

# | SHRI SANATAN MANDIR |

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# Culture 2

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# **Shlok**

## **(Culture 2)**

### **Vakratunda MahaKaya**

**Vakra-Tunndda Maha-Kaaya Suurya-Kotti Samaprabha |  
Nirvighnam Kuru Me Deva Sarva-Kaaryessu Sarvadaa ||**

O Lord with curved trunk and massive appearance,  
Whose splendor is equal to that of a billion suns.  
Please bless me such that I do not face any obstacles  
In any of my endeavors, anytime

### **Mookam Karoti**

**Muukam Karoti Vaacaalam Panggum Langghayate Girim |  
Yat-Krpaa Tamaham Vande Param-Aananda Maadhavam ||**

I pray (vande) to the almighty lord god (parmanand  
madavam) who makes the dumb (muukam) speak  
(vachalam), the lame(pangu) climb/cross (langhyete) the  
mountains(girim) to bestow his kind blessings(kripa).

# **Sri Krishna Janmashtami**

## **(Culture 2)**

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



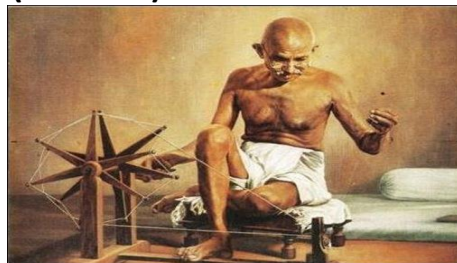
- 2. Lord Krishna was raised by Yashoda and Nandalal in Gokul.**
- 3. Lord Krishna defeated the evil King Kamsa of Mathura.**
- 4. He loved Yogurt and played flute.**
- 5. Sri Krishna Janmashtami is celebrated by:**
  - praying to Lord Krishna**
  - participating in Dahi Handi (breaking pot of yogurt by forming a human pyramid), and**
  - performing a dance form called Raas Lila.**

# **Mahatma Gandhi**

## **(Culture 2)**



1. Mahatma Gandhi is called the “Father of the Nation” in India.
2. October 2<sup>nd</sup> 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 2)

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 2)**

**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 14<sup>th</sup>, India celebrates Children’s Day.**

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



# **Deepawali (Diwali)**

## **(Culture 2)**

- 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 2)

### 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 to .....city, when I visit India.

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

7. My mother tongue is .....



# **Makar Sankranti**

## **(Culture 2)**

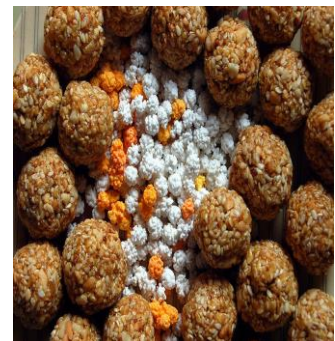
1. **Makar Sankranti** is a **major harvest festival** celebrated in various parts of India.
2. It is one of the few Hindu Indian festivals, which is celebrated on a fixed date i.e. 14th of January, every year.
3. Makar Sankranti is celebrated in almost all parts of India with great devotion.



**Children  
Fly Kites**



**Pray to  
Sun God**



**Eat Ladoo  
and Pongal**

# **Republic Day of India**

## **(Culture 2)**

**1. Republic day of India is celebrated on January 26<sup>th</sup>, every year.**

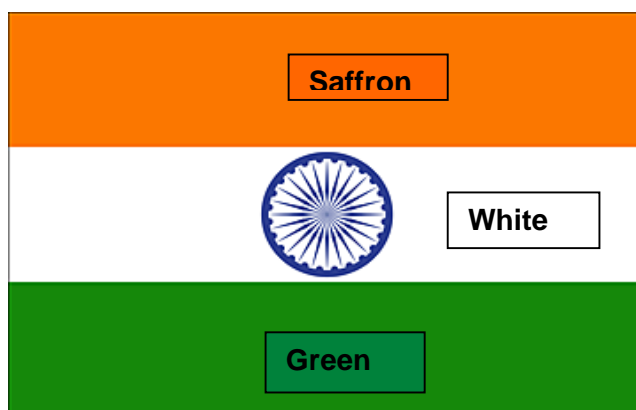
- On Jan 26<sup>th</sup>, 1950, India became a republic.

**2. Independence Day of India is celebrated on August 15<sup>th</sup>, every year.**

- On August 15<sup>th</sup>, 1947, India gained independence from British rule.

**3. The Flag of India has,**

- **3 colors: Saffron, White and Green**
  - Saffron stands for : Courage & sacrifice
  - White stands for: Truth and Purity
  - Green stands for: Peace and Prosperity
- **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 2)**

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.
4. Adi Shankara: Wrote Bhaja Govindam



Saint Valmiki wrote Ramayan (story of Sri Ram)



Adi Shankara wrote "Bhaja Govindam"



Mirabai wrote Bhajans on Lord Krishna

# Brahma, Vishnu and Shiva

## (Culture 2)

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



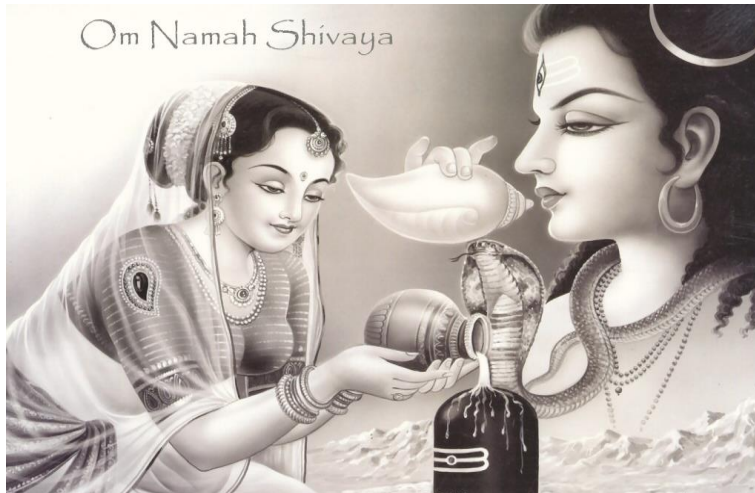
**Lord Shiva** is the Destroyer of the Universe & **Parvati** is the Goddess of Power or Shakti



# **Maha Shivratri**

## **(Culture 2)**

- 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**

# **Lord Ganesh**

## **(Culture 2)**

- 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 2)**

- 1. Holi is the “Festival of Colors”.**
- 2. Holi is also known as the “Spring Festival”.**
- 3. Story of Prahlad and Holika (read).**
- 4. 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 2)**

### **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 2)

### 1. Popular musical instruments



### 2. Classical Dances of India



**Bharatanatyam**



**Kathak**



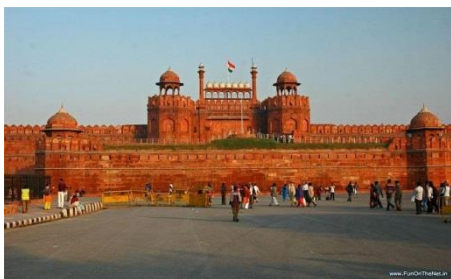
# Places to Visit in India

## (Culture 2)

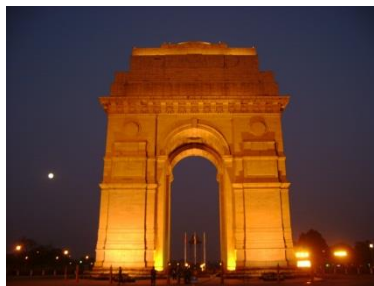
1. India has many historical, natural and religious places to visit.

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.
- **India Gate (Delhi):** It was built as a memorial to commemorate the soldiers killed in World War I.
- **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.
- **Dwarkadhish Temple (Dwaraka):** It is a temple for Lord Krishna.



Red Fort - Delhi



India Gate - Delhi



Taj Mahal - Agra



Dwarkadhish temple - Dwaraka

# Introduction to Ramayan

## (Culture 2)

1. Ramayan is one of the two great epics of ancient India, the other being the Mahabharat.
2. **Ramayan is the story of Lord Ram, the king of Ayodhya**, who lived his entire life following the rules of Dharma (right way of living (one simple definition)).
3. Ramayan was written by **Saint Valmiki**, originally in Sanskrit.
4. The entire Ramayan is divided into 7 Kandas (chapters). Each kanda describes the life of Lord Ram.
5. **Story of Ramayan: A short summary**

Dasharath, King of Ayodhya, had three wives (Queen Kaushalya, Queen Kaikeyi and Queen Sumitra) and four sons (Lord Ram, Lakshman, Bharat and Shatrughna). Lord Ram was the eldest son and his mother was Queen Kaushalya. Bharat was the son of his second and favorite wife, Queen Kaikeyi. The other two sons were twins, Lakshman and Shatrughna, whose mother was Queen Sumitra.

Lord Ram was married to Sita devi.

King Dasharath, Lord Ram's father, decided that it was time to give his throne to his eldest son Lord Ram and retire to the forest. Everyone seemed pleased. In addition, everyone in Ayodhya loved Lord Ram. However Lord Ram's step-mother (Queen Kaikeyi), the king's second wife, was not pleased. She wanted her son, Bharat, to rule. Because of an oath Dasharath had made to her years before, she demands King Dasharath to agree to banish Lord Ram for fourteen years and to crown Bharat as King of Ayodhya.

Lord Ram, always obedient, was as content to go into banishment in the forest as to be crowned king. Lord Ram goes to the forest with his wife Sita devi and brother Lakshman.

Bharat, whose mother's evil plot had won him the throne, was very upset when he found out what had happened. He went to the forest and begged Lord Ram to return and rule, but Lord Ram refused. "We must obey father," Ram said. Bharat then took Ram's sandals saying, "I will put these on the throne, and every day I shall place the fruits of my work at the feet of my Lord." Embracing Lord Ram, Bharat took the sandals and returned to Ayodhya.

Years passed and Lord Ram, Sita devi and Lakshman were very happy in the forest. Lord Ram and Lakshman destroyed the rakshasas (evil creatures), who

disturbed the sages in their meditation. One day a rakshasa princess (sister of King Ravan of Lanka) wanted to marry Lakshman, but he refused and drove her away. She returned to her brother Ravan, the ten-headed ruler of Lanka, and told her brother about Lord Ram, Lakshman and Sita devi.

King Ravan devised a plan to abduct Sita devi. He sends a magical golden deer, which Sita devi desired to possess. Lord Ram and Lakshman went off to hunt the deer, first drawing a protective circle around Sita and warned her that she would be safe as long as she does not step outside the circle. After Lord Ram and Lakshman left to get the golden deer, Ravan (who can change his appearance) appeared as a holy man begging alms. The moment Sita devi stepped outside the circle to give him food, Ravan grabbed her and carried her off to his kingdom in Lanka. King Ravan couldn't force Sita devi to be his wife and so he put her in a grove.

Lord Ram was broken-hearted when he returned to the empty hut and couldn't find Sita devi. The Vanar sena (monkey army), offered to help Lord Ram find Sita devi. Hanuman in the monkey army could fly and so was chosen to find Sita devi in Lanka. Hanuman flew to Lanka and found Sita devi in the grove. Hanuman comforted her and told her that Lord Ram would soon come and save her.

Lord Ram, Lakshman and the monkey army built a bridge from the tip of India to Lanka and crossed over to Lanka. A mighty battle followed. Lord Ram killed the ten-headed king Ravan (celebrated as Vijay Dashami, the last day of Dussehra celebration).

Lord Ram freed Sita devi and returned to Ayodhya. Lord Ram was crowned the King of Ayodhya. His rule, Ram-Rajya, was an ideal time when everyone followed his or her dharma.