



**purna vidya**  
AN AWAKENING

# Vedic Heritage Teaching Program



**Purna Vidya Foundation**

Pooluvapatti PO, Off Siruvani Main Road, Molapalayam, Coimbatore - 641101, Tamilnadu, India.

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## Purna Vidya Foundation

Pooluvapatti PO, Off Siruvani Main Road, Molapalayam, Coimbatore - 641101, Tamilnadu, India.



## About Purna Vidya

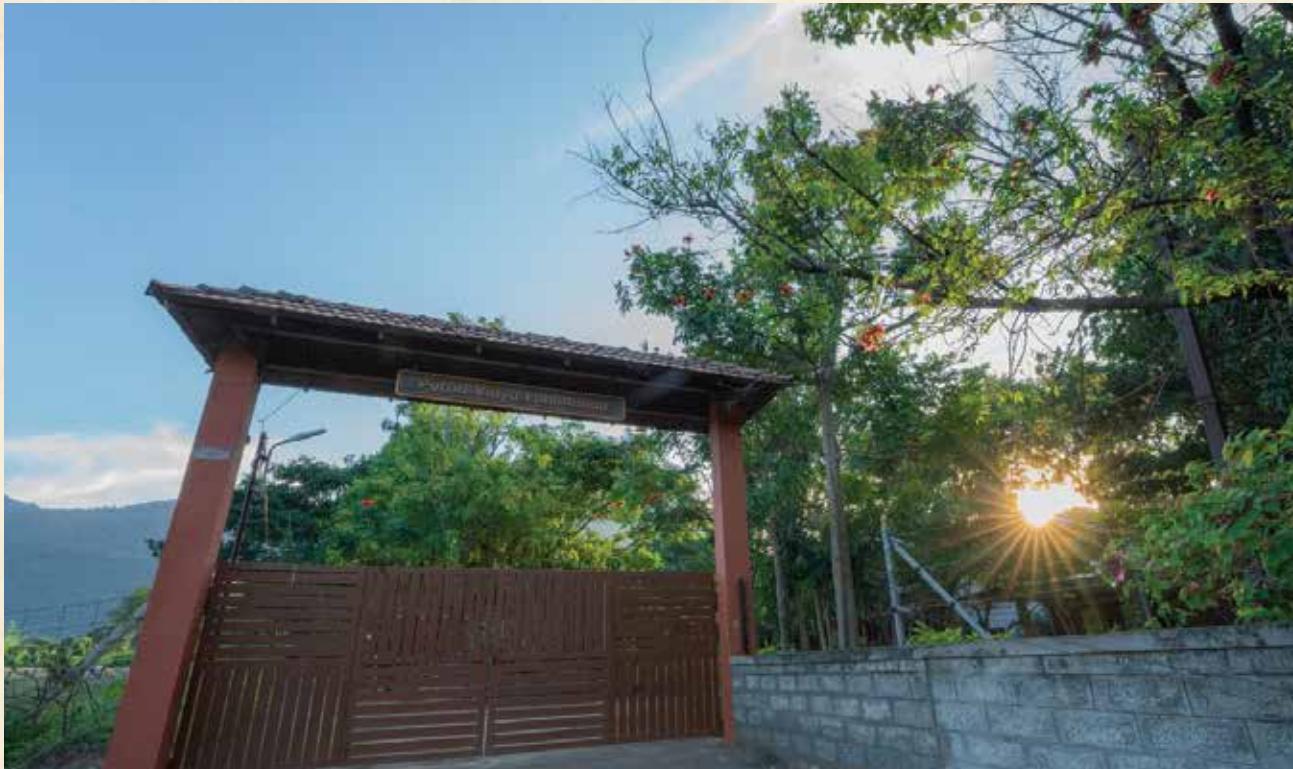
Welcome to Purna Vidya. Embrace yourself with Vedic way of living.

Purna Vidya Foundation was conceived, envisioned and actualized by Swamini Pramananda (affectionately known as Ammaji), inspired by her Guru, Pujya Sri Swami Dayananda Saraswati, in 2014 with its Centers in Coimbatore, Uttarkasi and Palakkad.

It's MISSION and PURPOSE is to connect with every individual at every stage of life from childhood onwards to facilitate Inner growth, achieve Inner peace and Universal Oneness, based on the Rishi tradition of Vedānta and Heritage teachings.

**"Effortless living is a divine gift, for it is here that divinity guides my life as I learn to sit in the ever present fullness of my self "**

- Ammaji



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## Why Purna Vidya Programs?

### Know yourself

The fundamental desire of every human being is to be happy. All our energies whether we are young, old, rich, poor, male, female, Westerner, Indian or Asian, are based on this desire. In spite of this, we discover that whatever happiness we experience from our efforts is impermanent. Like the wind, it comes and goes.

At the same time, the message of the Vedas, the ancient scriptures of India, is that, true unwavering happiness is our very nature, our true self. Throughout the ages and into modern times, sages and teachers have maintained and shared this Vedic vision of permanent happiness.

Through Purna Vidya programs, Swamini Pramananda (Ammaji) helps you see that the happiness you seek is, in fact, the truth of who and what you are. Recognizing this, all that you say and all that you do becomes a blessing in your life.

Programs are being delivered in different modes – as Online (Live & Recorded), Residential programs on heritage awareness and Community programs.

Programs are delivered across the Four Pillars – Vedānta, Saṃskṛtam, Heritage and Yoga.



Vedānta



Saṃskṛtam



Vedic Heritage



Yoga

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## About Ammaji

The spiritual Leader and Visionary of Purna Vidya.

Swamini Pramananda (lovingly known as Ammaji) is one of the clearest and most eloquent teachers of taking the vision of Oneness to the world today. With her deep understanding of ancient scriptures and texts, Ammaji shares the teachings in a way that is more relevant and meaningful for the modern spiritual seeker.

[Click here](#) to know more about our Gurus



Swamini Pramananda

**“Education teaches the art of thinking. It is the process that moulds the thought system for every human being to live the life one came here for”**

- Ammaji

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# Vedic Heritage Teaching Program for Children



The Vedic Heritage Teaching Program is a guide for educational institutions, communities and families that wish to teach Vedic Heritage to their children in an authentic, systematic manner. The subject matter has been organized into twelve parts, tailored to the ages of the children.

Growing up in the modern society implies exposure to global culture and having access to the world of Information Technology. Indian children living in the West as well as living in India need to study their heritage in an instructive and deliberate way, if they are to imbibe it in their own lives. It offers an insight into the vision of the Vedas, the vast literature and religious culture of India. This program is offered as a 23 book series, a first of its kind in imparting cultural and knowledge traditions of India.

- ▶ Parts One to Five of the books address children of ages six to ten years and offers teaching materials for a five - year program that cover Panchatantra, Puranic Tales, Rāmāyaṇa, v and Mahābhārata.
- ▶ Parts Six to Nine address children of ages eleven to fourteen years and offers teaching materials for a four-year program that cover topics including Values, Iṣvara and Religious Disciplines, Religious culture and Vedic Knowledge. It also has plays which may be enacted by the students.
- ▶ Parts Ten to Twelve address teenagers between the age of fifteen and seventeen years and offers teaching materials for a three-year program that cover topics like human development and spiritual growth, contemporary teen issues, Vedic Knowledge including Vedāngas, Upāṅgas and Upavedas and an Introduction to the Bhagavad Gita concluding the 12 year study program.

In addition to the programs being institutionalized, these programs are offered as live zoom sessions or community programs at local temples or preferred venue.

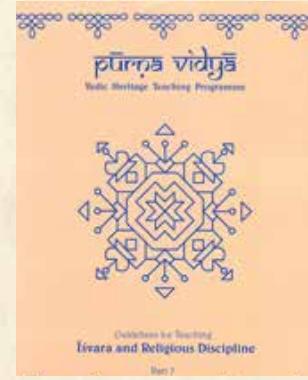
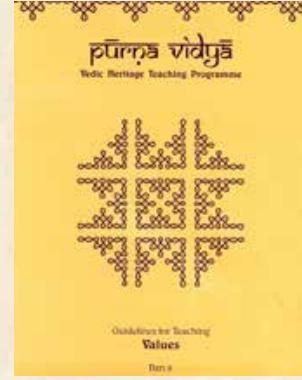
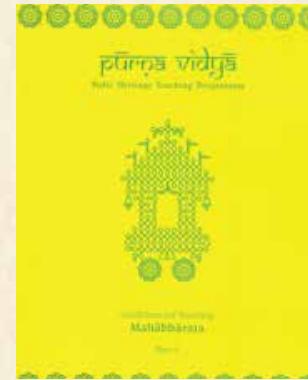
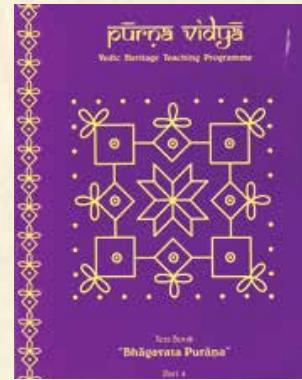
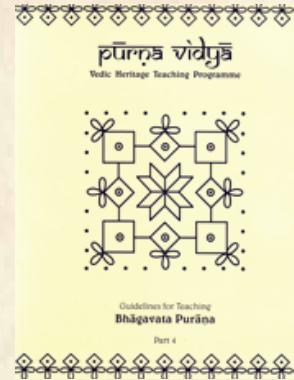
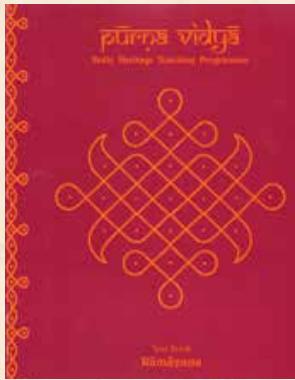
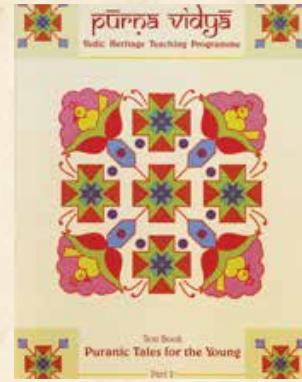
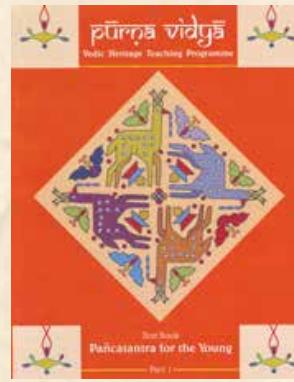
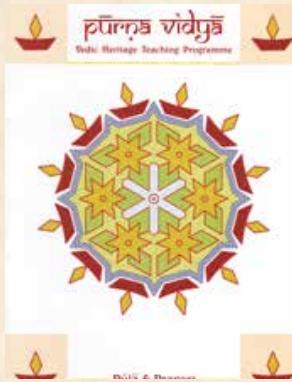


[Click here](#) to register and access these books online.

[Click here](#) to register for topics of your choice to enroll your child in Vedic Heritage teaching program. Refer to page 10 to know more on the topics offered.

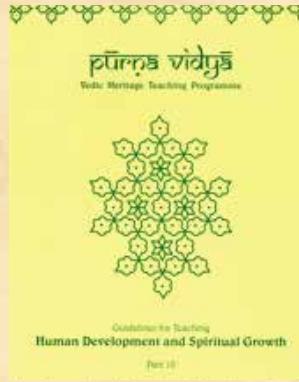
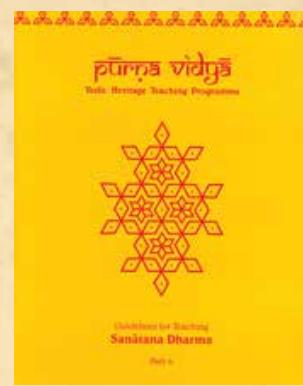
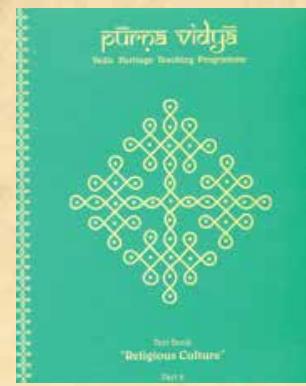
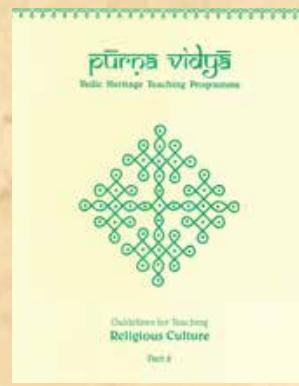
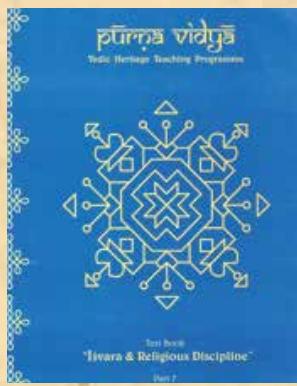
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# Enrolling children in Vedic Heritage Teaching program – Online & Community Study Program



*Fun, interactive, live ONLINE sessions conducted in English include **story-telling, games, quizzes, learning to chant and sing bhajans, perform simple puja and more.***

## Why Register For This Program

- *The first of its kind, culture-based value educational program, that has impacted the lives of thousands of children in communities across the world, school institutions and villages of India !*
- *A heritage program that every Indian family must own!*
- *A priceless birthday gift for your child or young parents!*
- *A play way method of instruction to impart culture to your child !*
- *A gateway to sacred India*
- *Well-structured and systematic delivery of culture based value education delivering Course content based on Purna Vidya series of Books.*
- *An opportunity to become a volunteer, learn and share the priceless Heritage of India!*

Our teachers with vast experience will be taking up these classes live via Zoom Meeting.



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## Topics:

- *Pūjā and Prayers*
- *Panchantra and Puranic Tales for the young*
- *Rāmāyaṇa*
- *Bhāgavata Purāṇa*
- *Mahābhārata*
- *Values*
- *Īśvara and Religious Disciplines*
- *Religious culture*
- *Sanatana Dharma*
- *Human development and Spiritual Growth, Vedic Knowledge and*
- *Introduction to Bhagavad Gita*

## Schedule

The topics are delivered as a 25 – 30 session during weekends over duration of 90 min each.

## Mode

**Online:** Via Zoom for online enrolments. Please write to us at [info@purnavidya.org](mailto:info@purnavidya.org) ; [programs@purnavidya.org](mailto:programs@purnavidya.org) . Please watch out the section for upcoming programs for enrolling in the upcoming / on-going VHTP program for children.

**Offline:** Based on community requests, these programs are delivered at common venue as Mandirs or at the venue chosen and recommended by the community sponsors.

**Donation:** A nominal donation is requested for these classes to continue the noble work carried out by Purna Vidya that primarily focuses on imparting Vedantic knowledge and heritage education.

*Hari Aum!!*

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# Vedic Heritage Teacher Training Program



Vedic heritage teacher training program (VHTTP) is a program that is designed for parents and teachers to impart the treasure of Purna Vidya books to their students/children. It is a very uniquely designed TEACHER Training Program that is used by Schools across the world, Teachers, and Parents who later take up community teaching in a very big way. This Teacher Training program is highly recommendable for to-be Purna Vidya Teachers.

## Mode

Part 1	1 hour live online session with Program Coordinator: introduction and orientation to teacher training
Part 2	complete self-paced learning with pre-recorded videos of about 7 hours duration total within 3 weeks after Part 1
Part 3	2 hour live online session with Program Coordinator: a review of learning from videos, planning course and class delivery online or in the community, Q& A and information on further intensive training

## Why do the Teacher Training?

- *Enhance your own learning of values that underpin our itihaasa and puranas*
- *Use the learning as a parent, educator or in the community*
- *Progress your journey as a teacher with Purna Vidya with our online heritage course or start your own community classes*

**Donation:** A nominal donation is requested for these classes to continue the noble work carried out by Purna Vidya that primarily focuses on imparting Vedantic knowledge and heritage education.

Click here  to register your interest to enroll for Vedic Heritage Teacher Training Program.

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## Story behind the books

Writing the 23 book Vedic Heritage series of books has been a pilgrimage into the spiritual heritage of India, enriching my life in more ways than I can ever express. The pilgrimage that began as an inquiry into the meaning of our heritage ended with the discovery of its immense wealth and beauty, a discovery that heralds a new beginning in Self-Awakening.

The evolution of the Purna Vidya books seem to parallel my own life and growth. When I look back on how my life has unfolded, I find that many people, events and experiences in my life around the globe have deeply influenced me. A constant note in this symphony of life experiences has been my love for learning the Scriptures with my guru, Pujya Sri Swami Dayananda Saraswati and serving his Institution for over 25 years.

I began teaching Vedānta and Heritage classes in New York & New Jersey in 1982 and established Arsha Dharma Kulam in New York to facilitate my work. The 23 book Vedic Heritage series is the product of a decade of teaching experience, providing adults an opportunity to discover the meaning of our Cultural forms, while providing a format for teaching children. Personally speaking, living and writing on the banks of the sacred Ganges, was a great inspiration for me. In the Indian culture, the Ganges is looked upon not simply as a river, but as the symbol of the perennial flow of knowledge. She became the blessing of my life in the form of Purna Vidya, revealing the mysteries of the Universe.

That the first words of the teaching programs were written in the United States - the frontier land of discovery and adventure – and the last words were written in India – the repository of wisdom and home of the Vedic Heritage – appears to be more than a mere coincidence. It seems to point to the universality of what is contained in the heritage and drive home the fact that Truth transcends geographic, cultural, religious and racial bounds. It is symbolic of what the book attempts to do which is to bring an understanding of the ancient Vedic Heritage into the lives of adults and children of Indian origin all over the world.

Unlike fifty years ago, today Indians are immigrating to the West in increasing numbers, searching for economic freedom and life opportunities. In crossing the ocean and establishing new roots far away from their home, Indians find a natural break down of cultural forms and traditions in their new communities. As one encounters a totally different culture and lifestyle, there is a painful search to reclaim one's Indian identity. Some Indians reject and criticise everything Western and idealise everything Indian. Some have built temples and community centres and have tried to recreate the India they left behind. Others have compensated for their alienation by denying their Indian identity and adopting a Western way of life. In doing so, Indians isolate themselves from other Indian immigrants and thus deny their heritage.

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Only when we understand our heritage as adults will we be equipped to teach it to our children. To accomplish this, one must necessarily appreciate one's new environment and discover the relevance of one's cultural upbringing in light of the new society. The West has been the home for the first generation of Indian children and has shaped their cultural identity. Their Indian heritage is linked merely to their parents and grandparents. To appreciate and imbibe their Vedic Heritage without the infrastructure of the Indian society, it is critical that they understand the relevance of the heritage in their own lives. Understanding one's cultural and religious traditions during one's developmental years is essential to intimately identifying with one's heritage. By writing these books, I hope that many individual parents and the Indian community outside India will rediscover the profound wisdom that pervades their culture. I also hope that for cross-cultural communities, this work will open the doors to the discovery of a profound living culture and its spiritual tradition.



Swamini Pramananda (Ammaji)

What next? Reach out to [info@purnavidya.org](mailto:info@purnavidya.org) ; [programs@purnavidya.org](mailto:programs@purnavidya.org) for your queries on customized delivery of the above programs for your community.

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