



A NEWSLETTER FOR OUR BAL VIHAR
FAMILY

Bal Vihar Buzz

— ◆ ◆ —

Academic Year 2025–2026



Our year at-a-glance



Hari Om!

Gurudev Chinmayananda said “Children are not vessels to be filled, but lamps to be lit”. At Saginaw chapter we had the opportunity to ignite 22 such lamps across 5 different Bal Vihar classes. Our children learned about our rich Hindu heritage, values and culture through curriculum shared below.

BV1- Alphabet Safari

BV2- Bal Ramayan

BV3- Krishna Krishna Everywhere

YK1- Keys to Success

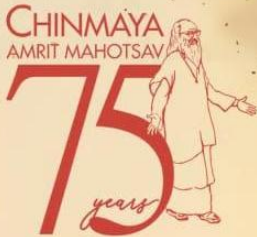
YK2- Gita for Teenagers (Karma Yoga)

We thank the parents and teachers for their commitment to Bal Vihar; TCHT for their unwavering support and our satellite chapter founders Manjusha Malewar ji & Rama Mulpuri ji for their leadership. 🙏

Chinmaya Amrit Mahotsava



This is a very special year as it marks 75 years of Chinmaya Mission. To mark this Amrit Mahotsava, we chanted Gita Panchamrtam- 5 select slokas from Bhagvad Gita that covers essence of Karma, Bhakti and Jnana Yoga!



5 Shlokas. 1 Essence.

A simple way for everyone to connect with the Bhagavad Gita

Gita Panchamrit is an initiative of **Chinmaya Mission** that seeks to awaken love and reverence for the Bhagavad Gita in every heart. Through five carefully chosen verses—simple to learn, inspiring to reflect upon, and uniting in spirit—it offers a glimpse of the Gita's timeless relevance. The first three verses guide what we, as seekers, can do; the last two reveal what Bhagavan does when we surrender in faith. The verses provided here are with Sandhi split for easy chanting.

1 Take Charge of Your Life and Rise Up

उद्धरेदात्मनाऽऽत्मानं नात्मानमवसादयेत् ।
आत्माैव ह्यात्मानो बन्धुतात्माैव रिपुरात्मानः ॥

uddhared-ātmanātmānāṁ nātmānam-avasādayet,
ātmaiva hyātmano bandhur ātmaiva ripur-ātmanah. (6.5)
One should lift oneself by oneself; one should not lower oneself.
The mind is verily one's friend; the mind is one's own enemy.

2 How Does One Uplift Oneself?

कर्मण्येवाधिकारस्ते मा फलेषु कदाचन ।
मा कर्मफलहेतुर्बूर्मा ते सङ्गोऽस्त्वकर्मणि ॥

karmanya-evaधिकारaste mā phaleṣu kadācana,
mā karma-phala-hetur bhūr mā te saṅgo'stvakarmaṇi. (2.47)
Thy right is to work only, but never to its fruits; let not the fruit of action be thy motive, nor let thy attachment be to inaction.

3 Develop an Attitude of Dedication

यत्करोषि यदश्नासि यज्जुहोषि ददासि यत् ।
यत्तपस्यसि कौन्तेय तत्कुरुष्व मदर्पणम् ॥

yat karoṣi yad aśnāsi yaj juhoṣi dadāsi yat,
yat tapasyasi kaunteya tat kuruṣva mad-arpaṇam. (9.27)
Whatever you do, whatever you eat, whatever you offer in sacrifice, whatever you give in charity, whatever you practice as austerity, O Kaunteya! Do it as an offering to Me.

4 Shri Krishna's Assurance

अनन्याश्चिन्तयन्तो मां ये जनाः पर्युपासते ।
तेषां नित्याभियुक्तानां योगक्षेमं वहाम्यहम् ॥

ananyāśchintayanto mām ye janāḥ paryupāsate,
teṣāṁ nityābhiyuktānāṁ yoga-kṣemaṁ vahāmyaham. (9.22)
To those who worship Me alone, thinking of no other, to those ever self-controlled, I provide what they need and preserve what they already possess.

5 Bhagavan Frees Us from All Bondages

सर्वधर्मान्परित्यज्य मामेकं शरणं व्रज ।
अहं त्वा सर्वपापेभ्यो मोक्षयिष्यामि मा शुचः ॥

sarva-dharmān parityajya mām ekaṁ śaraṇam vraja,
aham tvā sarva-pāpēbhyo mokṣayiṣyāmi mā śucaḥ. (18.66)
Abandoning all dharmas (of the body, mind, and intellect), take refuge in Me alone; I shall liberate you from all sins; grieve not.

Our classes!



We had kids from pre-K to Grade 12 and a separate group for adults to discuss Vedantic knowledge!



Special visitor from NY



Brhni Subhani Chaitanya Ji visited us early in the Bal Vihar year and delivered a sermon about great habits we must develop for our body, mind and speech (Ref. Bhagvad Gita Ch. 17)



Brhni Shubhani
Chaitanya
visited Chinmaya mission
Saginaw.



Celebrating Festivals



Throughout the year our students learned and presented on various festivals!

- BV1 taught us about **Holi**
- BV2 shared the story of Ramayan on **Ram Navmi**
- BV3 summarized traditions of **Navratri**
- YK1 and YK2 presented on **Dusshera** and **Ugadi** respectively!



C is for... Cleanliness!



We are proud that our students led the Bal Vihar family in cleaning our temple. They applied the lesson from Alphabet Safari that C is for ... Cleanliness!



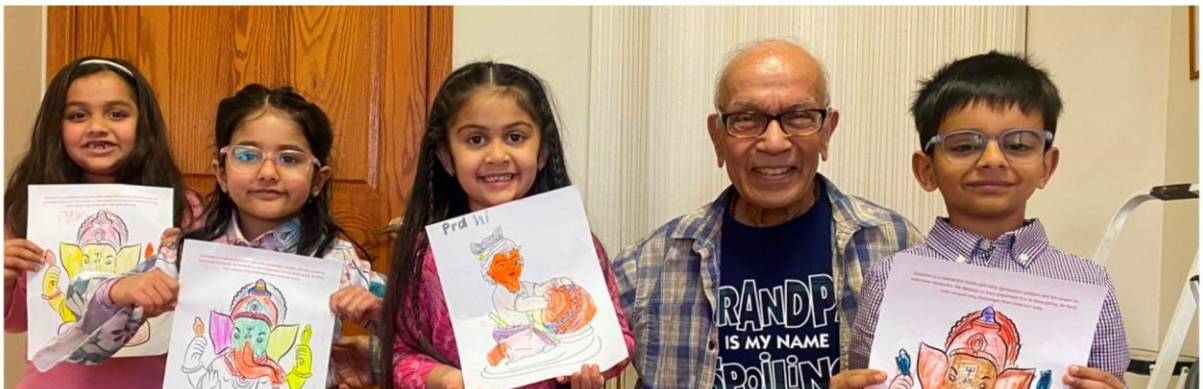
Bal Vihar families cleaning the temple for the occasion of Ram Navmi.



Field trip to Flint



For our field trip, we visited Chinmaya Mission Flint Chapter (Tapovanam)! It was an enriching experience to conduct classes together and let kids connect with each other over pizza!



Celebrating Gurudev's Birthday & Mother's day



Each year we celebrate Gurudev's birthday with stotrams, bhajans, quotes followed by mother's day celebrations! Children gifted beautiful handmade windchimes to their mothers while their dads served the lunch!



Graduation day is here...

Graduation day was a treasure trove with students displaying what they learned through the year! Some enacted skits, while others made presentations while some sang bhajans and chanted stotrams!



Chief Guest Address

AN Sreeram ji and Shubha ji were chief guest at our graduation. Sreeram ji encouraged all of us and especially our students to continue learning about our traditions and knowledge . He handpicked one sloka from Isavasya Upanishad to understand which roughly says “God is everywhere and everything belongs to God (Hence do not develop a sense of doership or attachment to material things)

ईशावास्यमिदं सर्वं यत्किञ्च जगत्यां जगत् ।
तेन त्यक्तेन भुञ्जीथा मा गृधः कस्य स्विद्धनम् ॥१॥

om Īśāvāsyam idaṁ sarvam yat kiṁ ca jagatyāṁ jagat,
tena tyaktena bhuñjitha, ma gṛdhaḥ kasyasvid dhanam (1)



Awardees

Essay competition winners

BV1- Shanvith

BV2- Navya Mishra

BV3- Yash Sinha

YK1- Indrajit Vasantha

YK2- Anish Melgiri

Adult class- Hema Malini

Perfect Attendance

BV 2- Yuvaan Soni

BV 3- Vivaan Soni



Graduating Students

Hip Hip Hurray to many of our graduating students!

- Anish Vaidya graduated from YK2 and Bal Vihar!
- Vivaan Soni graduated from BV3 to YK 1
- Dhruv Selot, Navya Mishra and Revansh Ramani graduated from BV2 to BV3!
- Prahi Patel and Shanvith graduated from BV1 to BV2!





WITH GRATITUDE & JOY

Dhanyavaad Hari Om!

— ◆ ◆ —

See you in 2026–2027!

