



# *Balagokulam*



## **Syllabus**

**April - June**

**Age Group : 5 to 8**

Gokulam is the place where Lord Krishna's magical days of childhood were spent. It was here that his divine powers came to light.

Every child has that spark of divinity within. Bala-Gokulam is a forum for children to discover and manifest that divinity. It will enable Hindu children in US to appreciate their cultural roots and learn Hindu values in an enjoyable manner. This is done through weekly gatherings and planned activities which include games, yoga, stories, shlokas, bhajan, arts and crafts and much more.....

**Balagokulam is a program of Hindu Swayamsevak Sangh (HSS)**

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## Shloka

## हनूमान (hanūmān)

(Recite this shloka while praying to Hanuman, the foremost devotee of Lord Rama who is also known for his divine strength.)

मनोजवं मारुत तुल्यवेगम् ।	manojavam māruta tulyavegam
जितेन्द्रियं बुद्धिमतां वरिष्ठम् ॥	jitendriyam buddhimatām varishṭham
वातात्मजं वानर-यूथमुख्यम् ।	vātātmajam vānara-yūthamukhyam
श्रीरामदूतं शिरसा नमामि ॥	śrīrāma-dūtam śirasā namāmi

I take refuge in Hanuman who is as fast as the mind, equals his father, Maruta, in speed, is the master of the senses, the foremost amongst the learned, the leader of the Vaanara forces and the great messenger of Shri Rama.

## श्री राम (śrī rāma)

(Recite this shloka while praying to Lord Rama, one of the incarnations of Lord Vishnu)

रामाय रामभद्राय ।	rāmāya rāmahadrāya
रामचन्द्राय वेधसे ॥	rāmacandrāya vedhase
रङ्गनाथाय नाथाय ।	raghunāthāya nāthāya
सीतायाः पतये नमः ॥	sītāyāḥ pataye namaḥ

My salutations to Bhagawan Sri Rama, the protector of all, one who knows all, the descendant of the Raghu dynasty, the husband of Sita and the Bhagawan of the entire universe.

## Bhajan

## हनूमान (hanūmān)

वीर मारुति गम्भीर मारुति	vīra māruti gambhīra māruti
धीर मारुति अति धीर मारुति	dhīra māruti ati dhīra māruti
गीत मारुति संगीत मारुति	gīta māruti saṅgīta māruti
दूत मारुति राम दूत मारुति	dūta māruti rāma dūta māruti
भक्त मारुति परम भक्त मारुति ॥	bhakta māruti parama bhakta māruti

## श्री गणेश (śrī gaṇeśa)

जय गणेश जय गणेश	jaya gaṇeśa jaya gaṇeśa
जय गणेश पाहि माम् ।	jaya gaṇeśa pāhi mām
जय गणेश जय गणेश	jaya gaṇeśa jaya gaṇeśa
जय गणेश रक्ष माम् ॥	jaya gaṇeśa rakṣa mām
श्री गणेश जय गणेश	śrī gaṇeśa jaya gaṇeśa
जय गणेश पाहि माम् ।	jaya gaṇeśa pāhi mām
श्री गणेश जय गणेश	śrī gaṇeśa jaya gaṇeśa
जय गणेश रक्ष माम् ॥	jaya gaṇeśa rakṣa mām



## Yugadi (Varsha Pratipada)

Festivals are an integral part of our life and culture and Hindu tradition offers them in plenty. There is a festival for every reason and for every season. Every celebration centers around rituals of prayer, seeking blessings, exchanging goodwill, decorating houses, wearing new clothes, music, dance and feasting. Do you know the most important festival that falls in the month of April? It is Yugadi!!

Yugadi is one of the most important festival among numerous festivals that we celebrate. Yugadi means "Beginning of New age" (Yuga=Age and Aadi=beginning). Hindu culture is diverse and Hindu people speak many languages. No wonder! this festival is recognized by various names and celebrated in various ways and on different days. Some call it as "Varsha Pratipada", and some as "Gudi Padva. Some call it as "Naba Barsha" and some as "Goru Bihu".

Yugadi comes close on the heels of festival Holi every year. While the strong colors of Holi start fading away, the freshness of spring lingers on with sprightliness all around. It is a spring festival when the Goddess of Nature gets bedecked as a divine bride. This season has a characteristic fragrance in the air; fully blossomed neem trees make the air healthy. We listen to chanting of birds and smell fragrance of flowers from distance. The onset of spring also marks a beginning of new life with plants (barren until now) acquiring new life, shoots and leaves. The vibrancy of life and verdant fields, meadows full of colorful blossoms signifies growth, prosperity and well-being.

The day of Yugadi is also a beginning of a new year according to the Hindu Panchang. You may puzzle and ask, "What is Hindu Panchang?" Hindu Panchang is a Hindu Calendar. Just like English Calendar, Hindu people also have their own calendar. They use it for the religious customs and ceremonies. Since it is a start of new year, people launch many new projects, start new ventures, open new offices. They purchase jewelry, and gold on this auspicious day.

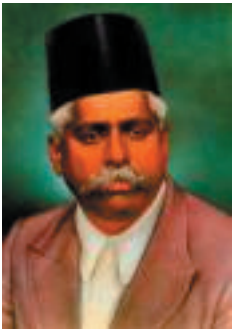
Hindu people celebrate this festival in various ways. Preparations for the festival begin a week ahead. Houses are given a thorough wash. Shopping for new clothes and

buying other items that go with the requirements of the festival are done with a lot of excitement. People wake up before the break of dawn, apply coconut oil on their skin and take a bath after which they decorate the entrance of their houses with fresh mango leaves and intricate rangoli designs reflecting the brightness of the spring. Wearing new clothes, they offer Pooja for the God. They pray for their health, wealth and prosperity and success in business too. As the day starts, they eat the paste of bitter-sweet leaves of Neem tree, tamarind and jaggery. The neem paste is believed to purify blood and build up immunity in the body against diseases. Some people celebrate this festival by hoisting a gudi - a bamboo pole with a rich and gorgeous cloth of magenta or saffron color and a small branch of neem tree and garland. It symbolizes Shree Rama's triumphant entry into Ayodhya and is erected in homes as a mark of triumph of good over evil.



It is believed that, on this day, the Universe was created by Lord Brahma. This is the day when Lord Vishnu incarnated himself as Matsya (the Fish Incarnation). On this day, Shri Rama killed Vali. Historically, the day recalls the inspiring occasion when the kings Shalivahana and Vikramaditya defeated the barbaric forces of Shakas who came from Central Asia and invaded Bharat (India) during the 1st century A.D. The founding of new Eras in the names of Vikrama and Shalivahana signifies the supreme importance accorded to them in the Hindu history.

And what a happy coincidence!! A great patriot and revolutionary, Dr. Keshav Baliram Hedgewar was also born on this day of Yugadi. Affectionately, people used to call him as "Doctorji". In those days, Bharat (India) was under the rule of British. Everyone, including Doctorji, was fighting for the independence in their own way. Doctorji wanted to make Bharat a free, strong and a glorious country. Soon he concluded that an organization of disciplined, dedicated people was the supreme need of the hour. As a result, he founded an organization - Rashtriya Swayamsevak Sangh (RSS) - popularly known as "Sangh". Doctorji passed away in the year of 1940. Even after his death, Sangh is growing by leaps and bounds. It has vowed to destroy the various evils corroding our social life. Our balagokulam too started taking the inspiration from Sangh.





# RAMAYANA

## Bala kaanda

Ayodhya the capital of Kosala was built on the banks of the river Sarayu by Manu a famous ruler of the Solar Dynasty. This wonderful land was ruled very justly and wisely by a King Dasharatha under the guidance of Sage Vasishtha. Despite of all this, the King was not a happy man as he had no children.

As days passed, under guidance of Sage Vasishtha, the king decided to perform the 'Subha putrakameshti Yagna' which would fulfill his heart's desire. During the Yagna as ghee was poured into the sacrificial fire a Yagna purusha appeared and gave King Dasharatha a bowl of kheer to be distributed to his three wives.

Sure enough in course of time four lovely children were born. Kaushalya gave birth to Rama, Sumitra to Lakshmana and Shatrugna and Kaikeyi to Bharata.

As the princes grew they were trained in arts of warfare and archery and the vedas and upanishadas.

One day Sage Vishwamitra visited Ayodhya and asked King Dasharatha to send Rama to protect the Yagna he was performing in the forest. After due consultations with his Guru the King agreed to send Rama and Lakshmana with sage Vishwamitra.



As the two princes reached the forest of Dandaka alongwith Vishwamitra they came upon Tataka the ferocious rakshashi (demon). Rama and Lakshmana were attacked with huge boulders but Rama with his bow and arrow killed her in no time.



At the Yagnashala, Rama and Lakshmana stood guard against disturbances from rakshasas (demons). Rama killed the demon Subahu and used the maanavastra to tie the demon Mareecha and threw him a 100 yojanas into the sea. Sage Vishwamitra blessed Rama and Lakshmana and marvelled at their courage and fortitude.

After the yagna was over the Sage alongwith the princes proceeded towards the City of Mithila. As they reached the outskirts of Mithila they came upon the Ashrama of Sage Gautama. Upon touching Rama's feet, Sage Gautama's wife Ahalya was purified and released from the curse by which she had changed to stone.

Taking leave from Sage Gautama's Ashram they reached the city of Mithila where King Janaka was holding a Swayamwara for his daughter Seetha. It was proclaimed that whoever could lift the Shivadhanush (Lord Shiva's bow) would receive Seetha's hand in marriage.

Rama, with the blessings of Sage Vishwamitra, easily lifted the mighty bow and snapped it into two. Heaven and earth rejoiced at this joyful occasion. All arrangements were made and Seetha was wedded to Rama, Urmila was wedded to Lakshmana, Mandavi to Bharatha and Shrutakirti to Shatrugna.



After the marriage, on their way back to Ayodhya, they met Parashurama who challenged Rama to a dual. But as soon as Rama stepped forward and strung his bow, Parashurama realised that Rama was none other that Lord Vishnu himself. He surrendered and prostrated at his feet and proceeded to the Himalyas to meditate.

King Dasharatha alongwith the wedding party reached Ayodhya to be welcomed by the Ayodhyavasis (people of Ayodhya).





# RAMAYANA

## Ayodhya Kaanda

The whole of Ayodhya was very happy to have their princes back. Rama and his brothers helped their father in matters of State. Rama displayed a remarkable sense of justice and people loved him very much. As days passed King Dasharatha felt the need to retire. He consulted with Sage Vasistha to fix an auspicious date for Rama's coronation as the new King.

During this time Manthara, Kaikeyi's personal maid poisoned Kaikeyi's mind to fight for Bharata's rights to be the crowned King. The poison did take effect and Kaikeyi asked the king to grant her two boons which were given to her when she had saved his life while fighting with rakshasas (demons).



The two boons were that Bharata be made the crown prince and Rama be exiled for fourteen years.



Dasharatha had no way out but to keep his promise. On hearing the promise made by his father, Rama readily agreed. Calm and controlled Rama left for the forest followed by his wife Seetha and brother Lakshmana. The whole of Ayodhya wept at this sorrowful sight. The king's minister Sumanta drove them to the outskirts of Ayodhya followed by all the people of Ayodhya. At the banks

of Ganga as the people were asleep Rama bade farewell to all and with the help of a tribe chieftain Guha crossed the river. In the forest they met sage Bharadwaj who directed them to Chitrakoot where they could build an ashrama and stay for a while.

By this time King Dasharatha, notwithstanding the pain of separation, gave up his life. Bharata was devastated on hearing his father's death and exile of Rama, Seetha and Lakshmana to the forest. He refused to ascend the throne and set out to bring Rama back. His devotion towards Rama was immense. He pleaded with Rama to come back, but Rama calmed and consoled him. Rama explained to him that different paths had been marked for both of them and that he had to fulfil his duty by upholding his father's promise. Bharata accepted to take Rama's sandals to place them on the throne and rule Ayodhya on his behalf. Such was Bharata's devotion towards his brother Rama.



After his short stay in Chitrakoot, Rama alongwith wife Seetha and brother Lakshmana, travelled all around the forest and met many Sages like Sharabanga, Suteekshana who blessed them with their divine powers. Rama and Lakshmana also protected them and their yagnas from the rakshasas who constantly disturbed their penances.



## -: Exercise :-

## Fill up the blanks

- 1) The festival, Yugadi falls in the month of \_\_\_\_\_.  
a) February    b) March    c) April    d) May
- 2) \_\_\_\_\_ is the founder of Rashtriya Swayamsevak Sangh (RSS)  
a) Dr.Hedgewar    b) Mahatma Gandhi    c) Lokmanya Tilak    d) None of these
- 3) Ayodhya was built on the banks of the river \_\_\_\_\_  
a) Sarayu    b) Ganga    c) Yamuna    d) Godavari
- 4) \_\_\_\_\_ was Rama's mother and \_\_\_\_\_ was Bharata's mother.  
a) Sumitra    b) Kausalya    b) Kaikeyi    d) Devaki
- 5) Rama had \_\_\_\_\_ brothers and \_\_\_\_\_ sisters.  
a) Two    b) Four    c) Three    d) Zero (No)
- 6) Sage \_\_\_\_\_ asked King Dasharatha to send Rama to protect the Yagna.  
a) Vasishtha    b) Vishwamitra    c) Durvasa    d) Parshuram
- 7) Rama killed the demon \_\_\_\_\_ and threw \_\_\_\_\_ a 100 yojanas into the sea.  
a) Mareecha    b) Ravana    c) Subahu    d) Indrajit
- 8) With the touch of Rama's feet, Sage Gautama's wife, \_\_\_\_\_, was purified and released from the curse by which she had changed to stone.  
a) Ahalya    b) Seetha    c) Urmila    d) Mandavi
- 9) Rama wedded to \_\_\_\_\_ and Lakshmana wedded to \_\_\_\_\_.  
a) Mandavi    b) Seetha    c) Urmila    d) Shrutakirti
- 10) \_\_\_\_\_ refused to ascend the throne and set out to bring Rama back.  
a) Bharata    b) Lakshmana    c) Dasharatha    d) Sumanta

**Questions:**

1) Who was the King of Ayodhya?

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2) What was the condition set by King Janaka to win Seetha?

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3) Describe the two boons Kaikeyi demanded Dasharatha.

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4) Write the first two lines of Bhajan.

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5) Write the first two lines of Shloka.

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6) What is the meaning of Yugadi?

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# ARTS & CRAFTS

## Making Toran

Come Diwali, Dussehra, Gudi padwa, Yugadi or the New Year, people always hang torans above the doors of their houses. Toran is a bit of decoration made with leaves or flowers or even paper. Nowadays, toran are also made of plastic. People from various parts of Bharat (India) make torans differently. But this is how a traditional toran is usually made:

The things you need:

1. Mango leaves and Flowers
2. Cord
3. Thread and Needle



**Step 1:** Use a needle and thread to make a garland of flowers.

**Step 2:** Tie the leaves to the cord at equal distances from each other. In between the leaves, tie the garland.

The toran is now ready.



**Step 3:** Fix nails at the two ends of the door frame and tie the ends of the toran to them.

This is the traditional toran. Try to make different kinds using different material. You can use paper balls, bells, streamers, cloth with patch work or even beads.

## Shloka

प्रातः स्मरणम् - prātaḥ smaraṇam (Morning Prayer)

कराग्रे वसते लक्ष्मीः ।	karāgre vasate lakṣmīḥ
करमध्ये सरस्वती ॥	karamadhye sarasvatī
करमूले तु गोविन्दः ।	karamūle tu govindaḥ
प्रभाते करदर्शनम् ॥	prabhāte karadarśanam

Bhagawati Lakshmi dwells at the tip of the hand. In the center of the palm resides Saraswathi, the Bhagawati of wisdom. At the base of the palm is Govinda. Hence, one should look and meditate on the hand early in the morning.

## नमस्कार समये - namaskāra samaye

(While performing pradakshina, where we go round 3 times from our right and perform namaskara)

यानि कानि च पापानि जन्मान्तर कृतानि च । yāni kāni ca pāpāni janmāntara kṛtāni ca |  
तानि तानि विनश्यन्ति प्रदक्षिण पदे पदे ॥ tāni tāni vinaśśyanti pradakṣiṇa pade pade ||

Oh! Bhagawan, Whatever sins I have committed all my lives (i.e including past lives), please destroy them at every step that I take around you.

## Bhajan

## Krishna's Bhajan

हरि हरि हरि हरि स्मरण करो  
 हरि चरण कमल ध्यान करो  
 मुरली माधव सेवा करो  
 मुरहर गिरिधारि भजन करो ॥

hari hari hari hari smaraṇa karo  
 hari caraṇa kamala dhyāna karo  
 muralī mādharma sevā karo  
 murahara giridhāri bhajana karo ||

सदा निरन्तर हरि गुण गाओ  
 प्रेम भक्तिसे भजन सुनाओ  
 श्याम पिया के शरण मे आओ  
 मन मन्दिर मे दीप जलाओ  
 जीवन नय्या पार कराओ ॥

sadā nirantara hari guṇā gāo  
 prema bhakti se bhajana sunāo  
 śyāma piyā ke śaraṇa me āo  
 mana mandira me dīpa jalāo  
 jīvana nayyā pāra karāo ||



# RAMAYANA

## Aranya kaanda

In this way ten years passed. As their years of exile was almost coming to an end, Rama met Sage Agastya who blessed him and advised him to spend the remaining period of exile in Panchavati. He gave Rama the bow Vishwakarma had made for lord Vishnu, two quivers of arrows and two swords. With all this in hand Rama left for Panchavati. There, with the help of Lakshmana, he built a beautiful hut near the river Godavari and settled down.



One day they saw a woman walking towards the hut. She introduced herself as Soorpanaka the daughter of sage Vishrava and sister of King Ravana. On seeing Rama she asked him to marry her but Rama refused and directed her towards Lakshmana. But Lakshmana refused to marry her too. Being refused twice Soorpanaka adorned her original form and pounced at Seetha. Seetha was terrified on being attacked by such an ugly creature as Soorpanaka. Lakshmana quick as he was, threw his knife at Soorpanaka which cut her nose. She howled in pain and vanished into the forest.

Insulted Soorpanaka went to her brothers Khara and Dhushana who along with a huge army challenged Rama and Lakshmana. The battle ended soon with victory to Rama. Akampana reported to Ravana the defeat of the brothers at the hands of Rama. On hearing the news, Ravana was furious and got eager to seek battle with Rama. But Akampana advised Ravana about Rama's strength and valour and the best way to avenge defeat was to carry away Seetha so that Rama would die unable to bear separation from his wife.

Ravana had to keep up the promise he had made to his sister Soorpanaka. So the next day he met his uncle Mareecha and persuaded him to disguise as a golden

deer and go before Seetha.

On seeing the golden deer Seetha was attracted towards it. She asked Rama to fetch it for her. Rama not wanting to displease her set out to capture the deer. Before he left, he asked Lakshmana to stay with Seetha until he came back.

For a long time, Rama chased the deer deep into the forest. At last, exhausted and tired Rama shot an arrow at the deer to wound it but to Rama's surprise, the deer changed into a rakshasa and cried out 'Aaa! Lakshmana, Aaa! Seetha, Save me ! and fell down dead'.



Hearing the call for help Seetha panicked and sent Lakshmana to help Rama. Lakshmana reluctantly left instructing Seetha not to leave the hut. While Lakshmana was gone the wicked Ravana in the disguise of a hermit begged Seetha for alms. Not knowing the true nature of the hermit, Seetha brought him alms. No sooner did Seetha come near, Ravana dragged her to his waiting chariot and took off with her. Jatayu the king of vultures saw Seetha being carried away and attacked Ravana. But Jatayu was no match for the evil Ravana who cut off his wings. Jatayu fell down wounded unable to move.



Meanwhile Rama returned with Lakshmana to the hut and found that Seetha was missing. Both of them began to search through the forest for her. On their way they found wounded Jatayu who gave them valuable information about Seetha. He also told them about the fierce battle he had with Ravana. Wounded as he was he breathed his last in the arms of Rama. Jatayu is famous in Ramayana as one of great bhaktas (devotees) of Rama. He laid down his life for the sake of his Lord.





## RAMAYANA

### Kishkindha kaanda

Rama and Lakshmana set out into the forest in search of Seetha but on their way they faced a hideous looking monster who had no head and legs but only two huge long arms. He was Kabandha. He opened his mouth to swallow Rama and Lakshmana but Rama was too swift for the monster and killed him. As soon as Kabandha fell to the ground he transformed into a Yaksha (heavenly being). He advised Rama to seek help from the Vanaara king Sugreeva who resided on Rishyamooka hill.



With this information the two brothers proceeded into the forest. On the way they meet Sabari who was a great devotee of Rama . Rama accepted all the hospitality showerd by his devotee and set off to meet King Sugreeva.



Hanuman the minister of the vanaara king Sugreeva, disguised as a Brahmin set out to check on the two brothers Rama and Lakshmana who were wandering through the forest. On seeing them face to face Hanuman realised that they were not ordinary people but heavenly beings on earth. He readily agreed to take them to King Sugreeva.

King Sugreeva and Rama pledged to help each other. Rama assisted Sugreeva in winning over Kishkindha from his brother Vali who had banished him from his kingdom and in turn Sugreeva split his Vaanara sena (army) and sent groups in different directions to search for Seetha.

After a months time the groups from the east, west and north came back from their searches with no news of Seetha. But the group that headed south kept coming through the forest and land in search of Seetha. Just as they were ready to give up and retreat they came upon an old vulture whose name was Sampathi. Sampathi was none other than the elder brother of Jatayu who fought bravely to free Seetha from Ravana's clutches.

Sampathi gave valuable information about Seetha. He told them that as he was sitting on the hill he had seen a huge rakshasa in a arial chariot speeding across the sky, clutching a wailing, tearful lady. He said that the chariot flew over the ocean towards the kingdom of Lanka.

On hearing this Jambavan the oldest among the vanaras reminded Hanuman the son of Vayu his strength and valour and asked him to fly over the ocean to find Seetha.

Hanuman being the greatest devotee of Sri Rama readily agreed to take up this task and come back with good news from Seetha.





# RAMAYANA

## Sundara kaanda

Hanuman with folded hands prayed to Sri Rama. Then he grew as enormous as a huge mountain and flew across the ocean. On his way he meets with a lot of perils. The first among them was the mountain Mainaaka. But when Hanuman explained to Mainaaka the mission he was on and that he could not afford to waste time, Mainaka let him go.



Hanuman thanked him and blazed another trail across the sky. Sometime later a monster emerged from within the ocean and bade him to enter its mouth. The monster was Surasa who was very hungry. Surasa opened its mouth but Hanuman decreased the size of his body to a speck. Hanuman was in and out of its mouth in a second. .

In this way Hanuman bravely encountered all the monsters in his way and reached Lanka. The whole city of Lanka was enchanting. Hanuman searched for Seetha all through Ravana's royal palace. He then began searching the gardens around and that's where he found Seetha under a tree chanting Rama's name.



Seetha was thrilled with wonder and delight to see Hanuman, Rama's messenger. Hanuman conveyed Rama's message and gave Rama's ring to Seetha. On seeing the ring Seetha cried with joy. She blessed Hanuman and handed him a jewel to take back to Rama. Hanuman assured her that Rama and Lakshmana alongwith the vaanara army would soon defeat Ravana and rescue her.

Now Hanuman before leaving decided to give Lanka a taste of Rama's strength. He began creating havoc all around. Seeing Hanuman create nuisance Ravana ordered for him to be caught and brought before him.



Hanuman acted as Rama's messenger and asked Ravana to let go of Seetha as she did not belong to him. But Ravana, mocked him and ordered his guards to set Hanuman's tail on fire. With the tail on fire Hanuman freed himself and burnt the whole of Lanka before he reached Rama with the news of Seetha. Rama was deeply moved by Hanuman's seva (work).

He embraced him with love and blessed him.

All arrangements were made to cross the ocean. Rama undertook a fast and prayed to the ocean god to help cross the ocean. With help from Nala the son of Vishwakarma a bridge was built across the ocean.



In the meanwhile Ravana's younger brother



Vibheesana tried to reason out with Ravana. He told him that Rama was kind and forgiving to those who surrender to him. But as Ravana's mind was already clouded with greed to attain Seetha he refused good counsel. Vibheesana left his brother and Lanka to surrender to Rama who was the symbol of Dharma. Rama accepted him and continued his preparations for battle with Ravana.



## -: Exercise :-

### Put following events in order

- 1) Hanuman flew across the ocean to search for Seetha.
- 2) Rama assisted Sugreeva in winning over Kishkindha from his brother Vali.
- 3) With the tail on fire Hanuman freed himself and burnt the whole of Lanka.
- 4) Vibheesana left his brother Ravana and his Lanka to surrender to Rama.
- 5) Rama accepted all the hospitality showerd by his devotee, Shabari.
- 6) Sampathi, brother of Jatayu, gave valuable information about Seetha.

### Fill up the blanks

- 1) \_\_\_\_\_ cut off Soorpanaka's nose.  
a) Rama            b) Bharata            c) Lakshmana    d) Shatrugna
- 2) Ravana abducted \_\_\_\_\_.  
a) Kaikai            b) Seetha            c) Draupadi        d) Lakshmana
- 3) The king of vultures, \_\_\_\_\_, saw Seetha being carried away by Ravana.  
a) Hanumana        b) Sugreeva        c) Jatayu            d) Mareecha
- 4) The King \_\_\_\_\_ and Rama pledged to help each other.  
a) Jatayu            b) Hanuman        c) Nala                d) Sugreeva
- 5) \_\_\_\_\_ conveyed Rama's message and gave Rama's ring to Seetha.  
a) Hanuman        b) Jatayu            c) Sugreeva        d) Jambuvant
- 6) With help from \_\_\_\_\_, the son of Vishwakarma, a bridge was built across the ocean.  
a) Hanuman        b) Nala                c) Jatayu            d) Sugreeva

**Questions:**

1) Why did Ravana abduct Seetha?

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2) How did the King Sugreeva and Rama help each other?

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3) Who made Hanuman realize about his strength?

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4) Describe the difficulties Hanuman faced while flying across the ocean.

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5) Where did Hanuman find Seetha ?

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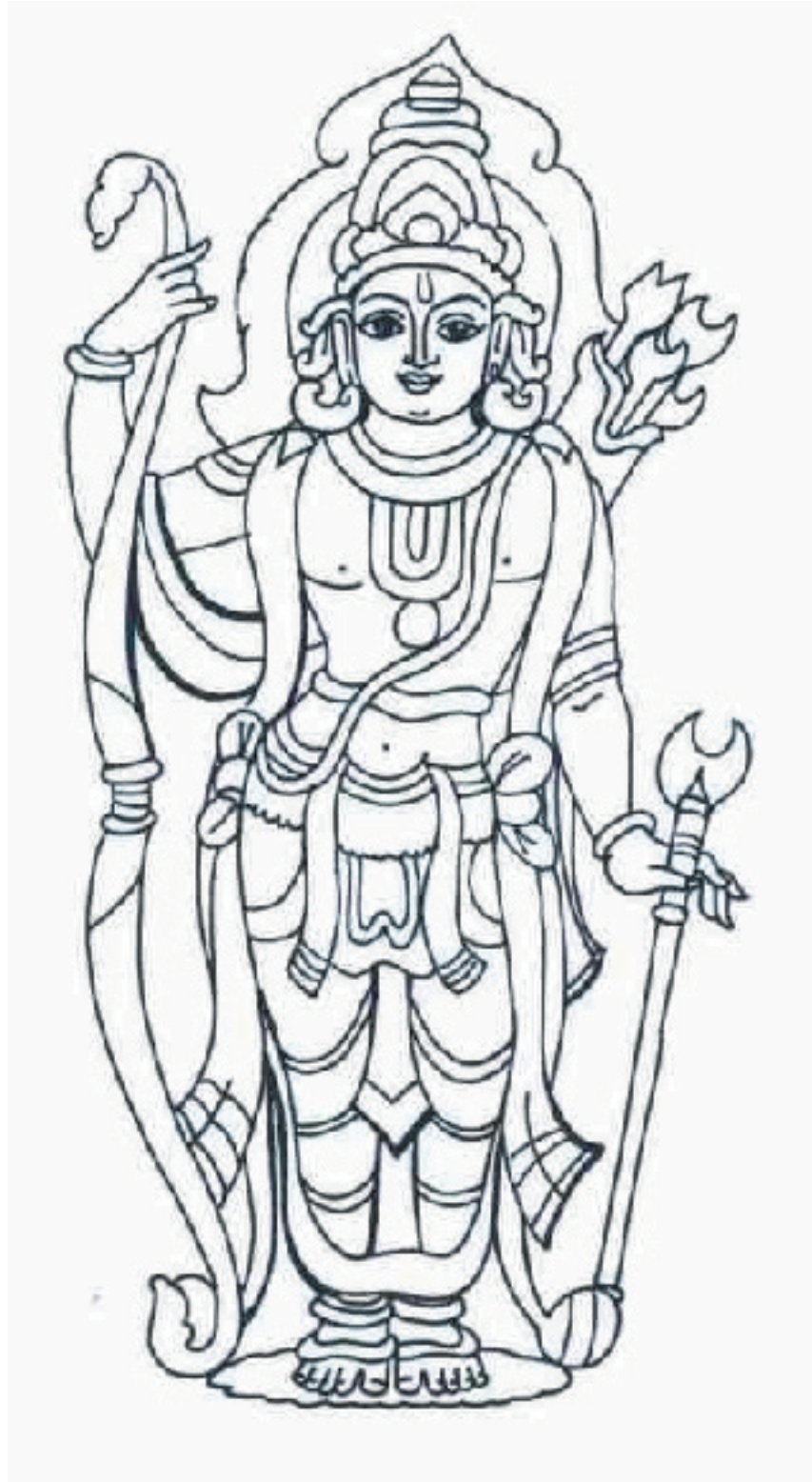
6) Why did Vibheesana leave his brother Ravana ?

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# ARTS & CRAFTS

## Coloring Picture



## Shloka

## लक्ष्मी - (lakṣmī)

नमस्तेस्तु महामाये ।	namastestu mahāmāye
श्रीपीठे सुरपूजिते ॥	śrīpīṭhe surapūjite
शङ्खचक्र गदाहस्ते ।	śaṅkhacakra gadāhaste
महालक्ष्मि नमोस्तुते ॥	mahālakṣmi namostute

Salutations to you, O Mahalakshmi, who is all powerful, who is the seat of wealth, and who is worshipped by the devas and who has a conch, a disc and a mace in Her hands.

## त्वमेव माता (tvameva mātā)

त्वमेव माता च पिता त्वमेव ।	tvameva mātā ca pitā tvameva
त्वमेव बन्धुश्च सखा त्वमेव ॥	tvameva bandhuśca sakhā tvameva
त्वमेव विद्या द्रविणं त्वमेव ।	tvameva vidyā draviṇaṁ tvameva
त्वमेव सर्वं मम देव देव ॥	tvameva sarvaṁ mama deva deva

O Bhagawan, you only is (my) mother, you only is (my) father, your only is (my) relation, you only is (my) friend, you only is (my) knowledge, you only is (my) wealth, you only is everything, you are the BHAGAWAN of the Devas.

**Geet****BAAL HAI GOPAL HAI**

Baal Hai Gopal Hai, Hum Dharma Ke Bhaal Hai  
Hum Dharma Ke Bhaal Hai

Poorshottam Maryaadaa Dhaaree, Dwaapar-men Hum Krushana Muraaree  
Har Yuga Men Kar Dharma Dhawajaa Le, Vaijayntee Gal Maal Hai...  
Bal Hai Gopall Hai...(1)

Veer Shivaa Ranaa Abhimaanee, Guru Govind Sinha Theh Balidaanee  
Bandaa Vairaagee Jaisn Ke, Tejasvee Hum Laal Hai...  
Bal Hai Gopal Hai...(2)

Naana Taatyaa Raanee Jansi, Pralayankar Ban Chumee Phaanssee  
Pandey Mangal Kukaa Phadake, Dhadhak Uthay Ve Jwaal Hai...  
Bal Hai Gopal Hai...(3)

Dayanand Aravind Vivekaa, Eka Tatvake Roop Aneko  
Divya Jyoti Keshava Maadhava Ki, Sampaadita Har Praana Hai...  
Bal Hai Gopal Hai...(4)

**Meaning**

Our baal are the Gopal and the armoury of Dharma (Duty to uphold righteousness).

In Treta-yuga the magnificent complete being was baal Raam and in Dwaapar-yuga was baal Krishna. In every yuga, the establishing of the victory flag of dharma is the precious wealth we give.

The brave Shivaji and Rana are our pride and Guru Govind singh was a great martyr. Like Banda Vairagee, our bravery shines magnificently.

Naana, Taatyaa and Queen of Jansi met death in the flames of fire. Our rage cannot be controlled as the flames rise high.

Dayaanand, Aravindo and Vivekanand all had the same vision but with variation only in approach. The bright light given by Keshav (PP Doctorji) and Madhav (PP Guruji) is present in everyone of us.



## RAMAYANA

### Yuddha kaanda

Ravana not heeding the words of his grandfather Malyavan got ready to battle the huge vaanara sena (army). Having reached the city gates, Rama for the last time sends Angada to Ravana with a message. Angada conveys the message asking Ravana to give back Seetha and escape with life. But Ravana was not ready for any amount of pleading or threatening. He was not ready to change his mind.

The battle began and continued for days with Rama, Lakshmana, Hanuman, Sugreeva and the vaanara sena on one side and Ravana, Indrajeet, Jambumali, Viroopaksha, Nikumbha and the rakshasa sena on the other.

Indrajeet used his magic serpent darts to wound Rama and Lakshmana but Garuda saved them. Both the brothers regained their strength and vigour two fold. Now Ravana called on his commander-in-chief Doomraksha to lead the army. But he was no match for Hanuman and was killed. Vajradumshttra yet



another rakshasa also met his death at the hands of Angada. In this way Ravana kept hearing the news of the death of his most trusted chiefs and generals. He grew anxious.



Ravana sent his ministers to wake his brother Kumbhakarna who was under a curse to sleep for six months of the year. Kumbhakarna having woken up fought a fierce battle. He was very strong and

brave. The whole vaanara sena shook with fear at the sight of Kumbhakarna. But he was not a big deal for mighty Rama who finished him.



Now Indrajeet took charge of the rakshasa army. He fought vigorously and in no time was able to wound Rama and Lakshmana with his poisonous darts. The two brothers lay in deep coma while Jambavaan called for Hanuman to go to the Himalayas to fetch medicinal herbs to cure the brothers. Hanuman not able to identify the herb brought the whole mountain. Rama and Lakshmana were cured. Lakshmana having regained his strength fought back and killed Indrajeet.

On hearing his beloved son's death Ravana himself entered the battlefield. A terrible battle ensued between Rama and Ravana. All devas in heaven watched with admiration. Ravana fought bravely but met his death in the hands of Rama. The vanaras shouted with joy at the victory. Flowers showered from heaven. Rama crowned Vibheeshana as the king of Lanka and proceeded to Ayodhya alongwith Seetha and Lakshmana as the period of exile was over.



Rama was crowned the King of Ayodhya. There was jubilation all over. Ram-rajya an age of supreme contentment, happiness and goodness had taken birth.

*Jay Shriram*





## Vandaneeya Mausiji

Once upon a time 100 years ago, there was a baby girl born in a small town in India. Her name was Kamal, which means "Lotus." As Kamal grew up, everyone loved her. She loved going to the temple with her auntie, whom she called "Dai." At the temple, she enjoyed singing bhajans and mantras, and listening to stories. Kamal's mom and Dai taught Kamal about the Hindu gods and goddesses.

Soon, it was time for Kamal to start school. But there was only one school in the whole village, and that was a Christian Missionary School. All the teachers made fun of Rama and Krishna. Kamal did not like this at all. Then one day, Kamal stood up against the teachers. When it was prayer time, the teacher said, "Class, close your eyes and pray." After a few seconds, Kamal opened her eyes and noticed that her teacher was not closing her eyes. "Kamal!" yelled the teacher. "Close your eyes!"

Kamal was so brave that she said, "But Madam, why aren't you closing your eyes. You should practice what you preach!" The teacher became very angry and she slapped Kamal across her cheek. When Kamal went home, she told her mom the whole story and said that she would never go to the Missionary School again.

From then on, Kamal was taught at home by her mom and Dai. They taught Kamal all about the Hindu Samskars and patriotism. Kamal loved playing outside with her brothers, and she also enjoyed playing dolls with her friends. She was very good at playing games; whenever there was a fight, she would patch things up and make everyone friends again. Kamal was also very kind to others. Whenever someone was sick, she and Dai went to help them out and take care of them.

After Kamal was married to Purushottama Rao, her name was changed to Lakshmibai Kelkar. Two of Lakshmibai's sons went to shakha and Lakshmibai like the shakha very much. But, at that time, only boys went to shakha, not girls. So Lakshmibai decided to start shakhas for girls. The girls liked the shakha a lot. They called Lakshmibai "Mausi ji" which means Aunt. Soon, there were shakhas for girls all over the world. Today, we remember Mausi ji as brave and determined. She was never scared to stand up for her beliefs, and she never gave up.





## Bala (Young) Shivaji

A young prince is seated on the throne. His soldiers have brought a handcuffed Patil (a village chief) before him. Patil, with a thick and long moustache, had dishonored a helpless widow. In a stern and majestic tone the young prince announced the judgment, "cut off his both hands and feet!! This is the least punishment for the crime he has committed". All present were taken aback at the firm devotion of the prince to justice. Not only were they wonder-struck but also pleased beyond measure. The village people began to say to one another: 'Ah! Look! How devoted to justice our young prince is! He is not in the least afraid of the wicked people. He is kind and loving towards the poor, the downfallen and the wretched. He is ever determined to help them and to protect them. What is more, he regards all women as mothers!

Don't you wish to know who this young prince was? He was none other than Shivaji. At the time of this incident he was just fourteen. In another incident..... in Nachani village of Pune province, a ferocious and huge cheetah was creating nuisance. He used to attack villagers suddenly and run away into the jungle. Scared villagers ran to Shivaji for help. They cried, "Save us from this wild animal. He has killed so many children. He attacks us especially in the night when everyone is sleeping". After



patiently listening to the villagers, he said, 'don't worry!! Calm down. I am here to help you". Shivaji, along with his chieftain Yesaji and few soldiers, went to the jungle. As soon as the cheetah appeared, Shivaji's soldiers frightened and backed off. But Shivaji and Yesaji bravely confronted the Cheetah and killed him in no time. Villagers rejoiced and hailed, "Jay Shivaji!!"

Shivaji's father's name was Shahaji. He was always away from home, fighting wars. How he became aware of this fearless and unique nature of his son is itself an interesting story. On a certain occasion, Shahaji took his son to the court of the Sultan of Bijapur. Shahaji and all others touched the ground thrice and saluted the Sultan. He asked his son Shivaji to do the same thing. But.....! Shivaji stood erect with his head unbent. He seemed to be determined that he would not bow down to a foreign ruler. He walked back from the court with a lion-like gait and bearing.

You may ask: how did Shivaji acquire all these noble virtues - courage, heroism, love of the motherland and love of Dharma? Even when he was a little child, his mother Jijabai used to tell him stories of heroes, of saints and sages who appear in the Ramayana, and the Mahabharatha. She taught him all about Hindu Samskars and patriotism. As Shivaji listened to these tales of heroism and Dharmik deeds, he grew more and more eager to be like Rama or Krishna, Bheema or Arjuna. His teacher and guide, Dadoji Kondadev was a great man. He not only taught Shivaji about all kinds of warfare tactics but also about politics and good administration. Both, Dadoji Kondadev and Jijabai, carved his personality.

Though Shivaji was a prince, he enjoyed playing with anyone of his age and easily mixed up with the common people. Soon, he became the heart of all. At the age of twelve, he and his friends took the oath of defeating foreign rulers and establish swarajya where people can live fearless and happy and follow their dharma. At the young age of sixteen, he started raising his own army. In the same age, he captured one of the forts. It was the fort of Torana. Another meaning of Torana is garland. Jijabai proudly said, 'look! Shivaji has brought us a garland of independence!'

As Shivaji grew old, he fought many wars and defeated several lieutenants and commanders of foreign rulers. While fighting with the enemies, he put himself in a grave danger very often. He not only established his independent sovereign against all odds but also undertook reforms to make his people happy. He inspired and united the common man to fight against the tyranny of foreign rulers such as Aurangzeb, by inculcating a sense of pride and nationality in them. Isn't it great about Shivaji? Sant (sage) Ramadas was his spiritual guru (teacher). He sang in praise of Shivaji: "The land and its Dharma have been uplifted. A kingdom of bliss has arisen."



After reading the thrilling and inspiring tale of Shivaji, don't we feel that we too should follow the example of Shivaji? Why is this so? It is because Shivaji underwent all hardships for the sake of his country, for the sake of its Dharma. He did not care for his own life and quite often entered the very jaws of death.

Till his last breath, he lived for his country and for the Dharma of the Hindus. It is nearly three hundred years since he died but the memory of this great man lights up the torch of inspiration.



## -: Exercise :-

### Put following events in order

- 1) Lakshamana killed Indrajit.
- 2) Rama was crowned the King of Ayodhya.
- 3) Rama killed Ravana.
- 4) Hanuman not able to identify the herb brought the whole mountain.
- 5) Rama crowned Vibheeshana as the king of Lanka
- 6) Jambuvana called for Hanuman to go to the Himalayas to fetch medicinal herbs to cure Rama and Lakshamana.

### Match the Pairs

- |                |                              |
|----------------|------------------------------|
| 1) Rama        | 1) Lakshmbai Kelkar          |
| 2) Ravana      | 2) Jijabai                   |
| 3) Indrajit    | 3) The Demon (King of Lanka) |
| 4) Kamal       | 4) The King of Ayodhya       |
| 5) Lakshamana  | 5) Ravana's Son              |
| 6) Shivaji     | 6) Spiritual Guru of Shivaji |
| 7) Sant Ramdas | 7) Rama's Brother            |

### Fill up the blanks

- 1) \_\_\_\_\_ and \_\_\_\_\_ killed cheetah in the Nachani village.  
a) Dadoji      b) Yesaji      c) Shahaji      d) Shivaji
- 2) \_\_\_\_\_ was Shivaji's mother and \_\_\_\_\_ was his teacher and guide.  
a) Yesaji      b) Dadoji Kondadev      c) Shahaji      d) Jijabai
- 3) Shivaji's spiritual guru (teacher) was \_\_\_\_\_  
a) Shahaji      b) Yesaji      c) Jijabai      d) Sant Ramdas

**Questions:**

1) Who goes to Ravana as Rama's messenger?

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2) What did Hanuman bring from Himalayas? Why?

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3) Who was crowned as a King of Lanka after the war?

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4) What was the fort that Shivaji captured at the age of sixteen?

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5) What punishment did Shivaji give to the Patil (Chief of village) ?

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6) Describe the incident that happened with Kamal in a school?

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