ki mangal murali veenadhun ki

मंगल बनिक त्रिभंगी हरि की मंगल सेवा सब सहचरि की।

मंगल सिर चंद्रिका मुकुट की मंगल छबि नैननि में अटकी॥

mangal banik tribhangi hariki mangal sewa sab sahchar ki

mangal sir chandrika mukut ki mangal chhabi nainan mein atki

मंगल छटा फबी अंग-अंग की मंगल गौर श्याम रस रंग की।

मंगल अति कटि पियरे पट की मंगल चितवनि नागर नट की॥

mangal chhata phabi ang ang ki mangal gaur shyam rasrang ki

mangal ati kati piyare patki mangal chitwani naagarnat ki

मंगल सोभा कमल नैन की मंगल माधुरी मृदुल बैन की।

मंगल बृंदाबन मग अटकी मंगल क्रीडन जमुना तट की॥

mangal shobha kamalnain ki mangal madhuri mridul bain ki

mangal brindaban mag atki mangal kridan jamuna tat ki

मंगल चरन अरुन तरुवन की मंगल करनि भक्ति हरिजन की।

मंगल जुगल प्रिया भावन की मंगल श्री राधाजीवन की॥

mangal charan arun taruvan ki mangal karani bhakti hari jan ki

mangal jugal priya bhawan ki mangal shree radha jeevan

Aarti

ॐ जय जगदीश हरे स्वामि जय जगदीश हरे
भक्तजनों के सङ्कट दासजनों के सङ्कट
क्षण मे दूर करे। ॐ जय जगदीश हरे

Om jaya jagadIsha hare svaami jaya jagadIsha hare
bhaktajanoM ke sa~nkaTa daasajanoM ke sa~nkaTa
kShaNa me dUra kare| Om jaya jagadIsha hare

जो ध्यावे फल पावे दुःख बिनसे मन का-स्वामि
सुख सम्पति घर आवे (२)
कष्ट मिटे तन का । ॐ जय जगदीश हरे

jo dhyaave **ph**ala paave duH**kh**a binase mana kaa-svaami
su**kh**a sampati **gh**ara aave (2)
kaShTa miTe tana kaa | Om jaya jagadIsha hare

मातपिता तुम मेरे शरण कहुँ मै किस कि-स्वामि
तुम बिन और न दूजा तुम बिन और न कोइ
आशा करुँ मै जिस कि । ॐ जय जगदीश हरे

maatapitaa tuma mere sharaNa kahun mai kisa ki-svaami
tuma bina aura na dUjaa tuma bina aura na koi
aashaa karun mai jisa ki | Om jaya jagadIsha hare

तुम पूरन परमात्मा तुम अन्तर्यामी-स्वामि
पार ब्रह्म परमेश्वर (२)
तुम सबके स्वामी । ॐ जय जगदीश हरे

tuma pUrana paramaatmaa tuma antaryaamI-svaami
paara brahma parameshvara (2)
tuma sabake svaamI | Om jaya jagadIsha hare

तुम करुणा के सागर तुम पालनकर्ता-स्वामि
मै मूरख खल कामी मै सेवक तुम स्वामी
कृपा करो भरता । ॐ जय जगदीश हरे

tuma karuNaa ke saagara tuma paalanakartaa-svaami
mai mUra**kh**a **kh**ala kaamI mai sevaka tuma svaamI
kRupaa karo **bh**arataa | Om jaya jagadIsha hare

तुम हो एक अगोचर सब के प्राणपती-स्वामि
किस विध मिलूँ दयामय किस विध मिलूँ कृपामय
तुम को मै कुमती । ॐ जय जगदीश हरे

tuma ho eka agochara saba ke praaNapatI-svaami
kisa vidha milUn dayaamaya kisa vidha milUn kRupaamaya
tuma ko mai kumatI | Om jaya jagadIsha hare

दीनबन्धु दुःख हरता तुम रक्षक मेरे-स्वामि
अपने हाथ उठाओ अपने चरन बढाओ
द्वार पडा मै तेरे । ॐ जय जगदीश हरे

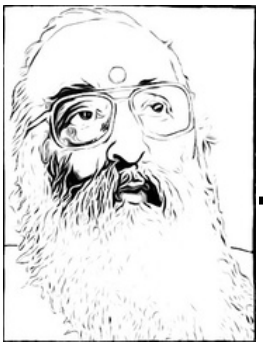
dInabandhu duH**kh**a haratA tuma rakShaka mere-svaami
apane haa**th**a u**Th**aao apane charana ba**Dh**aao
dvaara paDaa mai tere | Om jaya jagadIsha hare

विषय विकार मिटाओ पाप हरो देवा-स्वामि
श्रद्धा भक्ति बढाओ श्रद्धा प्रेम बढाओ
सन्तन की सेवा । ॐ जय जगदीश हरे

viShaya vikaara miTaao paapa haro devaa-svaami
shraddhaa **bh**akti ba**Dh**aao shraddhaa prema ba**Dh**aao
santana kI sevaa | Om jaya jagadIsha hare

तन मन धन सब तेरा सब कुछ है तेरा-स्वामि
तेरा तुझको अर्पण (२)
क्या लागे मेरा । ॐ जय जगदीश हरे

tana mana dhana saba teraa saba ku**Ch**a hai teraa-svaami
teraa tujhako arpaNa (2)
kyaa laage meraa | Om jaya jagadIsha hare



Chinmaya Aarti

आरति श्री चिन्मय सद्गुरु की
दिव्यरूप मूरति करुणा की ॥
आरति सद्गुरु की

aarati shrI chinmaya sadguru kI
divyarUpa mUrati karuNaa kI ||
aarati sadguru kI

चरणों में उनके शान्ति समाये
शरणागत की भ्रान्ति मिटाये
पाप ताप सन्ताप हरण की
आरति श्री चिन्मय सद्गुरु की ॥
आरति सद्गुरु की

charaNoM meM unake shaanti samaaye
sharaNaagata kI **bh**raanti miTaaye
paapa taapa santaapa haraNa kI
aarati shrI chinmaya sadguru kI ||
aarati sadguru kI

वेद उपनिषद् गीता को गाया
धर्म सनातन फिर से जगाया
शुद्ध नीति प्रीति शङ्कर की
आरति श्री चिन्मय सद्गुरु की ॥
आरति सद्गुरु की

veda upaniShad gItaa ko gaayaa
dharma sanaatana **ph**ira se jagaayaa
shuddha nIti prIti sha~nkara kI
aarati shrI chinmaya sadguru kI ||
aarati sadguru kI

सिद्धबाडि के तपोभूमि में
नित्यविराजे गुरु हमारे
भक्त हृदय आनन्द स्रोत की
आरति श्री चिन्मय सद्गुरु की ॥
आरति सद्गुरु की

siddhabaaDi ke tapo**bh**Umi meM
nityaviraaje guru hamaare
bhakta hRudaya aananda srota kI
aarati shrI chinmaya sadguru kI ||
aarati sadguru kI

आरति श्री चिन्मय सद्गुरु की
दिव्यरूप मूरति करुणा की ॥
आरति सद्गुरु की

aarati shrI chinmaya sadguru kI
divyarUpa mUrati karuNaa kI ||
aarati sadguru kI

Shanti Mantras

ॐ सर्वेषां स्वस्तिर्भवतु
सर्वेषां शान्तिर्भवतु ।
सर्वेषां पूर्णं भवतु
सर्वेषां मङ्गलं भवतु ॥

सर्वे भवन्तु सुखिनः
सर्वे सन्तु निरामयाः ।
सर्वे भद्राणि पश्यन्तु
मा कश्चिद् दुःखभाग् भवेत् ॥

असतो मा सद्गमय ।
तमसो मा ज्योतिर्गमय ।
मृत्योर्मा अमृतं गमय ।

ॐ पूर्णमदः पूर्णमिदं
पूर्णात् पूर्णमुदच्यते ।
पूर्णस्य पूर्णमादाय
पूर्णमेवावशिष्यते ॥

Om sarveShaaM svastir**bh**avatu
sarveShaaM shaantir**bh**avatu |
sarveShaaM pUrNaM **bh**avatu
sarveShaaM ma~ngalaM **bh**avatu ||

sarve **bh**avantu su**kh**inaH
sarve santu niraamayaaH |
sarve **bh**adraaNi pashyantu
maa kashchid duH**kh**a**bh**aag **bh**avet ||

asato maa sadgamaya |
tamaso maa jyotirgamaya |
mRutyormaa amRutaM gamaya |

Om pUrNamadaH pUrNamidaM
pUrNaat pUrNamudachyate |
pUrNasya pUrNamaadaaya
pUrNamevaavashiShyate ||

ॐ शान्तिः शान्तिः शान्तिः ॥
हरिः ॐ
श्री गुरुभ्यो नमः
हरिः ॐ

Om shaantiH shaantiH shaantiH ||
hariH Om
shrI guru**bh**yo namaH
hariH Om

chinmaya vrinavan

PUJAS & HOMAMS

MONDAY - FRIDAY : 8:30am - 1:00pm, 5:30 - 8:00pm
SATURDAY & SUNDAY : 8:30am - 8:00pm
SPONSORSHIP : chinmayavrindavan.org/temple/sponsorships
WESBITE : chinmayavrindavan.org

TIME	DEITY	Homam
MONDAY 9:00-10 AM	Bhagavan Shiva	Mrtyunjaya Homam - for Jaya (victory) over Mrtyu (death)
TUESDAY 9:00-10:00 AM	Abhaya Ganapati	Devotee who performs Ganapati Homam will get rid of all the problems and obstacles on their way towards success
WEDNESDAY 9:00-10:00 AM	Vishnu Bhagavan	Sudarshana Homam for removal of all enemies & avoiding accidents. The Yantra (embedded metal sybol) used keeps all negativity at a distance & brings in divine, auspicious energies.
THURSDAY 9:00-10:00 AM	Medha Dakshinamurti	Guru Dakshinamurti Homam - worship brings excellence in education and intellect, gaining wisdom, self-knowledge, self-empowerment & spiritual uplift
FRIDAY 6:00-7:00PM	Sri Mahalakshmi	Sri Suktam Homam is a popular and significant homam believed to usher in prosperity and wealth to those who perform it.
SATURDAY 6:00-7:00PM	Navagrahas	Navagraha Homam - propitiation of the planets and reduction of negative planetary effects



TIME	DEITY	Puja
SUNDAY & MONDAY 6:30 PM	Bhagavan Shiva (Spatika Lingam)	Rudrabhishekam & Puja
TUESDAY 6:30 PM	Ganapati & Subramanya swamy	Abhishekam, Archana & Puja
WEDNESDAY 6:30 PM	Sri Radha Krishna Ayyappa	Abhishekam, Archana & Puja
THURSDAY 6:30 PM	Medha Dakshinamurti	Abhishekam, Archana & Puja
FRIDAY 10:30 AM	Lalitambika Devi	Mahameru Abhishekam & Puja
SATURDAY 10:30 AM	Bhakta Hanuman	Hanuman Abhishekam & Archana
6:00 PM	Ayyappa	Bhajan & Puja

Homam & Puja timings are subject to change due to ritual observations.

CHINMAYA MISSIONS MOTO

To give maximum happiness to maximum people for maximum time

TEMPLE PRIEST BOOKINGS

(609)655-0404 cmtcpooja@gmail.com
95 Cranbury Rd., Cranbury NJ

PUJA QUERIES Sujani Murthy @ (609)540-9114

NOTES

Chinmaya Mission Pledge

We stand as one family,
Bound to each other with love and respect.

We serve as an army,
Courageous and disciplined,
Ever ready to fight against,
All low tendencies and false values,
Within and without us.

We live honestly
The noble life of sacrifice and service
Producing more than what we consume
And giving more than what we take.

We seek the Lord's grace
To keep us on the path of virtue, courage and wisdom.
May Thy grace and blessings flow
Through us to the world around us.

We believe that the service of our country
Is the service of the Lord of lords
And devotion to the people
Is devotion to the Supreme Self.

We know our responsibilities
Give us the ability and courage to fulfill them.

OM TAT SAT

MSC 2026 - July 30 - Aug 3





















CHINMAYA MISSION

सदाशिव समारम्भाम् शङ्कराचार्य मध्यमाम्
अस्मदाचार्य पर्यन्तां वन्दे गुरु परम्पराम्