

# Sunday School Arya Samaj Markham

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Vedic Cultural Centre  
4345 14<sup>th</sup> Avenue, Markham, Ontario.

## Curricular Outlines

*Sunday School is run by Canada and Ontario trained, certified and experienced Teachers*

**Children learn** (get familiar with):

### Yoga

-Meditation, Focusing mind, Sadhna, Pranayam, Asanas ...

Under the able supervision of yoga *practitioners and* teachers.

### Religion & Culture....

- Vedic/Hindu scriptural knowledge...through stories, mantras, bhajans, and workshops
- Prayers' posture, procedures and etiquettes .... through participation and practice
- Practice of religion that encompasses moral values... through stories and fables
- Indian-Cultural history & its geography.....through dignitaries' lectures & class teaching.

All *under the guidance of an ordained priest and experienced practitioners/teachers*

### Hindi

- Besides formal lessons there will be teaching/learning of :
- Practical Hindi.... of every day use
- Situational Hindi ... family life
- Conversational Hindi ....role playing

### Presentations & performing arts

- The knowledge of the above **three components of learning** is incorporated into speeches, dialogues, skits, dance and dramas based on Vedic/ Hindu/Indian Heritage.
- To promote self esteem and to inculcate self confidence , all children take part in at least four major presentations a year.

### Children also:

- Participate in Aartee and concluding exercises at the regular Satsangs
- Partake freshly prepared 'Prasad-lunch' (after Aartee)
- Besides enjoying a beautiful, elegant, large, clean open building (Bhavan) for learning- environment they participate in all cultural and religious functions of the Samaj and Pic-nics, Bal-Divas', special -days, visits of sites and places and other excursions.

**For further information contact:**

**Ajit Wadhwa....416-491-7584**

**Program Director/Coordinator**

**Arya Samaj Markham**