

Balagokulam Newsletter



Namaste

Balagokulam 8/10

We began the morning with suryamaskar and exercises led by Vivek uncle, Preya, and Shivane. We did arm

Suryanamaskar is a very relaxing exercise that devotees of all ages can do. Doing this just once a day can make your day more calm.



circles, neck exercises,

Hindu Heritage Camp

The Hindu Heritage Camp is a 3-day family camp. This year, it was located at Vincennes State Park. Also, every year, we have a theme for our camp. This year, our theme was Hindu Itihaas. The

and jumping jack exercises. Next, we played games. We played sher-bakri, Namaste game, dodge ball, After playing the games, Hansa auntie taught Hindu history to us, and explained to us about the Hindu Heritage Camp that was coming up next weekend. We all said prathna at the end of class.

Chetna 8/10

In Chetna today, we played games after doing exercises and suryanamaskar with the Balagokulam group. After playing games, we listened to our guest speaker talk. Our guest speaker a man named Manoj Rana. He was a victim of apartment arson and he was severely burned and after 3 years and 40 surgeries, he even ran a mini-marathon.

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Balagokulam 8/31

We began the morning with suryamaskar and exercises led by Preya and Hansa aunity. We did arm circles, neck exercises, and jumping jack exercises. Next, we

played games. We played dodge ball and the Namaste game. We assigned projects to some students. Rishi was assigned to a field trip, Nikhil was assigned a cul-

tural festival, and Aryuman was assigned a get-together. We ended class with prathna.

There is no Balagokulam on August 24, 2008 because of Labor Day.



Upcoming Events

- Summer Festival—Saturday, September 6, 2008
- Ganesh Chaturthi—Wednesday, September 3, 2008

“Every child
has that spark
of divinity
within”
-Swami
Vivekananda

Hindu Heritage Camp continued

had breakfast. After breakfast, we had outdoor activities. Once we finished our outdoor activities, had our first session of Hindu Ithihaas. The groups were divided by age: children, youth, and adults. We had two history sessions with a ten minute break in between. We had some time to relax until we ate Subway for lunch. After lunch, we had our third session. We finished up Hindu Ithiaas in our divided groups. After the third session ended,, we had a one hour break. In our fourth session we practiced skits that we will have performed at the main ceremony. After the fourth session, we had an hour shower break. We did many skits about historical events in the four eras. We performed the skits at the ceremony at 8 o'clock. There was also pooja, dances, geet, bhajans, and magic show at the ceremony, and after, we had the campfire. We had lights out at eleven o'clock. The next morning, we woke up fifteen minutes earlier to pack up and clean up our cabins. After cleaning up our cabins, we had our one hour shower break, and then we went to yoga. Then, we went to breakfast. After breakfast, we had our last Hindu Ithihaas. After the fifth session, we had outdoor activities. As the camp came to a close, we had lunch.