



# SRI SATHYA SAI VIDYA JYOTHI

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## **JOURNAL CUM PLANNER FOR VOLUNTEERS**

This Journal cum Planner is a model calendar for the volunteers for effective implementation of Sri Sathya Sai Vidya Jyothi Program. It is suggestive in nature and not a mandatory plan. The school level implementing teams / volunteers are requested to use this only as a reference document to draw up their own program schedule integrating the needs of the school and various stakeholders.

**JULY 2019**





MON	TUE	WED	THU	FRI	SAT	SUN
01	02	03	04	05	06	07
08	09	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

**JULY 2019**

# DO YOU KNOW?

One of the main objective of SSSVJ, from Sai Organizations point of view, is to ensure that all Vibhags (Youth, Mahila, Gents and Balvikas) work in absolutely unity & tandem to achieve the deliverables of SSSVJ program. Unity here doesn't not mean both genders meet together, discuss, work and travel together. Unity more explicitly means in spirit, in plan, in goal, focus and delivery. The idea is that all vibhags ought to execute their tasks with uncompromising discipline as one Sai Org across India to achieve the SSSSO national objective.

We should aim to engage new youth by reaching out to nearby colleges' atleast one in a month, per district. We should appeal to students to join hands and be part of this nation building initiative. We should appeal to them to taste this selfless seva so that this will help them in shaping up their careers by improving their value systems, skills and will enhance their persona by developing their empathy, discipline, respect, humility, team work, selflessness. These values cum soft skills will help them much in their personal growth and also their career.

We should ensure that devotees of Swami who are not a part of the Organization are energized to participate in SSSVJ activities and Organizations activities at large. We should insist that devotees' children participate in Bal Vikas and youth activities. Even current devotees children who are not effectively participating in organizations activities should be engaged. New members should be given responsibilities matching their abilities. Senior devotees should be advisors of the team. SSSVJ is a program which requires experts in various fields. We should pool the resources that we have and should outreach to new resources who are not much aware of the Organization too.

# WEEK 1 JULY 2019



Trees play a vital role in helping mankind to receive oxygen from the atmosphere while they absorb the carbon dioxide exhaled by human beings. Hence, the ancients favored the growing of trees to control atmospheric pollution. But, nowadays, trees are cut down indiscriminately and pollution is on the increase.

– Sri Sathya Sai Baba



## MAJOR EVENTS OF THE WEEK

1 <sup>st</sup> July - Monday	National Doctors Day Van Mahotsav (1-7 <sup>th</sup> )
2 <sup>nd</sup> July - Tuesday	
3 <sup>rd</sup> July - Wednesday	
4 <sup>th</sup> July - Thursday	Jagannath Rath Yatra (Odisha)
5 <sup>th</sup> July - Friday	
6 <sup>th</sup> July - Saturday	
7 <sup>th</sup> July - Sunday	Bonalu (Telangana-till 28 <sup>th</sup> July)

## SUGGESTED WEEKLY SEVA PLANNER

SN	Name of the Seva	Beneficiaries	Seva Group	Suggested Duration	Ref in Guideline book	Key values to be taught
1	Special training to teachers for handling difficult children	Teachers	Bi-Annual	2 Hour	T-M-3 (Pages 133-134)	The kids who need the most love will ask for it in most unloving ways
2	Orientation on effective teaching to teachers	Teachers	Bi-Annual	2 Hour	T-M-7 (Pages 137-138)	We think enough about effective methods of teaching not enough about effective methods of learning
3	Value education film – Importance of Forest Tree plantation in school premises	Children	Bi-Monthly	2 Hour	C-M-20 (pages 115-116)	We are able to breathe because the trees are breathing
4	Bal Vikas Class - Curriculum	Children	Weekly	1 Hour	C-M-4 (Pages 98-99)	Value Education BV Group 1, 2 & 3 – Chapter 5
5	Bal Vikas Class – Talk on Indian Culture	Children	Weekly	1 Hour	Innovative	Talk on significance of Bonalu festival & Jagannath Rath Yatra, and greatness of Doctors

**Optional- Nil** | [Suggested \(Subject to availability of resources\)](#) – 1,2,3 | [Highly recommended](#) – 4,5

Note: In addition, subject to availability of resources, volunteers are encouraged to conduct Off school coaching to weaker students (C-M-27, Pages 122-124) and adult education classes for uneducated parents of the children (P-M-4, Pages 150-151), regularly on the week ends.

# NOTES

1<sup>st</sup> July – Monday

2<sup>nd</sup> July – Tuesday

3<sup>rd</sup> July – Wednesday

4<sup>th</sup> July – Thursday

# NOTES

5<sup>th</sup> July – Friday

6<sup>th</sup> July – Saturday

7<sup>th</sup> July – Sunday



# KNOW THE FACTS

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## 1. NATIONAL DOCTORS DAY

National Doctors' Day is a day celebrated to recognize the contributions of physicians to individual lives and communities. The date may vary from nation to nation depending on the event of commemoration used to mark the day. In some nations the day is marked as a holiday. Although supposed to be celebrated by patients in and benefactors of the healthcare industry it is usually celebrated by health care organizations. Staff may organize a lunch for doctors to present the physicians with tokens of recognition.



Image source: Times of India

[https://en.wikipedia.org/wiki/National\\_Doctors%27\\_Day](https://en.wikipedia.org/wiki/National_Doctors%27_Day)

*National doctors day shall be celebrated by having a special talk on greatness of Doctors as part of Balvikas class and felicitation program of Doctors during the medical camp in week 4*

## 2. VAN MAHOTSAV

Van Mahotsav is a festival which was started by Kulapati Kanaiyalal Munshi Ji, the Union Minister for Agriculture to create enthusiasm among masses for forest conservation and planting trees. It is now a week-long festival.

'Van' means 'forest' and 'mahotsav' means 'festival'. "Van Mahotsav" is an annual tree-planting movement in India which began in year 1950. The name Van Mahotsav means "FESTIVAL OF FORESTS". It has gained significant national importance and every year, millions of saplings are planted across India in observation of Van Mahotsav week.



Image source: Hello Travel.com

[https://en.wikipedia.org/wiki/Van\\_Mahotsav](https://en.wikipedia.org/wiki/Van_Mahotsav)

*Van Mahotsav shall be celebrated by showing a documentary on importance of forest and if possible, by planting saplings in the school premises*

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### 3. JAGANNATH RATH YATRA (ODISHA)

One of the most-awaited festivals in the Orissa state as well as in India, Jagannath Rath Yatra is an annual event, which is celebrated in the month of June or July. It is dedicated to Lord Jagannath (Lord Krishna), his sister Goddess Subhadra and his elder brother Lord Balabhadra. It is also called Gundicha Yatra, Chariot Festival, Dasavatara and Navadina Yatra.



Image source: [en.wikipedia.org](https://en.wikipedia.org)

It is believed that every year Lord Jagannath wishes to visit his birthplace Mathura for a few days. To fulfill this desire of his, this Yatra is conducted each year from Jagannath temple to Gundicha temple. This year, the very popular Jagannath Rath Yatra will be held on June. The festival is celebrated on the 2nd day of the Shukla Paksha, Ashadh month according to the traditional Oriya Calendar.

#### Procession during Rath Yatra

The wooden idols of the three deities, every year, are taken from the Jagannath Temple to the Gundicha Temple. These idols are placed in decorative chariots, and are accompanied by chants and conches, which can be heard all around. Before the Yatra commences, the idols are bathed with 109 buckets of water, which is Snana Pornima. These are then placed in isolation till the day of procession, as it is believed that they are ill. This event is called Ansara. On the day of the procession, the holy ritual of Chhera Pahara is performed by the royal successor of Orissa. At this time, hordes of locals and devotees flock around the temple area. During Chhera Pahara, the deities are brought from the temple by the King and are placed on the chariot. Before keeping them, the king himself sweeps the chariot with a broom that has a gold handle. He later decorates the chariot with flowers with his own hands. The ground on which the chariot will move is also cleaned by him, after which sandalwood is sprinkled on it.

Through this ritual, it is proposed that everyone is equal in the eyes of the Lord. Jagannath temple is accessible only by Hindus but on the day of the Rath Yatra, people of all faiths can visit the temple. The 3 deities remain at the Gundicha Temple, their aunt's place for a span of 9 days. Later, they are back to their home. This return journey is called the 'Bahuda Yatra'. On reaching the Jagannath Temple in the evening, they wait outside. On the next day, the idols are adorned with new clothes as babies. This event is called Suna Vesa. After this day, the deities are placed again into the sanctum sanctorum, marking an end to the Rath Yatra of Jagannath Puri.

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The prime attractions of the Rath Yatra of Jagannath is the elaborate Chariots. The preparation of the chariots starts on the day of Akshay Tritiya. There are 3 main chariots, pulled by hands using long ropes, which are 50 meters in length. It is believed that pulling this rope is like adding to your good Karma, and doing penance for your bad deeds. 45.6 feet in height, Lord Jagannath's Chariot is called Nandighosa and has 18 wheels. The chariot of Lord Balaram's is 45 feet in height, comes with 16 wheels and called Taladhvaja. Similarly, Devadalana is Goddess Subhadra's chariot, which has 14 wheels and come with a height of 44.6 feet. Artists decorate these chariots in a beautiful manner with the help of designs, motifs and paints.

As the procession starts, the chariot of Lord Balram is pulled, followed of Goddess Subhadra and that of Lord Jagannath at last. The distance between the two temples is just 3 km but the whole enthusiasm of the tourists and the devotees clubbed with chants and drum beating, takes a few hours. For the next 9 days, devotees can seek blessings of the Lords and the Goddess. During the return Yatra, the Bahuda Yatra make a halt at the Mausi Maa Temple. Here the deities are served Poda Pitha, a sweet pancake. It is believed that this pancake is the poor man's food and the Lord is fond of it. Jagannath Rath Yatra or the Chariot festival is known to be one of the oldest and also the grandest procession festival, which is celebrated every year in India. It also finds its mention in Puranas of Hinduism such as Padma Puran, Brahma Puran and Skanda Puran.

Source: <https://www.indianholiday.com/fairs-and-festivals/orissa/jagannath-rath-yatra.html>

## 4. BONALU FESTIVAL (TELANGANA)

Bonalu or Goddess Mahankali bonalu is a Hindu Festival, Goddess Mahakali is worshiped. Bonalu is an annual festival of Telangana celebrated in Twin Cities Hyderabad, Secunderabad and other parts of Telangana. It is celebrated in the month of Ashada, in July/August. Special poojas are performed for Yellamma on the first and last day of the festival. The festival is also considered a thanksgiving to the Goddess for fulfillment of vows.



Image source: Sakshi.com

The word Bonam is a contraction of the word Bhojanam, a Sanskrit loanword which means a meal or a feast in Telugu, is an Offering to Mother Goddess. Women prepare rice cooked with milk and jaggery in a new Brass or Earthen Pot adorned with Neem leaves, turmeric, Vermilion

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and a lit lamp on the top of the Pot. Women carry the pots on their heads and make an offering of Bonam along with Turmeric-Vermilion, Bangles and Saree to the Mother Goddess across the Temples.

Bonalu involves the worship of Mother Goddess in regional forms like Mysamma, Pochamma, Yellamma, Peddhamma, Dokkamma, Ankamma, Poleramma, Maremma, Nookamma.

The 2019 dates for it are 7th July to 28th July 2019

<https://en.wikipedia.org/wiki/Bonalu>

*Significance of this festival shall be explained to the children as part of Balvikas class*

**Key activities done this week:**

**Reflections / Learning for the volunteer:**

**Key takeaways / information for the team members:**

**Reminder / preparatory tasks for the next week**

**No of hours spent in the week for SSSVJ Activities:**

# WEEK 2 JULY 2019



To improve and maintain the health of the people, continuous education on the principles and practice of hygiene and environmental cleanliness is essential.

– Sri Sathya Sai Baba



## MAJOR EVENTS OF THE WEEK

8 <sup>th</sup> July - Monday	
9 <sup>th</sup> July - Tuesday	
10 <sup>th</sup> July - Wednesday	Bhadli Navami (Jharkhand) Kharchi Puja (Tripura)
11 <sup>th</sup> July - Thursday	World Population Day Hemis Festival (Ladhak)
12 <sup>th</sup> July - Friday	Ashadi Ekadashi
13 <sup>th</sup> July - Saturday	
14 <sup>th</sup> July - Sunday	

## SUGGESTED WEEKLY SEVA PLANNER

SN	Name of the Seva	Beneficiaries	Seva Group	Suggested Duration	Ref in Guideline book	Key values to be taught
1	Indoor / Outdoor value/ learning based group games	Children	Monthly	1 Hour	C-M-11 (Pages 107-108)	Children learn as they play; in play, they learn how to learn
2	Drill class with yoga and pranayama for children	Children	Monthly	1 Hour	C-M-16 (Pages 111-112)	Yoga is a mirror to look at ourselves from within
3	Maintaining cleanliness in class rooms and corridors	Children	Monthly	1 Hour	C-M-15 (Pages 110-111)	Cleanliness is next to Godliness
4	Special training for children with special abilities	Children	Fortnightly	1 Hour	C-M-23 (Pages 118-119)	Your Talent is God's gift to you; What you do with it is your gift back to God
5	Provision of computers and exposure to children; Computer education for Teachers	Children Teachers	Monthly	1 Hour	C-M-24 TM-2 (Pages 119-120, 132)	Computers are fast and stupid; Humans are slow and brilliant; Together they are powerful
6	Bal Vikas Class - Curriculum	Children	Weekly	1 Hour	C-M-4 (Page 98-99)	Value Education BV Group 1, 2 & 3 – Chapter 6
7	Bal Vikas Class – Talk on Indian Culture	Children	Weekly	1 Hour	Innovative	Talk on significance of Bhadli Navami, Kharchi Puja, Hemis Festival, Ashadi Ekadashi and World population day

**Optional- Nil.** | Suggested (Subject to availability of resources) – 4,5 | **Highly recommended – 1,2,3,6,7**

Note: In addition, subject to availability of resources, volunteers are encouraged to conduct Off school coaching to weaker students (C-M-27, Pages 122-124) and adult education classes for uneducated parents of the children (P-M-4, Pages 150-151), regularly on the week ends.

# NOTES

8<sup>th</sup> July – Monday

9<sup>th</sup> July – Tuesday

10<sup>th</sup> July – Wednesday

11<sup>th</sup> July – Thursday



# NOTES

12<sup>th</sup> July – Friday

13<sup>th</sup> July – Saturday

14<sup>th</sup> July – Sunday

# KNOW THE FACTS

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## 1. BHADLI NAVAMI (JHARKHAND)

The important fact related to Bhadli Navmi is that the day is usually considered to be the last day in the year for solemnizing marriages in the Hindu community. It is believed that after the Bhadli Navami, the Lords usually go to sleep; hence all auspicious activities are conducted during this period only. Bhadli Navami also known by the name of Bhatali Navmi, Ashara Shukla Paksha Navmi, Kandarp Navmi and is generally celebrated during the Ashad month.



Image source: Patrika.com

The festival is celebrated on the ninth day of Shukla Paksha in the Ashada month.

The festival is observed in honour of Lord Vishnu. It is generally believed in Hindu Mythology that Lord Vishnu is the most powerful of the lot. Among Hindus, marriages cannot be held when the Lord is sleeping. Lord Vishnu's blessings are necessary to make a married life happier.

Bhadli Navami falls on the last day before Lord Vishnu goes to sleep. Therefore, the devotees desire to spend the day in a unique manner and take the Lords blessings. Bhadli Navmi is the last day for any religious activity.

On this day lord Vishnu is worshipped with great enthusiasm and priests make offerings to Lord Vishnu. Vishnu Sahastranaam and other holy hymns of lord Vishnu are sung on this day.

Especially the state of Jharkhand holds the Bhadli Fair since ancient times. and the festivities continue unabated with the changing times too. Devotees from all over the region dwell in this small town Itkhori in Jharkhand. An ancient temple belonging to Lord Shiva and Goddess Kali in Itkhori is thronged by devotees seeking blessings. Goddess Kali is worshiped as Jagdamba during the Bhadli fair in Itkhori. The devotees not only offer sacrifices but the fair attracts large number of devotees who come over from far and wide to get the Mudan sansakar of their young children done.

Source: <http://www.indianastrology.com/festival/2019/bhaddali-navami-53>

*Significance of Bhadli Navami shall be explained to the Children as part of Balvikas class*

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## 2. KHARCHI PUJA (TRIPURA)

Kharchi puja is a Hindu festival from Tripura, India. Performed in Agartala in July or August, the festival involves the worship of the fourteen gods forming the dynasty deity of the Tripuri people.[1] Kharchi Puja is one of the most popular festivals in Tripura. It's a week-long royal Puja which falls in the month of July on the eighth day of the new moon and attracts thousands of people. This festival is celebrated at Agartala (Puran Agartala) in the temple premises of fourteen gods. There are many legends associated with this Puja. The celebrations extend until a week and are held in the temple premises which are attended by thousands of people.



Image source: [www.xinhuanet.com](http://www.xinhuanet.com)

The word Kharchi is derived from the word Khya which means earth. Kharchi Puja is basically done to worship the earth. All of rituals are of tribal origin, which includes worshipping of fourteen gods and mother earth. Thus the Puja is performed for seven consecutive days. On the day of the Puja, the fourteen gods are carried to river Saidra by the members of chantai. The gods are bathed in the holy water and are brought back to the temple. They are again placed in the temple by performing Puja, offering of flowers and vermillion. People offer sweets and the sacrificial meat to god. Both tribal and non-tribal people join together and celebrate the festival in a festive mood by becoming a part of it. Plenty of other attractions along with a large fair and cultural programs are organized during this time.

Every day large numbers of people attend the festival, and both Tripuri and non-Tripuri participate. People offer different types of prasad like goat, buffalo, sweets, etc.. Various cultural programmes are performed each evening and a large fair is organised to mark the occasion. People look to their own welfare as well as the welfare of the society and the state in general.

Source: [https://en.wikipedia.org/wiki/Kharchi\\_puja](https://en.wikipedia.org/wiki/Kharchi_puja)

*Significance of Kharchi Puja shall be explained to the Children as part of Balvikas class*

## 3. HEMIS FESTIVAL (LADAKH)

Hemis Festival in Ladakh is celebrated annually on the 10th day of the Tse-Chu, Lunar month of the Tibetan Calendar. The 2-day fiesta marks the birth anniversary of Guru Padmasambhava. On this day, Hemis Monastery is adorned beautifully to host the ceremony. The colorful festival showcases the beautiful handicrafts of the area. Natives also

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dress up in lovely traditional attires and gather in the courtyard of Hemis Monastery, the biggest Buddhist Monastery of Ladakh. Lamas dance around central flagpole to the tunes of drums, cymbals and long horns. The otherwise cold-barren desert comes to life during Hemis Festival.

The masked dances also known as 'Chham Dance' depict the triumph of good over the bad are the highlights of the Hemis Festival of Ladakh. These must-watch dances are also accompanied by sacred plays which keep spectators amused. Vibrant costumes worn by the Lamas also grab the attention. As per traditions, monks are supposed to wear long gowns, elaborate masks and a headgear. Every mask holds a special significance associated with it.



Image source: [lehladakhindia.com](http://lehladakhindia.com)

In the end, a sculpture made up of dough and representing the evil powers is destroyed by the head of Black Hat dancers. This implies warding off the evil spirits. The broken pieces are then thrown in four different directions. The ritual indicates purification of soul after death.

'Devil Dances' are also vital aspects of the fiesta. 'Chang', a local liquor is served to the people during the festival. Exhibition of striking handicrafts adds to the charm of the gala. The head Lama or 'Rinpoche' is the presiding person of the event.

The Tibetan Year of Monkey aka every 12th year adds to the fun quotient. Ladakh gets submerged in a strong wave of faith and spiritualism as the largest thangka (as high as two storeys of a building) of Guru Padmasambhava is showcased with great zeal. Various people gather to witness the thangka decorated with semi-precious gems, stones and pearls.

Hemis festival of Ladakh is going to be celebrated from 11th July to 12th July, 2019.

Besides being celebrated as the birth anniversary of Guru Padmasambhava, the Hemis Festival marks the victory of good over the evil.

Source: <https://www.lehladakhindia.com/festivals/hemis-festival/>

*Significance of Hemis Festival shall be explained to the Children as part of Balvikas class*

## 4. WORLD POPULATION DAY

World Population day is an annual event, observed on July 11 every year, which seeks to raise awareness of global population issues. The event was established by the Governing Council of the United Nations Development Programme in 1989. It was inspired by the public interest in Five Billion Day on July 11, 1987, the approximate date on which the world's population

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reached five billion people. World Population Day aims to increase people's awareness on various population issues such as the importance of family planning, gender equality, poverty, maternal health and human rights.

(For further details [https://en.wikipedia.org/wiki/World\\_Population\\_Day](https://en.wikipedia.org/wiki/World_Population_Day))

A human race is defined as a group of people with certain common inherited features that distinguish them from other groups of people. All men of whatever race are currently classified by the anthropologist or biologist as belonging to the one species, *Homo sapiens*. This is another way of saying that the differences between human races are not great, even though they may appear so, i.e. black vs white skin. All races of mankind in the world can interbreed because they have so much in common. All races share 99.99+% of the same genetic materials which means that division of race is largely subjective, and that the original 3-5 races were also probably just subjective descriptions as well.



Image source: iaspaper.net

### The Major Divisions of the Human Race

Most anthropologists recognize 3 or 4 basic races of man in existence today. These races can be further subdivided into as many as 30 subgroups.

Ethnographic division into races from Meyers Konversationslexikon of 1885-90 is listing:

Caucasian races (Aryans, Hamites, Semites)

Mongolian races (northern Mongolian, Chinese and Indo-Chinese, Japanese and Korean, Tibetan, Malayan, Polynesian, Maori, Micronesian, Eskimo, American Indian),

Negroid races (African, Hottentots, Melaneseans/Papua, "Negrito", Australian Aborigine, Dravidians, Sinhalese)

<http://blog.world-mysteries.com/science/how-many-major-races-are-there-in-the-world/>

*Children should be explained the significance of diversity in human population and why it is important to respect all the diverse culture, religion and beliefs, as part of Balvikas class*

## 5. ASHADI EKADASHI

Ashadhi Ekadashi is one of the most important religious festivals that is celebrated in Maharashtra. This ceremony is generally held at Pandharpur where a huge number of devotees gather to celebrate the festival. It is a religious procession festival which is held

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every year during the Aashaadh Shukla paksha. Generally Ekadashi is considered to be coming on each month of the year but the eleventh day of Ashadh is said to be the great Ekadashi which is also called by the name Shayani Ekadashi. During this day the devotees keep fast the whole day and they go walking in huge processions to Pandharpur. People sing chanting hymns of Saint Dyaneshwar and Saint Tukaram to pay their tribute to their God Vitthal. This procession starts in Allandi and ends on Guru Poornima at Pandharpur. This day is considered very pious and people join the yatra not only from Maharashtra but also from other cities as well. Men are dressed in ethnic wears like dhoti and kurta and sing devotional songs during this long journey. It is simply spectacular to see this tradition of Maharashtra which is very colourful and energetic.



Image source: Patrika.com

As per the legends on this day of Great Ekadashi, Lord Vishnu fell asleep and the again woke up after four months on the day of Prabodhini Ekadashi which falls during the Kartik month. This time of the month is known as the Chaturmas which coincides with our rainy season. Owing to these stories of our purans, this day is celebrated in Maharashtra with a lot of grandeur and devotees join from all parts of the country to pay homage to the Lord.

Source: <https://www.tourmyindia.com/states/maharashtra/ashadhi-ekadashi-festival.html>

*Children should explained the significance of Ashadi Ekadashi festival, as part of Balvikas class*

**Key activities done this week:**

**Reflections / Learning for the volunteer:**

**Key takeaways / information for the team members:**

**Reminder / preparatory tasks for the next week**

**No of hours spent in the week for SSSVJ Activities:**

# WEEK 3 JULY 2019



The teachers should be good guides, and the students should be ideal recipients of such good ideas. Teachers should play the role of an alarm time pieces. The students, who are lost in the sleep of ignorance, should be woken up by these Gurus through the teaching of Prajnana (spiritual wisdom); they should be exhorted to 'awaken, arise and strive towards the goal.

**– Sri Sathya Sai Baba**



## MAJOR EVENTS OF THE WEEK

15 <sup>th</sup> July - Monday	
16 <sup>th</sup> July - Tuesday	Guru Purnima
17 <sup>th</sup> July - Wednesday	Nelson Mandela International Day
18 <sup>th</sup> July - Thursday	
19 <sup>th</sup> July - Friday	
20 <sup>th</sup> July - Saturday	
21 <sup>st</sup> July - Sunday	



## SUGGESTED WEEKLY SEVA PLANNER

SN	Name of the Seva	Beneficiaries	Seva Group	Suggested Duration	Ref in Guideline book	Key values to be taught
1	Showing Value education documentaries – Nelson Mandela	Children	Bi-Monthly	2 Hours	C-M-20 (Pages 115-116)	It always seems impossible until it's done.
2	Monthly awards to best children (all round performance)	Children	Monthly	0.30 Hour	C-M-14 (Pages 109-110)	Reward for work well done is an opportunity to do more
3	Motivational session for Children	Children	Monthly	1 Hour	C-M-28 (Pages 124-125)	Dream big and dare to fail
4	Children Counseling (weak in studies & better performance)	Children	Monthly	1 Hour	C-M-21,22 (Pages 116-118)	Believe you can and you will
5	Setting up of Toy Bank	Children	Operated Monthly	1 Hour	C-M-29 (Pages 125-126)	The best way to multiply your happiness is to share it with others
6	Guru Parental worship	Children	Special Event Guru Purnima	1 Hour	C-M-25 (Page 120)	Great teacher takes a hand, opens a mind and touches a heart
7	Bal Vikas Class - Curriculum	Children	Weekly	1 Hour	C-M-4 (Page 98-99)	Value Education BV Group 1, 2 & 3 – Chapter 7
8	Bal Vikas Class – Talk on Indian Culture	Children	Weekly	1 Hour	Innovative	Talk on significance of Guru Purnima and greatness of Nelson Mandela

**Optional- Nil.** Suggested (Subject to availability of resources) – 1.2.3. Highly recommended – 4.5.6

Note: In addition, subject to availability of resources, volunteers are encouraged to conduct Off school coaching to weaker students (C-M-27, Pages 122-124) and adult education classes for uneducated parents of the children (P-M-4, Pages 150-151), regularly on the week ends.

# NOTES

15<sup>th</sup> July – Monday

16<sup>th</sup> July – Tuesday

17<sup>th</sup> July – Wednesday

18<sup>th</sup> July – Thursday

# NOTES

19<sup>th</sup> July – Friday

20<sup>th</sup> July – Saturday

21<sup>st</sup> July – Sunday

# KNOW THE FACTS

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## 1. NELSON MANDELA INTERNATIONAL DAY

Every year on 18 July — the day Nelson Mandela was born — the UN asks individuals around the world to mark Nelson Mandela International Day (18 July) by making a difference in their communities. Everyone has the ability and the responsibility to change the world for the better, and Mandela Day is an occasion for everyone to take action and inspire change.

For 67 years Nelson Mandela devoted his life to the service of humanity — as a human rights lawyer, a prisoner of conscience, an international peacemaker and the first democratically elected president of a free South Africa.



Nelson Mandela International Day 2018 marks 100 years since the birth of Nelson Mandela. The Centenary is an occasion to reflect on his life and legacy, and to follow his call to “make of the world a better place.”

In November 2009, the UN General Assembly declared 18 July “Nelson Mandela International Day” in recognition of the former South African President’s contribution to the culture of peace and freedom.

General Assembly resolution A/RES/64/13 recognizes Nelson Mandela’s values and his dedication to the service of humanity, in the fields of conflict resolution, race relations, the promotion and protection of human rights, reconciliation, gender equality and the rights of children and other vulnerable groups, as well as the fight against poverty and the promotion of social justice. It acknowledges his contribution to the struggle for democracy internationally and the promotion of a culture of peace throughout the world.

The South African activist and former president Nelson Mandela (1918-2013) helped bring an end to apartheid and has been a global advocate for human rights. A member of the African National Congress party beginning in the 1940s, he was a leader of both peaceful protests and armed resistance against the white minority’s oppressive regime in a racially divided South Africa. His actions landed him in prison for nearly three decades and made him the face of the antiapartheid movement both within his country and internationally. Released in 1990, he participated in the eradication of apartheid and in 1994 became the first black

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president of South Africa, forming a multiethnic government to oversee the country's transition. after retiring from politics in 1999, he remained a devoted champion for peace and social justice in his own nation and around the world until his death in 2013 at the age of 95.

Source: [www.un.org/en/events/mandeladay/](http://www.un.org/en/events/mandeladay/)

<https://www.history.com/topics/nelson-mandela>

*Children should be told the greatness of Nelson Mandela and his life story, as part of Balvikas class*

## 2. GURU PURNIMA

Guru Purnima is a Nepalese and Indian festival dedicated to spiritual and academic teachers. This festival is traditionally celebrated by Hindus, Jains, Marwadi and Buddhists, to pay their respects to their teachers and express their gratitude. The festival is celebrated on the full moon day (Purnima) in the Hindu month of Ashadha (June–July) as it is known in the Hindu calendar of India and Nepal. This day marks the first peak of the lunar cycle after the peak of the solar cycle.



Image source: India.com

Traditionally the festival is celebrated by Buddhists in honor of the lord Buddha who gave His first sermon on this day at Sarnath, Uttar Pradesh, India. In the yogic tradition, the day is celebrated as the occasion when Shiva became the first Guru, as he began the transmission of yoga to the Saptarishis.[3] Many Hindus celebrate the day in honor of the great sage Vyasa, who is seen as one of the greatest Gurus in ancient Hindu traditions and a symbol of the Guru-shishya tradition. Vyasa was not only believed to have been born on this day, but also to have started writing the Brahma Sutras on ashadha sudha padyami, which ends on this day.

Source: [https://en.wikipedia.org/wiki/Guru\\_Purnima](https://en.wikipedia.org/wiki/Guru_Purnima)

*Children should be explained the significance of Guru Purnima and importance of Guru(teacher) in their life. Guru Parental worship should be done on the day.*

**Key activities done this week:**

**Reflections / Learning for the volunteer:**

**Key takeaways / information for the team members:**

**Reminder / preparatory tasks for the next week**

**No of hours spent in the week for SSSVJ Activities:**

# WEEK 4 JULY 2019



"Man should treat nature with reverence. He has no right to talk of conquering nature or exploiting the force of nature. He must proceed to visualize in nature its God."

– Sri Sathya Sai Baba



## MAJOR EVENTS OF THE WEEK

MAJOR EVENTS OF THE WEEK	
22 <sup>nd</sup> July - Monday	
23 <sup>rd</sup> July - Tuesday	
24 <sup>th</sup> July - Wednesday	
25 <sup>th</sup> July - Thursday	
26 <sup>th</sup> July - Friday	
27 <sup>th</sup> July - Saturday	
28 <sup>th</sup> July - Sunday	World Nature Conservation day

# SUGGESTED WEEKLY SEVA PLANNER

SN	Name of the Seva	Beneficiaries	Seva Group	Suggested Duration	Ref in Guideline book	Key values to be taught
1	Total medical check-up for children	Children	Monthly	2-3 Hours	C-M-1	Healthy children learn better and faster
2	Health counseling	Children	Monthly	1 Hour	C-M-17	You are what you eat
3	Distribution of Sai Protein (Need Based)	Children	Monthly	1 Hour	C-M-2	You have to nourish to make them flourish
4	Special training for children with special abilities	Children	Fortnightly	1 Hour	C-M-23 (Pages 118-119)	Your Talent is God's gift to you; What you do with it is your gift back to God
5	Bal Vikas Class - Curriculum	Children	Weekly	1 Hour	C-M-4 (Page 98-99)	Value Education BV Group 1,2 & 3 – Chapter 8
6	Bal Vikas Class – Talk on Indian Culture	Children	Weekly	1 Hour	Innovative	Talk on significance of World Nature Conservation day

**Optional- Nil** | Suggested (Subject to availability of resources) – Nil | **Highly recommended – 1,2,3,4,5,6**

Note: In addition, subject to availability of resources, volunteers are encouraged to conduct Off school coaching to weaker students C-M-27, Pages 122-124) and adult education classes for uneducated parents of the children (P-M-4, Pages 150-151), regularly on the week ends.



# NOTES

22<sup>nd</sup> July – Monday

23<sup>rd</sup> July – Tuesday

24<sup>th</sup> July – Wednesday

25<sup>th</sup> July – Thursday

# NOTES

26<sup>th</sup> July – Friday

27<sup>th</sup> July – Saturday

28<sup>th</sup> July – Sunday

# KNOW THE FACTS

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## WORLD NATURE CONSERVATION DAY

Celebrated on July 28 each year, World Nature Conservation Day recognizes that a healthy environment is the foundation for a stable and productive society and to ensure the well-being of present and future generations, we all must participate to protect, conserve, and sustainably manage our natural resources.

We all depend on natural resources like water, air, soil, minerals, trees, animals, food, and gas to live our daily lives.

To keep the balance in the natural world, we must also help various species to continue to exist. A report from the global conservation organization World Wildlife Foundation suggests that since 1970, the pressure that we exert on the planet has doubled and the resources upon which we depend have declined by 33 percent. Despite the efforts put into conservation by organizations and conservation activists, their work has been undermined by those who have interests.

Conservation of nature is very important, with scientists warning of mass extinctions in the near future. Many nature documentaries show resources that are being wasted. We have made this planet a world of steel and concrete to sustain humanity but at the cost of other species, and it has become more imperative upon us to conserve these resources that are vital to human survival. Trees and plants consume carbon which has increased the planet's temperature, increased storms and sea level rises and freshwater glacier melting that threatens lives. Glaciers are connected to rivers and lakes which we depend on for drinking water through city/town/community services (where did you think your water came from?). Birds, bees and other insects pollinate the plants we need to eat to stay healthy nutritionally. Factory foods provide reduced quality in favor of the financial incentive. Children who spend time exercising their senses in nature have been shown to increase their skills at a faster rate than those who don't. Our planet provides us with all of the resources that modern exploitation have given us, through wood, medicine, water, plants and animals to eat, metals, vitamins, minerals - yet it's exploited for money with systems of varied complexity. Nature has given us SO much. If we don't conserve, we lose these precious privileges to exploitation and abuse of resources.

The natural world is facing an increasing threat from unsustainable practices and the challenge is how to preserve and conserve nature in the process of achieving sustainable development.

The state of nature has an impact on human survival, local and global economics, community life, human health and wellbeing.

On this day, let us make a conscious effort to contribute to the local, national, and global efforts in conserving nature and the benefits they provide for the present and future generations.



Image source: Happydays-365.com

Source: <https://keepincalendar.com/>

**Key activities done this week:**

**Reflections / Learning for the volunteer:**

**Key takeaways / information for the team members:**

**Reminder / preparatory tasks for the next week**

**No of hours spent in the week for SSSVJ Activities:**

# WEEK 5 JULY 2019



"Sneham" means friendship. It is not the type of friendship that you generally cultivate by saying 'hello'. You must keep the heart hollow so that it will be filled only by Divine thoughts. All human relationships are based on the body, while the relationship with God is from heart to heart. It alone is permanent and unchanging.

**– Sri Sathya Sai Baba**



## MAJOR EVENTS OF THE WEEK

29 <sup>th</sup> July - Monday	
30 <sup>th</sup> July - Tuesday	International Friendship Day
31 <sup>st</sup> July - Wednesday	
1 <sup>st</sup> August - Thursday	
2 <sup>nd</sup> August - Friday	
3 <sup>rd</sup> August - Saturday	
4 <sup>th</sup> August - Sunday	

## SUGGESTED WEEKLY SEVA PLANNER

SN	Name of the Seva	Beneficiaries	Seva Group	Suggested Duration	Ref in Guideline book	Key values to be taught
1	Special Medical check up (Major diseases and disabilities)	Children	Yearly	2-3 Hours	C-M-3	Healthy children learn better and faster
2	Pen Pal program	Children	Monthly	1 Hour	C-M-30	A friend is someone who understands your past, believes in your future, and accepts you just the way you are
3	Bal Vikas Class - Curriculum	Children	Weekly	1 Hour	C-M-4 (Page 98-99)	Value Education BV Group 1,2 & 3 – Chapter 9
4	Bal Vikas Class – Talk on Indian Culture	Children	Weekly	1 Hours	Innovative	Talk on significance of friendship and the story of Krishna and Kuchela

**Optional- Nil** | Suggested (Subject to availability of resources) – 2 | **Highly recommended – 1,3,4**

Note: In addition, subject to availability of resources, volunteers are encouraged to conduct Off school coaching to weaker students

(C-M-27, Pages 122-124) and adult education classes for uneducated parents of the children (P-M-4, Pages 150-151), regularly on the week ends.

# NOTES

29<sup>th</sup> July – Monday

30<sup>th</sup> July – Tuesday

31<sup>st</sup> July – Wednesday

1<sup>st</sup> August – Thursday

# NOTES

2<sup>nd</sup> August – Friday

3<sup>rd</sup> August – Saturday

4<sup>th</sup> August – Sunday



# KNOW THE FACTS

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## INTERNATIONAL FRIENDSHIP DAY

Our world faces many challenges, crises and forces of division — such as poverty, violence, and human rights abuses — among many others — that undermine peace, security, development and social harmony among the world's peoples.

To confront those crises and challenges, their root causes must be addressed by promoting and defending a shared spirit of human solidarity that takes many forms — the simplest of which is friendship.

Through friendship — by accumulating bonds of camaraderie and developing strong ties of trust — we can contribute to the fundamental shifts that are urgently needed to achieve lasting stability, weave a safety net that will protect us all, and generate passion for a better world where all are united for the greater good.



Image source: [thecreativeneedle.com](http://thecreativeneedle.com)

Source: <https://www.un.org/en/events/friendshipday/index.shtml>

*International day of friendship shall be celebrated by starting of Pen Pal program at the school*

**Key activities done this week:**

**Reflections / Learning for the volunteer:**

**Key takeaways / information for the team members:**

**Reminder / preparatory tasks for the next week**

**No of hours spent in the week for SSSVJ Activities:**