

## SHINE

### Spiritual Heritage of India for Next-generation Empowerment



Our children and grandchildren often ask – “Why do we ring a bell in the temple? Who is God? Why do a puja? etc...The answers to these questions is an integral component of the child’s education which cannot be outsourced to modern school education and classes. Unlike other religions, being a Hindu does not mandate our children to attend compulsory religious classes. Then, what do we do? Simple. We own up our Dharma as parents, to live and share the strength of the Indian Culture as we raise powerful global citizens.

Inspired by Pujya Swami Dayananda ji, the journey of SHINE began when Swamini Brahma-prajnananda was asked by parents attending Vedanta classes in Mumbai, ‘Can you do something for our children?’ Hence, we set up the SHINE program to share the richness and practicality of the Spiritual Heritage of India for Next-generation Empowerment. Led by Sonali Ambasankar and Rashmi Kaikini, parents pursuing Vedanta and rooted in Sanatana Dharma, our key projects are :

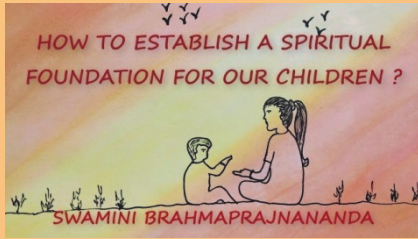
Creation of informative, entertaining and free video content for children on youtube.

Classes (offline and online) and online camps for children where they learn simple shlokas, dharma based stories, 5-step puja, panchamahayajnas, stories from Ramayana and Mahabharata, introduction to Samskritam, discussion of relevant issues and much more.

Visit our webpage to get a glimpse of the ongoing programs and enroll your kids. <https://discoveratma.com/shine-for-parents-and-children/>

We began our YouTube channel in the year 2020 and are proud to share valuable resources like the following links to videos (3-10 minutes) made especially for children.

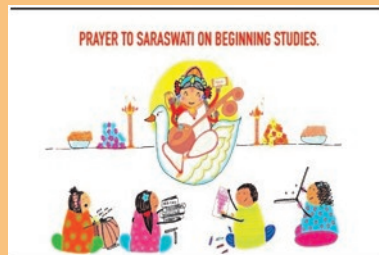
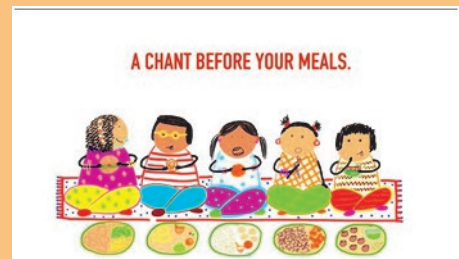
## Marga-darshanam



Other topics are – The Panchamahabhutas – our five great connections, Dharma - The secret of all Superheroes | Part 1-3

**"Little chants for daily offerings"** - Playlist of many shlokas with chant and repeat

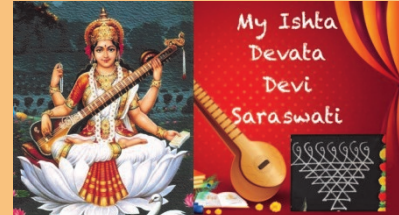
<https://www.youtube.com/playlist?list=PLqym9dQN9a-OTUBwKOll1rD-KtG0K-wjW>



**Know our deities — "Ishta Devatas"**

<https://www.youtube.com/playlist?list=PLqym9dQN9a-OTUBwKOll1rD-KtG0K-wjW>

My ideal Bhagavan Sri Rama, Shiva - Devo ke Dev Mahadev - The teacher of all teachers, Devi Saraswati, My best friend Ganesha and more



Please subscribe to our SHINE quarterly newsletter, Samvaada — a dialogue which allows the flow of meaning that is full of valuable resources enriching our children's lives.

<https://discoveratma.com/shine/shine-samvaada-newsletter/>

What the children say -

*"I feel very comfortable in the class. I loved the letter writing activity. This class makes me very relaxed after chanting the shlokas. I love to learn about Gods and Goddesses. I loved the how to do puja session. I liked everything taught in all the classes. All different topics were new to me. Thank you for teaching us in a way in which we can express ourself and have fun with each other as well as know so many things. You are the best teacher I have found, in all the classes I attend."* Anugrahi, 11 years old, Mumbai.

*"I enjoy the class because I like how the teacher makes the class interesting. I would like her to add some more games to the session. I feel a lot of progress in me. I enjoy all the prayers – kayikam, vacikam and manasam. I enjoyed the newspaper flowers activity. It was a mind churning activity. Mere mandir ka saman, was my favourite activity."* Yutika, 11 years old Mumbai.

To get involved please write to [shine@discoveratma.com](mailto:shine@discoveratma.com).

*Om Tat Sat*

*"The more you see Īśvara's order, the less you are away from the Lord. To recognize this order is to surrender to this order. In surrender you let the order rule your life."*

*- Swami Dayananda Saraswati*