



A program of Arsha Vidya Ananda (www.discoveratma.com)

ONLINE RESOURCES FOR CHILDREN AND YOUTH RELATED TO THE SPIRITUAL HERITAGE OF INDIA - A REVIEW

India's culture and spiritual heritage is very unique and one of the oldest in the world. As parents, we want to provide our children not only with education and a better lifestyle but also to establish a spiritual foundation for our children.

We can outsource different subjects and skills to classes and the school but character building and inculcating values is difficult to outsource fully. We could do with some help and hence we conducted a review of the resources that are available in the public domain for kids and parents related to India's spiritual heritage (as on Dec 2020).

We are happy to have found the following and share it with other parents in support of our common parenting journey.

Our findings are classified into the following categories -

A. LEARNING APPS

B. ORGANISATIONAL WEBSITES

C. GENERAL WEBSITES AND YOUTUBE CHANNELS RELATED TO SPIRITUAL HERITAGE

D. PARENTING BLOGS RELATED TO INDIAN PARENTING

A. LEARNING APPS

1. *Khan Academy* - Educational app with videos and study material on various topics for kids from grade 6-12 and also for IIT-JEE, G-MAT etc. It is a non-profit organisation, gives free access to study material and works on donation. It has one section for culture and religion with small videos with information regarding Hinduism and various religions in the world under the world history topic.
2. *BYJU'S* - Educational app with videos and study material for small kids to class 12 for Indian kids and also competitive exams. It is a paid service and useful from an academic point of view.
3. *Youtube Kids* - Kid friendly and family friendly videos regarding various topics, music and games.
4. *KidzByte*-This app and website provides news, knowledge, stories and fun platform for kids from ages 9-17. It covers topics like current affairs and world events and is a paid service.

5. *Wikipedia* –Free encyclopedia with 39 million articles in around 300 languages on a variety of topics. It has articles related to culture and religion in all parts the world.
6. *Duolingo*–It is a free app to learn foreign languages.
7. *The Dragonbox*–It is an educational app to learn math through fun and is a paid service.
8. *Science Zone* - By National Science foundation, it contains science news and videos for children. It is a free app with fun and interesting videos.
9. *My Molecularium* - It is a free app with fun ways to learn chemistry for high school students.
10. *Algorithm City* - A free Coding game app to teach the basics of programming and algorithm.
11. *Toppr* - Educational app with videos and study material for small kids to class 12 for Indian kids and also competitive exams.

B. ORGANISATIONAL WEBSITES

1. Chinmaya Mission–

<http://www.chinmayamission.com/our-magazines/> - Balavihar Magazine

<http://www.chinmayakids.org/>

Kid friendly website with many activities like Virtual puja with all steps, Devatha specific interactive activities; Email god! Shlokas, bhajans, stories, Geetha chanting, Puzzles, games, crossword, Information about festivals and holidays. Then, there are centre specific pages that have lots of good content. For example:

<https://chinmayajyoti.org/downloads/>

<https://cmdfw.org/audio/?dir=Bhajans>

<http://chinmayamissionwest.com/downloads/>

2. Art of Living - <https://www.artofliving.org/>

Focused on yoga, meditation and personality development activities. Age specific workshops for kids are available. But no online content curated for children or to teach children. Only some camp announcements.

3. **Sathya Sai Organisation:**<https://sairhythms.org/>
The content is more Sathya Sai specific. There are prayers and devotional songs. The Balavikas page has information regarding what Balavikas is but no online resources.
4. **SanskritaBharati:** <https://sanskritabharati.in/project>
Balakendram is the program for children. Website has some information about the program but no online resources.
https://sanskritabharati.in/chhtrebhyah_pustakani Lots of books available for stories in Sanskritam. No online versions.
5. **PurnaVidya:**<https://purnavidya.org/> -
Website has link to purchase books, DVDs and information about their programs. No child friendly content online. Some FAQ type videos (for adults)
6. **SringeriPeetham:**<https://bhajan.sringeri.net/english/index.html>
Lot of bhajans addressing various devatas.
7. **BAPS -** <https://kids.baps.org/storytime/hindustories.htm>
Site also has a fun zone which needs flash player – puzzles, colouring, guess the word etc. Interactive aspect of weekly question that kids can submit responses to. Selected responses are published.
8. **Amar ChitraKatha:**
<https://www.amarchitrakatha.com/in/amar-chitra-katha/amar-chitra-katha-junior>A large collection of books on a variety of topics ranging from mythology, panchatantra tales, freedom fighters, famous personalities, moral stories etc. E-books are available through subscription:
<https://digital.amarchitrakatha.com/>.There are also workshops for storytelling, story creation, creative writing etc.
9. **RSS -Balagokulam-**<http://www.balagokulam.org/>
Balagokulam has teacher/parent resources.They conduct weekly classes which include activities like games, art, crafts, yoga, stories, bhajans and shlokas.
10. **Ramakrishna Mission -**<http://www.rkmkhar.org/> Ramakrishna Mission is spread all over the world. This specific website for the one in Khar, Mumbai has lot of resources for kids in the form of stories on various Devatas, Ramakrishna Paramhansa, Vivekananda and also epics Ramayana,

Mahabharata and also about rishis from ancient India. These books can also be ordered from <https://istore.chennaiath.org/>. There is Balavikas for kids and youth empowerment programs for youth. But more details are not available online.

C. GENERAL WEBSITES AND YOUTUBE CHANNELS RELATED TO SPIRITUAL HERITAGE

1. **Sahapedia**-<https://www.sahapedia.org/>
Articles and interviews on various topics like knowledge traditions, visual and material arts, performing arts, literature and languages, practices and rituals, history etc. Non-profit organisation and free access to all articles.
2. **eSamskriti**-<https://www.esamskriti.com/>
Articles on various topics related to culture, spirituality, yoga, history and national affairs. Gives a bird's eye view on India's spiritual and cultural heritage.
3. **The Speaking Tree** - <https://www.speakingtree.in/>
Articles, videos and blogs related to spiritual heritage, yoga etc. by various spiritual leaders.
4. **The Spiritual Heritage of India by Swami Prabhavananda** (book) - Overview of scriptures of Hinduism. Discussions on Vedas, Gita, Upanishads, Puranas etc. and various acharyas.
5. **Youtube channels**
 - a) **Geethanjali - Cartoons for kids** - A youtube channel with videos for kids with stories from Panchatantra, Jataka tales, Vikram-Vetal, epics and also videos on various devatas. They also have another channel **Geethanjali - Musics and Chants** - with shlokas for children, mantras, bhajans, stotrams, vedic chants etc.
 - b) **Kuldeep M Pai** - Spiritual music channel for kids and adults. The channel has a lot of spiritual musical series, stotrams, bhajans, Gita chanting etc.
 - c) **Chinmayakids** - Lots of stories, yoga and bhajans for kids in various languages like Hindi, Sindhi, Gujarati, Tamil etc.
 - d) **Strumn Spiritual** - Channel has renditions of mantras, aratis, bhajans and stotras.
 - e) **Abirami Devotional** -A youtube channel with devotional songs and bhajans for children and adults with lyrics.

- f) **Karadi Tales** -Channel has stories, picture books and storytelling sessions for kids.
- g) **MagicBox English Stories** - Stories from a wide collection of fables, anecdotes, folk tales and mythological stories. They also have a Hindi channel, MagicBox Hindi.
- h) **MocomiKids** - An educational website for kids of all ages packed with fun activities, learning games, educational videos, interactive stories etc.
- i) **Amar Chitra Katha** - Channel has stories of Indian history and mythology for kids.
- j) **21notes** - Channel has 5-7 minute videos on Valmiki Ramayana in English and Hindi.
- k) **Vedika** - A youtube channel to learn Samskritam through fun videos, animated songs and stories.
- l) **The Divine Tales** -The channel features animated stories in Hindi from Ramayana, Mahabharatha, Vedas and Puranas.

D. PARENTING BLOGS RELATED TO INDIAN PARENTING

1. **Kids Stop Press**-<http://www.kidsstoppress.com>
 Lot of articles regarding parenting kids of various age groups (mainly pre-teens), activities for kids, shop for games and also recipes. One should register to read the articles and some of them can be read only after paying a certain amount. No content regarding spiritual growth of children.
2. **The Champa Tree** - <https://thechampatree.in/>
 A blog on Indian motherhood, parenting, child care (new born to pre-teens).It has separate sections with blogs on pregnancy, baby and toddler care. Free access to content.But could not find anything regarding Indian culture and spirituality except an article regarding festivals celebrated in India.
3. **An Indian Father's Parenting journey** - <https://valueparenting.family.blog/>
 A blog by a Vedanta sadhaka which includes his own rich experiences of value parenting, lessons, adventures, fun and much more.

4. **Mocomi**–<https://mocomi.com/>
Stories and videos for kids and also articles on parenting tips. There is a parent's corner with articles on the topic of health, recipes, activities for kids and parents etc.
5. **Parentedge**–<http://parentedge.in/>
There is a website, blog and a magazine. Articles on general parenting, parenting special needs kids, education, nutrition etc.
6. **Mom Junction** –<https://www.momjunction.com/>
Articles on parenting tips ranging from pregnancy to teens. Some stories for kids also. Topics vary from development, food & nutrition, fitness, education, behaviour etc.
7. **Parent Circle** - <https://www.parentcircle.com/>
The website has articles on parenting, wellness, learning, lifestyle etc.
8. **First Cry** - <https://parenting.firstcry.com/articles>
First cry has a parenting section with general parenting tips and also some articles on how to make kids aware of Indian culture and traditions and 100 interesting facts about India for kids.
9. **Yoganandaparenting** - <https://yoganandaparenting.com/>
Apart from general parenting articles there are articles on spiritual parenting (<https://yoganandaparenting.com/blog/spiritual-parenting-SRF-YSS>) and also the views of Sri Paramahansa Yogananda on parenting (<https://yoganandaparenting.com/blog/paramahansa-yogananda-parenting>).

Thank you for reading!

We hope this compilation was useful for you.

If there is any other resource you would wish to bring to our attention, please write to shine@discoveratma.com

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