



# HINDU SRI

## Term 2 Program material



**Hindu  
Heritage  
Foundation  
Victoria**

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[hhfvic.org.au](http://hhfvic.org.au)

## Term 2 outcomes

Concepts	<i>Avatars</i>
Religious Symbols	<i>Rangoli Namaskar</i>
Festivals	<i>Ram Navami</i>
Values	Good habits, kindness and compassion

## 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>Guru Sloka</i>	Avataras – Introduction
2	3 AUMs and "Sahanavavtu"	<i>Saraswathi Sloka</i>	Avataras - continued
3	3 AUMs and "Sahanavavtu"	<i>Saraswathi Sloka</i>	Good Habits - kindness and compassion stories
4	3 AUMs and "Sahanavavtu"	<i>Saraswathi Sloka</i>	Mothers Day - <i>Mathru Devo Bhava; respect for Mother</i>
5	3 AUMs and "Sahanavavtu"	<i>Saraswathi Sloka</i>	Avataras - activity sheets/coloring
6	3 AUMs and "Sahanavavtu"	<i>Karaagrevasathe Sloka</i>	Good Habits - kindness and compassion stories
7	3 AUMs and "Sahanavavtu"	<i>Karaagrevasathe Sloka</i>	Avataras - activity sheets/coloring
8	3 AUMs and "Sahanavavtu"	<i>Karaagrevasathe Sloka</i>	Hindu Greeting/ Namaskar
9	3 AUMs and "Sahanavavtu"	<i>Karaagrevasathe Sloka</i>	Rangoli, garland making (optional)
10	3 AUMs and "Sahanavavtu"	<i>Brahmarpanam Sloka</i>	Revision of term 2, quiz

## Dasavatara

An *Avatara* refers to the 'descent' and *daśa* refers to 'ten' in number. The ten most famous incarnations of Lord *Vishnu* are collectively known as the *Dasavatara*. This list is included in the *Garuda Purana* (1.86.10-11) and *Bhagavata Purana*.

God makes His appearance on Earth in the form of either an animal or a human being, to save the world from some catastrophe or evil or simply to do some good for the universe or to convey some significant message to mankind.

Thus, *avatara* means divine incarnation. According to Hindu belief Lord *Vishnu* has had nine *avatars* and a tenth *avatara* is anticipated in future. Their names and significance are as follows:

Avatara Name	Identity	Notes
<i>Matsya</i>	Fish	Saved <i>Manu</i> and all forms of plant and animal life from severe floods
<i>Kurma</i>	Tortoise	Back of the tortoise was used as a support for the churning rod ( <i>Mt Mandara</i> ) when devas and asuras churned the ocean of milk
<i>Varaha</i>	Boar	To rescue the Earth from the depths of water. The asura <i>Hiranyaksha</i> had dragged the Earth down underwater.
<i>Narasimha</i>	Man Lion	To destroy <i>Hiranyakasipu</i> (an asura king) and save his son ( <i>bhakta</i> ) <i>Prahalada</i> .
<i>Vamana</i>	Dwarf	To remove <i>Bali Chakravarti</i> ( <i>Asura</i> emperor) who dethroned <i>Indra</i> .
<i>Parasurama</i>	Rama with axe	To free the world from the troublesome warrior kings.
<i>Rama</i>	Rama	To destroy <i>Ravana</i> , the ten headed asura king of <i>Lank</i> ( <i>Ramayana</i> )
<i>Krishna</i>	Krishna	To get rid of evil persons such as <i>Kamsa</i> , <i>Jarasandha</i> , and <i>Shishupala</i> ; and to give the message of <i>Bhagawat Gita</i> ( <i>Mahabharata</i> )
<i>Buddha</i>	Buddha	To preach <i>Ahimsa</i> (non-violence).
<i>Kalki</i>	Man on horse	Would appear at the end of the current <i>Yuga</i> ( <i>Kaliyuga</i> ) to restore <i>Dharma</i> .

## Dasavataras



### 1. Matsya Avatara

Lord *Vishnu* incarnated as *Matsya* (fish) to save *Manu* and the seven sages (*Sapta rishis*) during the cosmic deluge (flood).

*Matsya*, appeared in the *Satya Yuga*.

The Fish Incarnation is the first incarnation of Lord *Vishnu*.

*Lord Vishnu* takes *Manu* and *Sapta Rishis* to the new world along with one of every single species of plants and animals to restart life.



### 2. Kurma Avatara

Once the *Devas* and *Asuras* undertook the task of churning the ocean of milk with a mountain called *Mandhara* as a churning rod. The mountain started to sink during the churning. Lord *Vishnu* incarnated as *Kurma* (tortoise) in order to support the mountain.

*Kurma* appeared in the *Satya Yuga*. The turtle Incarnation is the second incarnation of *Vishnu*. The churning of Ocean is a well read and known piece of *Bhagavata Purana*.



### 3. Varaha Avatara

*Varaha*, the boar, appeared in the *Satya Yuga*. This incarnation is the third incarnation of *Vishnu*. He appeared in order to defeat *Hiranyaksha*, who had taken the Earth (*Prithvi*) and carried it to the bottom of what is described as the cosmic ocean in the story. *Varaha* rescued the earth and restored it to its place in the universe.



#### 4. Narasimha Avatara

*Prahlada* was a great devotee of Lord *Vishnu*. *Prahlada* believed that the Lord is present everywhere but his father the asura – *Hrinayakasipu* did not believe. Once the father challenged the boy to show the Lord in a pillar nearby.

The Lord, to make true the words of the young devotee, emerged out of the pillar as *Narasimha* (man-lion).

*Narasimha*, appeared in the *Satya Yuga*. This Incarnation is the fourth incarnation of Lord *Vishnu*. When the asura *Hiranyakashipu* acquired a boon from *Brahma*, which gave him immense power, Lord *Vishnu* appeared in the form of half-man/half-lion, having a human-like torso and a lower body, but with a lion-like face and claws. Human, deva or animal could not kill *Hiranyakashipu*, *Narasimha* is neither one of these, as he is a form of *Vishnu* incarnate as a part-human, part animal. He comes upon *Hiranyakashipu* at twilight (when it is neither day nor night) on the threshold of a Courtyard (neither indoors nor out), and puts the demon on his thighs (neither earth nor space) and destroys him.



## 5. Vamana Avatara

Once a king called *Bali* ruled the earth.

With a boon of protection, he conquered the three worlds and became arrogant. The people prayed to Lord *Vishnu* to protect them. Even when he was bad he had one good quality - he used to keep his promise. So Lord *Vishnu* took birth as *Vamana* (dwarf) and approached King *Bali* for a gift of land that could be covered by his three steps. The King agreed but immediately the Lord grew in size, so big that the entire Earth was covered by his one step, the heavens by his second. Not having space to cover the Lord's third step, the King, to keep his promise, asked him to cover his head as the third step and was thus vanquished.

*Vamana*, the dwarf, appeared in the *Treta Yuga*. The fourth lineal descendant of *Hiranyakashyap*, named *Bali*, through his devotion and penance extended his authority over the three worlds. All the gods appealed to Lord *Vishnu* for protection and He became manifest in this dwarf Avatar of *Vamana* for the purpose of restraining *Bali*. Once when this king was making a great religious offering, Lord *Vishnu* in the form of *Vamana*, appeared before him in the company of holy men. *Bali* was extremely pleased to see a holy man with such a diminutive form and promised to give him whatever he should ask. Lord *Vishnu* asked only for as much land as he could measure by three steps. *Bali* laughingly agreed to grant the boon of three steps. Lord *Vishnu* as dwarf stepped over heaven in first stride and earth in the second stride. Then he asked *Bali* where can he put his third step. *Bali realized* that *Vamana* was *Vishnu* incarnate and his pride was broken. He offered *Vamana* to put his third step on his head. *Vamana* did so and thus blessed *Bali* marking him as one of the few immortals blessed by *Vishnu*. Then out of respect to *Bali's* kindness and his grandfather *Prahlad's* great virtues, he made him the ruler of *pathala*, the subterranean region. *Bali* is believed to have ruled Kerala and Tulunadu. He is still revered there as the king of prosperity and remembered and called on before the harvesting season - *Onam*



## 6. Parasurama Avatara

Lord *Vishnu* In the form of *Parasurama* (Rama with an axe) brought back balance in the world to restore harmony.

*Parasurama* appeared in the *Treta Yuga* and is the sixth *Avatara* of Lord *Vishnu*.

The Kings had become arrogant and were creating trouble to the people. His parents are *Jamadagni* and *Renuka*, and he belonged to the *Brighu* clan. *Parashurama* was always carrying an axe presented to him by Lord Shiva of whom he was an ardent devotee.

*Kartavirya* a powerful king, once went to *Jamadagni's* home when *Parasurama* was out, and after a meal, stole the *Kamadhenu* cow, which was a wish-fulfilling cow and killed *Jamadagni*.

Hearing this, *Parashurama* destroyed all the kings, including *Kartavirya* in 21 battles. Ultimately his grandfather, *Richeek Rishi*, appeared and stopped him. He then went in to *Himalayas* to do penance for his deeds.





## 7. Rama Avatara

*Rama* is one of the two most popular *Avataras* (incarnations) of Lord *Vishnu*. He represents the ideal man.

*Rama*, *Ramachandra*, the prince and king of *Ayodhya*, appeared in the *Treta Yuga*. *Rama* is one of the most commonly adored gods in Hinduism and is known as an ideal man and hero of the epic *Ramayana*. *Rama* defeated king *Ravana* for capturing and imprisoning his wife *Sita* in the *Ashoka* garden in *Lanka*.

In *Rama Avatara*, Lord *Vishnu* incarnates himself as *Rama*, the central character in the epic *Ramayana*. In the epic, the character *Rama* is expected to show the world the characteristics of an ideal person, including ideal son, ideal husband, ideal king and an ideal person. *Rama* was incarnated upon this planet to get rid of the *asura* with ten heads, *Ravana*, who had been granted a boon by *Brahma* of immunity from gods, and other celestial beings. *Ravana* was too arrogant to be thinking of being vanquished by a man. Hence *Rama* was born and *Lakshmi*, wife of Lord *Vishnu* was born as *Sita*, his wife to be in this life also. The *Ramayana*, is an exciting nail-biting story. *Ramayana* epitomises the ideal behaviour of man, with special focus on man-wife relationship, son-father relationship and the rules for ideal governance by a king. This epic story was originally retold and written by Sage *Valmiki*.



## 8. Krishna Avatara

Lord *Krishna* is the most popular of all the *Avataras*. He is considered to be a perfect *avatara* (*Poorna Avatara*). In this incarnation he showed himself as the supreme statesman. Warrior, hero, philosopher, teacher and God himself. He taught *Bhagavad Gita* to his dear friend *Arjuna* on the battle field of *Kurushetra*.

*Krishna* (meaning 'dark coloured' or 'all attractive') appeared in the *Dwapara Yuga* along with his brother *Balarama*.

*Krishna* is one of the most commonly worshipped deities in the Hindu faith.

*Bhagavata Purana* is a well known book on the life of *Krishna*. He was born in *Madhura*, grew up in *Gokul* and built the island city of *Dwaraka* where he lived most of his life.

He is also a significant character in the epic of *Mahabharata*.

*Krishna* delivered *Bhagwad Gita* (God's word) on battlefield of *Kurukshetra* to *Arjuna*.

He, like *Rama*, is also known for his bravery in destroying evil throughout his life. He is usually depicted as playing the flute (*murali*), indicating spread of the melody of love to people.



## 9. Buddha Avatara

This *Avatara* of Lord *Vishnu* is to preach '*ahimsa*' (non-violence) and peace.

With the departure of *Krishna*, *Kali Yuga* sets in. To enlighten the world in such times, *Vishnu* descended the earth as *Buddha* - the enlightened one.

*Buddha*, born as prince *Siddhartha* of *Kapilavastu* in India, became a monk. He attained *nirvana* at Sarnath in India. His followers were many including King *Ashoka*.



## 10. Kalki Avatara

The tenth *Avatara* of Lord *Vishnu* is yet to come.

*Kalki* ("Eternity", or "time"), who is expected to appear at the end of *Kali Yuga*, the time period in which we currently live.

**Find the first five avatars.**

S	K	I	N	G	B	A	L	I	V	I	S	H	N	U
A	P	R	A	H	L	A	D	A	K	T	E	N	B	K
P	T	O	R	T	O	I	S	E	U	I	E	O	D	V
T	H	M	A	N	D	A	R	A	R	V	Z	A	E	P
A	R	A	S	M	Y	T	V	G	M	M	F	E	R	C
R	E	N	I	V	A	R	A	H	A	J	X	S	M	C
I	E	L	M	A	T	S	Y	A	N	K	S	Y	M	I
S	G	I	H	M	B	C	C	Y	U	S	A	E	V	B
H	H	O	A	A	O	A	D	O	O	D	X	Y	U	V
I	Y	N	E	N	A	E	P	W	N	X	R	N	J	H
S	K	D	W	A	R	F	I	S	H	L	W	M	R	F
H	I	R	A	N	Y	A	K	A	S	I	P	U	G	Z

Boar	Manlion	Three	Dwarf	Manu	Tortoise
Fish	Matsya	Vamana	Hiranyakasipu	Kurma	Narasimha
Varaha	King Bali	Prahlada	Vishnu		
Saptha Rishis		Mandara	Ten		

## Names of Krishna

J	P	S	R	I	D	A	R	A	J	D	D	A	A	A
A	A	H	M	I	S	A	R	A	N	U	Y	D	V	H
N	D	A	L	A	P	O	G	B	Q	X	O	N	E	T
A	M	A	Y	H	S	A	G	E	M	P	G	A	D	U
R	A	I	G	H	N	A	J	N	A	R	I	N	J	H
D	N	P	U	N	D	A	R	I	K	A	M	A	S	C
H	A	H	A	N	A	H	S	R	A	D	U	S	A	A
A	B	T	H	O	M	R	W	A	R	Y	K	T	V	D
N	H	S	D	A	A	A	U	H	A	U	U	A	A	H
A	A	K	U	N	D	B	D	D	D	M	N	V	H	I
Y	G	F	R	A	N	Q	H	H	N	N	D	I	S	T
A	S	R	I	N	I	V	A	S	A	A	A	R	E	Y
R	Y	T	N	T	V	S	V	I	R	V	[	S	K	A
A	A	R	A	H	O	N	A	M	U	L	A	Y	E	E
N	P	C	P	A	G	S	R	I	P	A	T	H	I	E

Achyuta	Aditya	Ananda	Anantha	Anirudha	Gopala
Govinda	Hari	Jagannatha	Janardhana	Keshava	Madhava
Manohara	Megashyama	Mukunda	Narasimha	Narayana	Niranjana
Padmanabha	Panduranga	Pradyumna	Pundarika	Purandara	Sridhara
Srinivasa	Sripathi	Srivatsa	Sudarshana	Vasudeva	Yogi

Rajesh was writing the names of different Hindu gods and the *avatars*. Can you help him spell them correctly?

1. BRMAHA
2. VNSIHU
3. SIVHA
4. MASTAY
5. KRMUA
6. VAAHRA
7. NASARIHMA
8. VAAAMN

Draw a picture of Vishnu below.

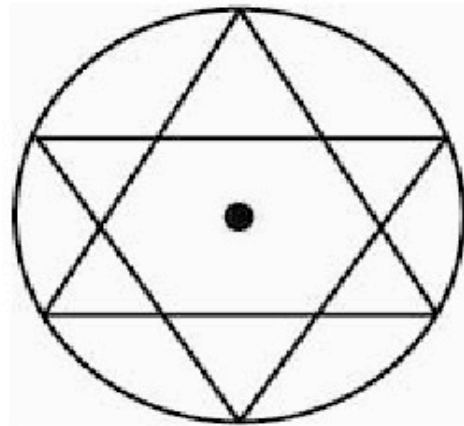
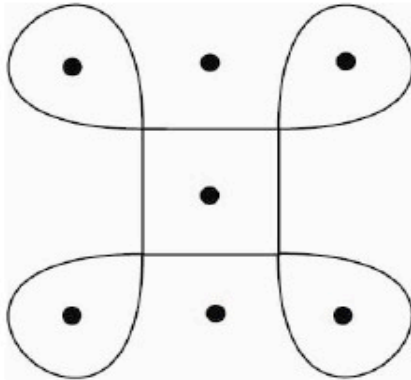
Spot at least six differences in these two pictures and circle them.



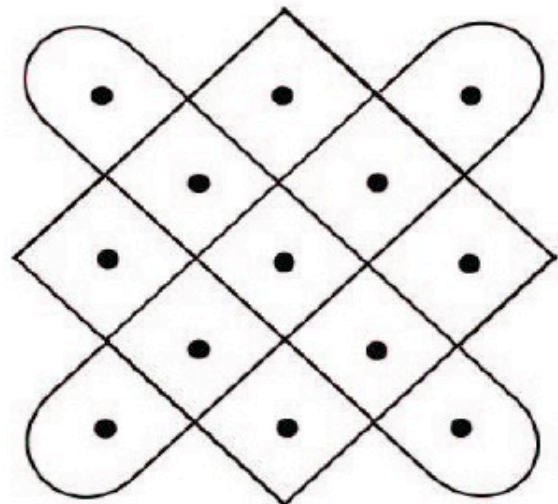
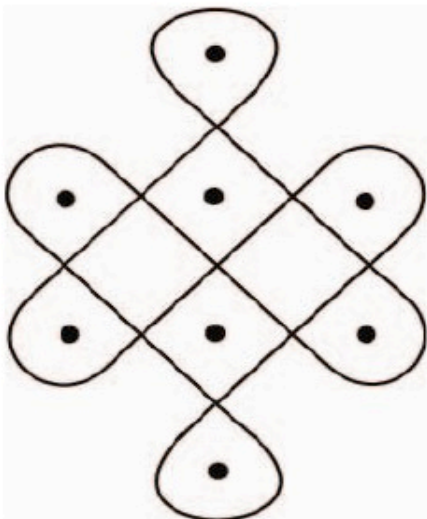
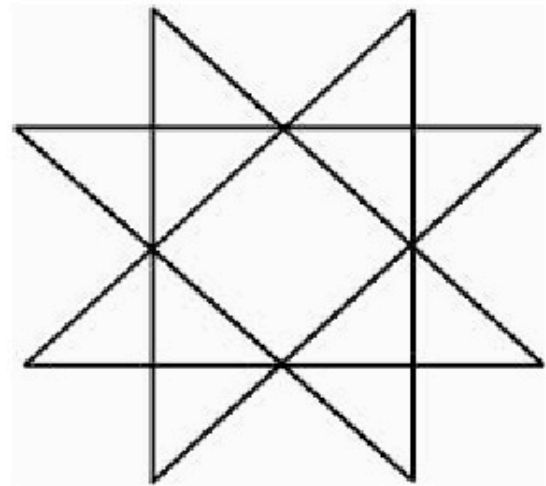
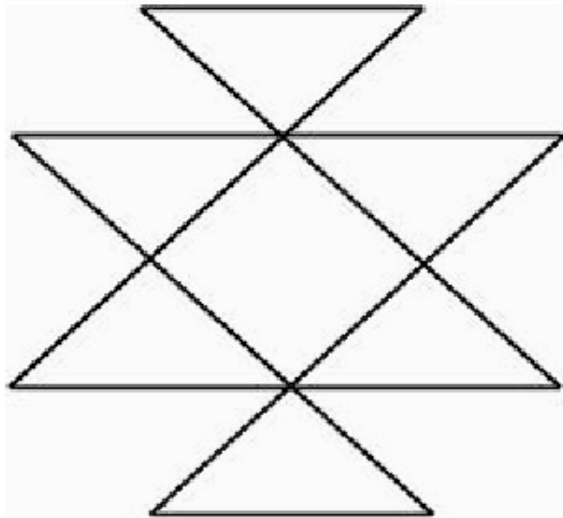
## KOLAM RANGOLI

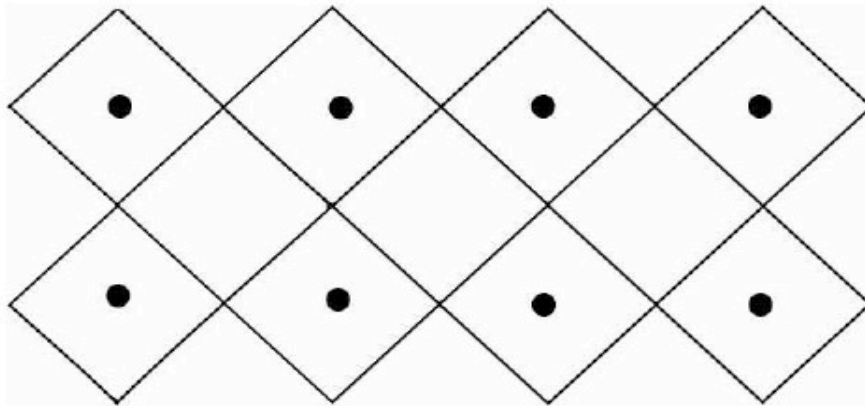
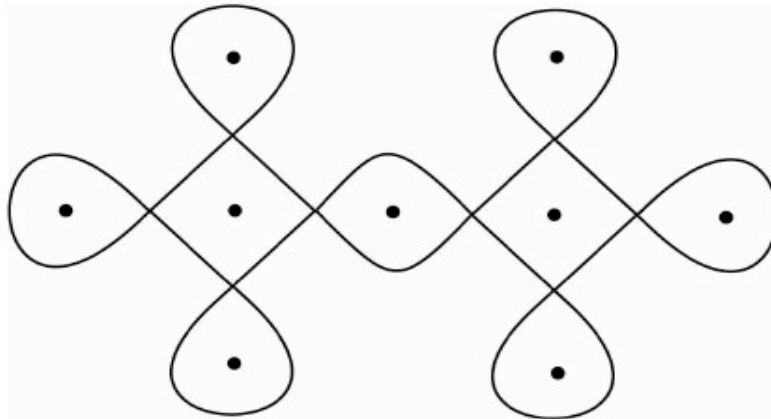
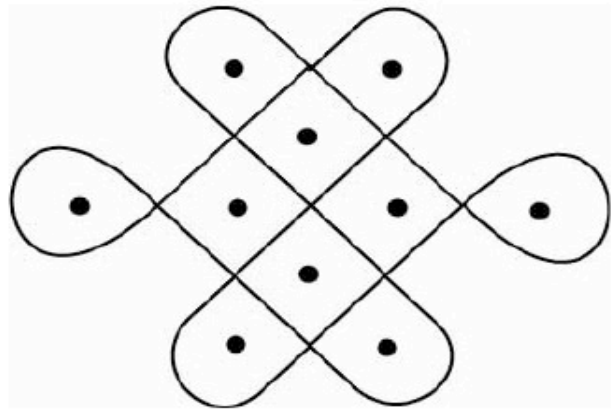
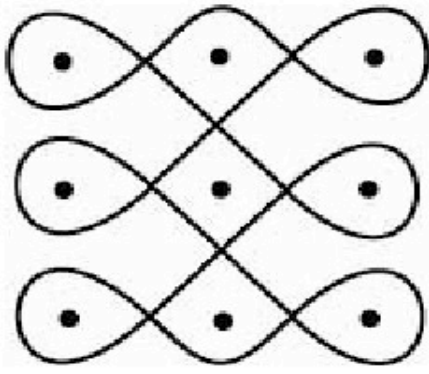


We draw *rangoli* in front of the altar every morning to welcome God / Goddess to our homes.  
Draw the *kolams* below.















## Indian way of greeting







The common way of greeting amongst Indians is by saying '*namaskar*' or '*namaste*' while bringing our palms together in front of our chest and bowing our head. One interpretation of this is - we are displaying humility by folding our hands and bowing our head (hands represent strength and head represents intellect). Also, we are paying respect to the other person's '*atma*' or soul which pervades everything. In many Indian families, when greeting elders, it is customary to touch their feet - again, as a mark of respect and seeking the elders' blessings ('*asirvad*').



Write down the numbers 1 to 10 to show the correct order in which these avatars of Vishnu took place. Write down the names of avatars and color the pictures.

		
Number:	Number:	Number:
Name:	Name:	Name:
		
Number:	Number:	Number:
Name:	Name:	Name:

		
Number:	Number:	Number:
Name:	Name:	Name:

		
Number:		
Name:		

## **Respect for Mother - *Mathru Devo Bhava***

In Hindu culture mother is worshipped and respected. Our respects are first to our mother, then to father, afterwards to our teachers and finally to God. Your mother loves you and all of us love our mother.