

# Curriculum

The two key components of this year's BYG curriculum are Hindu Culture and the Bhagavad Gita. The first module, Hindu culture, is based on the idea that Hinduism is more a way of life, rather than a religion. It is part of who we are, how we act, what we eat, what we value—in fact, it defines how we live. However, practicing Hinduism or being a Hindu in a country and a state where the majority is not Hindu is no easy task, especially for teens. Getting a deeper understanding of Hinduism will help Indian-American teenagers to balance their Indian life and their American life, and live a happier and healthier life.

The second module, Bhagavad Gita, which is part of the Mahabharata, is among the most sacred of the Hindu scriptures and serves as a concise and practical guide to everyday and eternal life. It is a source of great wisdom conveyed through a dialog on the battlefield between Lord Krishna and Arjuna. While the Gita serves as a guide for all ages, it is of special relevance to teenagers who face constant pressure from various sources and have to deal with conflict at many levels.