



HINDU SRI

Term 1 Program material



**Hindu
Heritage
Foundation
Victoria**

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Term 1 outcomes

Concept	God is one, but has many forms
Religious symbols	Aum ॐ
Festivals	<i>Pongal, Shivarathri</i>
Values	Respect for father, mother and elders

Hindu Special Religious Instruction Program Schedule

(Based on Hindu Dharma - a Teacher's Guide)

Week	Prayer/Slokas- 10 min Multi age group session	Hindu Dharma - 20 min Multi age group session
1	3 AUMs and "Sahanavavtu" <i>Ganesha Sloka</i>	Introduction /Lord Ganesha coloring
2	3 AUMs and "Sahanavavtu" <i>Ganesha Sloka</i>	Religious symbol – AUM
3	3 AUMs and "Sahanavavtu" <i>Ganesha Sloka</i>	One God many forms – concept
4	3 AUMs and "Sahanavavtu" <i>Ganesha Sloka</i>	Festivals – <i>Shivarathri</i>
5	3 AUMs and "Sahanavavtu" <i>Guru Sloka</i>	One God many forms - activity
6	3 AUMs and "Sahanavavtu" <i>Guru Sloka</i>	Lord Ganesha - activity
7	3 AUMs and "Sahanavavtu" <i>Guru Sloka</i>	Lord Shiva - Spot the difference sheet

General Notes to Instructor:

- Common Heritage.
- Hindus migrated from different countries and settled in Australia. They have common ancestors who lived in *Bharat* (India). They all share the history of the same land and in the holy books recognize *Bharat* as their motherland.
- The main philosophical ideas of all branches of Hinduism are based on the *Vedic* literature - it promotes peace and harmony in the society.
- In Hindu culture we respect the environment. Hindus care for and protect the environment.
- The rivers: we call river as our mother – for example : *Ganga Maatha*. Hindus offer lights /lamps to the rivers and do *namaskar* and *Aarti*. This practice shows that the river is treated as a person and not as an object. While reciting the river *sloka* this needs to be explained and how our environment is sacred.
- The whole universe created by *Bhagwan* (God) and everything needed for life is given to us.
- In this world everything is holy and we respect each other.
- We are all the same. The differences are to enjoy, create novelty in the world, like different colors of flowers in the garden.
- Our motto "THE WHOLE UNIVERSE IS ONE BIG FAMILY"

SANSKRIT SLOKAS for Chanting

1. SHANTHI PAT (Peace Prayer)

*Aum Sahana Vavathu Sahanau Bhunaktu Saha VeeryamKaravavaHai |
Tejaswi na vadheetha mastuMa Vid Dwishava Hai Aum Shanthi Shanthi Shanthi ||*

May lord protect of us, may we nourish together; may we work together;
may our studies be brilliant; may we not fight with each other. Aum peace, peace, peace.

2. GANESHA

*shuklaambharadharam viShNum shashivarNam chaturbhujam |
prasannavadanam dhyayet sarvavighnopashaantaye ||*

Lord Ganesh, who wears a white garment, who is all pervading, who with a bright complexion, four arms, an ever-smiling face; Upon that God, I meditate for removal of all obstacles.

3. GURU

*gururbrahmaa gururviShNu: gururdevo maheshwara: |
gurussaakShaatparam brahma tasmai shriigurave nama: ||*

Salutation to that Teacher who shows the Truth, which is pure consciousness that pervades the three worlds;
Guru is Brahma, Vishnu, Shiva and the Self.

4. SARASWATHI

*saraswati namastubhyaM varade kaamaruupiNi |
vidyaarambhaM kariShyaami siddhirbhavatu me sadaa ||*

O Goddess Saraswathi, I bow to you, the fulfiller of my wishes;
I begin my studies seeking your blessings so that I shall always be successful

5. MORNING PRAYER

karaagre vasate lakShmii: karamadhye saraswatii |
karamuule sthithaa gourii prabhaate karadarshanam ||

On the tip of palm is Goddess Lakshmi (wealth, good qualities); in the middle Devi Saraswathi (knowledge) and at the base Devi Parvathi (Energy). In this manner, look at the palms and invoke their blessings for the day.

6. BRAHMARPANAM (Prayer before food)

brahmaarpaNaM brahmahavi: brahmaagnau brahmaNaa hutam |
brahmaiva tena gantavyam brahmakarmasamaadhinaa ||

This verse from the Bhagavad Gita (Chapter 4, verse 24) is commonly chanted before meals.
Brahman is the name for the Lord, the cause of the whole creation.
Looking at the whole creation as an effect, Brahman is seen as the cause of everything.

7. RIVERS (Bath time prayer)

GaNge cha yamune chaiva Godaavari Saraswati |
Narmade Sindhu Kaaveri jalesmin sannidhiM kuru ||

In this water I invoke the presence of holy waters from the rivers Ganga, Yamuna, Godavari, Saraswathi, Narmada, Sindhu and Kaveri. May the holy rivers purify me.

8. KAYENA VACHA - Before going to bed prayer

*kaayena vaacha manasendriyairvaa buddhyaatmanaa vaa prakRuthe swabhaavaat|
karomi yadyatsakalaM parasmai naaraayaNaayeti samarpayaami ||*


Whatever I do with my body, speech, intellect, mind and sense organs, either intentionally or unintentionally,
I offer everything to Lord Narayana (Vishnu).

9. SHANTI PAT (Peace Prayer)

*Aum purnamadah purnamidam purnaat purnamudachyate |
Purnasya purnamadaya purnamevavashishyathe Aumm Shanthi Shanthi Shanthi ||*

That is perfect. This is perfect. Out of perfect only perfect comes. Even after taking perfect out of perfect, that is perfect
which remains. Aum peace, peace, peace
(This sloka describes the Supreme Self)


Significance of

1. Considered by Hindus as the first sound in the universe
2. Holy symbol
3.  Is 'AUM' not 'OM'
4. Represent the life cycle of birth, living and death

BRAHMA = Birth = Creator

VISHNU = Life = Preserver

SHIVA = Death = Destroyer of negativity in us

5.  used in meditation & yoga
6. AUM chanting is called *OMKARA SADHANA* – practice of the sound

GOD IS ONE BUT FORMS ARE MANY



God takes up different forms to do different jobs so has different names



Write in the space the other forms of God that you may know



1. _____
2. _____
3. _____

No	Function	Name
1	When He does the job of creating He is called	<i>Brahma</i>
2	When He does the job of preserving He is called	<i>Vishnu</i>
3	When He does the job of destroying evils He is called	<i>Shiva</i>
4	When he does the job of destroying obstacles He is called	<i>Vinayaka</i>
5	When God (Goddess) gives knowledge She is called	<i>Saraswath</i>
6	When she gives us wealth She is	<i>Lakshmi</i>
7	When she took the form to kill <i>asuras</i>	<i>Durga</i>
8	When Lord <i>Shiva</i> took the dancing posture He is called	<i>Nataraja</i>
9	When he was born to kill <i>Kamsa</i> and help <i>Pandavas</i>	<i>Krishna</i>
10	When He was born to kill <i>Ravana</i>	<i>Rama</i>
11	When He was born to as a son of <i>Shiva</i> and <i>Parvathi</i>	<i>Karthikeya</i>
12	When He took the form to help <i>Rama</i>	<i>Hanuman</i>



When God takes up different forms to do different jobs He is known by different names. Can you identify the names of the following forms of God?

		
Name:		Name:
Other names:		Other names:
Festivals for this God:		Festivals for this God:

	
Name:	Name:
Other names:	Other names:
Festivals for this God:	Festivals for this God:

	
Name:	Name:
Other names:	Other names:
Festivals for this God:	Festivals for this God:

	
Name:	Name:
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Festivals for this God:	Festivals for this God:

	
Name:	Name:
Other names:	Other names:
Festivals for this God:	Festivals for this God:



Write down the name of this God(GASHANE)

Other names of this God are:

(1) (GAPANATHI)

(2)(PIYARLLAI)

(3)(VIYANAKA)

(4)(VIGSHNE)

(5)(MASHHE)



What is this God doing?

How do you know what God is this?

What is the name of this God ?

Write what are same in these two pictures.

What are the differences in these two pictures.



Write the name of this God.

What is this God doing?

As God does so many jobs he cannot be fully defined. Total knowledge of God is beyond human understanding. So for this reason Hinduism allows use of various terms, names, symbols and images to allow people to discover God in whichever way they want to.

This freedom of thought and form of worship is unique to Hinduism.

God creates everything, he is a **creator**

God helps us in our need, he is a **friend**

God looks after all of us, he is a **preserver**

God is kind, he is **merciful**

God does not make mistakes, he is **perfect**

For example: A man called *Ramachandra Kulkarni* may be called as *Mr Kulkarni* at work, *Ramu* by his siblings, *Rama* by his friends, *Chandra* by neighbors, Darling or sweetie pie by his parents, dad by his kids etc. He exhibits different qualities as he plays different role.

What are the qualities of the same person that primarily comes out in each role ? See below:

Task: Write a short story to explain why there are many forms of God.

Name	Responsibilities / Jobs	Qualities
Mr Kulkarni		
Ramu		
Dad		
Chandra		
Sweetie pie		
Darling		
Ramachandra Kulkarni		

In the following table in the first column write the different forms of God. For each form of God, write what duty does He fulfill and the qualities needed to fulfill His duties.

Forms of God	Duties	Qualities

Color this picture of Ganesh



WORSHIP AND FESTIVALS

Festivals demonstrate the fundamental unity underlying the diverse and rich Indian culture. Generally, festivals are celebrated through prayer, fasting and rituals. Offerings are also made to the Lord and ancestors and gifts are exchanged with relatives. Festivals are occasions for celebration and merriment. Poet *Kalidasa* says, "*utsavapriyah khalumanusyah*" - people indeed like festivals.

Makara Sankranti

Makara-sankranti is a harvest festival dedicated to the worship of the sun. Because the sun starts moving towards the northern hemisphere on this day, the festival is also known as *Uttarayana*.

This day marks the successful harvest of the crops. A special puja is offered to the sun deity, because of whose warmth and blessings crops can be harvested. In Tamil Nadu, the festival is called *Pongal*. Every family on this day cooks rice with milk and jaggery in a decorated pot and lets the cooked rice spill over, a sign of prosperity. Mothers present their daughters with *Pongal* gifts. The next day after *Makara-Sankranti* is celebrated with the worship of cows. Cows are decorated and fed well on this day. In the *Vedic* culture, the cow is considered highly sacred and it is worshipped in a ceremony called *gopuja* before any big rituals or pujas. On this day, farmers worship their farming implements and bullock carts.

In Maharashtra, people exchange *til-laddus*, sweets made of sesame seeds and exchange greetings on *Makara-sankranti*. In Gujarat, this day is known as *Uttarayan* and is marked by kite flying.

Shivarathri

Shivarathri signifies the day on which the Lord appeared in the form of *Jyotirlinga*, a column of light, to bless the sages who worshipped him. On this day, devotees visit *Shiva* temples, specifically *Jyotirlinga* temples, to seek the Lord's blessings. They observe a total fast and keep vigil all night, chanting with great fervor the panchakshari-mantra, "*om namah shivaya*".

The Lord is worshipped in the form of *Shivalinga* by offering *abhishekha* during each *yama*, three-hour period of the night. *Archana* is performed with *bilva* leaves to invoke the Lord's grace. *Shivarathri* is an important day for spiritual seekers. Since Lord *Shiva* is an embodiment of renunciation, *sannyasa-diksha* is given on this day to seekers committed to the pursuit of knowledge.

Ramanavami

The birth of Lord *Rama* is celebrated on *Ramanavami* day. Devotees worship the Lord by chanting, "*sri rama jaya rama jaya jaya rama*", throughout the day. They read the sections of the *Ramayana* that describe the birth of Lord *Rama* and his coronation. *Arati* is offered at noon, marking the time of Lord *Rama's* birth. In some parts of India, this festival is celebrated for nine days, and the entire *Ramayana* is recited.

Gurupurnima

Gurupurnima, is the birthday of Sage *Vyasa*. Sage *Vyasa* classified the *Vedas* into four branches - *Rig*, *Yajur*, *Sama* and *Atharvana*, and authored the eighteen *puranas*, the *Mahabharata* and the *Brahma Sutras*. One worships *Vyasa* on this day, remembering the great contribution he rendered to the *Vedic dharma*. Since *Vyasa* represents the oral tradition of teaching, known as the *guru-sishya-parampara*, this day is celebrated by expressing gratitude to one's *guru*. One performs *pada-puja* to one's *guru*. In the tradition, touching the feet, *pada*, of an elder person or a *sannyasi* is a sign of respect. Offering a *puja* at the feet of one's *guru* is also a sign of reverence to the unbroken lineage of teachers in the *Vedantic* tradition.

Janmastami

Janmastami celebrates the birthday of Lord *Krishna*. As the story goes, Lord *Krishna* was born at midnight to *Vasudeva* and *Devaki*. The Lord incarnated as an embodiment of *ananda*, happiness and destroyed *adharma* that prevailed during his time. He unfolded the vision of the *Vedas* in his teachings known as the *Bhagavad Gita*.

On this day, an altar is made with a cradle holding an idol of baby *Krishna*. Devotees recite the *Bhagavata Purana*, and chant the mantra, "*om namo bhagavate vasudevaya*". The celebration ends with an *arati* at the stroke of midnight.

In South India, homes are decorated to welcome Lord *Krishna*. Using rice flour paste, the floor from the entrance door of the house to the *puja* room is marked with tiny footprints, indicating the birth of the Lord and his entry into the house. Prayers and *puja* are performed. Butter and sweets are offered to the Lord.

In many parts of India, groups of young people enact the childhood pranks of Lord *Krishna*. They climb on each other's shoulders to make a pyramid so that they can reach and break a clay pot filled with money and candies strung on a rope. People also throw water balloons at each other.

Ganesh Chaturthi

The birthday of Lord *Ganesha* is celebrated on *Ganesha-chaturthi*. Lord *Ganesha* is considered to be an embodiment of wisdom. He is worshipped as a remover of all obstacles, and no *puja* is undertaken without first worshipping him.

A model of *Ganesha* is made of fresh clay and installed in one's home. People observe *nakta-vrata*, spending the whole day in *puja*, fasting and chanting. The fast is broken at night. Varieties of sweets including *modaka* (steamed balls of rice flour stuffed with coconut cooked in jaggery syrup) are prepared and offered to the Lord. The *Ganesha Atharvasirsa Upanisad*, which includes mantras in praise of Lord *Ganesha*, is chanted. In Maharashtra and some other parts of India, worship continues for ten days. Friends and relatives are invited home for festivities. At the end of ten days, the deity is taken out in procession. People sing the glories of the Lord, and the idol is carried to the sea-shore and immersed in the ocean.



Name of this God is

KRI_ N_

This God has a F _ _ T _ in his hand.

He has a peacock F _ A _ H _ R on his head.

He likes to eat _____

Who is this God?



Find at least six differences in these two pictures of Shiva



MORE IDEAS

Start every lesson with few payers and few minutes of meditation. Asking the children to sit down on the floor, fold their legs, close eyes and think of their favorite God is an easy start of the lesson.

Depending on the day, if the children are alert and eager to learn or restless, you can teach appropriate *bhajan* songs, dance etc. Children usually like to do things rather than listening long lectures / information dumping. So try to incorporate as many activities as possible in every group activity.

Story telling by the Instructors or the children can also be made interesting by involving the children.

Instructor can wear Indian traditional clothes when discussing about festivals.

1. MAKE A GANESHA MASK
2. MAKE A KRISHNA MOBILE
3. MAKE AN ICON OF GANESHA USING A MOULD

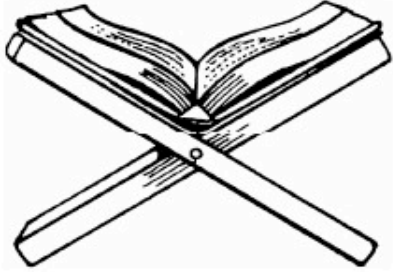
Instructor Note: If involving the whole school, ensure that permission received from the school principal and appropriate notices sent/parent consents obtained before hand.



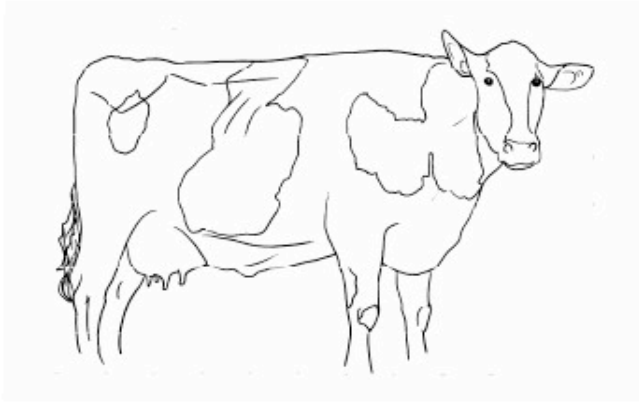
Group Activity

In *Vedic* culture we treat anything that protect and feed us as mother.

1. Mother nature – Mother Earth. By worshipping the earth as mother, Hindus are aware of our environment and earth's resources.



2. *Vedas* are worshipped as *Veda Mata* – Mother *Veda*.
Vedas are called *Shruti* in *Sanskrit*.

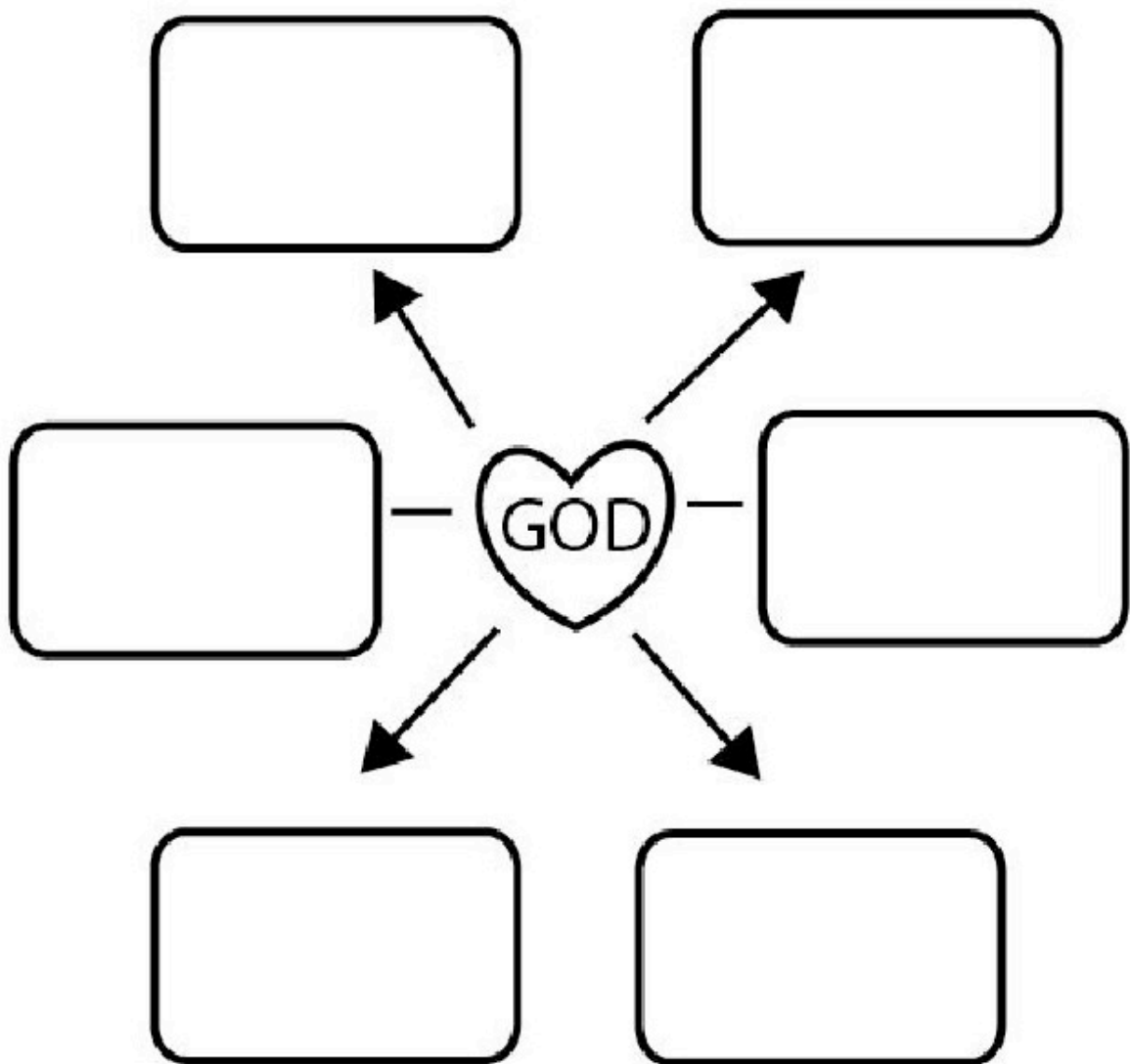


3. Cow is worshipped as mother. It provides milk and is the source for all milk products such as cheese, yoghurt.

4. We respect the laws of the adapted country and worship it as mother country.



Write in each bubble, what you think God is.



One God. Many Forms.

God is one, he performs different jobs and hence has many different names. The forms of God can be male, female, child, animal or even nature.

We as Hindus believe God. We believe that he is present everywhere. Like the air which is everywhere yet we cannot see it, God is present everywhere.

One can use the following words to describe God.

Creator: God is the creator of everything: universe. Living and non living things, animals and plants.

Preserver: He looks after his creation - preserves the plants, animals and all living things.

Destroyer: Destroys evil.

Omnipotent: All powerful

Omnipresent: He is everywhere and is present in all things at all times.

All knowing: God knows everything - he knows the universe.

Eternal: God is eternal; He has always been there and will always be there. He has no beginning and no end.

Perfect: God is perfect and pure.

Lovable and all bliss: God loves his creation. Whoever truly loves him and has faith in him gets his love and mercy.

Forgiving: God forgives our mistakes.

Merciful: God is kind, merciful and loving.

Friend: God is our friend, he is the best and true friend, he helps us in need and protects us.

You can visualize God any form you like and pray with complete devotion.

Try matching the following two columns. Draw a line that matches the

Description	Name
God creates every thing he is a	Friend
God helps us in our need, he is a	Omnipresent
God looks after all of us, he is a	Perfect
God is kind, he is	Omnipotent
God does not make mistakes, he is	Eternal
God is everywhere, he is	Creator
God is al powerful, he is	Destroyer
God knows everything, he is	Merciful
God has no beginning or end, he is	All knowing
God dissolves evil, he is a	Preserver