



# Vidya Vikas School 2020-21



## Religion (*Sanātana Dharma*) Class Summary

Resigter on Website: [vv.dfwhindutemple.org](http://vv.dfwhindutemple.org)

**D/FW Hindu Temple Society**  
===== **Ekta Mandir** =====



vv.dfwhindutemple.org

# Religion Class Grade Pre-K



1. Deities and forms in *Sanātana Dharma*
2. *Ganesha* Stories
3. Festivals and *Hindū* customs
4. *Shloka* Chanting
5. Introduction to *Hindū* Sants
6. *Yoga*
7. Crafts
8. End-of-Year cultural presentation

**D/FW Hindu Temple Society**

==== **Ekta Mandir** ====



vv.dfwhindutemple.org

# Religion Class Grade KG



1. *Śrī Viṣṇu Daśhāvatār*
2. *Kṛṣṇa* Stories
3. Festivals and *Hindū* customs
4. *Shloka* Chanting
5. *Bhajan*
6. *Yoga*
7. Crafts
8. End-of-Year cultural presentation

**D/FW Hindu Temple Society**

==== **Ekta Mandir** ====



vv.dfwhindutemple.org

# Religion Class Grade 1



- 1. *Rāmāyaṇa***
- 2. Festivals and *Hindū* customs**
- 3. *Shloka* Chanting**
- 4. *Bhajan***
- 5. *Yoga***
- 6. Crafts**
- 7. End-of-Year cultural presentation**

**D/FW Hindu Temple Society**

==== **Ekta Mandir** ====



vv.dfwhindutemple.org

# Religion Class Grade 2



- 1. *Mahābhāratam***
- 2. Festivals and *Hindū* customs**
- 3. *Shloka* Chanting**
- 4. *Bhajan***
- 5. *Yoga***
- 6. Crafts**
- 7. End-of-Year cultural presentation**

**D/FW Hindu Temple Society**

==== **Ekta Mandir** ====



vv.dfwhindutemple.org

# Religion Class Grade 3



1. ***NavDurgā***
2. **Introduction to *Bhakti* revival of India**
3. ***Bhakti Sants***
4. **Festivals and *Hindū* customs**
5. ***Shloka* Chanting**
6. ***Bhajan***
7. ***Yoga***
8. **Crafts**
9. **End-of-Year cultural presentation**

**D/FW Hindu Temple Society**

**==== Ekta Mandir ====**



vv.dfwhindutemple.org

# Religion Class Grade 4



1. Introduction to - *Namaste, Sanātana Dharma, Yoga - Karma, Gyāna, Bhakti and Dhyāna.*
2. *Dive into Bhagavad Gītā Chapter 12 & Bhakti Yoga*
3. Cultivating *Hindū* values and controlling vices
4. Understand *Sanātana Dharma* – with teachings of *sants* and sages
5. *Hanumān Chālīsā* – reciting and understanding
6. Learn ॐ and other *Hindū* symbols
7. Festivals, *Shloka* Chanting, *Bhajan and Yoga*
8. End-of-Year cultural presentation

**D/FW Hindu Temple Society**

==== **Ekta Mandir** ====



vv.dfwhindutemple.org

# Religion Class Grade 5



- 1. *Hindū* Concepts and Pillars.**
- 2. God and Worship - Meaning and Significance**
- 3. Forms of *Yoga* - A Deep Dive**
- 4. Introduction to *Hindū* Scriptures**
- 5. Essence of *Bhagavad Gītā***
- 6. Projects - Place of Pilgrimage, Essence of *Gītā***
- 7. *Shloka* Chanting, *Bhajan* and *Yoga***
- 8. Annual *Dharma* Bee**
- 9. End-of-Year cultural presentation**

**D/FW Hindu Temple Society**

==== **Ekta Mandir** ====





vv.dfwhindutemple.org

# Religion Class Grade 6



- 1. *Sanātana Dharma 101 - Basics***
- 2. *Ādi Śhaktī, Faith and Trust in God***
- 3. *History of Sanātana Dharma and Vedic cycle time.***
- 4. *Hindū Sants & Āchāryas and their Contributions***
- 5. *Festivals & Pūjās: Mahā-Śhivrātri, Tulsi vivāh, Śrāddha***
- 6. *Śrīmad Bhāgavad Gītā - overview.***
- 7. *Bhārat (India) holy places***
- 8. *Shloka Chanting, Bhajan and Yoga***
- 9. *End-of-Year cultural presentation***

**D/FW Hindu Temple Society**

**==== Ekta Mandir ====**



vv.dfwhindutemple.org

# Religion Class Grade 7



1. Introduction to *Yugas: Satya-yuga to Kaliyuga*
2. Understanding *Ganesha* and *Shiva*
3. Famous Indian Personalities
4. Significance of ॐ and meditation: from *Buddha*
5. *Hindū* Customs and Practices eg. *Japa Mālā*
6. Understanding *Hindū* calendar and months
7. Introduction to *Gotras*
8. Mastering *Hindū* values and virtues.
9. Festivals, *Shloka* Chanting, *Bhajan* and *Yoga*
10. End-of-Year cultural presentation

**D/FW Hindu Temple Society**

==== **Ekta Mandir** ====



vv.dfwhindutemple.org

# Religion Class Grade 8



- 1. *Karma, Dharma* and re-incarnation**
- 2. Introduction to *Śhruti* and *Smṛti***
- 3. *Vedas* - Relevance to Modern world**
- 4. The 4 *Āśramas*, 4 *Puruṣārthas* and 16 *Sanskāras***
- 5. *Aṣṭānga* Yoga**
- 6. Caste System & its Implications in Modern World**
- 7. The 6 Philosophical Systems of *Sanātana Dharma***
- 8. Contribution of Hindus to the Modern World.**
- 9. Festivals, *Shloka* Chanting, *Bhajan* and *Yoga***
- 10. End-of-Year cultural presentation**

**D/FW Hindu Temple Society**

==== **Ekta Mandir** ====



vv.dfwhindutemple.org

# Religion Class Grade 9 and above



1. **Applied Hinduism (*Karma, Ātman, rebirth & Moksh*)**
2. **Spiritual Development through Stages of Life**
3. **Peer Pressures and Communication**
4. **Proud to be a *Hindū*; *Hindū* leaders.**
5. **Identities and Self Image**
6. **Backdrop of *Gītā*. Who is a True DEVOTEE?**
7. **What is the *Atman*? (*Gītā* Chapter 2: *Atma-Ślokas*)**
8. **Who is a Steady Knower? (*Gītā* Chapter 2: *Karma-Yoga-Siddha-Ślokas*)**
9. ***Shloka* Chanting, *Bhajan* and *Yoga***

**D/FW Hindu Temple Society**

==== **Ekta Mandir** ====