

Om Sri Sai Ram

Sri Sathya Sai Seva Organizations, Karnataka

Sri Sathya Sai Veda Poshana

Trainer's Guidelines

1) *Introduction*

The objective of this document is to provide some basic guidelines to help improve the effectiveness of the Veda classes conducted by “newly trained” Veda trainers in their neighbourhood.

2) *Class Duration and frequency*

The recommended frequency is 2 classes a week, each class of 45 minutes duration.

3) *Veda class venue*

It is recommended to conduct Veda class in a Sai Centre or a neutral community centre such as a temple. However there is no barrier to conduct the class in a house. Good lighting and ventilation does help in better assimilation. It is desirable that both Guru and students sit on the floor on mats for the class. Chairs may be provided for elderly people should they feel the need. Open air venues are fine too so long as it does not rain.

4) *Class Timings*

The ideal time to hold classes is early morning between 6AM – 7:30 AM.

5) *Seating posture*

Back to be erect. Avoid shaking head and hands as you chant.

6) *Chanting*

Chant loudly, feel the sound emanating from the navel. Learn to avoid singing. Refer to chanting nuances doc.

7) *Student categories*

The Guru must divide the students into 3 categories based on age. The first group comprises children up to the age of 15 years. The second group is for youth in the age group 15-40. Adults 40+ constitute the third group. The learning needs and pace of each group being different, the

guru must ideally hold separate classes for them. However if students from different groups need to learn together in the same class, the Guru must tutor them separately.

8) Usage of books

Veda has to be learnt and taught by sound. Generally speaking Students must be discouraged from using books and must concentrate on the sound emanating from the Guru. The Guru must split the sentences as per Vedam tutorial to make it easy for students to repeat. The Adult students may use a book if they are unable to grasp.

9) Chanting by students

- a. Each student must chant individually in every class even if it is a small portion.
- b. Chanting in sub groups must be encouraged.
- c. Some chanting Techniques –
 - i. Swasti chanting – Divide chanters into 2 groups, each group chants one.
 - ii. Each student chant ones line.
- d. Trainer to focus on the chanting of the student by closely hearing and looking at the lip movement of student.
- e. Special focus on
 - i. Pronunciation. Clarity of word.
 - ii. Purity of intonations
 - iii. Thoroughness of Order
 - iv. Proficiency in chanting (maintaining the same sruthi while chanting)

10) Pace of class

- a. Guidelines are given for each hymn.
- b. Class must be targeted for average learner.
- c. Slow learners may need special classes.

11) Other resources

- a. Avoid shruthi box to the extent possible.
- b. A laptop and projector/screen though helpful in some cases is not compulsory.

12) Class Plan

- a. Revision (25 minutes) of Previous instruction
 - Individual revision (15 minutes) includes
 - 1:1 revision.
 - sub group revision like Swasthi chanting
 - whole Group revision (10 minutes)
- b. New instruction (15 minutes) in 1+2 format. 3 cycles of new content of 5 minutes each.
- c. Significance/Insights (5 minutes)
 - Could be literal meaning

