

## The programme



The sessions would be handled by Swami Brahmanistanda Saraswati who has handled such sessions in India and here in Canada too earlier.

Since Swamiji got busy with the regular Geeta and Upaniṣad classes for the elders, the sessions for both the youth and children were suspended. The plan to restart the sessions arose since students of Brahma Vidyā Gurukulam felt the need for their children.

The sessions would primarily be in the form of group discussion to start with and later the sessions would start with a talk. The resource material would be from the Bhagavad Geeta and anecdotes from the Mahābhārata or Rāmāyaṇa and some works of Ādi Śaṅkarācārya & other holy texts.

### Brahma Vidyā Gurukulam

Seminary of Vedantic Studies  
1228 – 62 Street, Edmonton, AB.  
T6L 2H9  
CANADA

Telephone: 780-450-2796

Facsimile: 780-450-1263

Website: [www.brahmavidyagurukulam.com](http://www.brahmavidyagurukulam.com)

email : [edmonton@brahmavidyagurukulam.com](mailto:edmonton@brahmavidyagurukulam.com)

## Yuva Saṁskāra

Classes for youth



*Youth is the most important stage in one's life!!!*

## Yuva Saṁskāra

Saṁskāra is a Sanskrit word which is used in Hinduism to convey very many things. It can basically be used in the sense of an act or it could be used in the sense of the effect of the act. The word has varied meanings can be used in the sense of purification, cleansing, training or educating the mind and finally the education its leaving an impression on the mind. The impressions being left on the mind according to the Hindu Scriptures, is not just memory but much deeper and long lasting. Memories are confined to a limited time-space frame, with tendencies slightly extending the two frames. However, Saṁskāra never dies or rolls away in the normal sense, but turn out being the basis or support for future Saṁskāras .



Yuva means youth, in Sanskrit. Generally, the stage of life after teenager and before middle age, is considered youth. But for our program Yuva Saṁskāra we confine ourselves to the age

group immediately after teen to being an young adult. This is the age when reasoning sets in when one becomes fairly well evolved to reason out issues and can live up to their convictions. The minds enjoy a flexibility where reasoning can and does bring about changes. Saṁskāra the word means, education in the real sense of the term, which could leave a

strong impression of values, culture and certain sense of holiness in the mind depending upon the assimilation of what is revealed in the scriptures.

It is the duty of every parent to prepare and sow healthy seeds in the minds of their children in the formative age itself, which normally every Hindu parent does. However, there could be times when curiosity and eagerness to learn triggers lots of questions on the part of youth, that go beyond the normal level of handling, which is when an external help comes in handy.

### Crisis in education

There has been much pressure on the educational institutions that the immediate primary concern is to equip the minds with information. In the process there is very great scope for academic excellence, but with the inner personality not being addressed, inner emptiness and fear lurks the minds. This choicelessly leads the mind to seek various channels of escape to give vent to the inner pressures. There is need for a complementary education process to stem the rot. Brahma Vidya Gurukulam aims at providing the needed complementary education through its various programmes of which Yuva Saṁskāra is one.

### Today's youth is tomorrow's Leader

Great importance should be laid on the youth so that they can flower into strong and dynamic citizens contributing not only to the home and home-

land but also the world outside. They should see themselves as a blessing not only for themselves, but also their parents and their nation. The inputs that they receive in the formative stages become very important in the making of their personality.

### Conflicting Value system

Great care must be taken during this time to see that they discover the truth and importance of the Hindu Values of life. They would be able to discover that these are at once universal and can generate an eco-friendly atmosphere.

Every Culture and Religion has its own salient features and no one religion and culture can be held to be superior to the other. There might be things one might have to learn from other cultures and religion, but it is advantageous to have a strong foundation in the culture and religion of one's birth, as one can easily relate to it and becomes validated, instead of just remaining as a mere speculation. Hinduism has stood the test of time though being the oldest is still a living culture and religion.

The Hindu Scriptures like Ramāyaṇa and Mahābhārata (epics) and other texts have a knack of moulding the personality into strong and dynamic ones. It has been a time-tested tool, which has effectively handled generations of people. One who is the product of the culture and has studied the Scriptures, can be of help.