

| SHRI SANATAN MANDIR |

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Culture 1

One Pagers

Name: _____

Topics:

1. Shlok: Gurur Brahma; Tvamev Mata
2. Sri Krishna Janmashtami
3. Mahatma Gandhi
4. Dussehera
5. Jawaharlal Nehru
6. Diwali
7. Geography and Languages of India
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12. Maha Shivratri
13. Lord Ganesh
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15. Sri Ram Navami & Hanuman Jayanthi
16. Musical Instruments and Dances of India
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Shlok

(Culture 1)

Gurur Brahma

**Gurur Brahmaa Gurur Vishnu
Gurur Devo Maheshwarah
Guru Saakshaata Parabrahma
Tasmai Shri Guruve Namah**

The Guru is Brahma, the Guru is Vishnu,
The Guru Deva is Maheswara (Shiva),
The Guru is the Para-Brahman (Supreme Brahman);
Salutations to that Guru

Gur means darkness. Guru means someone who clears that darkness.

Twameva Mata

**Tvameva Mata cha Pita Tvameva, Tvameva Bandhu cha Sakha
Tvameva, Tvameva Vidya Dravinam Tvameva, Tvameva Sarvam
Mama Deva Deva**

O! Supreme Lord, only you are my mother, father, relative and friend. You are only my knowledge and wealth. You are my everything.

Sri Krishna Janmashtami

(Culture 1)

1. Sri Krishna Janmashtami is the celebration of the Birth of Lord Krishna.



2. Lord Krishna was raised by Yashoda and Nandalal in Gokul.
3. Lord Krishna defeated the evil King Kamsa of Mathura.
4. He loved yogurt and used to steal yogurt with his friends for fun.
5. Mother Yashoda used to put peacock feather on his forehead.
6. He loved to play flute. His friends used to enjoy listening to his music.
7. Sri Krishna Janmashtami is celebrated by:
 - praying to Lord Krishna
 - participating in Dahi Handi (breaking pot of yogurt by forming a human pyramid), and
 - performing a dance form called Raas Lila

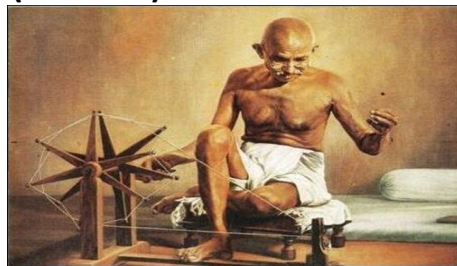


Mahatma Gandhi

(Culture 1)



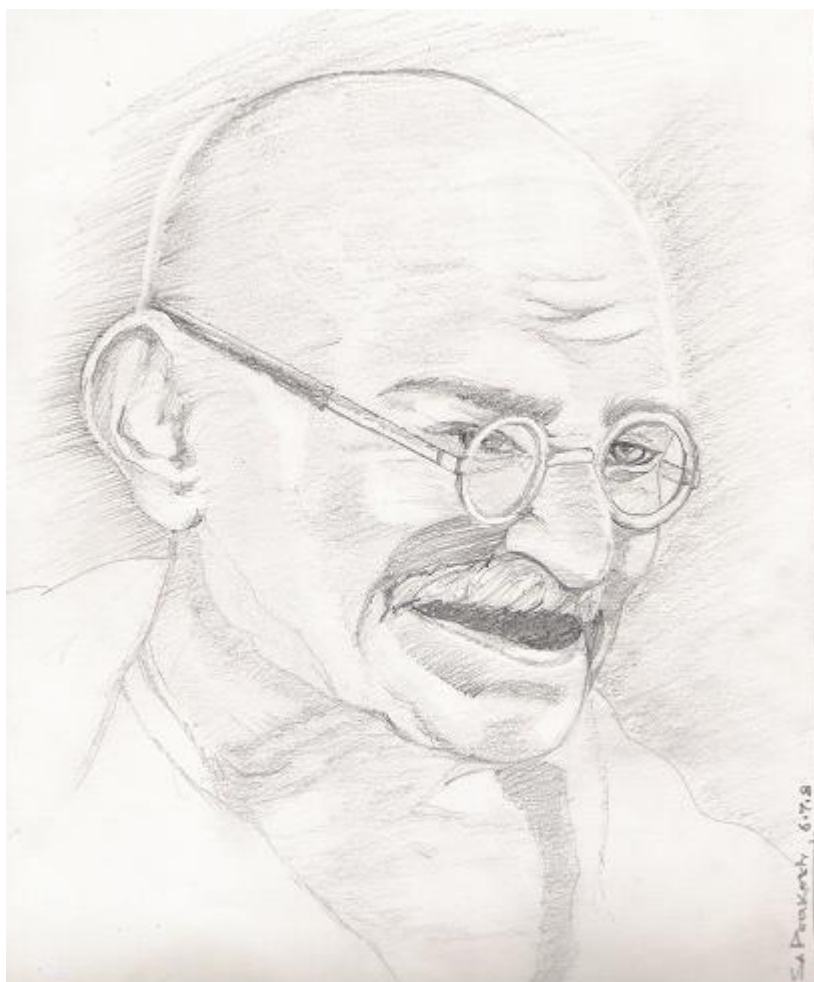
1. Mahatma Gandhi is called the “Father of the Nation” in India.
2. October 2nd is celebrated as “Gandhi Jayanti” or Birthday of Mahatma Gandhi.
3. Mahatma Gandhi helped India get Freedom from British.
4. Mahatma Gandhi used to make his own clothes with cotton (Khadi) using spinning wheel (Charkha).



5. What do we learn from Mahatma Gandhi?
 - See no evil, Hear no evil, Say no evil



- Ahimsa or non-violence
- Truth or Satya



Dussehra

(Culture 1)

1. Dussehra festival is celebrated because Sri Ram defeated Ravan (the ten headed king of Lanka).



2. The festival teaches us “Victory of Good over Evil”.
3. Dussehra is celebrated for 10 days.
4. We celebrate Dussehra by:
 - participating in Ramlila (Skit on Sri Ram’s life), and
 - performing Raas and Garba dance.



Jawaharlal Nehru

(Culture 1)

1. Jawaharlal Nehru was the first Prime Minister of India.



2. He used to love Children and therefore children used to call him “Chacha Nehru”.

3. On his birthday, November 14th, India celebrates Children’s Day.

4. On Children’s Day, many cultural programs are held for children.

Deepawali (Diwali)

(Culture 1)

- 1. Diwali is the “Festival of Lights”.**
- 2. Diwali festival is celebrated because on this day Sri Ram returned to Ayodhya after 14 years of exile. People of Ayodhya welcomed Sri Ram by lighting lamps (Diya).**
- 3. We celebrate Diwali by:**



Bursting firecrackers



Lighting lamps



Praying to Goddess Lakshmi



Eating and distributing sweets



Making Rangoli



Geography and Languages of India

(Culture 1)

1. Map of India



2. India is surrounded by:

- mountain ranges in the North named Himalayas, and
- 3 oceans on the 3 sides named, the Bay of Bengal (East), Indian Ocean (South), and Arabian Sea (West).

3. The tallest mountain in the world is Mount Everest, which is a part of



Himalayas.

4. New Delhi is the capital of India.

5. I go tocity, when I visit India.

6. There are 2 official languages of India: Hindi and English.

7. My mother tongue is



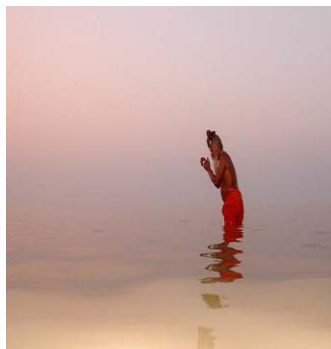
Makar Sankranti

(Culture 1)

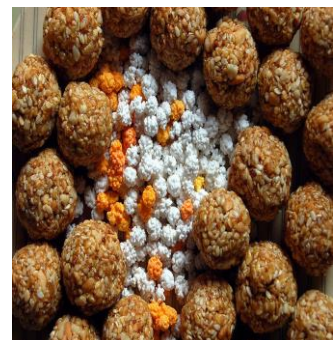
1. **Makar Sankranti** is a **major harvest festival** celebrated in various parts of India.
2. It is one of the few Hindu Indian festivals, which is celebrated on a fixed date i.e. 14th of January, every year.
3. Makar Sankranti is celebrated in almost all parts of India with great devotion.



**Children
Fly Kites**



**Pray to
Sun God**



**Eat Ladoo
and Pongal**

Republic Day of India

(Culture 1)

1. Republic day of India is celebrated on January 26th, every year.

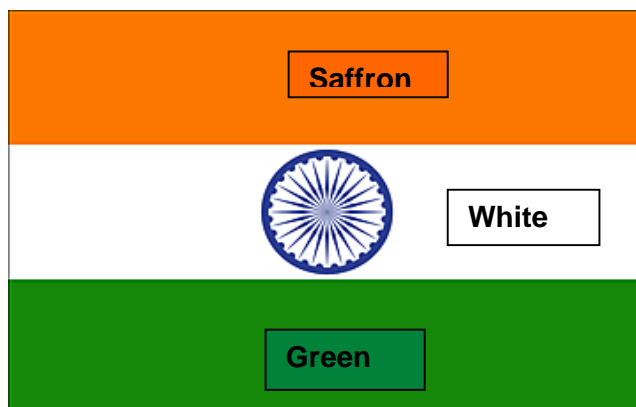
- On Jan 26th, 1950, India became a republic.

2. Independence Day of India is celebrated on August 15th, every year.

- On August 15th, 1947, India gained independence from British rule.

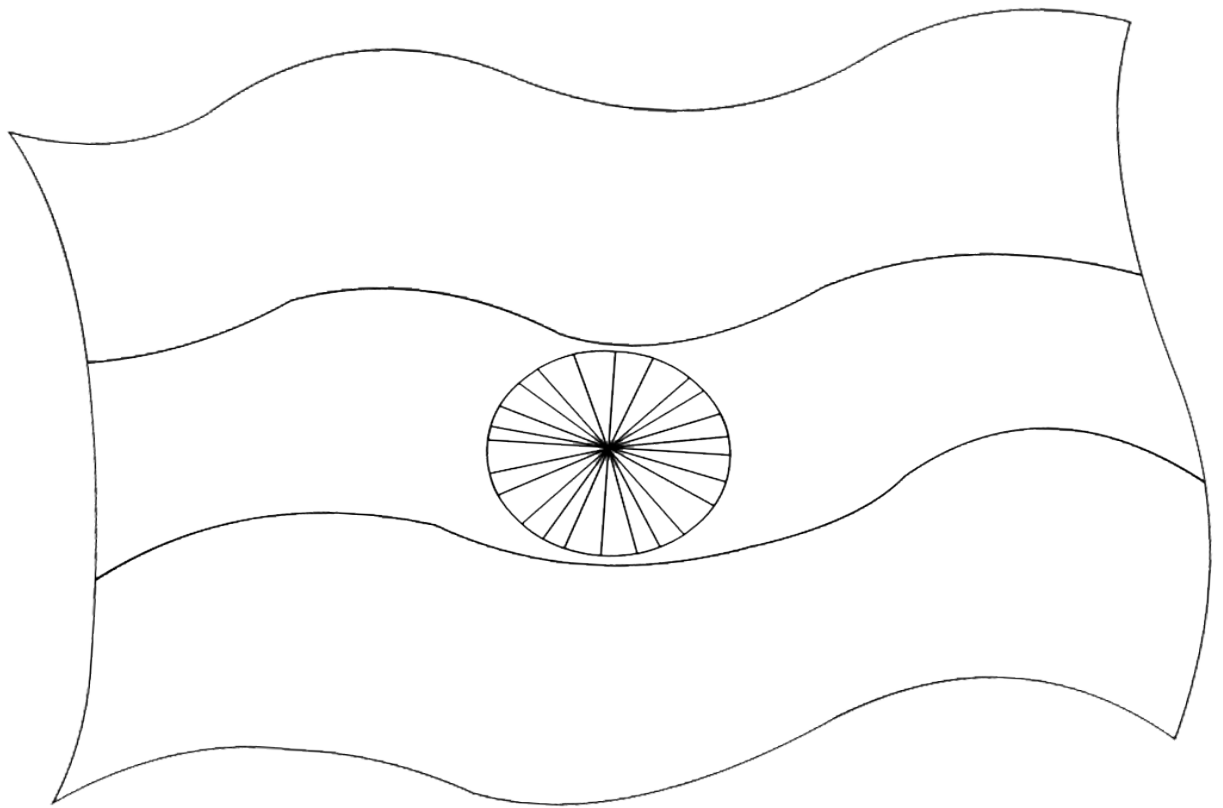
3. The Flag of India has,

- 3 colors: Saffron, White and Green, and
- Ashok Chakra or Dharma Chakra is in the center.



4. The first Prime Minister of India was

Jawaharlal Nehru (also called Chacha Nehru).



Bhajans and Saints of India

(Culture 1)

1. A **Bhajan** is any type of Indian devotional song, expressing love for the Divine or God.
2. The term Saint or "Sant" means "one who knows the truth".
3. Many Saints wrote Bhajans, and Hindu Epic stories such as Ramayan and Mahabharat.



Saint Valmiki wrote Ramayan (story of Sri Ram)



Mirabai wrote Bhajans on Lord Krishna



Brahma, Vishnu and Shiva

(Culture 1)

1. The 3 Main Gods of Hindu Religion and their Roles in the Universe are:

- Lord Brahma and Goddess Saraswati



Lord Brahma is the Creator of the Universe & **Saraswati** is the Goddess of Knowledge.

- Lord Vishnu and Goddess Lakshmi



Lord Vishnu is the Preserver of the Universe & **Lakshmi** is the Goddess of Wealth

- Lord Shiva and Goddess Parvati



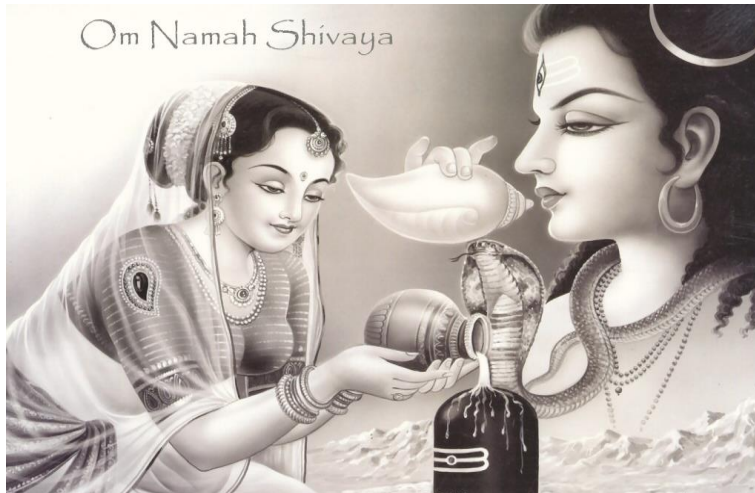
Lord Shiva is the Destroyer of the Universe & **Parvati** is the Goddess of Power or Shakti.



Maha Shivratri

(Culture 1)

- 1. Maha Shivaratri marks the wedding day of Lord Shiva and Parvati.**



- 2. Lord Shiva dissolves or destroys the current universe to recreate a new universe.**

- 3. On Maha Shivratri,**

- people perform pooja of Lord Shiva by worshipping Shiva Linga**
- people fast the whole day and stay awake the whole night (Jagran), and**
- people do meditation and chant Om Namah Shivaaya.**



Shiv Linga



Nandi, the bull - Shiva's Favorite vehicle



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Lord Ganesh

(Culture1)

- 1. We always start our prayers and new work by praying to Lord Ganesh. He removes all problems (obstacles).**



- 2. His father is Lord Shiva and his mother is Parvati.**
- 3. Lord Ganesh:**
 - has Elephant head
 - has Big Belly
 - has Four hands
 - loves Laddus, and
 - his favorite vehicle is a Mouse.
- 4. We celebrate Ganesh Chaturthi by:**
 - making the idol of Lord Ganesh
 - praying to him
 - offering him Laddoos and Modak, and
 - immersing his idol in a river or lake.



Holi

(Culture 1)

1. Holi is the “Festival of Colors”.

2. Holi is also known as the “Spring Festival”.

3. Holi is celebrated by :

- **putting colors on each other, and**
- **burning Bonfires, called Holika Dahan.**



Holi colors



Holika Dahan



Sri Ram Navami and Hanuman Jayanthi

(Culture 1)

1. Lord Sri Ram and Jai Hanuman



2. Sri Ram Navami is the festival to celebrate birth of Sri Ram.

3. Hanuman Jayanthi is the festival to celebrate birth of Sri Hanuman.

4. Sri Ram Navami is celebrated by:

- continuous recital of Akhand Paath
- singing Bhajans, Kirtans and chanting Ram Nam, and
- distribution of Prasad.

5. Hanuman Jayanthi is celebrated by:

- visiting temples, pouring oil and applying tilak of sindhūr to our foreheads from Hanuman's body, and
- reciting Hanuman Chalisa.



Musical Instruments and Dances of India

(Culture 1)

1. Popular musical instruments



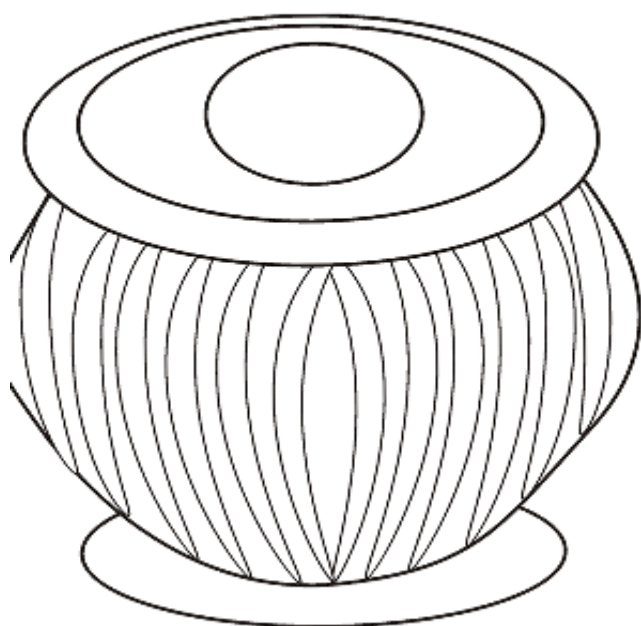
2. Classical Dances of India



Bharatanatyam



Kathak



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Places to Visit in India

(Culture 1)

1. India has many historical, natural and religious places to visit.

2. Some of the places to visit in India are:

- **Red Fort (Delhi):** The first Prime Minister of India, Pundit Jawaharlal Nehru, announced to the nation from the Red Fort, that India was free from colonial rule. It is made of red stone.

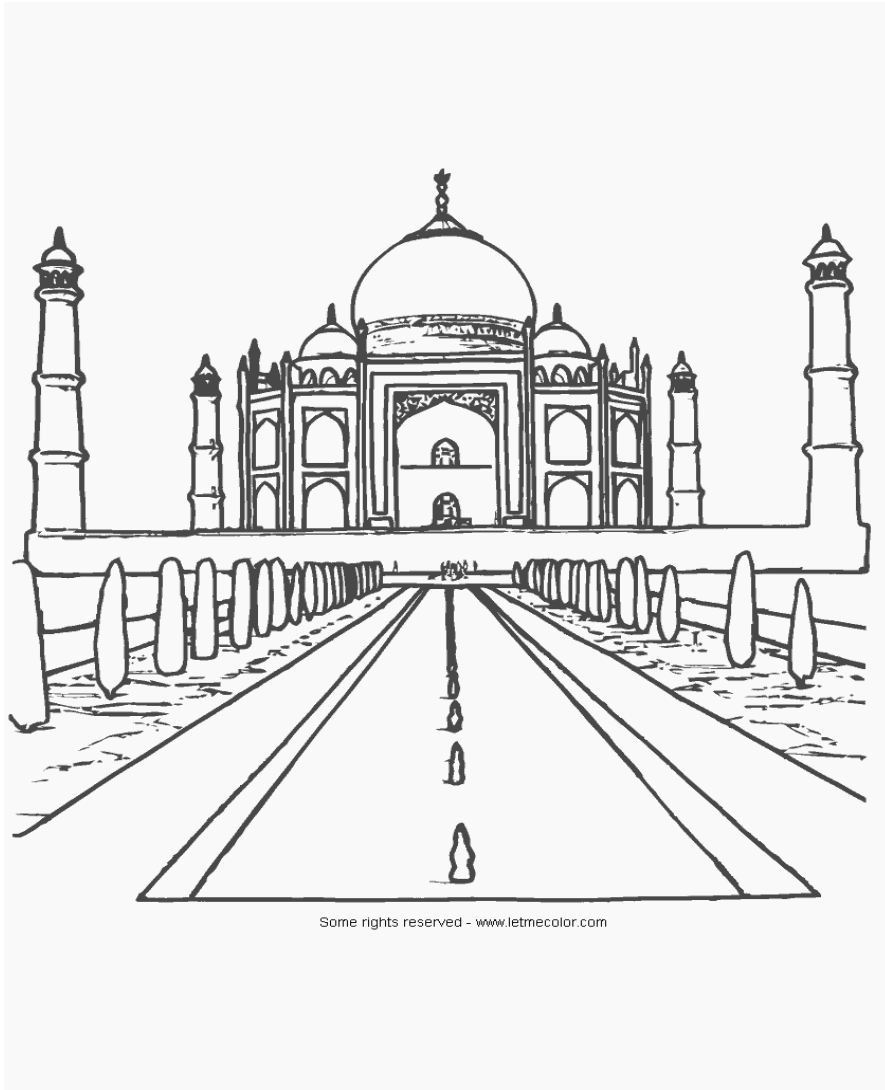


Red Fort - Delhi

- **Taj Mahal (Agra):** It was built by Shah Jahan in memory of his beloved queen Mumtaz Mahal. It is built of marble and is one of the Wonders of the World.



Taj Mahal - Agra



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