

Brahmakumaris is putting special emphasis on teaching cultural values to youngsters

Shoring up their spiritual quotient

Meghna Sharma

Summer is here and so are the vacations. Boredom and idleness obviously creep in among children; parents are a worried lot. Rainbow Kids, a summer camp organised by Brahmakumaris, will surely keep your little one busy.

Brahmakumaris — a spiritual and value-based educational institution — has been organising summer camps for the last 10-12 years. This year the theme is enjoyment and personality development for children between six and 13 years of age. "Summer camps were started with the sole intention to help children think and reflect on different values," said Rajyogini Brahmakumari Meera, director of organisation.

She added, "This is done by the way of making children participate in individual and group activities like music, dancing, painting, games, meditation or yoga, skits and role play."

Usually, summer camps focus on activities and hobbies like singing, dancing and painting. But at Brahmakumaris, the focus is on providing guiding principles and tools for the development of the person. They recognise that an individual has physical, emotional, intellectual and spiritual dimensions.

As per the theme of the camp, activities will be based on how the seven colours signify our personality. A human personality is not only judged



Camps were started with the sole intention of helping children reflect on different values. The idea is to make them realise the practical implications of expressing them in relation to themselves & others."

—Rajyogini Brahmakumari Meera

by emotional quotient and intelligence quotient but also the spiritual quotient.

Brahmakumari Meera feels that spiritual quotient is a missing dimension in our everyday lives. Therefore, the inculcation of the importance and realisation of spiritual powers or moral values at a young age will help children. "It will deepen their understanding, motivation and responsibility with regard to making personal as well as social choices," said Brahmakumari Meera.

The technique of teaching at the camp will be interactive. Children will be encouraged to participate in giving speeches,

crafts, music, dancing, skits and role play. They will also be able to experience a feeling of relaxation, peace, tranquillity through intellectual meditation and yoga. "My exams are over and I want to play and make more friends. I came to

know about this summer camp through my grandmother," said Aiesha Matai, a 10-year-old.

On the other hand, Rishab Semlani, a 12-year-old, gained confidence through interaction and yoga. "I always thought that meditation is only for senior citizens, but here I have learnt yoga techniques. It's a series of simple, enjoyable mental exercises that calm the mind."

Parents can't wait to enrol their children. "I have attended a few sessions conducted by them in the past. Stress management and art of living classes helped me overcome my personal weakness. It also boosted my self-confidence. So, I want my child to attend the seminar," said Rachna Dixit, whose nine-year-old has become more modest and peaceful after attending the camp. The camp will also focus on concepts such as importance of ecology, recycling, conservation of water and energy.

The camp is on till May 1 at Brahmakumaris centres at Santa Cruz Kalina and Bandra-Kurla Complex. Contact: 26613405, 26616083

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