

GITA VICARA LEADERSHIP PROGRAM

Open to Grades 7-12 Location: Herricks Community Center, New Hyde Park



2022-23 Theme

Prithvi - Mother Earth

The Vision of the Gita

CLASSES & WORKSHOPS: 10 FRIDAYS 6 - 8 PM

10 SATURDAYS 1 - 3:30 PM

SUNDAY INTENSIVE WORKSHOPS TBA

[Click here for Schedule with Dates - 2022/23](#)

GITA VICARA LEADERSHIP PROGRAM

2022-23 Theme: 'Prithvi - Mother Earth & The Vision of the Gita'

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- **Bhagavad Gita & Ecology- Teaching, Meditation & Chanting**
- **Games for Seva Workshops & Design Thinking methods**
- **Develop Eco-Game Prototypes & a Master Eco Deck**
- **Create 'Prithvi Beats' - a collection of Music & Prose**
- **Create & Host Eco-Conference/Festival**
- **Adopt Earth based Call to Action Campaigns**
- **Release 'Chariots of Fate' - A Race like no other!**

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Bhagavad Gita & Ecology- Teaching, Meditation & Chanting

* **Reflect** on the Vision embodied in the verses of Chapter 10 of the Gita, bringing the Sacred into all aspects of life on Earth

* **Learn** to Chant, Visualize and be an inspired Ecologist in living a Life of Purpose

* **Apply** this vision, with deep understanding, to our Master Projects for the year

Vision of the Gita

'I am the creator of everything and because of Me everything is sustained. Thus knowing, the wise men endowed with vision gain Me' - Ch 10 Vs 8

'For them who are always committed to Me, seeking Me with love, I give that vision whereby they reach Me' - Ch 10 Vs 10

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Games for Seva Workshops

- * **Collaborate** with team members to create products that entertain, educate & enlighten
- * **Contribute** to the community by sharing our products through play, sales, blogs & podcasts
- * **Commit** to mentoring youth and paying it forward

Design Thinking Nuggets

"We can't solve problems by using the same kind of thinking we used when we created them." – Albert Einstein, Former refugee

"The main tenet of design thinking is empathy for the people you're trying to design for. Leadership is exactly the same thing – building empathy for the people that you're entrusted to help." – David Kelley, Founder of IDEO

"Design thinking is an iterative and non-linear process that contains five phases:

1. Empathize, 2. Define, 3. Ideate, 4. Prototype and 5. Test."

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Develop Eco-Game Prototypes

* **Develop** a Master Eco Game deck exploring the 10Rs - Rethink / Refuse / Reduce / Reuse / Recycle / Repair / Recirculate / Regenerate / Renew / Rejoice

* **Maintain** 3 levels of ecological thinking - Personal, Community & Municipality

* **Create** deck of universal Vedic Principles

* **Apply** SCAMPER (creativity tools) to Eclipse, Vice2Virtue, Make-A-Story and other games to prototype new games that weave ecological perspectives

* **Foster** Sandbox workshops to bring in principles of Design Thinking & Creativity in developing & testing prototypes

Design Thinking Methods

“If a picture is worth a thousand words, a prototype is worth a thousand meetings” — IDEO.org

“It isn't enough to pick a path—you must go down it. By doing so, you see things you couldn't possibly see when you started out; ” — Ed Catmull, Creativity, Inc



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'Prithvi Beats' - a collection of Music , Poetry & Prose

- * **Reflect** on our interdependent relationship with the 5 Elements
- * **Contemplate** on the Principles of Pancha Maha Yagna
- * **Write** poetry, prose, create music in teams
- * **Publish** a compilation blog for the collection

Bhu Suktam - Hymn to Mother Earth in the Atharva Veda

'The Earth is upheld, is sustained by Truth (Satya), Eternal Law/Order/Righteousness (Ritam), Consecration/Initiation (Deeksha), Devotion (Brahma) and Sacrifice (Yajna). That is, the earth that includes both the living beings as well as the surrounding environment are not just held together by gravitational and other physical laws of the Universe. Atharva Veda Verse 12.1.1

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Create & Host Eco-Conference/Festival

* **Apply** ecological principles of the Sacred - Activities, Panels, Films, Art, Music

* **Design** Concept Workshops with Main Topic, Strong Activity using our Products, and Prototype a Result/Conclusion with a Call to Action

* **Plan & Execute** Conference on Long Island or at AVG

Power of Community

"There is no power for change greater than a community discovering what it cares about." – Margaret J. Wheatley

"In every community, there is work to be done. In every nation, there are wounds to heal. In every heart, there is the power to do it." – Marianne Williamson

"I am of the opinion that my life belongs to the whole community and as long as I live, it is my privilege to do for it whatever I can. I want to be thoroughly used up when I die, for the harder I work the more I live." – George Bernard Shaw

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Adopt Earth based Call to Action Campaigns

- * **Collaborate** with ReWild Long Island to launch '5x5', a personal commitment to care for the land we live upon
- * **Create** a signature event of an annual educational Garden Tour
- * **Sponsor** Tree plantings at AVG with Game Play, Sales and pledges
- * **Create** a personal group pledge on Conscious Living

Hymns from the Rig Veda

"Plants are mothers and Goddesses." (Rig Veda Samhita x-97-4)

"Sacred grass has to be protected from man's exploitation "(Rig Veda Samhita vii-75-8)

"Plants and waters are treasures for generations. "(Rig Veda Samhita vii-70-4)

"Do not cut trees because they remove pollution." (Rig Veda 6:48:17)



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Game Release: 'Chariots of Fate' - A Race like no other!

* **Dedicate** the Game Play to raising awareness on the impact of the 5 Poisons on the environment

* **Pick** your Mahabharata character as a Charioteer with 5 Poisons - 'Ignorance, Ego, Attachment & Aversion, Fear of Death' to race to the end

* **Organize** Family & Friends game play sessions to raise funds for our Call to Action efforts

Face the Poisons

"If it can't be reduced, repaired, rebuilt, refurbished, refinished, resold, recycled or composted, then it should be restricted, redesigned or removed from production." –

Peter Seeger

"Everyone thinks of changing the world, but no one thinks of changing himself." – Leo Tolstoy

"The world will not be destroyed by those who do evil, but by those who watch them without doing anything." – Albert Einstein



GITA VICARA LEADERSHIP PROGRAM



Games For Seva

ENTERTAIN • EDUCATE • ENLIGHTEN

Workshops & Intensives

Classes on Fridays, Saturdays & Sundays

VALUES & WISDOM

- Vision of the Gita
- Voice of the Upanishads
- Wisdom of the Itihasas
- Contemporary Dharma Topics
- Listening
- Reflecting
- Contemplating

DESIGN THINKING

- Board & Deck Game Creation
- Prototype to Publishing
- Game Design Immersive Camps
- Travel with a Purpose

ENTERPRISE GOALS

- Presidential National Volunteer Award Track
- Games for Seva Internships
- Social Entrepreneurship
- Kickstarter Campaigns
- Marketing Videos, Blogs, Podcasts

ECO - DHARMA

- Ecology based activities
- Sustainability
- Transition from Consumer to Contributor
- Justice for People & Planet
- Reduce, Reuse, Recycle, Refuse

INNER QUOTIENT

- Guided Meditations
- Building Character
- Discuss, Debate, Contemplate
- Collaborative Insights
- Balancing mind and body
- Building Confidence



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Games For Seva
ENTERTAIN • EDUCATE • ENLIGHTEN
ONLINE RESOURCES

[Games for Seva Blogs](#)

[Purchase Games](#)

ADULT GITA CLASS

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Texts for Study

- * **Vibhuti Yoga-Glories of Isvara**, Chapter 10 of the Bhagavad Gita
- * **Bhu Suktam** from the Atharva Veda - 63 Verses
- * **Reflection & discussion**

Monthly Retreat on Saturdays

SCHEDULE-CLICK HERE FOR DATES

10:00-11:00 AM PRITHVI MEDITATION, YOGA & CHANTING

11:00-11:45 PM TEXT STUDY & DISCUSSION

11:45-12:45 PM PRITHVI BOOK CLUB & WRITING WORKSHOP

MONTHLY ONLINE - WEDNESDAYS

PRITHVI BOOK CLUB, WRITING WORKSHOP & MEDITATION

IMPORTANT DATES

KICKOFF/INFO - SAT OCT 1: 10:00 - 11:30 AM

RETREAT FIRST SESSION - SAT OCT 8: 10:00 - 12:45 PM



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Prithvi Book Club - The Philosophy

- * **5 Books** to deepen the connection to Mother Earth as a source of total inspiration
- * **Slow Reading** with writing workshops - 1 book over 2 months
- * **Reflection** & discussion on passages

The Books

Underland - Robert McFarlane

Vedic Ecology - Ranchor Prime

Zen & the Art of Saving the Planet - Thich Nhat Hahn

The Hidden Life of Trees - Peter Wohlleben

Finding the Mother Tree - Suzanne Simard

Deep River - Shusaku Endo

"Have you also learned that secret from the river; that there is no such thing as time?" That the river is everywhere at the same time, at the source and at the mouth, at the waterfall, at the ferry, at the current, in the ocean and in the mountains, everywhere and that the present only exists for it, not the shadow of the past nor the shadow of the future."—Herman Hesse, Siddhartha

