



The e-way of Learning the Vedas

A Project as a Course requirement for Sri Sathya Sai National
Leadership Programme for Self-Transformation

Shubham Chouhan

SSSNLPST-2020-M089



Sri Sathya Sai Seva Organisations, India

In association

with Sri Sathya Sai Institute of Higher Learning

(Deemed to be University)

Vidyagiri, Prashanthi Nilayam Campus

December, 2020



SRI SATHYA SAI
NATIONAL LEADERSHIP PROGRAM FOR SELF TRANSFORMATION
SRI SATHYA SAI SEVA ORGANISATIONS, INDIA
BUILDING LEADERS FOR NATION THROUGH INDIVIDUAL CHARACTER

DEDICATED AT THY LOTUS FEET



RAJASTHAN

SRI SATHYA SAI NATIONAL LEADERSHIP PROGRAMMEME
FOR SELF TRANSFORMATION

CERTIFICATE

This is to certify that this Project titled “The e-way of Learning the Vedas” completed by the participants for the Sri Sathya Sai National Leadership Programme for Self-Transformation Batch 2020 from the STATE RAJASTHAN, is a bonafide record of the original work done under the supervision of the undersigned as a Course requirement for the completion of the National Leadership Programme.

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(Project Guide - SYC)

Place: Jaipur

Date: 6th December 2020



DECLARATION

The Project titled “**The e-way of Learning the Vedas**” was carried out by the team under the supervision of the State President, the National Team Member, State Youth Coordinator for the Certificate Programme as a part of the Course requirement for Completion and has not formed the basis for the award of any degree, diploma or any other such title by this or any other University.

Shubham Chouhan
SSSNLPST-2020-M089



ACKNOWLEDGEMENTS

We dedicate this project to our Eternal Charioteer, Bhagawan Sri Sathya Sai Baba, who is the guiding force and source of all our endeavors.

We thank the Chairman & the Academic Board members for their complete support and providing this wonderful opportunity.

We thank the Registrar, the Controller of the Examinations, and the team of Experts from Sri Sathya Sai Institute of Higher Learning, for providing focused direction and encouragement to achieve our objectives.

We also thank the National Coordinators for Veda and other National Team Members for spending their time providing support & guidance to the project report and at the same time giving valuable feedback.

A big thanks to the State President Dr. Manoj Kumar Batra, for providing us with all the resources and being a pillar around which we could create our project.

We also like to thank the National Team Coordinator Sri Chinmay Pati for his/her guidance on this project.

We would like to extend our gratitude to the State Youth Coordinator Sri Shubham Mundra for the most valuable support and feedback throughout our work.

We are deeply indebted to our family members, for instilling confidence and positive energy in us when it was most required.

Thanks a lot!

Jai Sairam!



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ABSTRACT

The project is intended to initiate the online learning of the Vedic chanting and ensuring that the quality is achieved as one learns in the traditional method in the physical presence of the Guru and the students. The project will be helpful to assess the efficacy of the online teaching/learning mode and how the technology can boost His mission in the coming times.



CHAPTER 1

PROJECT SUMMARY



By the grace and inspiration of our beloved Swami, during the lockdown period, we had started the online learning/chanting of the Vedic mantras with limited devotees. At the same time the prospectus of “Sri Sathya Sai Samyukta Shruti Shreni” was being discussed at the National level. This ignited the idea to consider the online learning as a project where we can still be able to do seva from the comfort and safety of our houses even when the movement and physical communication with the outside world was very much restricted.

The idea was to ensure the quality of learning/chanting via online sessions and monitor the feasibility and challenges of such initiatives as Veda learning till now was done in a physical class room sessions and in front of the Guru/trainer.

The programme was announced in the last week of July for which around 45 participants of all age groups (12-78 years) registered and later 37 of them continued till the end. For all the participants, we had only one trainer so all of them were divided into two batches of 18-19 people respectively and separate online sessions were conducted for both the groups and if required a common session was also conducted based on the requirements.

The project went on smoothly and as planned the online sessions concluded on 31st Oct'20. For evaluation of the project, all the participants including the trainer sent their audio recordings to the competent Guru (requesting help from the NVC Sri S. Gorti ji and the National Team of SSS Samyukta Shruti Shreni). The evaluation of the chanting by the participants is one of the prime parameter for analytical evaluation the whole programme which was completed by 9th Nov'20. A brief study and observations of the project are shared in this report for your ready reference.



CHAPTER 2

OBJECTIVES



It was observed in the state of Rajasthan that despite having enough potential, the Veda learning/chanting was restricted primarily to the school students and not many in the Samiti or District level had any prior access to the Veda learning training sessions. Most of the devotees who were able to chant any mantra was because of self-motivated individuals who had been learnt the chanting on their own without any training of the basics or nuances of chanting. At the most, some devotees had attended one/two-day State level programme on the Vedas in the last 3-4 years.

So, the primary objective of the programme was to ensure the learning and chanting of the highest quality as prescribed by the Bhagawan himself, but everything done via online sessions.

While aiming and ensuring the quality of chanting to be of the highest standards, the other by-products of this objective were as following:

- To ensure the outreach of the “Veda Poshana” in every district/samiti of the state and set a benchmark where all the Samiti centers could aim to match.
- To increase the number of new learners/chanters and inspire the eligible one’s to become a trainer (have more District/State Veda Coordinator in Gents and Mahilas).
- To include all those devotees who missed to be a part of the ongoing Sri Sathya Sai Samyukta Shruti Shreni programme due to age restrictions or were unable to continue due to any reason.
- To include more Bal Vikas Gurus so they can incorporate their learning and teach these to their Bal Vikas students.



CHAPTER 3

SCOPE



3.1 Within Scope (area, beneficiaries, timeline, others)

All the participants were considered for this project who enrolled for this programme timely (barring a few exceptions). A formal invitation was sent at all the Samiti/District/Bhajan Mandali level 7 days before initiating the project and calls were made to most of the office bearers to ensure at least 2-3 participation from each Centre so that we reach a common level at the samiti level in terms of chanting the Vedic mantra.

It was decided that the participants could be of any age and the only prerequisite condition was that he/she must be sincere and honest for learning. No other parameter was chosen to select the participants.

The timeline of the project was decided to be for three months with the project commencing on 1st Aug'20 and completing on 31st Oct'20. In the course of these three months the Ganapati Prarthana, Sarv Devta Gayatri, Shivopasna Mantra, Mantra Pushpam and Narayanopanishad were to be learnt. All the participants had to be evaluated at the end of the programme to assess their progress in terms of chanting.

3.2 Out of Scope (tasks not included in the Project Charter)

There were certain limitations which shaped this project the way it happened. Due to lack of time and resource we could not evaluate all the participants before commencing which could help us to clearly measure the improvement in their chanting. Over 80% of the participants were first time learners so it was taken for granted that we are starting from scratch with all of them.

The other factor which slightly affected the project was the lack of proper Resource Person (as a trainer or a trained Guru) and a team member (as no other brother participated from the state). The dual responsibility of teaching and listening to all the participants and managing the project became slight hectic. With better assistance, more attention and time could have been given to all the individuals.

There was a change in the strategy mid-way during the execution phase when it was decided that for the learning part, both the groups could be taken simultaneously as it was noticed that same mistakes were repeated and same instructions were being given during the individual chanting sessions. Thus, to manage time we considered this step and it paid off the dividends.



CHAPTER 4

ROLES & RESPONSIBILITIES



As per His wish and grace, this was the only project which was carried out at an individual level as far as the team members of the SSSNLPST are considered as no brother from Rajasthan joined this programme. After multiple discussions with the mentor and the State President, they graciously agreed and approved this to be an individual project.

However, it is clearly understood that all the stake holders of the project did contribute in their own way and it could not have been completed successfully without their support.

Sri Manoj Kumar Batra and Sri Dinesh Mundra - The State President and State Vice President respectively gave the full liberty to plan and execute the project on my own terms and methodology.

Sri Subramanyam Gorti - The National team of SSS Samyukta Shruti Shreni gave me timely valuable inputs on how to execute the project practically, questioning and challenging me on finalizing the objectives and asked me to act and focus on one aspect rather than going for multiple goals during such short tenure. His timely help of allocating an able Guru for evaluation of all the participants was of immense help.

Smt Rekha Arvikar - The National team member of SSSSSS, she evaluated all the audio recordings of all the participants and gave us the most valuable inputs which actually proved to be the benchmark for analyzing and evaluating the project.

The Participants - Lastly, all the participants were keen to support the project in whichever manner they were asked to and it helped a lot. Because of the absence of team mate here, the very able support of sisters Smt Prerna Saxena, Kr. Shivanghi Pawar, Kr Pragya Narang, Kr Sai Jeevan Narang, all in coordinating and managing one on one communication with the fellow lady chanters, understanding if anyone is facing any difficulty in any manner and to communicate any personal message to any individual (if required). From gents' side Sri. Vineet Khanna, Sri Yatindra Singh, Sri. Mukesh Solanki, Sri Hirak Rana (an NLP student) supported in the same manner and helping us out with the IT support and documentation part like preparing invitation templates and reaching out to people to join the project.

Shubham Chouhan - As we did not have the luxury of a Veda trainer, the training part during the online session was carried out by him.

Bhagawan Sri Satya Sai Baba - Lastly and most importantly, it was very clearly experienced that He Himself was the executor of this project and His involvement and presence was felt throughout the course of this project. He acted and supported like a friend, like a Guru and His timely intervention at different stages was the actual reason behind timely completion and successful execution of this project in all possible ways.



CHAPTER 5

PROJECT FLOW



1.1 Phase 1: Conception & Initiation

The first phase of the project included the discussion and drafting of the project, the challenges and deliverability of the project. Finally, the project was approved by 27th July'20. The following points were discussed and finalized during this process.

1. The project had to be such which could be practically implemented during the pandemic and must be realistic and productive at the same time considering the challenges possessed (like lack of physical movement from one pace to another) and following all the rules and regulations set up by the government and the Organization.
2. The advantage that the only team member of the project, Shubham Chouhan was already appointed as the State Veda Coordinator of the state of Rajasthan and having the first hand knowledge of the Veda movement in the state, it helped in the planning and understanding of the project. Moreover, being in discussions with the National team of SSS Samyukta Shruti Shreni gave a fair idea on how to move ahead with the 'online sessions', what approach has to be taken and other Do's and Don'ts of the online sessions were helpful.
3. Being the lone project team member and knowing one's own strengths on the subject helped a lot on drafting the deliverables and achievability of the project.
4. The message was rolled out in the entire state (samiti/district/bhajan mandali) with the help of all other office bearers, trying to reach out each and every member of the Organization and informing that the registration for this programme will commence on 22nd July and to end up on 29th July.
5. The second phase of the project had already been initiated in parallel with this phase while waiting for the approval of the project.

1.2 Phase 2: Definition & Planning

In the second phase, the planning and outline of the project was created. On the basis of no. of available trainers (1) and the participants (45), the Work Breakdown Structure was created, technicalities and possible challenges were considered. The second phase of Defining & Planning was from 27th –31st July and the following points defined this phase.

1. After consultation with all the participants and considering the view of the majority, the time and duration of the 'online session' was decided to be an hour session from 6:30-7:30 A.M.
2. It was decided that based on the total number of participants, all will be divided into two or three batches and for each group we'll have an hourly session twice a week.
3. A one-hour session will mean approx. 30 minutes of learning from the trainer and rest 30 minutes for Q&A, individual repetition and query resolution.



4. In case, if any individual misses a session they may join the next online session with the other group in that week.
5. After the first week of going into the execution phase, we got some late entries in the group and some dropouts. Based on total participation, we were left with a total of 37 no. of learners.
6. These 37 participants were divided into two groups based on their Samiti/city, namely Group-A and Group-B which were allocated Wed-Thurs. and Fri-Sat respectively for online sessions.
7. It was decided that over the course of three months, the following mantras will be taken up, (learning session followed up by listening and correcting all the individual chanting with both the groups).
 - Ganapati Prarthana (1st – 15th August)
 - Sarv Devta Gayatri (19th – 30th August)
 - Shivopasna Mantra (2nd – 19th September)
 - Mantra Pushpam (23rd September – 10th October)
 - Narayanopanishad (14th – 31st October)
8. To evaluate the progress and learning of all the participants, it was decided that all of them will be submitting their recorded audios and these will be sent to the eligible Guru who can listen and evaluate every individual as per the standards of Varna, Swarah, Maatra, Balam, Samah, Sanatanah in an unbiased manner. This process would actually help us to understand and evaluate success parameter of online learning of the Vedic chanting.
9. Based on the success of Microsoft Teams (for SSSNLPST online sessions and other official purposes), it was finalized that we'll be using Microsoft Teams as our online platform amongst others (Zoom, Google meet, Zoho, Cisco Webex).

Finally, Gantt chart was used to evaluate the progress and timeline of the project and Fishbone structure to evaluate the cause and effects of the limitations. Online attendance of all the participants were noted and recorded in the google drive, all of which are shared in the annexures.

1.3 Phase 3 & Phase 4: Launch/Execution & Performance- Control

We had the luxury of starting the execution phase a bit earlier as we commenced the online sessions from 1st August and the last session was conducted on 31st October. For the first week while learning the Ganapati Prarthana, we had a common session for all the participants so that the seriousness and participation of all the individuals could be noted and on this basis and dropouts all the participants were divided into two groups. At the end we were left with 37 participants who were willing enough to continue.



As per the guidelines and general norms of learning the Vedic chanting, all the group members were given the recorded audio at least a week before initiating the learning during online session so that each one of them can listen to the audio for maximum no of times (min. 30 times as prescribed by Swami himself) and get used to the words and Sruti of the mantra.

The two groups, Group-A (19 participants, sessions on Wed-Thurs.) and Group-B (18 participants, sessions on Fri-Sat) were formed and all the necessary details and framework was shared with all the participants via WhatsApp group. As we were having learners of all ages (12-78 yrs. old) and most of them were first time learners, it was felt that both quick and slow learners are mixed together which sometimes slowed the sessions for the quick ones and we could not pace up because the quality of learning was our primary motive.

Secondly, it was noted that despite repeating the points during the learning sessions, almost all the participants were making the same mistakes during the individual chanting which made the sessions lengthy. To make the best utilization of time, there was a change made mid-way and from starting the Mantra Pushpam, it was decided that the learning session to be common for all the participants (Wed-Sat) while listening to all the individual chanting remaining group wise.

The time schedule decided for each mantra is given below:

Mantra Description	Training Session	Individual Chanting Session
Omkar and Ganapati Prarthana	Both groups (1 st – 2 nd Aug, 7 th – 8 th Aug)	Group-A 12 th – 13 th Aug, Group-B 14 th – 15 th Aug
Sarv Devta Gayatri	Group A- 19 th -20 th Aug, Group B- 21 st -22 nd Aug	Group-A 26 th - 27 th Aug, Group-B 28 th - 29 th Aug
Shivopasna Mantra	Group A (2 nd , 3 rd and 9 th Sept) Group B (4 th , 5 th and 11 th Sept)	Group A (10 th , 16 th and 17 th Sept) Group B (12 th , 18 th and 19 th Sept)
Mantra Pushpam	Both Groups (23 rd -26 th Sept)	Group-A (30 th Sept, 1 st Oct, 7 th Oct, 8 th Oct) Group-B (2 nd Oct, 3 rd Oct, 9 th Oct, 10 th Oct)
Narayanopanishad	Both Groups (14 th – 17 th Oct)	Group-A (21 st Oct, 22 nd Oct, 28 th Oct, 29 th Oct) Group-B (23 rd Oct, 24 th Oct,



		30 th Oct, 31 st Oct)
Audio Recordings	Both groups – 4 th Nov	
Evaluation of all individual chanting	Both groups – 9 th Nov	

During the project execution, a special session on the basics and grammar section of the Vedic chanting (90-minute session) was incorporated after due permission from the respective office bearers. Sri Siddharth Kasthurirangan from Mumbai, who also serves in the National team of the SSS Samyukta Shruti Shreni, took this session for imbibing more clarity and motivation in the listeners.

Apart from that, additional sessions were held on some of the Sundays where the participants had doubts and needed an extra session for understanding or those who missed the training sessions.

1.4 Phase 5: Project Closure & Evaluation

The project was completed as per the projected timeline. On 31st October, we had the final online session for listening of individual chanting of the last mantra. For the next 2 days (1st and 2nd Nov), we had a revision session for all the mantras that the team had learnt, and finally by 4th Nov, every individual was asked to send their recordings which were to be shared with the National team member on the Google drive for evaluation. Smt. Rekha Arvikar ji from Mumbai, Maharashtra helped us with her valuable inputs on each and every single individual chanter.

The scoring was done on the following parameters:

- (1) **Varna (Letters)** – Pronunciation of alphabets
- (2) **Swarah (Intonation)** – Three Notes (High, Medium and Low as Udatta, Swarita and Anudatta respectively)
- (3) **Maatra (Quantity/Measure)** – Three types (Hrsva, Deergha and Pluta), short, long or double and treble length of tone.
- (4) **Balam (Effort or Strength)** – The pronunciation of MahaPraana, four types (Pronunciation from mouth, throat, heart and navel)
- (5) **Samah (Modulation)** – Variation of tone and pitch
- (6) **Santanah (Conjunction)** – Conjunction of two letters or sound - Sandhi



For each of these six categories, the grading or scoring for chanting:

Incorrect – 1 Mostly Correct -2 Correct -3

Thus, a chanter had to be evaluated on a maximum score of 18. The criteria to assess the final score is as following:

Score of 18 – Excellent (Uttam)

Score of 14 to <18 – Very Good (Utkarsh)

Score of 12 to <14 – Good (Kushal)

Score of <12 – Needs to work hard.

The performance and evaluation of all the participants and the trainer is given below:

1. **Mr Aarav Khanna (14 yrs)** – One of the youngest and first time learner of the group. He initially took time to understand but after that was quick to learn. He attended 33 sessions and missed only because of exams. He scored 10.5 and the Guru's comment for him was "Tone keeps changing often which needs to be avoided/corrected. Pronunciation also needs improvement."
2. **Mr Ashish Sharma (48 yrs)** – He has been a good bhajan singer but had a great interest for learning Veda chanting. He enrolled for the SSSSSS programme but due to overage he couldn't attend it. One of the most devoted, disciplined and punctual participant, he never missed any session. His attendance was 35/35 and scored 10. The Guru's comment for him was "Regular mistakes in intonation. Needs to work hard on that."
3. **Mrs Archana Mathur (61 yrs)** – She had been chanting the mantras since many years but without any formal training and learnt on her own. One of the most dedicated, disciplined and hardworking participant and an inspiration to all, she never missed any session and practiced rigorously. She experienced and claims that her health has improved since she started learning the Vedic mantras. Her attendance was 35/35 and scored 13/18. The guru's comment on her was "Decent chanting considering age and lack of formal training. Improvement needed in Pronunciation, Intonation and Balam. She changes her tone often which needs to be avoided".
4. **Ms Arti Sharma (18 yrs)** - She has been learning the Vedic mantra since last 3 years in the school by the same trainer. A very dedicated and disciplined student she was one of the member of the group who was part of the Veda chanting team during the Bal Vikas alumni programme in January 2020 at the Kulwant Hall. She attended 33/35 sessions and scored 14. The Guru's comment for her was "Errors in 70-80% of Mahapraana. This needs to be corrected. Shivopasana mantra's 'Namaha' needs to be corrected."



5. **Mrs Beena Singh (58 yrs)** – She has been the first time learner. She attended all the sessions with great interest. She scored 7 and the Guru's comment for her was "Needs to work hard on all aspects. Good starting point is Vedic grammar"
6. **Mr Dharmendra Mishra (51 yrs)** – The only District President who attended this programme. One of the most devoted and disciplined participant, he managed to overcome health issues in the midst of the course and practiced diligently to chant all the mantras. He attended 28 out of 35 sessions and scored 13. The Guru's comment for him was "Needs to work on Varna, Swarah, Maatra, Balam."
7. **Mr Dhruv Sharma** – The youngest and the best learner of the group without a doubt. A very dedicated, hardworking student who is always ready to learn more and very quick to understand even the most difficult points, he's the one for the future. Despite his school classes and exams, he managed to attend 30 sessions and scored a maximum of 17. The Guru's comment for him was "Wonderful chanting!! Intonation mistakes while chanting the word 'Namaha' in some places of Shivopasana Mantra. Can and should aim for 100%".
8. **Ms Diya Agarwal (17 yrs)** – She started learning Vedic mantra by herself first without any help or any training. One of the best chanter and very dedicated and disciplined student, she missed only one session. Her attendance was 34/35 and scored 16/18. The Guru's comment on her was "Very Good chanting! Mahaprana, intonation and sandhi rules should be practiced. Can and should aim for 100 %"
9. **Ms Garima Joshi (44 yrs)** – She has been chanting since long but without any formal training. Being the State Coordinator of Bal Vikas and leading from front for all the BV gurus to learn and teach their students. A very devoted, dedicated and disciplined participant, she attended 31 sessions and missed due to other official reasons and scored 11. She could improve very easily with lesser practice compared to others and the Guru's comment for her was "Intonation needs a lot of improvement. Needs correction with several parameters like Sandhi Rules, pronunciation etc."
10. **Mrs Gayatri Mundra (49 yrs)** – She has been one of the chanter since long but without any formal training. One of the very devoted, disciplined and diligent participant, she managed to change her old style and improve herself. She attended 33//35 sessions and scored 11.5. The Guru's comment for her was "Needs to work hard on pronunciation, MahaPraana, sandhi rules etc."
11. **Ms Kalpana Meena (15 yrs)** – The youngest female participant of the group, she was part of the team who chanted at the Bal Vikas Alumni programme at the Kulwant Hall in January 2020. One of the bright learner, she missed many sessions due to lack of personal mobile phone and connectivity issues at her place. She attended 22 sessions and could learn so much more if remains proactive. She scored 16 and the Guru's comment for her was "Overall chanting is quite good. Error in pronunciation of the words- "Vitrayavatu' and 'Namaha' (in all 22 names of Shivopasana. This needs to be practiced)".



12. **Mrs Kanta Mundra (53 yrs)** – She has been the first time learner. A very dedicated and devoted participant who is always eager to chant and correct her chanting. She never missed any session and scored 13. The Guru's comment for her was "Needs to work on intonation, Maatra and Sandhi rules. Shivopaasana needs more practice".
13. **Mrs Kiran Gupta (66 yrs)** – She was a first time learner. A very devoted and hardworking participant who rigorously practiced and willing to learn despite her breathing issues was our inspiration. She never missed any session and always gave her best efforts. She scored 6 and the Guru's comment for her was "Needs to start with learning Vedic grammar and practice on all parameters."
14. **Mr Lalit Kachawaha (24 yrs)** – He had also registered for the SSS Samyukta Shruti Shreni programme but couldn't continue because of language and time constraints. He was unable to continue for long and he only learnt first two mantras and then due to exams he dropped out. He had the issue of stuttering speech since beginning but confirms that after chanting Vedic mantras, his speech delivery has improved. He attended the first 10 sessions out of 35. The Guru's comment on him was "Sent only 2 audios hence not evaluated".
15. **Mrs Manisha Singhal (49 yrs)** – She has been new and rarely had any idea about the Organization. She joined on her friend's proposal but continued with great dedication and discipline. She attended 33/35 sessions and scored 7. She has scope to improve much more. The Guru's comment for her was "Needs intense/dedicated practice."
16. **Ms Palak Lakhotia (28 yrs)** – She was amongst the first time learners. A very disciplined participant, she attended the first 29/35 sessions in spite of having very hectic office hours and missed the last sessions due to official commitments. She scored 11 and the Guru's comment for her was "Uploaded only 4 audios. She needs to work hard in pronunciation, intonation and Sandhi rules."
17. **Mr Prabodh Shrivastav (78 yrs)** – The eldest participant and a first time learner. He proved that you remain young until you're learning something new and chasing your dream. He attended 33 sessions and missed due to health issues. He scored 10 but proved to be inspiration to the whole team. A very committed and devoted participant for whom the Guru's comment was "Deergha Svarita is unclear. Considering his age and dedication it is hard to comment. "
18. **Ms Pragya Narang (21 yrs)** – She has been the first time learner. A very dedicated participant she practiced hard. Due to college exams she attended 25 sessions and scored 10. With more practice and dedication, she could improve a lot. The Guru's comment for her was "Many mistakes in pronunciation and Maatra. Also needs to practice Deergha Svarita"
19. **Mr Prakhar Gupta (14 yrs)** – The second youngest member of the group and a first time learner, he managed to attend 29/35 sessions and missed due to school exams. He scored 7.5 and can improve a lot if he remains consistent with



his practice. The Guru's remark for him was "Mistakes in Intonation and pronunciation. Needs on train on both diligently"

20. **Mrs Prerna Saxena (33 yrs)** – She is the first time learner but could easily be said as the 'Find of the Project'. A very dedicated, devoted and disciplined participant, she learnt everything very quickly and was always offering her helping hand for other lady participants and with other IT related help whenever required. She is eager to extend her services to teach others in her capacity and attended session with both the groups. She scored 16 and the Guru's comment for her was "Pronunciation mistakes especially in Mahapraana. But Good chanting overall and has scope for full perfection with dedicated practice/training."
21. **Mrs Rachana Kabra (45 yrs)** – She has been chanting since last 3 years but without any formal training. A very devoted, dedicated and hardworking participant with a Never Say Die attitude, she has improved a lot since the beginning of the session. She inspired many others to initiate the Veda learning. She never missed a session and scored 12.5 but her involvement was much more than that. The Guru's comment for her was "Several mistakes with intonation. Other parameters are OK".
22. **Mrs Rajbala Singhania (36 yrs)** – She is the first time learner and had been very eager to learn the chanting. A very dedicated and disciplined participant she practiced hard knowing her own limitations. She attended 30/35 sessions and scored 7. The Guru's comment for her was "Needs to train on Vedic grammar first".
23. **Ms Sai Jeevan Narang (17 yrs)** – She has been the first time learner and the best amongst the ladies. She never learnt or chanted Vedic mantras earlier but with her dedication and hard work she outscored everybody. She joined the course much later and could join only 27 sessions. She scored 17 and the Guru's comment for her was "Wonderful Chanting!! At some places she's making mistakes in Maatra and pronunciation. With practice there is good scope for attaining perfection. Can and should aim for 100%".
24. **Mrs Sarita Mundra (55 yrs)** – One of the first time learner and a very devoted and disciplined participant, she was always one of the leading participant to chant in the session. She never missed a session and scored 15.5. The Guru's comment on her was "Good Chanting. 'Sha' varga should be corrected and practiced."
25. **Mrs Seema Bhandari (53 yrs)** – She had been chanting since long but without any formal training. One of the most interactive participant, she was very devoted and disciplined and regularly raised good queries. She attended all the sessions and inspired others to join and learn. Her score was 10 and the Guru's comment for her was "Improvement needed in all aspects/parameters."
26. **Mrs Seema Soni (45 yrs)** – She has been first time learner and new to the organization. A very sincere, dedicated and disciplined participant she gave her best while learning the mantra and has always been eager to learn the new



mantra. She never missed a session and joined the session with the other group too and scored 13.5. She's one of the quick learner and could easily achieve perfection. The Guru's comment for her was "Improvement/training needed in pronunciation, intonation and Sandhi rules."

27. **Mr Shekhar Sharan (55 yrs)** – He was the first time learner and had been chanting without any formal training. Due to illness and other reasons, he left the course midway. He attended the first 22 sessions out of 35. We did not receive any audio recordings for evaluation and Guru's comments.
28. **Mr Shikhar Gupta (16 yrs)** – One of the very few teenage member of the group, he's a bright future prospect. He attended 25/35 sessions and missed the last few due to school exams.
29. **Ms Shivanghi Pawar (30 yrs)** – She started learning Veda chanting since last year on her own. Rarely visited samiti or any other formal training. One of the most dedicated, meticulous and disciplined student, she can be referred as one of the achievement of the project. She is eager to teach the mantras and contribute to Bal Vikas services. One of the best chanter she had attended 33 out of 35 sessions and scored 16.5. The Guru's comment on her was "Very Good Chanting. Considering her skills, she can aim for 100%. Slight improvement in pronunciation is needed".
30. **Mr Shivnarayan Sharma (68 yrs)** – He started learning from this course. Earlier he had been chanting in Shukla Yajurvedic style and found it great difficulty in adjusting with the tones and guidelines as per Krishna Yajurvedic style. A very dedicated and devoted participant, he used to attend sessions with both the groups on multiple occasions. The Guru's comment on him was "Not evaluated since the style is different. Needs to train on Krishna Yajurvedic style".
31. **Ms Shreya Jain (18 yrs)** – She is the first time learner and a student of the Anantpur campus. A very disciplined participant who could improve a lot but was able to attend only 17 sessions due to medical issues and exams/online classes time duration. One of the few participant for whom the morning time didn't suit well. She scored 14 and the Guru's comment for her was "Received only 3 audios. Seems to commit Intonation mistakes intermittently. Sometimes intonation is clear/correct but other times same intonation goes wrong. Needs to work on consistency in intonation."
32. **Mr Som Panicker (62 yrs)** – He was amongst the first time learner and had attended 31 out of 35 sessions. Due to health issues, he could only send two audios for evaluation. The Guru's comment for him was "Received only 2 audios. Hence not evaluated".
33. **Mrs Suman (58 yrs)** – She was also one of the first time learners. A very punctual participant, she attended 34/35 session and scored 8. The Guru's comment for her was "Changes her tone every now and then which should be avoided. Intonation, Maatra and Balam need improvement."
34. **Ms Tanvi Khanna (19 yrs)** – She is one of the student of the SSSSSS programme but was unable to attend due to college timings. A first time learner,



she could improve a lot if practice regularly. She attended 26/35 sessions and informed when missing the sessions. She scored 11 and the Guru's comment on her was "Uploaded only 4 audios. Needs to work hard on improving her pronunciation and intonation."

35. **Mr. Vineet Khanna (47 yrs)** – He is the first time learner and a very devoted and disciplined participant, despite his struggle with learning and chanting and health issues in between the course, he joined 32/35 sessions and helped in communication with other team members of the group. Always eager and first to ask for help, he scored 5 but practiced rigorously. The Guru's comment for him was "Needs to train on Vedic grammar first."
36. **Mr Virendra Singh (39 yrs)** – He has been the first time learner from Indore. His dedication to learn the Vedic chanting led him to this project. He attended 30 sessions and missed remaining due to health issues. He scored 11 and the Guru's comment for him was "Tone keeps changing too often. Needs to concentrate on the same. Improvement needed in pronunciation and Sandhi".
37. **Mr Yatindra Singh (62 yrs)** – He was also the first time learners among many, a very devoted participant and helping all others with his IT skills like joining the audio of the mantra with the pdf (written text of mantra) proved helpful for many. He attended 33/35 sessions and informed whenever he missed it. He scored 9 and the guru's comment on him was "Needs to work hard on all aspects".
38. **Mr Shubham Chouhan (31 yrs)** – He was the trainer of the group and had been assigned the responsibility of the State Veda Coordinator of the state of Rajasthan since 2016. He had been chanting since many years and got the opportunity to learn during "Train the Trainers" programme at the Prashanti Nilayam in 2016. He has been trying to learn and train others since last 3 years. He scored 18. The Guru's comment for him was "Excellent Chanting! Perfect in all parameters like Varna, Swaraha, Maatra, Balam etc."

It is to be noted that 32 out of 37 participants were evaluated as remaining five members didn't submit enough audio recordings for their evaluation.



CHAPTER 6

RESOURCES AND TOOLS USED



This course is an online medium which requires a good quality mobile phone and good internet connectivity which is mandatory for smooth functioning. The online platform of “Microsoft Teams” was used and none of the participant faced nay kind of issues with this application as it was a concern since majority of them were above forties and some senior citizens who were not so Tech-savvy. The prerequisite requirements for attending this course are as follows:

1. A good quality mobile phone costing anything above Rs 5000-6,000 and supporting 4G connection is required.
2. An average of 1-2 Mbps bandwidth can serve the purpose for such sessions as mostly these were conducted only in audio format. None of the participant was asked to switch on Video unless very necessary.
3. On an average around 400-600 MB of data is consumed for a good quality online video session. The cost for this internet connectivity is approx. Rs 500-600 for the duration of three months which gives around 2 GB of data on daily basis and only 1/4th of it is consumed during the sessions.
4. Not all the participants had the availability of Sruti books, so it was decided that after the approval of the Project leader, the latest version of Sruti books will be given to all the participants as Swami’s blessings. It’ll help them to learn and correct themselves and also as a token of love from the Veda Mata. The cost of these latest Sruti books is Rs 70.

Description	Average Cost	Avg. cost per session (20 users)	Average cost for the entire Course
Internet Data	Rs 12/GB	Rs 80	Rs 5,500/-
Mobile Phone	Rs 8,000 (min)	*Rs 1.6 Lakh (min)	**Rs 3.2 Lakh (min)
Sruti Books	Rs 70	Rs 1400/-	Rs 2800/-
Total Cost	Rs 8,075/-	***Rs 1.62 L	****Rs 3.30 L

Abbreviations used as

*: A mobile phone of min Rs 8,000 is considered for evaluation.

**: Tentative cost calculation assuming a mobile phone of min Rs 8,000.

***: Total average cost including Mobile pone of min. Rs 8,000 and including other costs of books and data expenses needed for one online session.



****: Total average cost including Mobile phone of min. Rs 8,000 and including other costs of books and data expenses needed for the entire course.

5. However, it must be noted that all the participants already had a compatible mobile phone and internet connectivity so it effectively did not cost us for the project. The above computation is an assumption if none of the prerequisite condition is fulfilled by the participants.

Apart from the above mentioned finance part, the following software/application were used during the course:

1. Microsoft Teams – The application for organizing all the online sessions. It did not cost to the project and the quality of audio and video was very satisfactory and highly recommended for future references.
2. Microsoft Office – All the records of the team were maintained on the excel sheet and report submission via MS Word.
3. Google Drive – All the attendance of the team was recorded on it. All the audio recordings of the participants were saved and shared with the Guru for evaluation.
4. Google forms – All the observations and answers of the participants were recorded using it.
5. WhatsApp – This application was used as the communication mode for informing all kinds of information via a common group.
6. Sruti USB – All the mantra recordings for listening purpose were shared with this USB (available by the name “Sruti” at the book store in the Ashram.



CHAPTER 7

PROJECT FINDINGS AND RECOMMENDATIONS

7.1 Findings and Recommendations implemented in the current project

In comparison to the ongoing SSS Samyukta Shruti Shreni, this project was different in many ways. The major difference between both the online learning is shown below:

S.No	SSS Samyukta Shruti Shreni	SSSNLPST Project
1	Age limit of 18-35 years	No age limit for participants
2	45 min session once a week	60 min session twice a week
3	Only 9 members per group	Around 18 members per group
4	Different groups for gents and ladies and so was the allocation of the trainer	Only one trainer so both the groups were a mix of gents and ladies
5	Learners were given recorded audios decided by the National team.	Learners were given the audios from the “Sruti” USB available at Parthi or the trainer’s recording
6	The learning mode include breaking of mantra into Pada-Path (subdivided into 3 groups) and Samhita-Path	The learning mode consists only of Samhita Path, but the Sandhi of words were explained wherever required.
7	The sessions were held at different time as per the convenience of the learners	The session time was fixed at 6:30 A.M except for the additional sessions on Sunday.

However, despite the differences there were some common points which are pivotal for the success of both the projects. The common points of both the learning module are as following:

S.No	Similarities in SSSSSS and SSSNLPST project
1	The primary focus is to ensure the quality of learning/chanting without any compromise
2	Both programmes uses the Microsoft Teams as the online platform
3	Each and every individual learner had to chant during the session and the trainer would point out the corrections (wherever required).
4	The team will not move to next mantra until and unless all the learners chant at least once the whole mantra.
5	Meaning of the complete mantra was explained before moving on to the next mantra.
6	The grammar rules were explained to all the learners and were on the same grounds.
7	All the participants will be evaluated at the end of the course. (*SSSSSS is still in progress)
8	All the learners do watch the “Gama-Agama” series initiated by the National team.



7.2 Recommendations parked for future implementation or scale-up

After completing this project several points surfaced which if followed will be the game changer for future initiatives. The following points must be considered for the next phase/scale-up

1. The duration of the session could be extended up to one hour so there is enough time to cover up if the session doesn't start on time (Technical error etc.)
2. The sessions could be twice a week to maintain the tempo or flow of learning. Shorter mantra could be taken up once a week but longer mantras need more time and once a week will be difficult for both the trainers and the learners.
3. There should be scope for an individual to attend simultaneous group if he/she misses any session due to unavoidable reasons.
4. The timing of the session should mostly be at early hours of the day where the learning capacity of an individual is at the peak.
5. For maintaining the interests of all the participants, the groups should be divided based on the evaluation of learners. If quick learners are together in a group, it'll lead to high productivity and when the slow learners are together, it'll give them more time to learn.
6. Evaluation of all the learners before and post the completion of course will help us immensely to evaluate and analyze the output of these online sessions.
7. The trainers could be evaluated not only in terms of chanting but also in terms of training the new learners.
8. A series of joint sessions for all the learners can be done explaining them the basics on "How to learn and Not to learn the Vedic chanting" with basic necessary grammar rules and introduction on Varna, Swarah, Maatra, Balam, Samah, Santanah.
9. All the best chanters to be given a chance to lead the proceedings at the Kulwant Hall (when situation gets normal and after due permission and audition).



CHAPTER 8

LESSONS LEARNT



8.1 Collective learning (Project)

As the project was an individual project, the collective learning could be gauged as the collective learning of all the stake holders of the project.

The success of the project can be evaluated in following parameters:

1. We now know that even the first time learners could learn the Vedic chanting so conveniently and get a very High score in terms of evaluation.
2. The one who could not move due to any reason has the access to learn the Vedic chanting from the comfort of their house.
3. In continuation of the above points, a good trainer can teach and reach to the remotest place at the time of their convenience.
4. Some may get the anxiety or shyness in asking or chanting physically in the group, but online platform gives all to be in an environment where one could feel comfortable and ask question or chant as per his/her easiness without fear of getting judged or laughed at.
5. One of the primary learning during the entire project is that the realization and understanding of the fact that 'We are not the Doers' and He alone is the doer, speaker and listener.

Apart from these, there are many points that sometimes became the hurdles during the project journey.

1. Despite constant training, some may not be able to learn as quickly as others and at some point there comes a tendency to move along with the majority in the group, leaving the slow learners on their own.
2. Despite several reminders and requests, one cannot know or force the learners to repeat the mantra or practice it regularly which is the primary cause of Not Learning.
3. Despite informing multiple times, the learners may not listen to the mantra at least 30 times before the actual learning starts in the session, which can easily slow down the programme and hamper the individual progress.
4. When the learners repeat or practice, the trainer cannot know whether the learner is actually practicing the mantra correctly even though he/she may be practicing very diligently.
5. There will always be a mix of people in the group just like the fingers in a hand. We cannot expect each one to master at same speed at the same time. There needs to be high patience level with both trainer and the learners.
6. The trainer cannot know whether some of the learners are actually listening or repeating or they might have indulged with some other activity.



8.2 Individual learning (Self Transformation)

Shubham Chouhan

- Learnt the basic grammar rules of Vedic chanting while teaching
- Learnt that one need a team and team-spirit however good an individual may be.
- The understanding that it's always a team work and team win than an individual glory
- The understanding that He alone is the actual Doer, we all are mere spectators assigned a job to witness His glory
- To accept that there are always people better than you, and one is always replaceable however good he/she may be.
- You may falter at any stage where there's trace of ego.
- Always be humble and kind if you know something which others don't know. This is only because you're fortunate to be blessed.
- By sharing one's knowledge, one will always grow
- What difference could it make if we do any work in an organized manner vs unorganized manner. The methodology of 'Project Management' taught how same work could be performed in a better organized way.
- The project results don't matter much, what actually matter is How we did our job. Was that work filled with selfless Love and did it touch the hearts of the stakeholders? The transformation of the people involved is the real success parameter.
- Did the project shower joy and happiness to others? If yes, then it's a success



CHAPTER 9

REFERENCES

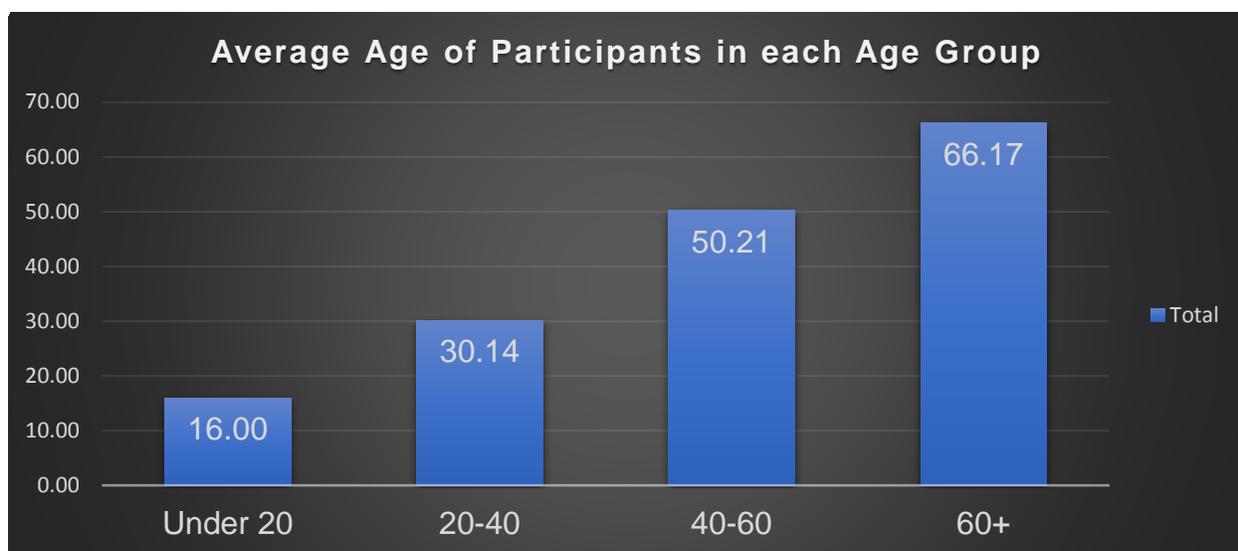
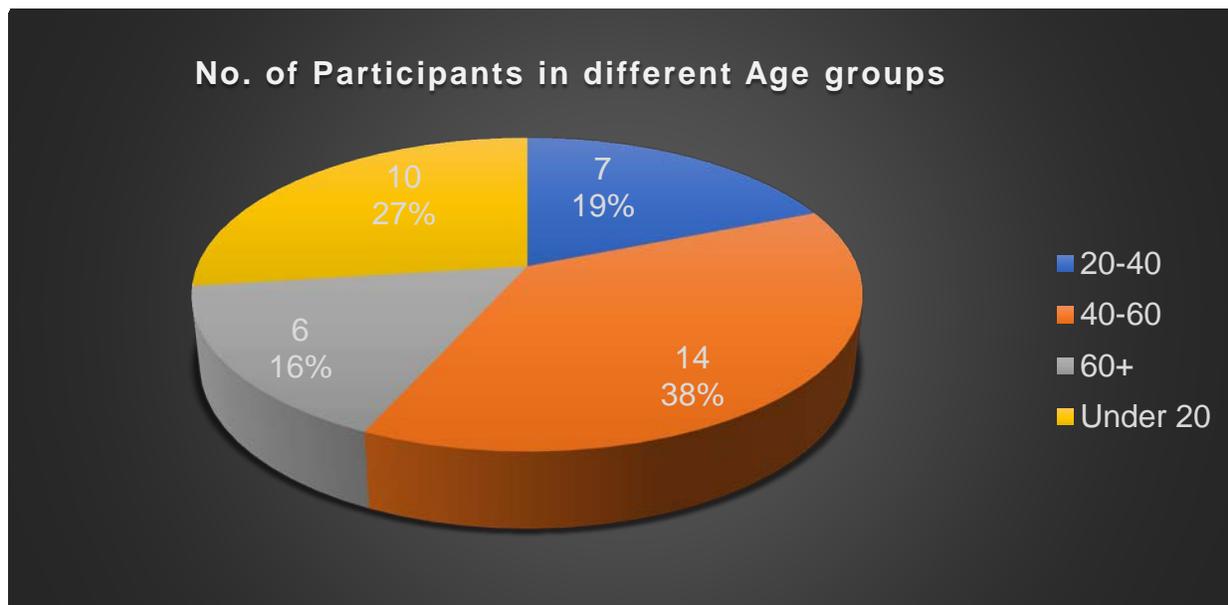


The following references were used for the project:

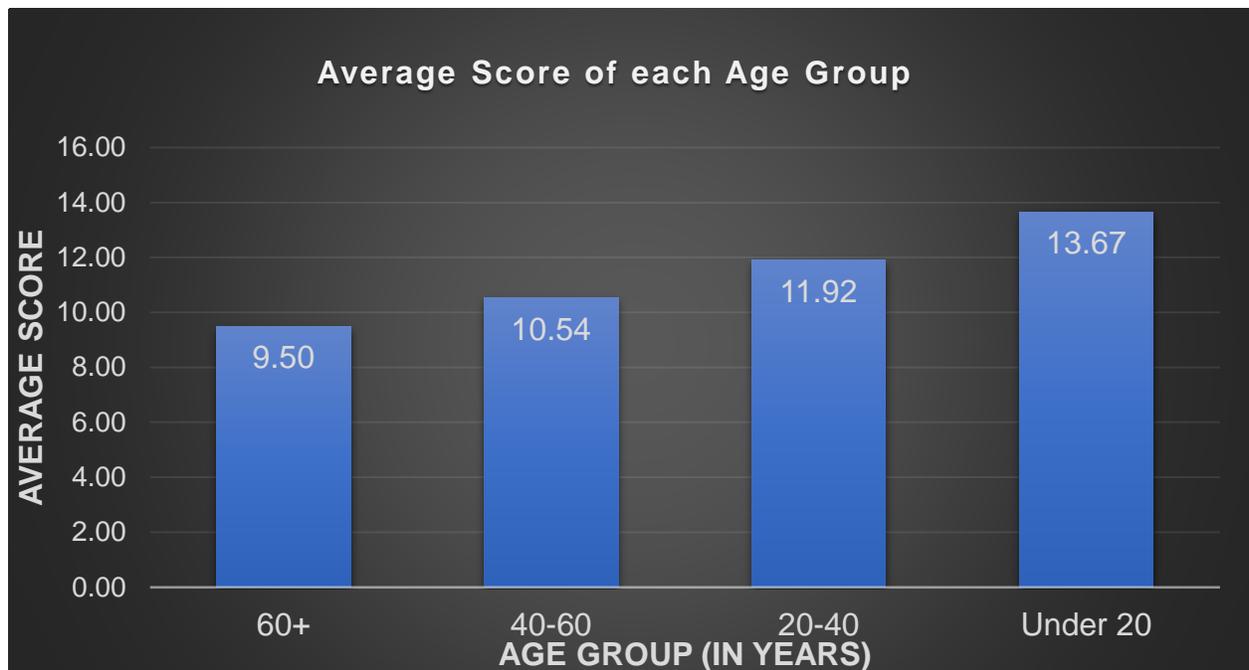
1. The audio of the mantra from the “Sruti” USB which is released by the SSS Books and Publication trust.
2. The pdf or written text of the mantra which was shared with the participants is available at the <https://www.radiosai.org/programme/SearchProgrammeme.php>
3. The document prepared by the National team and used for training the Resource Persons for the SSS Samyukta Shruti Shreni programme (did not share it with anyone and used after prior permission).
4. The experience of all the participants is stored in the google drive with this link: <https://docs.google.com/forms/d/17GIBwWSHGlaLpMVQpNLynJBDJssh2YaUO1bkpwOAsn8/edit#responses>
5. The audio recordings of all the participants has been stored in the google drive which can be accessed using the following link: <https://drive.google.com/drive/u/0/folders/1706TMw0RwjgYc1Lr8jiN7sFdWPSrKbS7>



APPENDIX

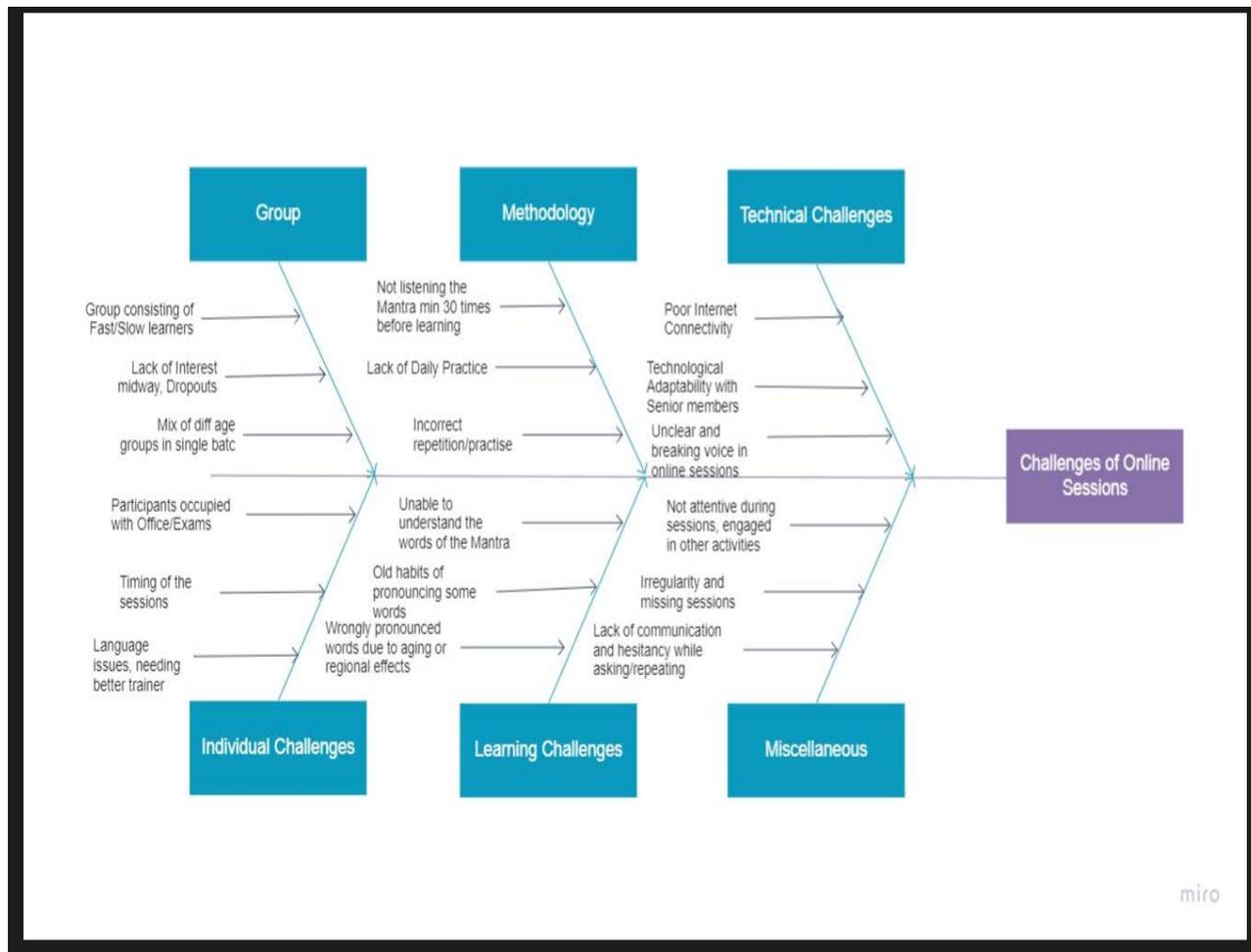


The above graphs show that the youths comprised 46% of the group and the Average Age of the Group was 39 years.



This graph clearly tells us the average score of participants in each age category. Though it's not a measure of individual performance but it is clearly evident that the best learning happens in the age category of "Under-20", followed by the age bracket of "20-40 years". As the age factor increases, the average chanting level decreases.

(Note: Out of the 37 participants, 32 of them were evaluated. The remaining 5 either had age issues or they learnt only 2 mantras).



The above fishbone diagram highlights the different challenges of the online learning.

The Gantt chart prepared for the project tracking and the online attendance of all the participants for each sessions is recorded in the excel sheet which is attached with this report.

PROJECT TITLE

The e-way of Learning the Vedas

Company Name: Rajasthan (Gents)

Project Lead:

Sri Manoj Kr Barua (SR)
Shubham Mundra (SYC-M)
Neha Shrivastava (SYC-F)
Shubham Chouhan (2020-sr-m-089)

Project Start:

Mon, 7/27/2020

Display Week:

1

TASK	ASSIGNED TO	PROGRESS	START	END	Jul 27, 2020							Aug 3, 2020							Aug 10, 2020							Aug 17, 2020							Aug 24, 2020							Aug 31, 2020							Sep 7, 2020							Sep 14, 2020							Sep 21, 2020							Sep 28, 2020							Oct 5, 2020							Oct 12, 2020							Oct 19, 2020							Oct 26, 2020							Nov 2, 2020							Nov 9, 2020							Nov 16, 2020						
					M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
Phase 1: Definition and Planning																																																																																																																											
1) To prepare an invitation for all the target audience after formal submission of the project charter and it's approval.	Br Hirak Rana and Br Mukesh Solanki (an NLP student from other project and a devotee)	100%	7/27/20	7/31/20																																																																																																																							
2) To announce the project at the state level and reach out to all the districts/samitis.	Shubham Chouhan	100%	7/27/20	7/31/20																																																																																																																							
3) To resolve all the FAQ and general information about the project with all the state holders	Shubham Chouhan	100%	7/27/20	7/31/20																																																																																																																							
4) To register all those interested and communicate with all the participants. Around 45 names were registered.	Shubham Chouhan	100%	7/31/20	8/5/20																																																																																																																							
5) Two groups were made of around 20 in each group based on their samitis and suitable timing. Group A to have online sessions on Wed-Thur and Group B on Fri-Sat (6:30-7:30am)	Shubham Chouhan	100%	8/5/20	8/11/20																																																																																																																							
Phase 2: Execution (Ganapathi Prarthana)																																																																																																																											
1) First two sessions included introduction of Basic Grammar rules of sanskrit, Importance of Vedas, How the Vedas are to be chanted, and basic Do's and Don't's while learning. This was a common session for all registered participants	Shubham Chouhan	100%	8/1/20	8/2/20																																																																																																																							
2) After learning the Onkar, we initiated the learning of Ganapathi Prarthana for all 40 odd participants for first time with the inner meaning of the mantra.	Shubham Chouhan	100%	8/7/20	8/9/20																																																																																																																							
3) After splitting all the participants in two groups, these two day sessions included listening of Ganapati Prarthana chanting from each individual of Group-A and necessary corrections/remarks given to the respective participant	Shubham Chouhan	100%	8/12/20	8/13/20																																																																																																																							
4) These two day sessions included listening of Ganapati Prarthana chanting from each individual of Group-B and necessary corrections/remarks given to the respective participant	Shubham Chouhan	100%	8/14/20	8/15/20																																																																																																																							
5) After the completion of Ganapathi Prarthana learning with each group, it was made mandatory to practise what all had learnt and to listen to Sarv Devta Gayatri a min of 5 times a day for the next 6 days	Shubham Chouhan	100%	8/13/20	8/18/20																																																																																																																							
Phase 3 Sarv Devta Gayatri																																																																																																																											
1) Split the learning of the whole mantra over next two sessions for Group-A	Shubham Chouhan	100%	8/19/20	8/20/20																																																																																																																							
2) Split the learning of the whole mantra over next two sessions for Group-B	Shubham Chouhan	100%	8/21/20	8/22/20																																																																																																																							
3) A break of 5 days after the session for regular practise of the mantra	Shubham Chouhan	100%	8/20/20	8/25/20																																																																																																																							
4) Listening to individual chanting of the mantra for all Group-A participants for next two sessions and correction of mistakes	Shubham Chouhan	100%	8/26/20	8/27/20																																																																																																																							
5) Listening to individual chanting of the mantra for all Group-B participants for next two sessions and correction of mistakes	Shubham Chouhan	100%	8/28/20	8/29/20																																																																																																																							
6) An extra session conducted for all the slow learners from both the groups. After identifying them during group session, 8 of them attended and got their doubts clarified	Shubham Chouhan	100%	8/30/20	8/30/20																																																																																																																							
7) The audio for Shivopasna Mantra was shared with all after their respective sessions to listen to it regularly for at least 30 times before the online session.	Shubham Chouhan	100%	8/27/20	9/1/20																																																																																																																							
Phase 4: Shivopasna Mantra																																																																																																																											
1) To start the learning of the mantra after dividing into three sessions for group-A	Shubham Chouhan	100%	9/2/20	9/3/20																																																																																																																							
2) To start the learning of the mantra after dividing into three sessions for group-B	Shubham Chouhan	100%	9/4/20	9/5/20																																																																																																																							
3) To complete the learning of the mantra for Group-A and to start listening to individual chanting from Group-A	Shubham Chouhan	100%	9/9/20	9/10/20																																																																																																																							
4) To complete the learning of the mantra for Group-A and to start listening to individual chanting from Group-B	Shubham Chouhan	100%	9/11/20	9/12/20																																																																																																																							
5) To complete the learning of the mantra after listening to every individual and resolving the doubts and mistakes for Group-A	Shubham Chouhan	100%	9/16/20	9/17/20																																																																																																																							
6) To complete the learning of the mantra after listening to every individual and resolving the doubts and mistakes for Group-B	Shubham Chouhan	100%	9/18/20	9/19/20																																																																																																																							

