

The next 4 worldwide literature will cover charnavind. As simple as it sounds, children and adults alike will really go into details as to why these specific charavind and there and what they mean.

This will then be followed by word search activity which should be done in pairs not as a group.

if the resources arrive on time, there will be a puzzle activity as well which should be fun.

The word search will be printed for each group.

**Satsang Early Years Foundation Stage (SEYFS)
Lesson Plans and Teachers Notes – Level 1**

Dhyan: Swastik, Ashtakon, Ankush

Objective:

- The student should be able to recognize the Cheens on the Bhagwan Charan

Required Materials:

Step-By-Step Procedures:

1. Explain to the students the term "Dhyan"

2. Explain in simple terms the word 'Cheen' and 'Charan' including;
 - a. How many on right Charan
 - b. How many on left Charan
 - c. Total number of Cheens on Charan

3. In simple terms explain why the Bhagwan Charans are important.

4. Swastik
 - a. Show the image
 - b. Say the name of the Cheen
 - c. Show the location, direction and orientation
 - d. Draw the image board

5. Ashtakon.
 - a. Show the image
 - b. Say the name of the Cheen
 - c. Show the location, direction and orientation
 - d. Draw the image on board

6. Ankush.

6. Ankush.

- a. Show the image
- b. Say the name of the Cheen
- c. Show the location, direction and orientation
- d. Draw the image on board

7. Get the students to draw the Cheen images and look at the Cheens shape, feature, and orientation. Now get the students to close their eyes and try to visualise the shape in the mind and explain what they are seeing. Finally get the students to find three words from the word search.

Closure (Reflect Anticipatory Set):

1. The teacher to summarise the points covered in the teachers plan

Assessment Based On Objectives:

1. Get the students to identify with the image and the verbally say the name of the Cheen.

Adaptations (For Students with Learning Disabilities): None

Possible Connections to Other Subjects: None

Dhyan: Swastik, Ashtakon, Ankush Teachers Notes

1. What is Dhyan? Dhyan means to mediate.
2. What is Charan? When we refer to Bhagwan feet, we call it Charan. What are Cheen? Cheens are special symbols, feature on Bhagwan's divine body. On Bhagwan's right Charan there are 9 Cheens. On Bhagwan's left Charan there are 7 Cheens.
3. To draw the Swastik Cheen
4. To draw the Ashtakon Cheen
5. To draw the Ankush Cheen

Swastik: One achieves good luck and salvation.



Ashtakon - Octagon: Easily able to overcome hardship arising from the elements of the universe and get happiness internally (antar).



Ankush - Goad: Control over mind and senses, in the same way an elephant owner controls his elephant by using the Ankush



Review / Closure Questions

1. What does the Swastik Cheen mean?
2. What does the Ashtakon Cheen mean?
3. What does the Ankush Cheen mean?
4. What does Dhyan mean?
5. What does Charan mean?
6. What does Cheen mean?
7. How many Cheens on Bhagwan's right Charan?
8. How many Cheens on Bhagwan's left Charan?

Dhyan: Kamal, Dhvaj, Udhvarekha Teachers Notes

1. What is Dhyan? Dhyan means to mediate.
2. What is Charan? When we refer to Bhagwan feet, we call it Charan. What are Cheen? Cheens are special symbols, feature on Bhagwan's divine body. On Bhagwan's right Charan there are 9 Cheens. On Bhagwan's left Charan there are 7 Cheens.
3. To draw the Kamal Cheen
4. To draw the Dhvaj Cheen
5. To draw the Udhvarekha Cheen

Kamal-Lotus: Constant focus on Lord Swaminarayan is achieved; forces of Maya are kept at bay, just as the lotus flower remains on water



Ketu – Flag (Dhvaj): Guided through life with the principles of Lord Shree Swaminarayan, in the same way that wind guides the sway and direction of a flag

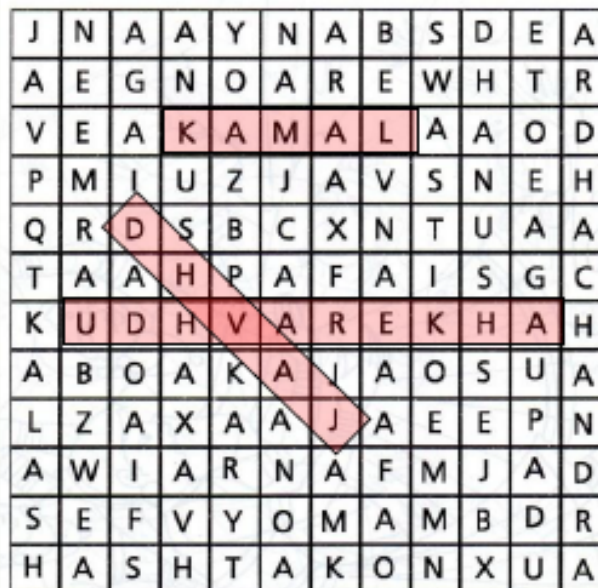


Udhvarekha - Ascendant Line: Attainment of salvation





Get the students to find the three Cheens from word search below.



Left Feet

KALASH
MEEN
VYOM
TRIKON
ARDHACHANDARA
DHANUSH
GAUPAD

Right Feet

ANKUSH
JAMBU
JAV
ASHTAKON
UDHVAREKHA
SWASTIK
KAMAL
DHVAJ
VRAJ

Review / Closure Questions

1. What does the Kamal Cheen mean?
2. What does the Dhvaj Cheen mean?
3. What does the Udhvarekha Cheen mean?
4. What does Dhyan mean?
5. What does Charan mean?
6. What does Cheen mean?
7. How many Cheens on Bhagwan's right Charan?
8. How many Cheens on Bhagwan's left Charan?