

 Hindu Swayamsevak Sangh 

# कुवाडइह पवज



September 10<sup>th</sup>, 2005 Saturday 9:15AM- 12:15PM

Paarthiva-naama samvatsara, bhaadrapada shukla chaturthi, yugaabda 5107

Sunnyvale Hindu Mandir,  
Sunnyvale, CA

Fremont Hindu Mandir,  
Fremont, CA

Sanramon Community  
Center, San Ramon, CA

## संस्कृतभारती

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# गणेश पूजा

## A Children's guide to perform Lord Ganesha Pooja

Prepared by HSS Balagokulam and Samskrita Bharati Volunteers<sup>i</sup>

- 1) Sit comfortably, fold your hands in namaste. Close your eyes, take a deep breath and chant OM (ॐ ॐ) slowly three times. Sound the bell for five seconds.

- 2) Chant the following prayers:

### Pray Lord Ganesha

vakratuNda mahaakaaya soorya koTi samaprabha |  
nirvighnam kuru me deva sarva kaaryeShu sarvadaa ||

वक्रतुण्ड महाकाय सूर्यकोटिसमप्रभ ।

निर्विघ्नं कुरु मे देव सर्वकार्येषु सर्वदा ॥

O, God Ganesha, you are as bright as ten million Suns. I pray to you please remove all obstacles from my path.

### Pray Goddess Saraswati

saraswati namastubhyam varade kaamaroopiNi |  
poojaarambham karishyaami siddhir bhavatu me sadaa ||

सरस्वति नमस्तुभ्यं वरदे कामरूपिणि ।

पूजारम्भं करिष्यामि सिद्धिर्भवतु मे सदा ॥

Goddess Saraswati, my salutations to you. I am starting the pooja, please bless me with success.

### Pray Guru (our teacher at school, at home, in shakha etc.)

gurur brahmaa gurur viShNuH guru devo maheshwaraH |  
guru saakshaat parabrahma tasmai shri gurave namaH ||

गुरुब्रह्मा गुरुर्विष्णुः गुरुर्देवो महेश्वरः ।

गुरुस्साक्षात् परब्रह्म तस्मै श्रीगुरवे नमः ॥

The teacher is the embodiment of the trinity – Lord Brahma, Lord Vishnu and Lord Shiva. To that Guru who is none other than the God Himself, I salute.

### Chant 'sahana vavatu'

OM sahanaa vavatu | sahanau bhunaktu  
Saha veeryam karavaavahai ||  
Tejaswi naava dheetamastu maa vidvishaavahai |  
OM shaantiH shaantiH shaantiH

ॐ सहनाववतु सहनौ भुनक्तु । सह वीर्यं करवावहै ॥

तेजस्विनावधीतमस्तु मा विद् विषावहै ।

ॐ शान्तिः शान्तिः शान्तिः ॥

## गुणद्वैत प्रवृत्ति

OM. Let us protect each other. May we eat together, may we study together, and may we achieve together. May there not be any animosity amongst us. May there be peace, peace and peace.

### 3) Make a resolve to perform the pooja.

mama upaatta durita kshaya dwaaraa shree-parameshwara preeti artham sarva abhiishTa siddhi artham  
dhyana vaahana aadi ShoDasha upacharaaiH shree-mahaagaNapati poojaam kariShye.

मम उपात्त दुरितक्षय द्वारा श्री-परमेश्वर प्रीत्यर्थ सर्वाभीष्ट सिद्धयर्थ

ध्यान वाहनादि षोडशोपचारैः श्री महागणपति पूजां करिष्ये ।

To forsake all my problems and to earn the Supreme Lord's love, and for the fulfillment of all my wishes, I shall worship Lord Ganesha by several means.

### 4) Meditate upon Lord Ganesha.

shukla-ambara-dharaM viShNuM shashi-varNaM chatur-bhujam  
prasanna-vadanaM dhyaayet sarva-vighnopa-shaantaye ||

शुक्लाम्बरधरं विष्णुं शशिवर्णं चतुर्भुजम्

प्रसन्नवदनं ध्यायेत् सर्वविघ्नोपशान्तये ॥

I meditate upon Lord Ganesha who is wearing white clothes, bright colored and has four arms. Pleasant faced Lord Ganesha removes all obstacles.

gajaananam bhootagaNaadi sevitam  
kapittha jamboo phalasaara bhakshitam |  
umaasutam shoka vinaasha kaaraNam  
namaami vighneshwara paada pankajam ||

गजाननं भूतगणादिसेवितं कपित्थ-जम्बू-फलसार-भक्षितम् ।

उमासुतं शोकविनाशकारणं नमामि विघ्नेश्वर पादपङ्कजम् ॥

I pray to the lotus feet of elephant headed Lord Ganapati, who is served by one and all, who likes fruits, who is son of Goddess Paarvati and who removes root cause of all miseries.

shrII mahaa gaNa adhipataye namaH dhyaayaami.

श्री महागणाधिपतये नमः । ध्यायामि ।

### 5) Invite the Lord to come to you to receive your worship.

atra aagachcha jagadwandya suraraaja architeshwara |  
anaathanaatha sarvajna gourii garbha samudbhava ||  
ShrII mahaa gaNaadhi pataye namaH. Aavaahayaami.

अत्रागच्छ जगद्वन्द्य सुरराजाचितेश्वर ।

अनाथनाथ सर्वज्ञ गौरीगर्भसमुद्भव ॥

श्री महागणाधिपतये नमः । आवाहयामि ।

## श्रान्दई प्रठोज

I invite you to come here, O Lord Ganesha, saluted by the world, the one worshipped by the king of Gods, lord of all, the all-knower, son of Goddess Gowri.

### 6) Offer seat to Lord Ganesha.

mouktikaiH puShya raagaishca naanaa ratna viraajitam |  
ratna simhaasanam caaru priityartham pratiguhyataam ||  
Shrii mahaa gaNaadhi pataye namaH. aasanam samarpayaami

मोक्तिकैः पुष्यरागैश्च नाना-रत्न-विराजितम् ।

रत्नसिंहासनं चारु-प्रीत्यर्थं प्रतिगुह्यताम् ॥

श्री महागणाधिपतये नमः । आसनं समर्पयामि ।

I offer to you, Lord Ganesha, to please you and seat you, all gems-studded throne. Please accept it.

### 7) Offer Lord Ganesha water, milk and honey.

mahaa gaNaadhi pataye namaH | paadayOH paadyam samarpayaami |

महागणाधिपतये नमः । पादयोः पाद्यं समर्पयामि ।

I offer water to wash the feet of Lord Ganesha, the leader of all troops.

gowri putraaya namaH | hastayoH arghyam samarpayaami |

गौरीपुत्राय नमः । हस्तयोः अर्घ्यं समर्पयामि ।

I offer water to wash the hands of Lord Ganesha, the son of Goddess Gowri.

anaatha naathaaya namaH | aacamaniyam samarpayaami |

अनाथनाथाय नमः । मुखे आचमनीयं समर्पयामि ।

I offer drinking water to Lord Ganesha, who is the Lord of all.

gajavaktraaya namaH | madhuparkam samarpayaami |

गजवक्त्राय नमः । मधुपर्कं समर्पयामि ।

I offer the traditional mixture of milk and honey to the elephant headed Lord Ganesha.

### 8) Offer panchamritam (milk, curd, ghee, honey and sugar) to Lord Ganesha. Take milk, curd, ghee, honey and sugar in small cups. Use separate cups or mix them all in a cup. Dip a flower in the cup and worship with that flower.

snaanam panchaamritaiH deva grihaaNa gaNa naayaka  
anaatha naatha sarvajna giirvaaNa paripoojita ||  
Shrii mahaa gaNaadhi pataye namaH. panchaamrita snaanam samarpayaami

स्नानं पञ्चामृतैः देव गृहाण गणनायक ।

अनाथनाथ सर्वज्ञ गीर्वाणपरिपूजित ॥

श्री महागणाधिपतये नमः । पञ्चामृत-स्नानं समर्पयामि ।

Oh gaNa naayaka, Lord, God, all-knowledgeable! please accept panchaamrita snaanam.  
mahaa gaNapataye namaH, kshiireNa snaapayaami |

महागणपतये नमः । क्षीरेण स्नापयामि ।

I wash him with milk

## घण्टइके पठणे

mahaa gaNapataye namaH, dadhnaa snaapayaami |

महागणपतये नमः । दध्ना स्नापयामि ।

I wash him with curd

mahaa gaNapataye namaH, aajyena snaapayaami |

महागणपतये नमः । आज्येन स्नापयामि ।

I wash him with ghee

mahaa gaNapataye namaH, madhuna snaapayaami |

महागणपतये नमः मधुना स्नापयामि ।

I wash him with honey

mahaa gaNapataye namaH, sharkarayaa snaapayaami |

महागणपतये नमः । शर्करया स्नापयामि ।

I wash him with sugar

9) Finally offer clean water to Lord Ganesha to finish his bath.

gangaadi sarva tiirthebhyaH aahritaiH amalaiH jalaiH |

snaanam kurushva bhagavan umaa putra namostute ||

mahaa gaNapataye namaH, shuddhodaka snaanam samarpayaami |

गङ्गादि-सर्वतीर्थेभ्यः आहितैरमलैर्जलैः ।

स्नानं कुरुष्व भगवन् उमापुत्र नमोस्तुते ॥

महागणपतये नमः । शुद्धोदकस्नानं समर्पयामि ।

Salutations to you, O God, the son of umaa putra! Please take bath with this fresh, clean water from all the tiirthaas like ganga. I offer clean water bath to Lord Ganesha.

10) Now offer dress-pair to Lord Ganesha.

mahaa gaNapataye namaH, vastra yugmam samarpayaami

महागणपतये नमः । वस्त्रयुग्मं समर्पयामि ।

I offer dress pair to Lord Ganesha.

11) Worship the Lord Ganesha with a bit of turmeric, kumkum, sandal paste and akshata.

candanaagaru karpooram kastoorii kumkumaanvitam |

vilepanam sura shreshTa priityartham prati grihyataam ||

चन्दनागरु कर्पूरं कस्तूरी कुङ्कुमान्वितम् ।

विलेपनं सुरश्रेष्ठ प्रीत्यर्थं प्रतिगृह्यताम् ॥

I offer sandal wood paste (chandana), incense sticks (agaru), camphor (karpooram), kumkuma for applying, to Lord Ganesha.

mahaa gaNapataye namaH. gandhaan samarpayaami.

महागणपतये नमः । गन्धान् समर्पयामि ।

I offer sandal wood paste.

mahaa gaNapataye namaH. haridraa kumkumena cha poojayaami.

महागणपतये नमः । हरिद्रा कुङ्कुमेन च पूजयामि ।

I worship Lofd Ganesha wit haridra (turmeric) and kumkum.

## गुणद्वये प्रतीक

mahaa gaNapataye namaH. akSataa samarpayaami.

महागणपतये नमः । अक्षतान् समर्पयामि ।

I offer grand, good akshataas (colored rice) to Lord Ganesha.

12) Worship the Lord with flowers.

sugandhaani pushpaaNi jaajikunda mukhaanicha |  
eka vimshati patraaNi samgruhaaNa namostute ||  
mahaa gaNapataye namaH. pushpaaNi poojayaami.

सुगन्धानि पुष्पाणि जाजीकुन्दमुखानिच ।

एकविंशति पत्राणि सङ्गृहाण नमोस्तुते ॥

महागणपतये नमः । पुष्पाणि पूजयामि ।

I offer fragrant flowers and 21 types of leaves. Please accept them.

13) Praise Lord Ganesha by famous twelve names.

I salute Lord Ganesha who is

<u>Om sumukhaaya namaH</u>	ॐ सुमुखाय नमः ।	Pleasant faced
<u>OM ekadantaaya namaH</u>	ॐ एकदन्ताय नमः ।	One toothed
<u>OM kapilaaya namaH</u>	ॐ कपिलाय नमः ।	Kapila
<u>OM gaja karNakaaya namaH</u>	ॐ गजकर्णकाय नमः ।	Elephant eared
<u>OM lambodaraaya namaH</u>	ॐ लम्बोदराय नमः ।	Big stomach
<u>OM vikaTaaya namaH</u>	ॐ विकटाय नमः ।	Wise
<u>OM vighna raajaaya namaH</u>	ॐ विघ्नराजाय नमः ।	Master of all obstacles
<u>OM gaNaadhipataye namaH</u>	ॐ गणाधिपतये नमः ।	Leader
<u>OM dhoomaketave namaH</u>	ॐ धूमकेतवे नमः ।	Powerful
<u>OM gaNaadhyakShaaya namaH</u>	ॐ गणाध्यक्षाय नमः ।	President of all groups
<u>OM phaalachandraaya namaH</u>	ॐ फालचन्द्राय नमः ।	Having crescent moon on his forehead
<u>OM gajaananaaya namaH</u>	ॐ गजाननाय नमः ।	Elephant faced



## छान्दो पठो

14) Offer the Lord agarbatti (incense sticks) Take one or two sticks, lighten them and circle the photo/idol three to five times in clockwise direction.

dashaamgam guggulopetam sugandham sumanoharam |  
umaa sutam namastubhyam gruhaaNa varadobhava ||  
mahaa gaNa pataye namaH. dhoopaartham diipam darshayaami.

दशाङ्गं गुग्गुलोपेतं सुगन्धं सुमनोहरम् ।

उमासुतं नमस्तुभ्यं गृहाण वरदोभव ॥

महागणपतये नमः । धूपार्थं दीपं दर्शयामि ॥

15) Show him deepam with a solitary lamp or a lamp with an oil soaked cotton wick.

paadyam trivarti samyuktam vahninaa yojitam mayaa |  
gruhaaNa mangalam diipam iishaputra namostute ||  
mahaa gaNa pataye namaH. deepam darshayaami.

पाद्यं त्रिवर्तिसम्युक्तं वह्निना योजितं मया ।

गृहाण मङ्गलं दीपं ईशपुत्र नमोस्तुते ॥

महागणपतये नमः । दीपं दर्शयामि ।

16) Offer to Lord Ganesha all the fruits and other goodies that you have specially prepared for Him to eat. Take a flower along with few grains of colored rice in your right hand. Pour a spoon of water into your right hand. Sprinkle the water on all the items and offer the flower and rice to God. Feel as if God has actually eaten what you offered him.

Fold your hands do namaste to God.

OM lambodaraaya namaH. mahaanaivedyam samarpayaami.

ॐ लम्बोदराय नमः । महानैवेद्यं समर्पयामि ।

17) Offer taamboolam – beetle leaves and supaari to Lord Ganesha after His Meal.

OM mahaagaNaadhipataye namaH. taamboolam samarpayaami.

ॐ महागणाधिपतये नमः । ताम्बूलं समर्पयामि ।

18) Now offer aarti to the Lord. Show the lamp and circle the idol/photo three times in the clockwise direction. Sound the metallic bell as well.

OM mahaagaNapataye namaH. mangala niiraajanam samarpayaami.

ॐ महागणपतये नमः । मङ्गलनीराजनं समर्पयामि ।

19) Stand up straight. Fold your hands and do namaste. Turn clockwise three rounds.

yaani kaani cha paapaani janmaantara krutaanicha |  
taani taani praNashyanti pradakshiNam pade pade ||

यानि कानि च पापानि जन्मान्तरकृतानि च ।

तानि तानि प्रणश्यन्ति प्रदक्षिणं पदे पदे ॥

Please forgive all my mistakes.

## गणेश पठण

20) Do saashTaanga namaskaar to the God (with your feet, knees, chest, palms and forehead touching the ground.)

anyathaa sharaNam naasti tvameva sharaNam mama |  
tasmaat vaatsalya bhaavena paahi maam gaNaadhipa ||

अन्यथा शरणं नास्ति त्वमेव शरणं मम ।

तस्मात् वात्सल्यभावेन पाहि मां गणाधिप ॥

You are the final solace and protector. That's why protect and guide me out of love.

21) Take prasaad (anything offered to God is prasaad – including water, flower, fruits and other eatables.) Eat/drink with a pleasant smile on your face.

mahaa gaNapati prasaadam aanandena sviikaromi.

महागणपतिप्रसादम् आनन्देन स्वीकरोमि ।

I happily partake Lord Ganesha's prasad.

22) Now take some akshataas in your hands and listen to the following story. At the end, do namaskaar to the God, and your parents. Have your parents bless you with the mantra akshataas that you had in your hand.

### Story:

The great land of bhaarat (India), which is referred in all the dharma literatures, puraaNaas and itihaasaas (history), was full of greenery, beautiful landscapes, with all rivers giving fresh water, fertile land, eco-balance. In there, sage soota, who is an ancient historian, used to teach several shaastraas to other sages like Sounaka. Dharmaraaja, who is born in the chandra dynasty, lost all his kingdom, wealth and power to kauravaas by loosing the gambling game. In the forests, during exile, he, along with his brothers and wife, visited several sages. He also visits sage soota and says "O great soul! We lost all our kingdom and wealth. We are pleased by your darshan now. Please prescribe any vrata with which we can get back all that we lost."

Sage Soota replied, "There is a vrata which removes all sins and gives all wealth. Bhagavaan Shiva first described this to kumara swami." Sage soota continues to tell the vrata story details.

Shiva tells kumara swami "Vinaayaka vrata gives health and wealth. That needs to be done on the fourth day of shukla paksha of the Bhaadrapada month. Finish all ablutions early in the morning, and with whatever one can afford (Gold, silver or clay), make an idol of Lord Ganesha. Install Him in the northern area of your home, on a dias well decorated with flowers, rice and rangoli. Do all the pooja activities like dhoopa, diipa, niiraajana, naivedya.... offerings. Meet friends and family and have lunch and dinner with them. Whoever does it this way, is always happy and meets all his wishes. This is one of the great vrataas, which is performed by several great people like Shri Krishna, Shri Rama, Bhagiratha and Indra.

Soota tells dharmaraja "So, dharmaraja! You also do this ganesh pooja. You can win over your enemies and get back all the wealth.

Earlier, Shri Krishna also performed this vrata and obtained jaambavati along with shamantakamani. King satraajit obtained shamantakamani, a bright shining gem, as a gift from Lord soorya. Shri Krishna liked it and asked Satraajit for it. He denied giving it. Satraajit's brother wore that shamantakamani and went for hunting. A lion killed him and was running away with the gem. Jaambavanta, a bear-king, killed that lion, and took the shamantakamani with him to his cave. Satraajit accuses Shri Krishna that he killed his brother and stole shamantakamani.

Shri Krishna realizes and tells balaraama, that this is because he had to violate the ganesh chaturthi shaapa, not to see moon that night. He happened to see the reflection of moon in the cup of milk that he was having that night. Balaraama asks Krishna to tell the details of the shaapa.

Krishna tells "On this chaturthi day, vinaayaka had a heavy meal of all the sweets and dishes that he likes most. With a heavy, large stomach when he was walking, chandra looks at him and mocks. Indignified, vinayaka gives shapa to the moon, that whoever sees moon on this day, shall be falsely accused. Chandra realizes his mistake and begs pardon of Ganapati. He then tells that, as told by Shiva to kumara swami, if one does ganesh pooja on this 4<sup>th</sup> day of bhaadrapada maasa, they will not face these blames. So, then onwards several people, including chandra did Ganesh pooja."

Then, Shri Krishna and balarama do Ganesh Pooja, had prasadam, and go to jaambavanta. Jaambavanta gladly gives back shamantakamani and offers jaambavati in marriage to Shri Krishna.

Upon return, Shri Krishna goes to satraajit and gives back his shamantakamani. Satraajit feels sorry, and happily offers his daughter satyabhaama in marriage to him."



## श्रान्तिके पठने

Soota continues saying the story that "indra, in order to kill vruttaasrua, shri Rama, when searching for Sita, bhagiratha, when bringing ganga to earth performed this vrata."

Dharmaraja also performs this vrata and gets back all that he lost and lives happily.

By doing this vrata, since everybody is able to fulfill (siddhi) his wishes, vinayaka has become popularly known as "siddhi vinayaka."

So, all people can do this vrata and may live happily forever.

23) After reciting the following shaanti mantra, clean-up your pooja place.

sarve bhavantu sukhinaH. sarve santu niraamayaaH..

sarve bhadraaNi paSyantu. maa kashchid duHkha bhaag bhavet ..

सर्वे भवन्तु सुखिनः । सर्वे सन्तु निरामयाः ॥

सर्वे भद्राणि पश्यन्तु । मा कश्चिद् दुःखभाग् भवेत् ॥

Let all live happily. Let all live without misery. Let all see, hear and perceive only good things. Let no one ever be sad.

OM shaantiH shaantiH shaantiH..

ॐ शान्तिः शान्तिः शान्तिः ॥

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<sup>i</sup> To know more about HSS Balagokulam, a fun place for children of all ages, visit <http://www.balagokulam.org>. And if you would like to know how cool it is to speak in Samskritam or attend a Spoken Samskritam class in your neighborhood, send an email to [SamskritaBharati@coolindian.com](mailto:SamskritaBharati@coolindian.com) or visit <http://www.samskrita-bharati.org>

Om jai Jagdish hare Swāmi jai Jagdish hare  
Bhakt jano ke sankat Dās jano ke sankat  
Kshañ men door kare Om jai Jagdish hare

Jo dhyāve phal pave, Dukh bin se man kā  
Swami dukh bin se man kā  
Sukh sampati ghar āve  
Sukh sampati ghar āve  
Kasht mite tan kā  
Om jai Jagdish hare

Māta pitā tum mere Sharañ paḍoon main kiski  
Swāmi sharañ paḍoon main kiski  
Tum bin aur na doojā  
Prabhu bin aur na doojā  
Ās karoon main jiski  
Om jai Jagdish hare

Tum poorañ Paramātam Tum Antaryāmi  
Swāmi tum Antaryāmi  
Pār Brahm Parameshwar  
Pār Brahm Parameshwar  
Tum sabke swāmi  
Om jai Jagdish hare

tum karuñā ke sāgar tum pālan kartā  
Swāmi tum pālan kartā  
Main moorakh khalakhāmi  
Main sevak tum swāmi  
Kripā karo Bhartā  
Om jai Jagdish hare

Tum ho ek agochar Sab ke prāñ pati  
Swāmi sab ke prāñ pati  
Kis vidhi miloon Gosāi  
Kis vidhi miloon Dayālu  
Tum ko main kumati  
Om jai Jagdish hare

Deen bandhu dukh harta Thākur tum mere  
Swāmi Thākur tum mere  
Apne hāth uthao  
Apni sharañi lagāo  
Dwār paḍā hoon tere  
Om jai Jagdish hare

Vishay vikār mitāvo Pāp haro Devā  
Swāmi pāp haro Devā  
Shradhā bhakti baḍhāo  
Shradhā bhakti baḍhāo  
Santan ki sevā  
Om jai Jagdish hare

Om jai Jagdish hare Swāmi jai Jagdish hare

ॐ जय जगदीश हरे, स्वामी जय जगदीश हरे  
भक्त जनों के संकट, दास जनों के संकट  
क्षण में दूर करे, ॐ जय जगदीश हरे

जो ध्यावे फल पावे, दुख बिनसे मन का  
स्वामी दुख बिनसे मन का  
सुख सम्पति घर आवे, सुख सम्पति घर आवे  
कष्ट मिटे तन का, ॐ जय जगदीश हरे

मात पिता तुम मेरे, शरण पड़ूं मैं किसकी  
स्वामी शरण पड़ूं मैं किसकी  
तुम बिन और न दूजा, प्रभु बिन और न दूजा  
आस करूं मैं जिसकी, ॐ जय जगदीश हरे

तुम पूरण परमात्म, तुम अंतर्यामी  
स्वामी तुम अंतर्यामी  
पार ब्रह्म परमेश्वर, पार ब्रह्म परमेश्वर  
तुम सबके स्वामी, ॐ जय जगदीश हरे

तुम करुणा के सागर, तुम पालन करता  
स्वामी तुम पालन करता  
मैं मूरख खलखामी, मैं सेवक तुम स्वामी  
कृपा करो भरता, ॐ जय जगदीश हरे

तुम हो एक अगोचर सबके प्राण पति  
स्वामी सबके प्राण पति  
किस विधि मिलूं गोसाई, किस विधि मिलूं दयालु  
तुमको मैं कुमति, ॐ जय जगदीश हरे

दीन बंधु दुख हरता, ठाकुर तुम मेरे  
स्वामी ठाकुर तुम मेरे  
अपने हाथ उठाओ, अपनी शरणी लगाओ  
द्वार पड़ा हूँ तेरे, ॐ जय जगदीश हरे

विषय विकार मिटावो पाप हरो देवा  
स्वामी पाप हरो देवा  
श्रद्धा भक्ति बढ़ाओ, श्रद्धा भक्ति बढ़ाओ  
संतन की सेवा, ॐ जय जगदीश हरे

ॐ जय जगदीश हरे, स्वामी जय जगदीश हरे



# Bala Gokulam

## Hindu Swayamsevak Sangh (HSS)

[www.hssbayarea.org](http://www.hssbayarea.org)

[www.balagokulam.org](http://www.balagokulam.org)



- One place for entire family
- Once a week for one and half hour
- NO ADMISSION FEE

Let positive, strong, helpful thought enter into their brains from very childhood.

*- Swami Vivekananda*

### Activities for Kids:

- Stories about Great Heroes, Culture and Hinduism.
- Fun filled games to inculcate team spirit and leadership qualities.
- Practice of slokas and bhajans, Yoga and Suryanamaskar, Ekamata stotram.
- Above all a homely and loving environment where discipline and Hindu ethos are taught in a playful manner.
- Occasional Group hiking and Hindu Heritage Camps.
- Festivals like Samohik Ganesh pooja by kids, Skits by Kids (depicting values and lives great personalities, Ramayana, Mahabharata, history)
- **Participate in the Balagokulam Magazine OF, FOR and BY KIDS**

### And also HSS Shaka for Youth and Adults:

- Yoga, (Yogasanas, Pranayama), Suryanamaskars practice, exercise.
- Fun filled games for youth and adults.
- Discussions, Talks and Dialogues on Hinduism, Cultural and Social issues/topics of Hindus in USA. Occasional Family Camps to know more about Hindu Home, Hindu Family and Hindu Dharma.

Centers: San Jose      Cupertino      Sunnyvale      Fremont      Fresno

San Ramon      Stockton      Sacramento      San Francisco

Visit [www.hssbayarea.org](http://www.hssbayarea.org) for center location

Contact: Gautam Desai(510) 623-7541, Rajasekhar Kuppa (408) 505-0714      Email: [hss\\_sfo@yahoo.com](mailto:hss_sfo@yahoo.com)



**SewaUSA.org**

Together we can serve better !

# One of the Worst Natural Disasters!!

**“.....The Mayor of New Orleans says Hurricane Katrina probably killed thousands of People....”**



**“..Energy facilities hit. Massive destruction...”**

**“New Orleans sinks into a public Health disaster. Mississippi coast business devastated”**

**This is a time for compassion and generosity.**  
**Come, Open your hearts and let's heal the grief and stricken lives together.**

**SEWA volunteers in Houston, TX and Baton Rouge, LA are working with local voluntary organizations to assist in providing relief efforts.**

**There is a need for long term rehabilitation including building homes. All your contributions will be spent on building homes and rebuilding lives providing medical and material help. SEWA USA will be working with Governments of Mississippi and Louisiana to identify the needs and work in rebuilding homes damaged by catastrophic hurricane KATRINA.**

**Checks can be mailed to**

**P.O.Box 2376, Duluth, GA 30096**

**Contact us at: ([info@sewausa.org](mailto:info@sewausa.org))**

**National Coordinator: Srikanth Konda 678-362-7480**

**Yagnesh Pathak 510-573-2240 Gautam Desai - 510-579-4742**

**SEWA International, Inc is a not for profit, non-religious, non-political and Tax-exempt charitable organization under 501(c) (3) with Tax Id # 20-0638718. Sewa Bharathi in India has over 25 years of experience in Relief and Rehabilitation work. Sewa Intl is spread across 15 different countries. In recent Tsunami disaster, Sewa USA is involved in construction of villages in Tamil Nadu and Sri Lanka. Sewa USA is run by dedicated volunteers and has an administrative overhead of less than 4%.**

**SEWA International works on vedic principle of Vasudhaiv Kutumbakam (Whole world is one family) Our Motto: Nar Sewa Narayan Sewa (Serving humanity is serving God.) and Sewahi Paramo Dharmah (Serving is the greatest Duty)**



# Hindu Education Foundation

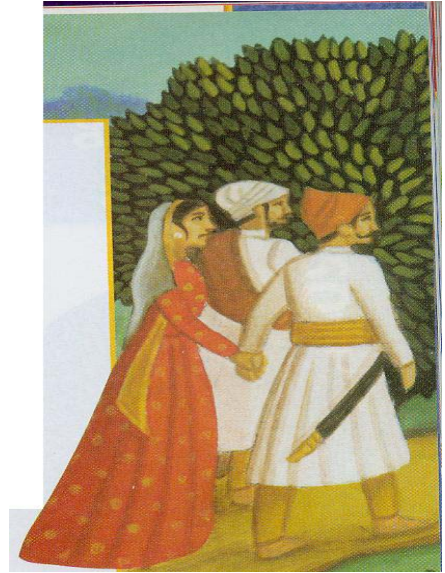
## Misrepresentations

### Hindu Gods and Goddesses

- ❖ Durga and Kali are terrible and extremely bloodthirsty forms of this goddess.” (Oxford University Press, Page 92)

### Languages

- ❖ “Hindi is written with the Arabic alphabet, which uses 18 letters that stand for sounds.” (Harcourt, Page 367)



The above picture depicts Lord Rama going to Vanavas.

Currently the State of California is considering new text books for adoption for Social Studies classes in Elementary and Middle schools, which contain substantial materials on Hinduism and India. HEF found major distortions, misrepresentations, and factual errors in these books. They seem to originate in the framework that the Board of Education of California provides to the School Boards. It insists that the history of India must begin with the Aryan invasion of India with subsequent implications that Hinduism only goes back to 1200 BCE. Some textbooks include indecent remarks on Hindu Gods and Goddesses. Others casually remark on the unjust and inegalitarian caste system and the custom of sati. Needless to say many references are taken out of context. For full details please visit <http://www.hindueducation.org/misrepresentation.htm>.

For last few months the California Team of HEF has engaged in the process of correcting misrepresentations in the advanced copies of the proposed textbooks that various publishers have submitted to the Board of Education. Toward that objective HEF engaged a team of academicians and experts which include Dr. Shrinivas Tilak, Dr. David Frawley, Linda Johnsen, Prof. Subash Kak, Prof. Sridhar Melkote, Mrs Beth Kulkarni, and Shri Kartik Venkatramani

But the changes we seek cannot be accomplished without the active support and cooperation of the larger Indian community.

Sign Online Petition at: <http://www.HinduEducation.org>

## Hindu Swayamsevak Sangh