

# Balagokulam



FIFTY YEARS OF CONTRIBUTION

THROW AWAY ALL WEAKNESS.  
TELL YOUR BODY THAT IT IS STRONG,  
TELL YOUR MIND THAT IT IS STRONG,  
AND HAVE UNBOUNDED FAITH  
AND HOPE IN YOURSELF

*Swami Vivekananda*

[WWW.SWAMIVIVEKANANDAQUOTES.COM](http://WWW.SWAMIVIVEKANANDAQUOTES.COM)

# Namaste all

During these unprecedented times, it is important that we focus and keep our mind, body and spirit nourished with positive actions and thoughts.

With this in mind, the Bauddhik and Shareerik team have created numerous challenges for swayamsevaks and sevikas aged between 4-13, to complete over the coming months.

The pack can be completed in any order and is there to inspire and encourage you to focus some of your daily activities in an effective way.

## The guidance is really simple:

- Try and complete as many of the challenges as possible
- Record your progress with signatures from your parents and take lots of photos as records
- Discuss how you are progressing on a weekly basis, either during or at the end of the e-shakha.
- If you want to add more challenges or substitute some of the challenges please do so after speaking to your Karyawaha

Enjoy, give 100% effort and try your best.

At the end of the challenge, you will get a certificate depending on the number of challenges completed:

**14 challenges** – You will get a **BRONZE** certificate

**28 challenges** – You will get a **SILVER** certificate

**42 challenges** – You will get a **GOLD** certificate

*Have fun and stay safe!*

**Bauddhik and Shareerik team!**



Track your progress by ticking or tallying the challenges completed



#

Bauddhik Challenge

Shareerik Challenge

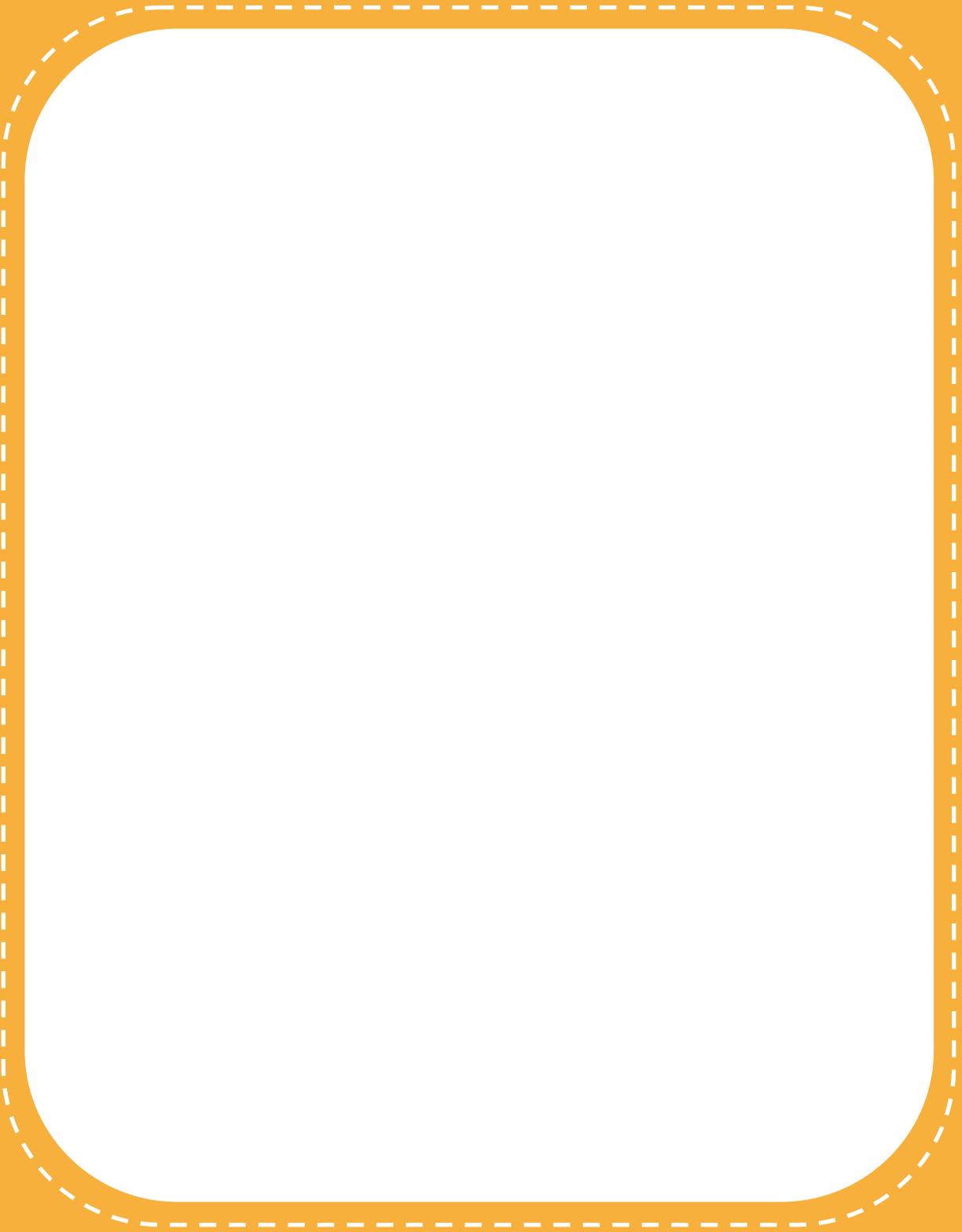
- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10
- 11
- 12
- 13
- 14
- 15
- 16
- 17
- 18
- 19
- 20
- 21
- 22
- 23
- 24
- 25





## Bauddhik Challenge 1:

Draw and record your family tree as far back as you can with your parents. See if you can find the cities, countries and languages your family speak.





## Bauddhik Challenge 2:

Learn the Sangh Prarthana and its meaning  
(see Sangh Sutra for original copy and meaning)

### What does Sangh Prarthana mean?

Describe what each stanza means and  
how and what you should do on a daily basis to live its meaning.

**Stanza 1**

**Stanza 2**

**Stanza 3**

**Stanza 4**





## Bauddhik Challenge 2:

Learn the Sangh Prarthana and its meaning  
(see Sangh Sutra for original copy and meaning)

Stanza 5

Stanza 6

Stanza 7

Stanza 8

I have learned the Sangh Prarthana off by heart

Date:



# Bauddhik Challenge 3:

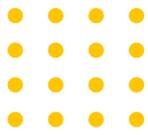
Can you identify the names of 6 Hindu scriptures.

Scripture Name	A short description of the scripture and importance to Hindu Dharma	When was it written?

## Bauddhik Challenge 4:

Learn a new Hindu prayer and its meaning off by heart

Write the prayer and its meaning here:



# Bauddhik Challenge 5:



Meditate for 5 minutes a day for 21 days

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
---	---	---	---	---	---	---	---	---	----	----	----	----	----	----	----	----	----	----	----	----



## Tips for Meditation

1. Sit cross legged on the floor or on a chair
2. Find a quiet place
3. Close your eyes
4. Breathe in and out and slowly
5. Chant AUM
6. Open your eyes slowly after 5 minutes
7. Write in your journal afterwards

## Daily Journal - Write up your answer to these questions

### MORNING

1. What one to three things am I grateful for and positive about today?
2. Which person am I going to call today to see how they are?
3. What one to three things will I do today to make it a great day?

### NIGHT

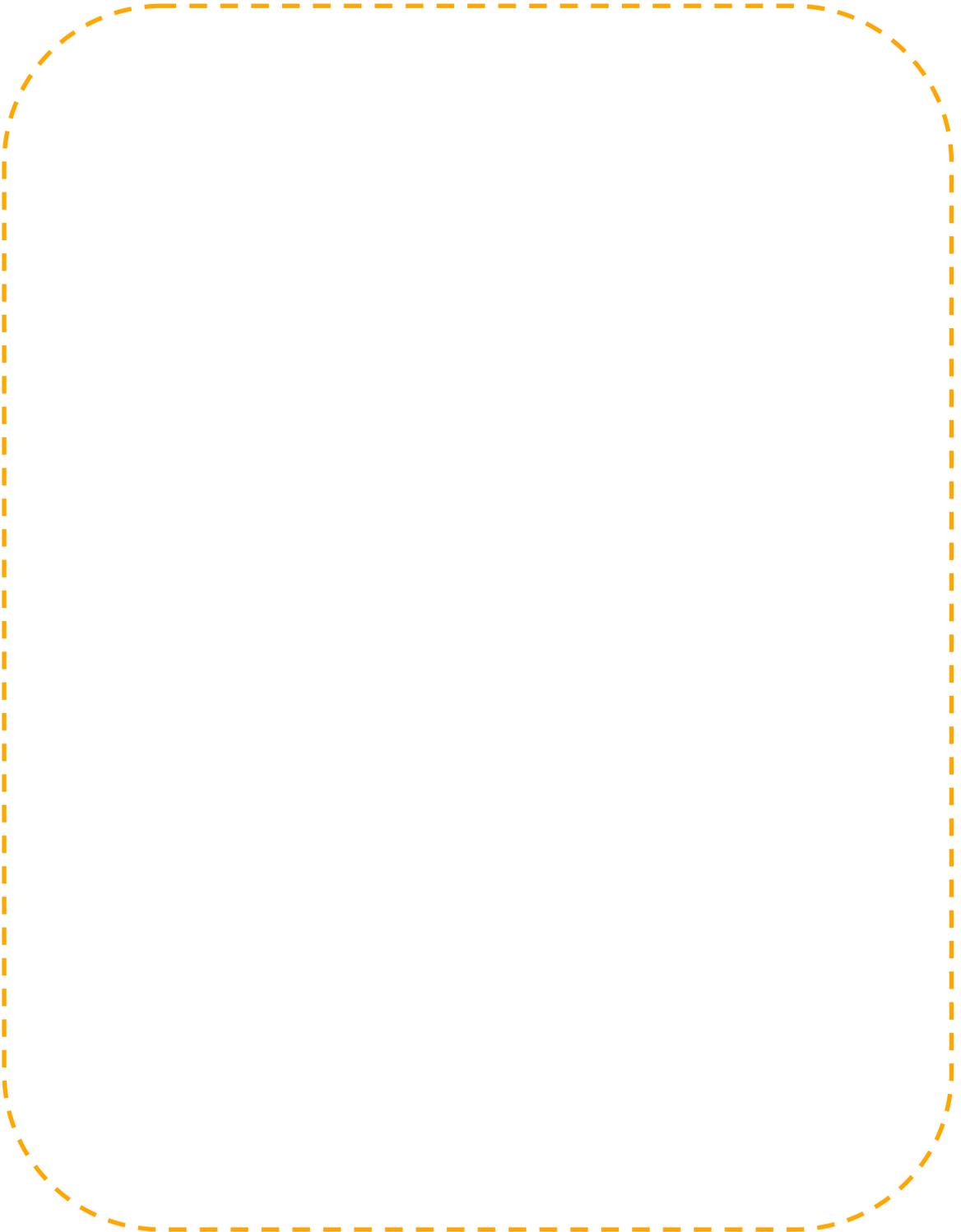
1. What kind of things did I do today?
2. What challenge did I work on today?
3. Recite a prayer and think of your favourite Bhagvan (God)?





## Bauddhik Challenge 6:

Write a page on your favourite Hindu god/goddess and what qualities you like about them





## Bauddhik Challenge 8:

Learn up to 5 yoga postures, their names and meaning



## Bauddhik Challenge 8:

Learn up to 5 yoga postures, their names and meaning



## Bauddhik Challenge 8:

Learn up to 5 yoga postures, their names and meaning

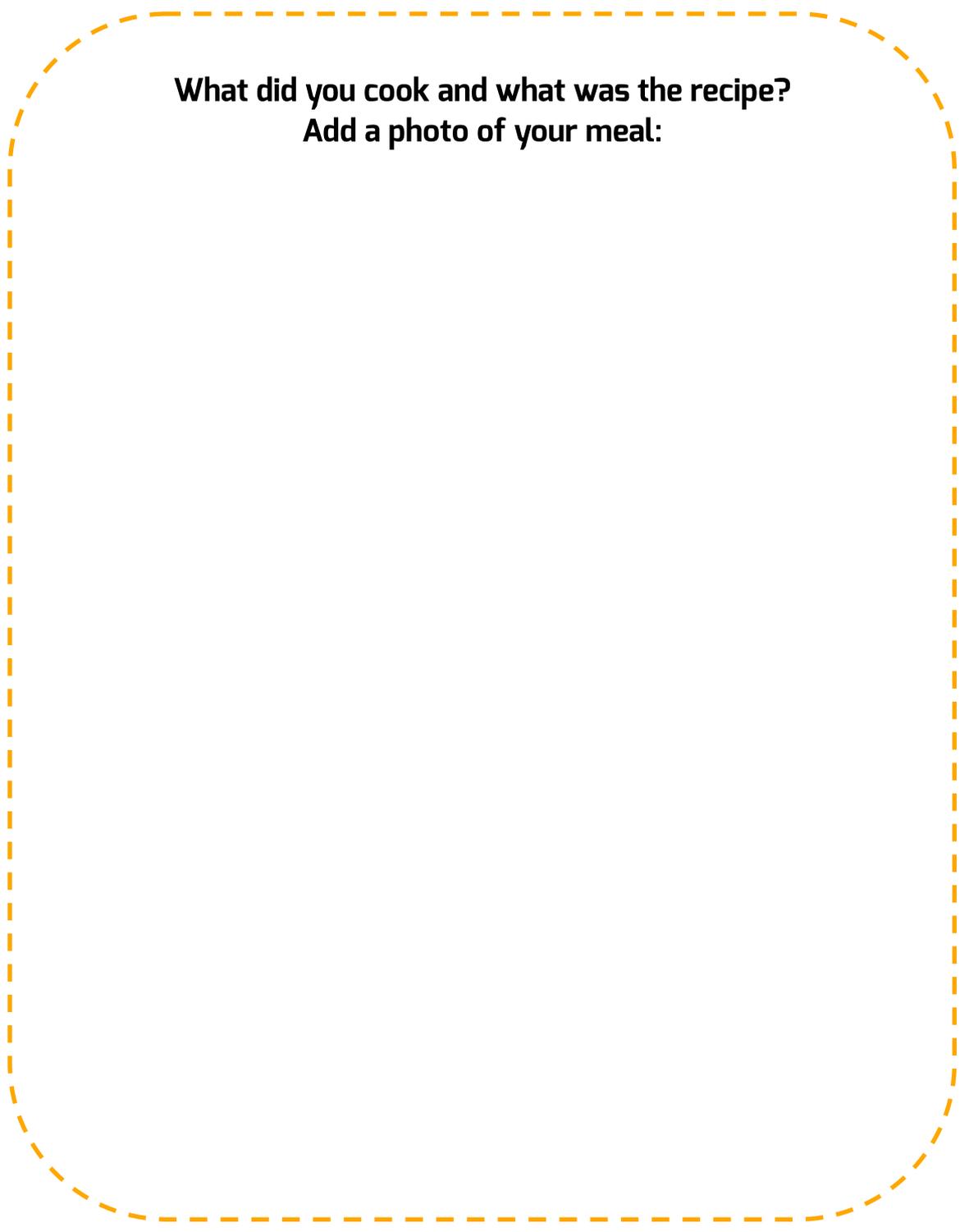




## Bauddhik Challenge 9:

Learn to cook a new vegetarian Indian meal either on your own or with a family member.

What did you cook and what was the recipe?  
Add a photo of your meal:





## Bauddhik Challenge 11:

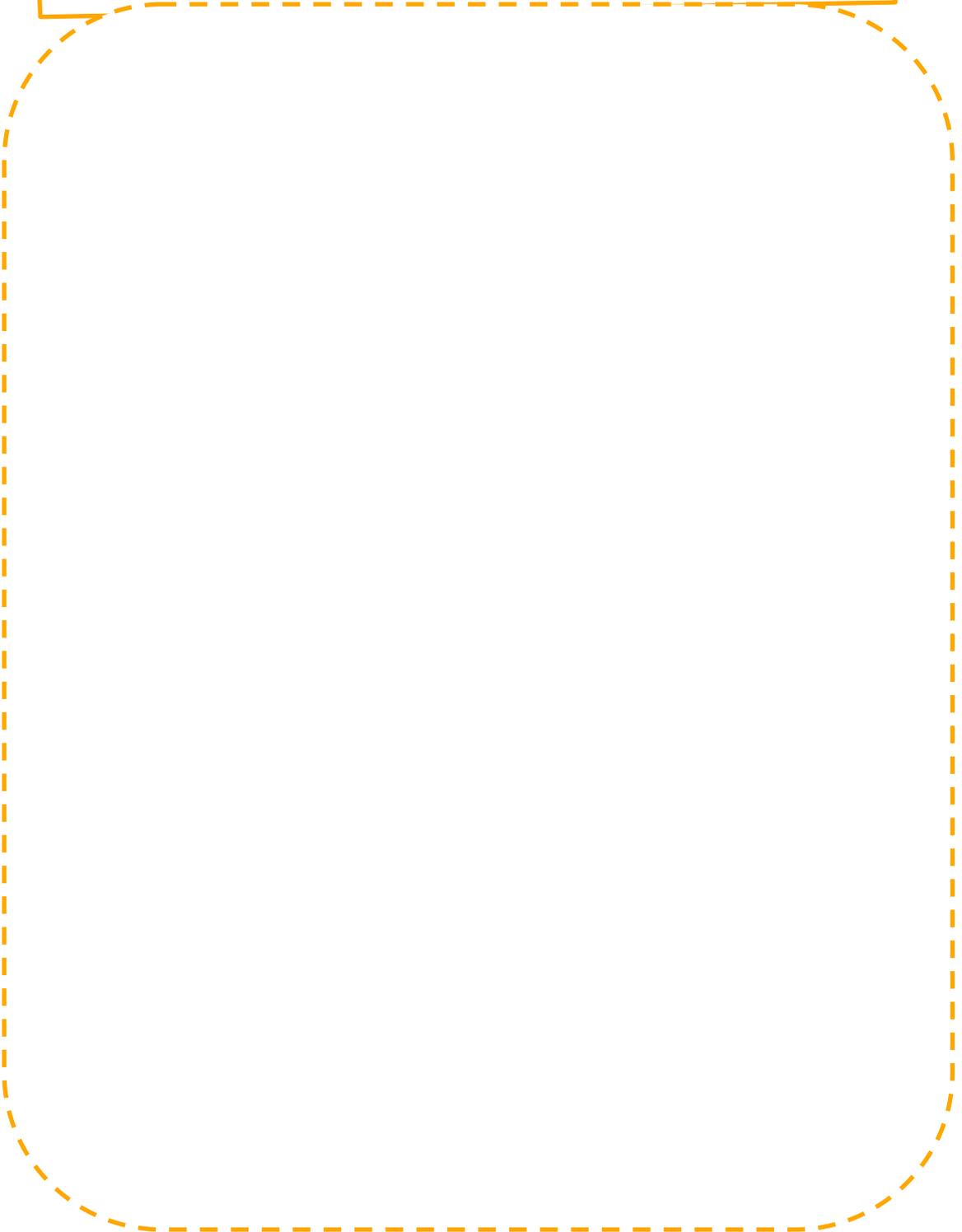
Contact an elderly person that you have not spoken to recently to ask how they are and provide some companionship over the phone for 10 minutes

**What did you speak about and stick a picture of your speaking to the person.**



## Bauddhik Challenge 12:

Learn to Grow your own vegetable or flower.  
Post some pictures of your plant and its journey.  
Log how much it grows every week.



# Bauddhik Challenge 13:

Learn the meaning of your name as well as your parents names.

**Your Name**

**Meaning**

**Your Mum's Name**

**Meaning**

**Your Dad's Name**

**Meaning**

## Bauddhik Challenge 14:

Read the Ramayana and record 10 interesting facts:

**Fact 1**

**Fact 2**

**Fact 3**

**Fact 4**

**Fact 5**

## Bauddhik Challenge 14:

Read the Ramayana and record 10 interesting facts:

**Fact 6**

**Fact 7**

**Fact 8**

**Fact 9**

**Fact 10**



## Bauddhik Challenge 15:

Read the Mahabharata and record 10 interesting facts:

Fact 1

Fact 2

Fact 3

Fact 4

Fact 5





## Bauddhik Challenge 15:

Read the Mahabharata and record 10 interesting facts:

Fact 6

Fact 7

Fact 8

Fact 9

Fact 10



# Bauddhik Challenge 16:

Read about the life of Keshav Rao Baliram Hedgewar (Doctorji) or another Hindu male hero. Write 10 facts about them.

● **Fact 1**

---

---

---

---

---

---

● **Fact 2**

---

---

---

---

---

---

● **Fact 3**

---

---

---

---

---

---

● **Fact 4**

---

---

---

---

---

---

● **Fact 5**

---

---

---

---

---

---

# Bauddhik Challenge 16:

Read about the life of Keshav Rao Baliram Hedgewar (Doctorji) or another Hindu male hero. Write 10 facts about them.

● **Fact 6**

---

---

---

---

---

---

● **Fact 7**

---

---

---

---

---

---

● **Fact 8**

---

---

---

---

---

---

● **Fact 9**

---

---

---

---

---

---

● **Fact 10**

---

---

---

---

## Bauddhik Challenge 17:

Read about the life of Laxmibai Kelkar (also known as Vandaneeya Mausiji or another female hero. Write 10 facts about them.

Fact 1

Fact 2

Fact 3

Fact 4

Fact 5

## Bauddhik Challenge 17:

Read about the life of Laxmibai Kelkar (also known as Vandaneeya Mausiji or another female hero. Write 10 facts about them.

Fact 6

Fact 7

Fact 8

Fact 9

Fact 10



## Buddhik Challenge 18:

**SEWA**

Carry out 5 acts of kindness over the next 21 days and record them.

**Random Act of Kindness 1:**

**Random Act of Kindness 2:**

**Random Act of Kindness 3:**

**Random Act of Kindness 4:**

**Random Act of Kindness 5:**





## Bauddhik Challenge 20:

Write a letter to someone that lives 100 miles away.

Who did you write to?

Why did you write to them?

What did they say when they got the letter?



## Bauddhik Challenge 21:

Learn 10 phrases in your Mother Tongue as well as  
Hindi or Samskrit

Phrase 1:

Phrase 2:

Phrase 3:

Phrase 4:

Phrase 5:





## Bauddhik Challenge 21:

Learn 10 phrases in your Mother Tongue as well as Hindi or Samskrit

Phrase 6:

Phrase 7:

Phrase 8:

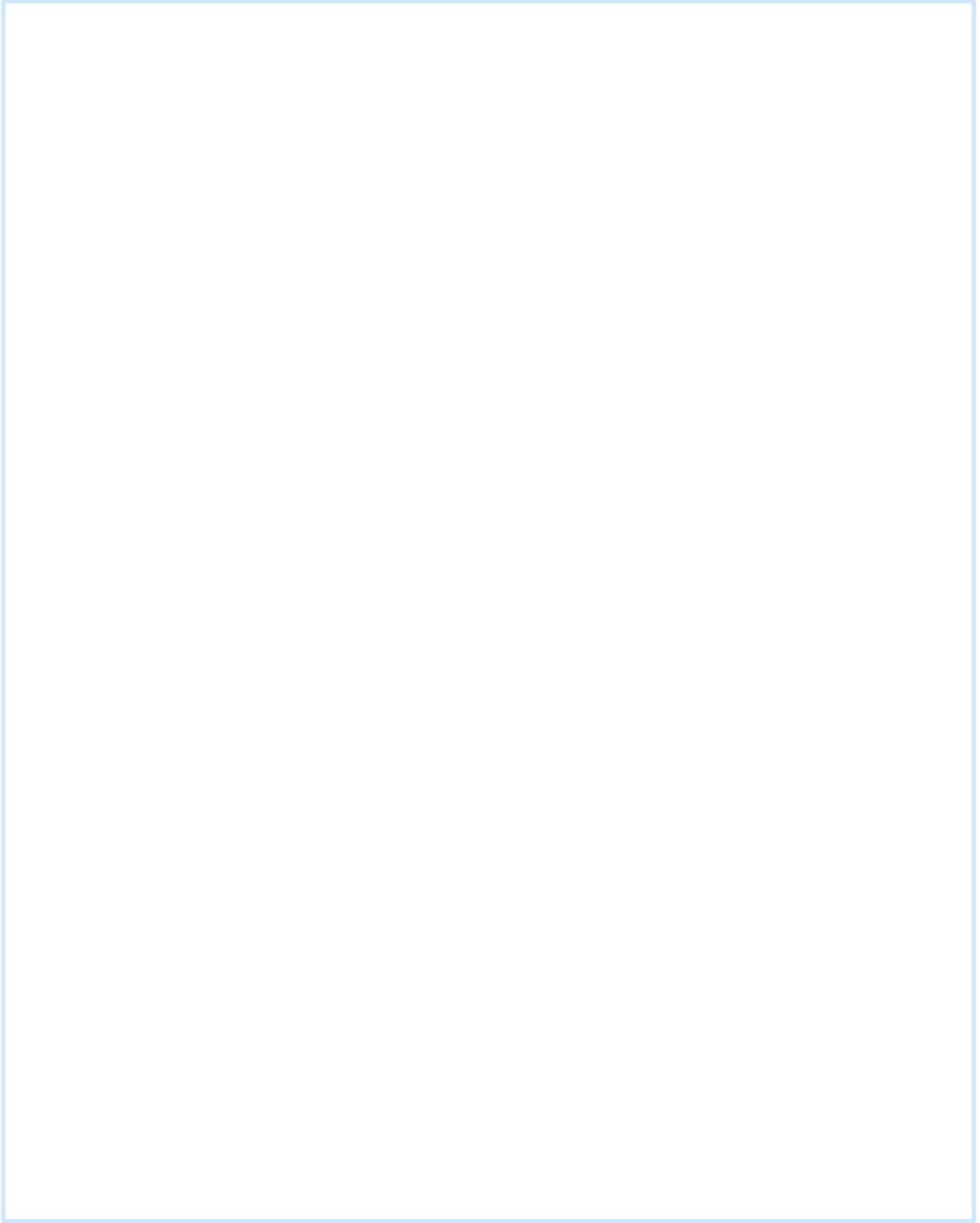
Phrase 9:

Phrase 10:



# Bauddhik Challenge 22:

Learn the Bhojan Mantra  
and do it daily before lunch and dinner.



## Bauddhik Challenge 23:

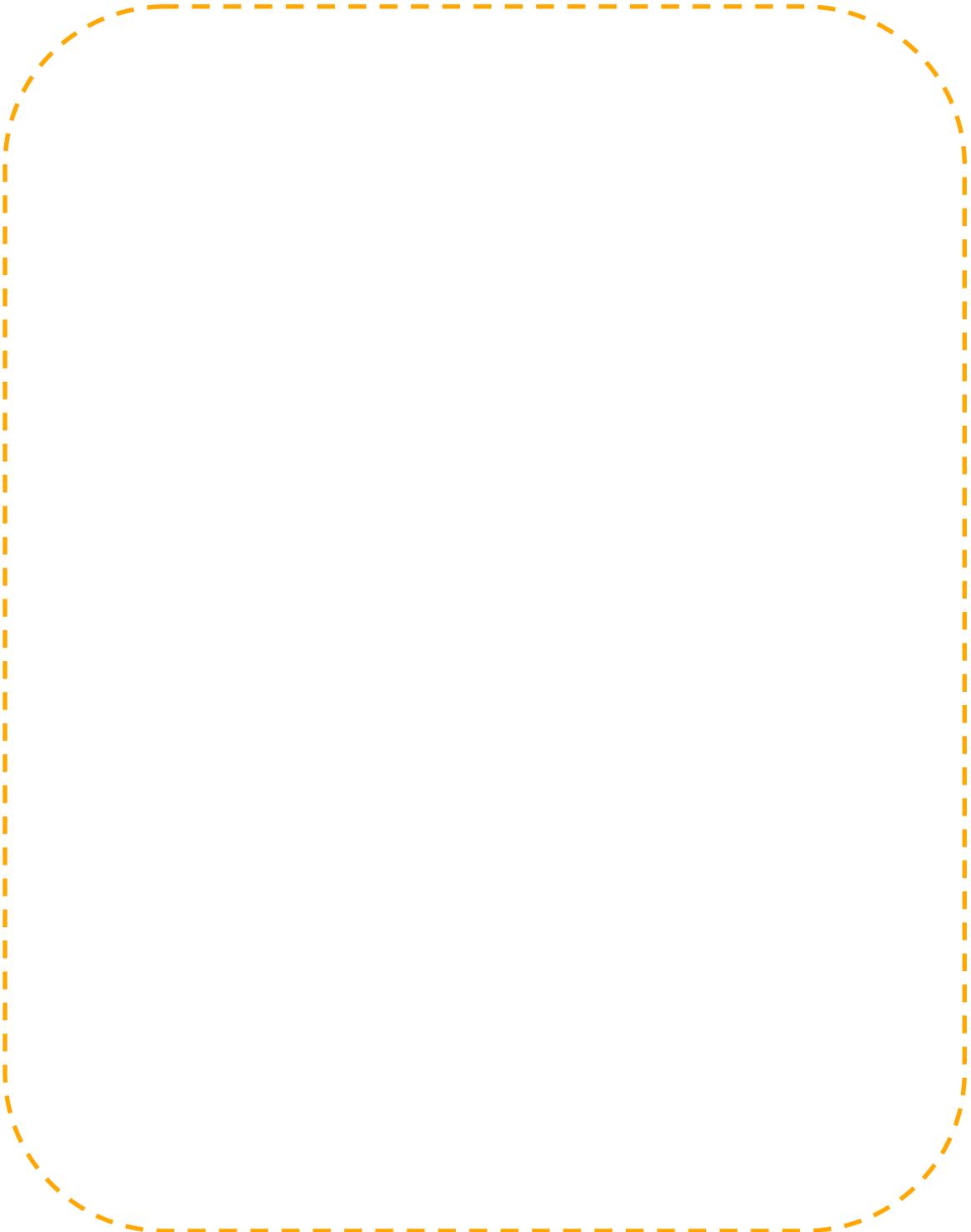
Create a Raksha Bhandhan card to send to your local hospital to say thank you for their help during the Covid19 crisis.

Stick a picture of the card that you sent.  
Why do you think it is important we say thank you to those who help and protect us?



## Bauddhik Challenge 24:

Draw or write an article on your favourite festival.



# Bauddhik Challenge 25:

Find your favourite quote and explain why you like it.  
Why not create your own inspirational quote.

• **Your Favourite Quote:**

• \_\_\_\_\_

• \_\_\_\_\_

• \_\_\_\_\_

• \_\_\_\_\_

• \_\_\_\_\_

• \_\_\_\_\_

• \_\_\_\_\_

• \_\_\_\_\_

• **Why do you like the quote:**

• \_\_\_\_\_

• \_\_\_\_\_

• \_\_\_\_\_

• \_\_\_\_\_

• \_\_\_\_\_

• \_\_\_\_\_

• \_\_\_\_\_

• \_\_\_\_\_

• \_\_\_\_\_

• \_\_\_\_\_

• \_\_\_\_\_

• \_\_\_\_\_

• \_\_\_\_\_

• \_\_\_\_\_

• \_\_\_\_\_

• \_\_\_\_\_

• \_\_\_\_\_

• \_\_\_\_\_

• \_\_\_\_\_

• \_\_\_\_\_

• **Your own inspirational quote:**

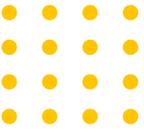
• \_\_\_\_\_

• \_\_\_\_\_

• \_\_\_\_\_

• \_\_\_\_\_

• \_\_\_\_\_



# Shareerik Daily Challenges



These challenges can be done on a daily basis and slowly become part of ours and a child's daily habit and lifestyle.



**Shareerik Challenge 1:** Chant 3 Aumkaars every day

**Shareerik Challenge 2:** Learn / Practice Daksha & Arama

**Shareerik Challenge 3:** Learn / Practice Vama Vruta, Dakshina Vruta

**Shareerik Challenge 4:** Learn / Practice Ardha Vruta

**Shareerik Challenge 5:** Learn / Practice Ek, Dvi, Tri and Chatush Pad Poorasara

**Shareerik Challenge 6:** Learn / Practice Ek, Dvi, Tri and Chatush Pad Pratisara

**Shareerik Challenge 7:** Learn / Practice Upavisha & Utishtha

**Shareerik Challenge 8:** Learn 10 naras e.g. Vishwa Dharma Ki Jai

**Shareerik Challenge 9:** Do 3 Suryanamaskars daily

**Shareerik Challenge 10:** Do 5 Pushups

**Shareerik Challenge 11:** Do 5 Sit-ups or 5 to 15 seconds plank

**Shareerik Challenge 12:** Do 5 Squats

**Shareerik Challenge 13:** Do 5 Burpees

**Shareerik Challenge 14:** Do 10 Star Jumps

**Shareerik Challenge 15:** Eat 3 Fruits daily

**Shareerik Challenge 16:** Eat 3 Vegetables daily

**Shareerik Challenge 17:** Drink 5 glasses of water daily

**Shareerik Challenge 18:** List all the healthy and unhealthy foods in your house

**Shareerik Challenge 19:** Sit in silence for 10 mins



**Shareerik Challenge 20:** Brush teeth morning and before going to bed

**Shareerik Challenge 21:** Help mum or dad with a house chore

