

2025

**CHINMAYA MENTORSHIP
SANGA
HANDBOOK**



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Hari Om! We are delighted to welcome you to the Chinmaya Mentorship Sanga. This handbook covers some of the key information you'll need before embarking on this journey together. Some parts are focused on cultivating connections, other parts are focused on some on the logistics and expectations of the program. **Our handbook will be evolving on an ongoing basis... so check back frequently!**

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Overview

Purpose

Mentorship Sanga brings together mentees, generally between the ages of 15-28 and mentors, generally between the ages of 29-45. Our mentors can offer a non-professional helping capacity

to provide friendship, guidance and support from a Vedantik perspective. Matching of mentors and mentees are done carefully based on application and under the Guidance of Shri Vivek.

For mentees under the age of 18, we require parental-guardian consent to be a part of Mentorship Sanga. Please send this information to chinmayamentorship@gmail.com. Your mentor and/or Pod Leader reserves the right to contact a guardian of a minor if there are any serious concerns requiring professional attention.

Please note: The information and direction provided in this Sanga and related Wellness Workshops are for education and reflection purposes only and are not to be used as a substitute for treatment and advice from a licensed and qualified professional

Chinmaya Setu Karis, or evolving adults, are a part of Chinmaya Mission, an international non-profit organization engaged in spiritual, educational, and charitable work. Through this program, Chinmaya Mission is dedicated to matching and connecting mentors and mentees as well as supporting the relationship over time.

Organizational Chart

The Chinmaya Mentorship Sanga was founded under the guidance of **Shri Vivek**, the resident teacher of Chinmaya Mission Niagara and Cleveland. In addition, the program is supported by the expertise and experience of a **Professional Advisor** — a Chinmaya Mission sevika Dr. Rachana Sureka who is available in cases where professional advice-support is needed. She is a pediatrician by profession.

The program is organized by a core Team of nine seekers who serve as “Pod Leaders”. Though the entire core Team is reachable at chinmayamentorship@gmail.com, each Pod Leader (individual Pod Leader contact information below) is available for ongoing support for their respective Pod. They are also the first line of contact for any questions or concerns mentors and mentees may have.

Program Structure

On average, mentors and mentees are expected to dedicate at least two hours every month to this Sanga—2x 30 minute (hopefully more!) meetings with your mentor or mentee and attending the monthly Wellness Workshop live.

Bi-Monthly

We will be sharing reflection activities on a biweekly basis through our Mentorship Sanga WhatsApp group called *Monday Musings*. This is to help infuse our sacred teachings into day-to-day living through reflection and application. Especially on WhatsApp, we encourage you to respond with your own insights and inspiration.

Monthly

1) Mentor-Mentee Meetings

- a. Registrants will receive a match email from their Pod Leader. The Pod Leader will subsequently set up individual introductory calls with each mentor-mentee pair to go over key Sanga details
- b. Post the introductory call, the mentor and mentee are to meet a minimum (although more often is encouraged!) of 2 times per month via their preferred video chat (e.g., Google Meet, WhatsApp video).
- c. Duration of each meeting is suggested to be 30-60 minutes long.
- d. Pod Leaders will be checking in regularly with each pair to ensure meaningful relationship building.

2) Monthly Wellness Workshops

Each month, a Wellness Workshop will be organized by the core Mentorship Sanga Team. These unique Workshops are facilitated by CommUnity members who are applying Vedantik principles in their everyday life (i.e. leaders in the field of mental health, medicine, education, etc)

These hour-long workshops are designed to help facilitate authentic-deep dialogue. Participation in all Workshops live is required for both the mentors and mentees.

Workshops will take place the third Sunday of the month from 9:00pm - 10:00pm ET, with the exception of Orientation. Zoom login details for all Wellness Workshops will be shared in an email for all Mentorship Sanga registrants to bookmark.

Mentor-Mentee Guidelines

Expectations

➤ **Match Length:** January 2025 to December 2025

➤ **Mentor-Mentee Expectations**

- Meeting 2x a month and attending Wellness Workshops live
- Mentors and mentees should see to it that they honor their commitments and assume responsibility for the quality and duration of their mentoring relationship, even when facing challenges. If you have to cancel a meeting please give at least 24-48 hours notice and be sure to reschedule. If more than 2 meetings are missed, coordinators will reach out to assess desired participation in the program.
- Mentors should remember mentees will be looking to you as a role model, so please work hard to maintain a relationship where you are able to build a friendship while at the same time inspiring your mentee and providing them with guidance and support.
- Mentoring needs to be provided in a way where the needs and the best interest of the mentee will be prioritized over the self interest of the mentor.
- To touch base with the CSK Volunteer Team at chinmayamentorship@gmail.com regarding any concerns.
- The mentor's job is not to "fix" the challenges that confront the mentee or their family, but to provide them with support, friendship and guidance and empower them to take the lead in the direction of their own lives while at the same time respecting the choices they make. Mentors should do this in a way that is free of judgment and respectful of the confidentiality of the mentee
- Mentors and mentees may contact their Pod Leader at any time for further guidance

a. **Emergency and crisis situation procedures:**

! Mentorship Sanga is not a replacement for professional and/or medical guidance. Mentors and/or mentees *must* reach out to their Pod Leader if there is any concern of self harm or harm of others. The Pod Leader in such a case will involve our Sanga's Professional Advisor, Rachana Sureka. *This is only for everyone's safety and well-being*

! Your mentor and Pod Leader(s) reserve the right to contact a guardian if you are a minor when there is risk of self harm

How to Get Started

Soon after you have received your initial match email from your Pod Leader, the Pod Leader will set up a brief introductory meeting with each mentor-mentee pair to set you up for success. After the introductory meeting, feel free to use any of the resources below to structure mentor-mentee meetings...happy connecting!

Program Policies

Confidentiality and Privacy

Between Program and Participants: It is the policy of Mentorship Sanga to protect the confidentiality of its participants. With the exception of the limitations below, Pod Leaders will share information about mentors, mentees, and their families with Vivekji our Professional Advisor.

Between Mentors and Mentees:

- Conversations between the mentees and mentors are to be kept private to maintain trust.
- Conversations between mentors and mentees will not be recorded. So please do speak honestly and be your true self! Only the date and duration of the meetings may be asked to be shared for the sake of accountability
- Pod Leaders reserve the right to contact a parent-guardian of a mentee who is a minor if there are any serious concerns.

Limits of Confidentiality: Of note, if anyone expresses thoughts of self harm or harm of others, the CSK team may discuss this with the Advisory Committee, who can help provide the appropriate support. This is only for everyone's safety and well-being.

Parental Consent

For those under 18, we will contact your parent or guardian to keep them informed of your participation in the program. Guardian contact info for all minors must be provided to qualify for the program. Please send this information to chinmayamentorship@gmail.com. Your mentor and the CSK team reserves the right to contact a guardian of a minor when there is risk of harm to the participant.

Evaluation

As a program grounded in Vedantik principles, “perpetual development” is one of our core values. In addition to your regular feedback, evaluation data will be central in measuring the success of this mentorship program and for making continuous improvements to its effectiveness and delivery. Every six months, the CSK team will systematically solicit feedback from mentors and mentees in the programs

FAQs:

Please visit <https://www.chinmayaniagara.com/communities/mentorship/>

Resources:

Try these activities out and see if you can hit bingo

Mentor-Mentee BINGO!

Try out a guided contemplation together	Send each other your favorite TEDtalks	Write a “thank you” note to loved one(s) <3	Make a TikTok together!	Draw the best version of your mentor/mentee
Go stargazing and tell each other about it :)	Try cooking a new recipe while on videochat	Listen to a podcast together!	Go for a walk while on a phone call or video call	Write an op-ed for Chinmaya Niagara together
Draw a favorite childhood memory	Write a haiku together!		<Prthvi Sevasanga activity>	Try out a yoga asana video together
Read a book together!	Learn 10 words in sign language	Try out a workout video together	Write/mail handwritten letters :)	Find 10 photos from childhood and share them
Write letters to your past/future selves <3	Fundraise \$108 together for your favorite cause	Make each other a playlist of your favorite music	Draw the best version of yourself <3	Bake something new together!

Fill this out with your mentor/mentee when the program begins

GOALS FOR MENTORSHIP PROGRAM

WHAT ARE YOU HOPING TO GIVE AND GAIN FROM THE MENTOR/MENTEE RELATIONSHIP?

WHAT DOES SUCCESS LOOK LIKE FOR YOU INDIVIDUALLY AND AS A PAIR FOR THE PROGRAM?

HOW WOULD YOU LIKE TO STAY CONNECTED? WHAT ARE PREFERRED COMMUNICATION CHANNELS?

Explore these recommendations sourced from our commUnity

RESOURCES FROM OUR COMMUNITY

Broaden and deepen your mentor-mentee conversations with these resources shared by our community



Podcasts

- **Live Vedanta**, Vivek ji
Collection of discourses and Q/As e.g., Hinduism 101, Meditation in Life, Freedom Talks
- **Thinking About It**, Swamini Supriyananda ji
Short snippets of Vedantic inspiration from CM HK's acharya
- **On Purpose**, Jay Shetty
Celebrity interviews infused with Hindu philosophy
- **Super Soul**, Oprah
Inspiration from renowned thought leaders



Books

Vedanta

- *Self Unfoldment*, Puja Swami Chinmayananda ji
- *Tips for Happy Living*, Puja Swami Tejomayananda ji
- *Prince Arjuna's Questions*, Vivek ji
- *RAW Workbook*, Vivek ji
- *Seekers Wordbook*, Vivek ji

Healthcare

- *Being Mortal*, Gawande
- *Together*, Murthy
- *Tuesdays with Morrie*, Albon
- *When Breath Becomes Air*, Kalanithi

Environment

- *Braiding Sweetgrass*, Robin Wall Kimmerer
- *How Bad Are Bananas*, Mike Berners-Lee

Inspiration

- *An Invisible Thread*, Tresniowski and Schroff
- *Atomic Habits*, Clear
- *Brave Not Perfect*, Saujani
- *Detox Your Thoughts*, Bonoir
- *Educated*, Westover
- *Radical Acceptance*, Brach
- *The Golden Thread*, Woods
- *The Power of Now*, Tolle
- *The Untethered Soul*, Singer
- *Think Like a Monk*, Shetty
- *Zen and the Art of Motorcycle Maintenance*, Pirsig



Activities

- Write a letter to your future self on FutureMe.org
- Share daily positive affirmations
- What values do you value?
- Create a *saatvic* playlist
- Meditation (e.g., SKY Breath, Calm app, Mindfulness App, Headspace app)
- Yoga (Downdogapp, YouTube)
- Pranayama
- Share meaningful childhood photos
- Myers-Briggs personality test

Disclaimer: these resources are not endorsed by Chinmaya Mission. They are recommendations from mentors/mentees in our program. Please conduct your own research before use.



Meeting Checklist

■ First 1:1 Meeting

- ☐ Start with an opening 'Om' or prayer
- ☐ Introduce yourselves, Share your interests, Share what you want out of the program
- ☐ Use the goal setting worksheet
- ☐ Schedule a day/time for recurring bimonthly meetings

■ Second Meeting, and so on

- ☐ Start with sharing thoughts and reflections of the past week, share questions/concerns
- ☐ Utilize Monday Musings, workshops, and [Resource Guide](#) as sources of inspiration to prompt Vedantic conversation.
- ☐ Use [Ice Breaker ideas](#) if needed
- ☐ Discuss as the spirit moves you!
- ☐ Utilize the [Bingo Card](#) to foster a fun and growth-oriented relationship.
- ☐ Confirm day/time for recurring meetings.

Program Requirements

- ☐ Meet a minimum of 2 times per month for 30 minutes (mentors initiate 1st meeting via email).
- ☐ Document date and duration of meeting for accountability on [Stamp Card](#)
- ☐ Attend Wellness Workshops every month
- ☐ Read and Reflect on bimonthly "Monday Musings" via email and WhatsApp