

Aum Sri Sai Ram

Some Additional Information for the group 4 class topics.

1. Bio of Bhagavan Sri Sathya Sai Baba.
2. How to Communicate with Parents (4-part series): *Based on DVP Program.*
3. How to live a balanced life? (school/ work/ friends/ home)
4. Thought-Word-Deed.
 1. Is there a part of me that only my friends know but not my parents or my SSE friends?
 2. Is there a part of me that only my SSE friends know but not my parents or my school friends?
 3. Is there a part of me that only my parents know but not my school friends or my SSE friends?
 4. How do I bring all these parts into one whole me?
5. Handling Emotions.
 1. Understanding my emotions.
 2. Do my parents handle emotions differently than I do?
 3. Do my friends handle emotions differently than I do?
6. Peer Pressure.
 1. How to react to people who are mean to you?
 2. Cyber bullying.
7. Career Path.
 1. Should my hobby become my career?
 2. How do I discuss my career path with my parents?
8. Good Company (Satsang)
9. Constant Integrated Awareness.
10. Conscious, Conscience, Consciousness.
11. Empathy VS Sympathy.
12. Anger Management (2-part series)
13. Why are there so many Religions?
14. Relevancy of Learning the Mahabharata and Ramayana for Teens.
 1. Karna's decision to stay with Duryodhana.
 2. Kunti and Karna's relationship.
 3. Draupadi's anger towards the Kaurava's and Krishna's response.
 4. Select one of the five brothers and discuss them. Perhaps either Yudhisthira or Arjuna.
 5. Role of women in Mahabharata.
15. Self-Esteem.
16. Self Respect (How to respect yourself and values when you are around friends?)
17. What is happiness?
18. Stress and Time Management.

19. Milestone Speeches: Who is Sai? Four important discourses by Sri Sathya Sai Baba.
 20. Resound, Reaction, Reflection.
 21. Self Regulation.
 22. How to Forgive Yourself?
 23. Disparity Between Rich and Poor.
 24. Why are there wars? How do today's wars differ from the past and the battle of Kurukshetra?
 25. Poverty.
 1. Why aren't there more people giving to charity?
 2. Where does the money you give to charity really go?
 26. Environment (How to help the Earth)
 27. WATCH
 1. Spiritual thinking (5 D's – Equanimity)
 2. Thoughts. Control your Mind and Thoughts
 3. Control your Anger
 4. Discipline (Action)
 5. Becoming a better person.
 28. Community Service.
 1. Why is it important?
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