



HINDU COUNCIL OF AUSTRALIA

Hindu Council of Australia

Hindu Council of Australia is a peak body organisation founded in 1998 with an aim to create a strong and unified Hindu community in Australia. Hindu Council of Australia's mission is to work for a strong, cohesive and active Hindu community in Australia, aiming to live in harmony with other religious and cultural communities while also devoted to preserving, promoting and sharing Hindu faith, culture and traditions with others in society. Some of our major projects include the annual Deepavali Festival, Karma Kitchen, World Yoga Day events and Interfaith forums. We welcome volunteers, members and community participation.

Contact Us

✉ sre@hinducouncil.com.au

f facebook.com/hinducouncil.australia



www.hinducouncil.com.au/sre

Hindu SRE

Information for Families



What is Hindu SRE?

Hindu SRE (Special Religious Education) provides the opportunity for students to connect with their rich spiritual and cultural heritage in a way that is both deeply meaningful and relevant in modern Australian life.



A major focus of Hindu SRE is to provide a supportive environment for students to experience the benefits of meditation. Meditation has innumerable benefits for students, helping to promote:

- increased well-being
- better social skills
- greater academic skills



Why Choose Hindu SRE?

Meditation is an essential life skill, enabling a student to successfully manage their mental, emotional, spiritual and physical wellbeing. Research shows that students benefit from meditation through improved academic and learning skills including

- faster information processing
- greater focus
- more effective working memory
- increased creativity
- increased cognitive flexibility
- reduced anxiety, stress & depression

Beyond Academics: A Healthy, Balanced, Meaningful Life

From a spiritual perspective, meditation provides students the opportunity to develop a deep and fulfilling relationship with God and to experience the sacred connection between themselves and others. Hinduism fosters the positive values of respect, tolerance, empathy, determination, resilience and service to others and encourages a healthy, balanced and meaningful life in harmony with community and the natural world.

Hindu SRE Teachers

Our teachers are committed to supporting each student's education and wellbeing. All have mandatory working with children checks, as well as ongoing training in child protection and classroom management, lesson preparation and the appropriate use of authorised curriculum materials. The Hindu SRE curriculum is available at www.hindu council.com.au/sre



Info Processing



Working memory



Creativity



Resilience



Cognitive flexibility



Focus



Hindu School Chaplains

Hindu Council of Australia offers a Hindu Chaplaincy program providing spiritual counselling support in schools, hospitals, prisons and residential care facilities. Please contact your school principal to request our services at your child's school.

How to Choose Hindu SRE?

When completing the school enrolment form, nominate "Hindu SRE" in the Religion section. A parent/carer can select any religious preference and can alter their choice at any time by sending a note to the school principal.

Contact Us

✉ sre@hinducouncil.com.au

f facebook.com/hinducouncilaustralia