

*ś ~ Buddhism is a path of transformation ~*  
*~ The journey to spiritual perfection begins within oneself as we have the inherent potential to become peaceful and happy human beings ~*



## Teenage Dhamma Group 2019

### TERM SUMMARY 2019



#### Time Table

10:00am - 10.15am Homage to Triple Gem  
 10:15am - 10:30am Mind Training  
 10:30am - 11:00am Dhamma Sharing And Q&A  
 11:00am - 11:15am Group Discussion

#### Events & Study Term Breaks for 2019

##### Study Term : One

Month	Dates (Sundays)	Breaks / Events
January	06 / 13 / 20 / 27	28 Jan -15 Feb : <b>Chinese New Year Break No classes</b>
February	17 / 24	
March	03 / 10 / 17 / 24 / 31	
<b>First Term Break ( 01 Apr - 03 May) No Classes</b>		

##### Study Term : Two

Month	Dates (Sundays)	Breaks / Events
May	05 / 12 / 26	19 May : <b>Vesak Celebration</b>
June	16 / 23 / 30	27 May-14 June : <b>Pilgrimage &amp; Study Tour Break No Classes</b>
July	07 / 14 / 21 / 28	
August	04	
<b>Second Term Break ( 05 Aug - 30 Aug) No Classes</b>		

##### Study Term : Three

Month	Dates (Sundays)	Breaks / Events
September	01 / 08 / 15 / 22	<b>Final Exam Break ( 29 Sep - 06 Oct ) No Classes</b>
October	13 / 20 / 27	
November	03 / 10 / 17 / 24	
December	01	
<b>Third Term Break ( 02 Dec - 31 Dec) No Classes</b>		

\*\* Please note that the 2-weeks break will depend on the actual final exams dates to be announced later in 2019

#### 2019 Singapore Public Holidays & School Vacations

<b>New Year's Day</b>	1 Jan 2019	Tuesday	<b>Hari Raya Puasa</b>	5 Jun 2019	Friday
<b>Chinese New Year</b>	5 Feb 2019	Tuesday	<b>National Day</b>	9 Aug 2019	Sunday
	6 Feb 2019	Wednesday	<b>Hari Raya Haji</b>	11 Aug 2019	Sunday
<b>School Term Break</b>	16- 24 Mar 2019	Sat - Sun	<b>School Term Break</b>	7- 15 Sep 2019	Sat - Sun
<b>Good Friday</b>	19 April 2019	Friday	<b>Deepavali</b>	27 Oct 2019	Sunday
<b>Labour Day</b>	1 May 2019	Wednesday	<b>Christmas Day</b>	25 Dec 2019	Wednesday
<b>Vesak Day</b>	19 May 2019	Sunday	<b>School Year End Break</b>	16 Nov - 31 Dec	Sat - Tues
<b>Semester Break</b>	1-30 Jun 2019	Sat - Sun			

Primary & Secondary School Vacations

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Study schedule for 2019

(Term One)

Conducted by : Ven. K. Rathanasara

Time		10:00 - 10.15am	10:15 - 10:30am	10:30 - 11:00am	11:00 - 11:15am		
Plan		Devotional Practice	Mind Training	Dhamma Sharing And Q&A	Group Discussion	Devotional Practice	
2019 : Term One	6 Jan	Homage to the Triple Gem	<b>Activities:</b> - Get to know one another - What do I want to learn from this class				Sharing of Merits and Homage to the Buddha
	13 Jan		Mindfulness	It is a Blessing to have Good Friends	Group Discussion & Presentation		
	20 Jan		Loving-Kindness	We are Body and Mind-why is so important to develop our mind?	Group Discussion & Presentation		
	27 Jan		Reflection on Buddha	Why do Buddhists chant?	Group Discussion & Presentation		
	CNY Vacation - 28 Jan to 15 Feb No Classes						

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 No. 29, Lorong 29 Geylang,  
 #06-02, Singapore 388078.

## Teenage Dhamma Group 2019

Study schedule for 2019

(Term One)

Conducted by : Ven. K. Rathanasara

2019 : Term Three	Time	10:00 - 10.15am	10:15 - 10:30am	10:30 - 11:00am	11:00 - 11:15am	
	Plan	Devotional Practice	Mind Training	Dhamma Sharing And Q&A	Group Discussion	Devotional Practice
	<Feb>	17 Feb	Homage to the Triple Gem	Mindfulness	Life of the Buddha	Group Discussion & Presentation
	24 Feb	Loving-Kindness		Life of the Buddha	Group Discussion & Presentation	

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		Plan	Devotional Practice	Mind Training	Dhamma Sharing And Q&A		Group Discussion
2019 : Term One < March >	3 Mar	Homage to the Triple Gem	Reflection on Buddha	Life of the Buddha	Group Discussion & Presentation	Sharing of Merits and Homage to the Buddha	
	10 Mar		Mindfulness	What does it mean to take refuge in the Buddha, Dhamma & Sangha?	Group Discussion & Presentation		
	17 Mar		<b>Activity: Dhamma Songs</b>				
	24 Mar		Loving-Kindness	Boundless Love	Group Discussion & Presentation		
	31 Mar		Reflection on Buddha	How to deal with fear and anxiety?	Group Discussion & Presentation		
				Blessing for exams			
<b>First Term Break : From 1<sup>st</sup> April to 3<sup>rd</sup> May - No Classes</b>							

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## Teenage Dhamma Group 2019

Study schedule for 2019

(Term Two)

Conducted by : Ven. K. Rathanasara

	Time	10:00 - 10.15am	10:15 - 10:30am	10:30 - 11:00am	11:00 - 11:15am		
	Plan	Devotional Practice	Mind Training	Dhamma Sharing And Q&A	Group Discussion	Devotional Practice	
2019 : Term Two	5 May	Homage to the Triple Gem	Mindfulness	Buddhist concept of Creator God	Group Discussion & Presentation		Sharing of Merits and Homage to the Buddha
	12 May		Activity: Mothers' Day Celebration				
	19 May Vesak Celebration. Class Performance 						
	26 May *	Homage to the Triple Gem	Loving-Kindness	Who are the Four types of people found existing in the world?	Group Discussion & Presentation		Sharing of Merits and Homage to the Buddha
	27 May to 14 Jun Pilgrimage & Study Tour Break No Classes						

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	Plan	Devotional Practice	Mind Training	Dhamma Sharing And Q&A	Group Discussion	Devotional Practice	
2019 : Term Two	16 June	Homage to the Triple Gem	<b>Activity: Fathers' Day celebration</b>				Sharing of Merits and Homage to the Buddha
	< June > 23 June		Reflection on Buddha	Gratitude	Group Discussion & Presentation		
	30 June *		Mindfulness	Compassion	Group Discussion & Presentation		

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	Time	10:00 - 10.15am	10:15 - 10:30am	10:30 - 11:00am	11:00 - 11:15am		
	Plan	Devotional Practice	Mind Training	Dhamma Sharing And Q&A	Group Discussion	Devotional Practice	
2019 : Term Two	< July >	Homage to the Triple Gem	<b>Activity: Youth's Day celebration</b>				Sharing of Merits and Homage to the Buddha
	7 July						
	14 July		Loving Kindness	Beauty is more than skin deep	Group Discussion & Presentation		
	21 July		<b>Activity: Sharing by Young Buddhist Professionals</b>				
	28 July*		Reflection on Buddha	Appreciative Joy	Group Discussion & Presentation		

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	Plan	Devotional Practice	Mind Training	Dhamma Sharing And Q&A	Group Discussion	Devotional Practice	
2019 : Term Two	< August >	4 Aug	Homage to the Triple Gem	Activity Dhamma Songs			Sharing of Merits and Homage to the Buddha
	<b>Second Term Break : From 5<sup>th</sup> August to 30<sup>th</sup> August - No Classes</b>						



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	Time	10:00 - 10.15am	10:15 - 10:30am	10:30 - 11:00am	11:00 - 11:15am		
	Plan	Devotional Practice	Mind Training	Dhamma Sharing And Q&A	Group Discussion	Devotional Practice	
2018 : Term Three	< September >	Homage to the Triple Gem	Mindfulness	Why do we need merits?	Group Discussion & Presentation	Sharing of Merits and Homage to the Buddha	
			<b>Activity: Teachers' Day</b>				
			Loving Kindness	What does it meant to be happy?	Group Discussion & Presentation		
			Reflection on Buddha	Winning and losing are both sides of the same coin	Group Discussion & Presentation		
				Final Exam Blessing			
<b>** Final Exams Study Break 29 Sep - 06 Oct</b>							

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2019 : Term Three	Time		10:00 - 10.15am	10:15 - 10:30am	10:30 - 11:00am	11:00 - 11:15am	Devotional Practice
	Plan		Devotional Practice	Mind Training	Dhamma Sharing And Q&A	Group Discussion	
	< October >	13 Oct	Homage to the Triple Gem	Mindfulness	This, too will pass - facing disappointments	Group Discussion & Presentation	
	20 Oct	Activity: Sharing by Young Buddhist Professionals					
	27 Oct	Excursion					

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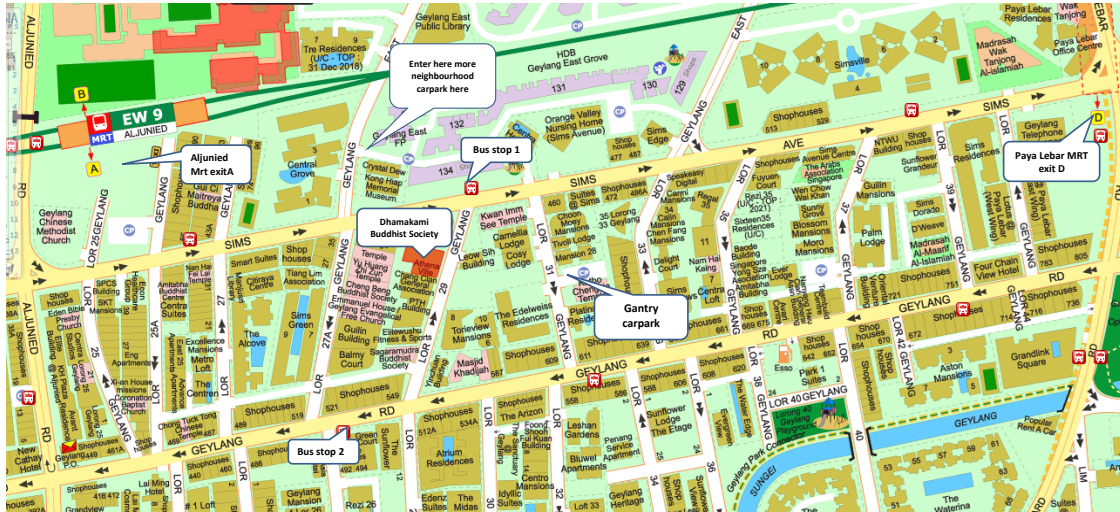
	Time	10:00 - 10.15am	10:15 - 10:30am	10:30 - 11:00am	11:00 - 11:15am	
	Plan	Devotional Practice	Mind Training	Dhamma Sharing And Q&A	Group Discussion	Devotional Practice
2019 : Term Three	November-December ^ <	Homage to the Triple Gem	Loving-Kindness	How to be a good Buddhist Leader?	Group Discussion & Presentation	Sharing of Merits and Homage to the Buddha
			Reflection on Buddha	Your habits can go beyond death	Group Discussion & Presentation	
			Mindfulness	Can Buddhists be ambitious?	Group Discussion & Presentation	
			Loving-Kindness	Sharing by students - what have they learnt for the year?	Group Discussion & Presentation	
			<b>Activity: Talk for parents and students &amp; KM party</b>			
<b>Third Term Break : From 2<sup>nd</sup> December to 31<sup>st</sup> December- No Classes</b>						

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## Getting Here



Nearest MRT Stations	
<b>Aljunied MRT</b> Exit A 500m (6mins walking)	<b>Paya Lebar MRT</b> Exit D 800m (10 mins walking)

By Bus	
<b>Bus Stop 1 (81031)</b> Outside Blk 134 Sim Ave 1 min walking	<b>Bus Stop 2 (81029)</b> Geylang Road (aft Lorong 28 Geylang) 3 mins walking
<b>2, 13, 21, 26, 40, 51, 67, 137</b>	

By Car
<ul style="list-style-type: none"> <li>• Enter from Geylang Road into Lorong 29 as it is one way road.</li> <li>• Parking                     <ul style="list-style-type: none"> <li>▪ Road side parking available along Sim Avenue, Geylang Road, Geylang Lorong 29 &amp; 31</li> <li>▪ Nearby neighbourhood parking behind HDB blk 134 or in front blk 131</li> <li>▪ Gantry parking lot at Geylang Lorong 31</li> </ul> </li> </ul>

