



HINDU SWAYAMSEVAK SANGH'S  
**balagokulam**  
HINDU DHARMA FOR KIDS, TEACHERS & PARENTS



# Syllabus

Year II, Quarter IV

Age Group : 9 to 12

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's objective is to 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).**

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

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## Shloka

### रामवन्दना (raama vandana )

श्रीराम राम रघु नन्दन राम राम	Sri raama raama raghu-nandana raama raama
श्रीराम राम भरताग्रज राम राम ।	Sri raama raama bharataa-graja raama raama
श्रीराम राम रणकर्कश राम राम	Sri raama raama rana-karkasha raama raama
श्रीराम राम शरणं भव राम राम ॥	Sri raama raama sharanan bhava raama raama

### Meaning:

O Raghunandan Raama, elder brother of Bharata Raam, Stable in any game, I surrender to you.

### मंत्र (Mantra for chanting)

There are 13 mantras which are different names of Sun God. We should chant a mantra before each Surya Namaskar. Following are the first and second mantra.

ॐ मित्राय नमः ।

AUM mitrAya namaH ।

ॐ रवये नमः ।

AUM ravaye namaH ।

## Subhashitam (Words of wisdom)

महाजनो येन गतः स पन्थाः ।

mahAjano yena gataH sa panthAH |

**Meaning:** Follow the path of great people.

## Geet

**Hamko man ki shakti dena  
(O God, Give strength of mind)**

Hamko man ki shakti dena, man vijay kare  
Dusaron ke jayase pehele, khudhko jaya kare

Bhed bhav apne dilse saf karsake  
Doston se bhūl ho to maf karsake  
Jhūth se bache rahe sach ka dam bhare  
Dusaron ke jayase pehele, khudhko jaya kare

Mushkile padee to hampe, itna karma kar  
Sath de to dharma ka, chale to dharma kar  
Khud pe housla rahe, bade se na dare  
Dusaron ke jayase pehele, khudhko jaya kare

### Meaning

O God, give us strength to overcome our mind (ourselves)  
before attempting to conquer others, conquer oneself

Let us cleanse our mind of discrimination (of persons)

Let us try to forgive the mistakes of friends.

Let us discard falsehood and follow the path of truth

Whatever the difficulties in the path, we will continue to work.  
We will tread the path of righteousness with the blessings of Dharma.

We will possess self confidence to fight evil



# Vijayadashami

Vijayadashami is one of the most important festivals of Hindus. The way Deepavali is festival of lights, Vijayadashami is a festival of victory. In Samskritam, 'Vijaya' means victory and 'Dashami' means 10th day. Thus 'Vijaya Dashami' means victory on the 10th day. It is one of the most auspicious days for the Hindus. It falls in the Hindu month of Ashwin (September-October). It comes as the finale of the nine-day festival of Navaratri.

Navaratri festival is celebrated for 9 days. On the 9th day, Saraswati pooja is celebrated. Special poojas are offered to Goddess Saraswati - the divine source of wisdom, knowledge and enlightenment and Goddess Durga – Goddess of Strength and power. The 10th day is "Vijayadashami". This festival of victory is preceded by worship of Goddess Saraswati and Goddess Durga.

## **Vijayadashami - a festival of victory**

Vijayadashami is a festival of victory because it is resplendent with many an inspiring episode reflecting the victorious culmination of deeds of valour of our ancestors. This day is marked by significant victories in Ramayan and Mahabharat.

It is said in Ramayana that on this day Shri Rama killed the demon Ravana and achieved a triumphant victory over the demons. Shri Rama worshipped Goddess Durga just before the battle with the demon Ravana started. Shri Rama worshipped Shami tree on this day just before proceeding to Ayodhya.

In Mahabharata, Pandavas spent thirteen years in exile. During the last year of Ajnaat-vaas (living incognito), they had hidden their arms in the Shami tree. This is the day, their ajnnat-vaas was over and they had taken out their arms from the Shami tree and revealed their identity. That marked their preparation for the victorious war of Kurukshetra. Invoking these inspiring memories, the Shami tree is worshipped on this day.

The story of how the demon Mahishasura was killed is also striking. Demon Mahishasura performed severe penance and became immortal and ruler of all three worlds; heaven, earth and the nether-world. Gods became powerless. As per Lord Vishnu's advice, they parted with a portion of their divine powers to form into a new physical form – Goddess Mahishasura Mardini. Literally “Mahishasura Mardini” means destroyer of Mahishasura. Thus Goddess Mahishasura Mardini took a physical form as the combined might of all Gods. She killed the demon Mahishasura after a ceaseless fight of nine days and nights.

## Celebrations

Grand processions of all Gods and goddesses are taken out in every town and village on this day, signifying the victory of the forces of righteousness over those of wickedness. It marks a new and prosperous beginning. New ventures started on this day are believed to flourish and bring prosperity. Children being tutored on this day - to have a head start in their education. In the medieval period, the Hindu Kings and Emperors used to start their mission on this day.

In old days, each individual used to carry a weapon. They used to worship their weapons on this day. It is called “Aayudha (weapons) Pooja”. The same tradition is continued with some modifications. Now-a-days Hindu people worship different types of things which are modes of their earning and progress. For example, students worship books, businessmen worship their factories and machines, musicians worship their instruments and technical workers worship their tools. Even vehicles are also washed, decorated and worshipped.



To celebrate Shri Rama's victory, Rama-leela is observed by the people with great enthusiasm and éclat. Ram-Leela is a stage enactment of Ramayana.

On this day, people arrange a street play based on the Rama-Ravana war. They create dummies (effigies) of Rama, Seeta, Lakshmana and Ravana. Rama-Lakshmana aim at Ravana's dummy with burning arrows and burn dummy Ravana. After that, people welcome Rama, Seeta and Lakshmana as if they are welcoming the real ones.

The lesson of this legend is so beautifully clear. Even the good and the righteous can succeed against the evil forces only when they come together in an organized endeavour. Could there be a more telling message to the present-day?

## **Vijayadashami as a HSS Balagokulam Utsav**

Vijayadashami is celebrated as one of the six utsavs of HSS. For HSS, Vijayadashami is more special than just a festival. It is because this day is the birth day of an organization - Rashtriya Swayamsevak Sangh (RSS) - which has been the source of inspiration for HSS . On this very day, a great Hindu leader, Dr. Hedgewar, founded RSS in Bharat in 1925 for the rejuvenation and reorganization of the age-old Hindu Dharma.

Truely it has been said that Sanghe Shaktih Kalau Yuge - Organization holds the key to strength in Kaliyuga (today's world). Dr. Hedgewar realized that though Hindu people are immensely superior in culture, wealth and armies, they were defeated by foreign aggressors because they were disorganized. Though having all qualities of "Universal Dharma", Hindu Dharma has not been able to achieve that status because of disorganized Hindu people. Doctorji started RSS in Bharat on this day to organize Hindu people in Bharat. Keeping the tradition of Vijayadashami, RSS has been marching from success to success in all sectors of life.

Organizing Hindu society outside Bharat is also necessary which is one of the objectives of HSS. Vijayadashami being a festival of victory and a birth day of RSS, HSS too has given it a place in its six utsavs.





## Prominent Religious Places of Bharat

Often we have heard People saying that “Bharat is a holy land (Punya bhoomi)”. Question may come to our mind that what is it that makes Bharat a holy land. There are different things which comes to our mind. When we visit Bharat with our parents we might have gone to different pilgrimage places and might have visited temples. These places play an important role in making Bharat a special place.

Some people may argue that, since there are so many religious sects and Sampradayas in Bharat, there are divisions and hence no Unity. But History has proven otherwise. If you ask a person of any of the indigineous religious sects of Bharat,” Which Place in Bharat do you like most?”. He would reply, the whole of Bharat is holy to me.

For example if you ask a Vaisnavite (worshippers of Lord Vishnu) the same question, they would say the whole of Bharat is Vishnus form. For that they would give an example of 108 Vaishnava holy places which are spread through out Bharat from North-South to East–West. It includes Badrinath which is situated in the North, Tirupati in the South, Jaganath Puri in the East and Dwarika in the West.

If you ask a Saivite (worshippers of Lord Shiva), different forms of Shiva resides in each and every corner of Bharat. To Prove his point he may quote ”Dwadash Linga Stotram” which explains 12 main places where famous Shiva lingas are situated which is again spread through out Bharat. Some of them are Rameshwaram (South), Somnath (West) and Ujjain (Central part of Bharat).

Similarly for the Shakta Sampradaya (Worshippers of Godess Durga), there are 51 holy Shakti peetas through out Bharat. These shakti peetas or places include Kanyakumari in the South, Vaishno Devi in the North, Kalighat in the East.

Similarly all the sects of Hinduism have strengthened the cultural unity of the Bharat through these holy places. These places help in the National integration also. A person from Southern part of Bharat will travel all the way to the North to have darshan of Lord Badrinath and will travel all the way to Amarnath (Situated in the northern most part of Bharat). Same way a person residing in North will visit the mandir at Rameshwaram (Situated in the South) to purify his mind and body.

Kumbh mela is a sacred Hindu pilgrimage that takes place at four locations in Bharat. Prayag, Haridwar, Ujjain and Nashik. The mela is the largest gathering (approx. 20 million get together at one place at the same time) of Hindu Sadhus and devotees at one place. Mela is organized once in 12 years at each of the four locations

alternately. This is a classic example of holy places bringing people together.

Also there is a mention of “Sapta Moksha dayaka nagars” (7 places which gives liberation) in our sacred texts. Prominent among them are Ayodhya, Mathura, kashi, Haridwar, Prayag and Kanchipuram.

Ayodhya is situated on the banks of river Sarayu. It is beleived that the city was built by King manu and it was ruled by the kings of Raghu-vamsha of which Shri Ram is 65th. Ayodhya has a very special place in the cultural map of Bharat because it is the birth place of Lord Shri Ram. Lord Shri Ram is considered as a national hero of Bharat and a role model for Hindus. Everywhere in Ayodhya, temples and structures remind us of events of Ramayana. Even in Buddhism, Ayodhya has a very special place. Lord Buddha had visited Ayodhya several times and had stayed there for a longer period of time.

Unfortunately Ayodhya was under attack during the Islamic invasions. In 1528, an Islamic invader Babar and his people demolished the ancient Ram temple which was situated at the place where Lord Shri Ram was born. After demolishing it, he built a mosque over the same place. From that time onwards, Hindus from time to time led several movements to liberate that place. It is a wish of every Hindu that a grand temple should be built at the the site where Lord Shri Ram was born.

Another prominent place in Bharat is Kashi. The word Kashi is derived from “kaas” which means brightness. Kashi is situated between two rivers “varana” and “asi”. So it is also known as Varanasi. The city was ruled by a king named “Banara”, and hence it derived the name “banaras”. It is situated on the banks of holy river Ganga. Hindus believe that he who dies in Kashi gets liberation. It is said that Kashi is described in 14,000 verses in of our Puranas. For Shaivites (Worshippers of Shiva) Kashi has a very significant place. Kashi was a centre of learning too. Several students from different parts of Bharat used to come to Kashi for their education in Sanskrit, Scriptures and Vedas.

Nalanda was a Prominent University in Bharat during earlier times. Nalanda literally means ”Education without hindrance”. It was famous throughout the world. It is said that 50% of students who used to seek admission in the University were from outside Bharat or International students. Each and every subject ranging from Mathematics to Philosophy was being taught in that University. There were 3000 non-teaching staff who used to take care of the University affairs.

Likewise there are hundreds of religious places throught Bharat which deserve reverence and prominence. Try to get information about the other places which are not covered here. So!! Considering all the above facts, don't you think that Bharat is indeed holy?





## Hindu Woman

Since ancient times, women have been given a very important and special place in the Hindu society. It is quite evident from the fact that we consider and worship our spiritual land, Bharat as Bharat mata (mother) and most of us might have seen the picture of Bharat mata with Bhagwa Dwaj (Saffron Flag) in her hand and riding on the lion.

Even in our ancient Scriptures, we can find ample examples where we can see women being given a high respect. Our Scriptures proclaim: *“yatra naryastu poojante, ramante tatra devatah”* which means Gods reside in those places where women are worshipped and respected. Manusmriti, one of our old scriptures says, *“Pita Rakshati kaumare, Bharta Rakshati yawwane, putro rakshati vardhake, na stree swatantrya marhati”* which means, before the marriage, a girl should be protected by her father, after marriage by her husband and at the time of the old age she should be protected by her son. There is also a Sanskrit saying which says, *“matru devo bhavah”* which means mother is worthy of worship. Woman is also considered as “Shakti” (a feminine term for power or strength). Many battles have been fought and many kingdoms and their kings have been destroyed just because women were troubled.

Woman is considered as a “Lakshmi” of a Hindu home. She is the one who creates bond amongst all family members, thus keep entire family united and together. We see her in different roles such as daughter, wife, sister or mother. She is the one who gives good “sanskar” to the children, thus decides the fate of next generation.

In Bharat, there were several great women who by their bravery, valour, sacrifice, compassion have set an example to the whole humanity. Rani Lakshmibai is one of such examples. She fought against the British, with her new born child in her back with great courage. She gave her life in the battlefield setting a great example for other women to follow her path.

Some 400 years back, our Bharat was under attack from the barbaric Muslim Invaders. Our Rajput Kings of Rajasthan were able to give a befitting

reply to these invaders. Ferocious battles were waged between Rajputs and Muslim invaders. Rani Padmini was the queen of Mewad, a Rajput Kingdom. The moment she came to know that her husband has become martyr in the battle field, Rani Padmini jumped in to the fire sacrificing her life, because she thought instead of falling into enemies hands, it is better to die to save the honour. She had jumped in to the fire thereby saving her pride with “Jaya hari” on her lips and after this many brave Rajput Women followed this path which later came to known as “Jauhar”.

Not Only in bravery, but in every field women of Bharat excelled like literature, poetry and also in the field of Spirituality.

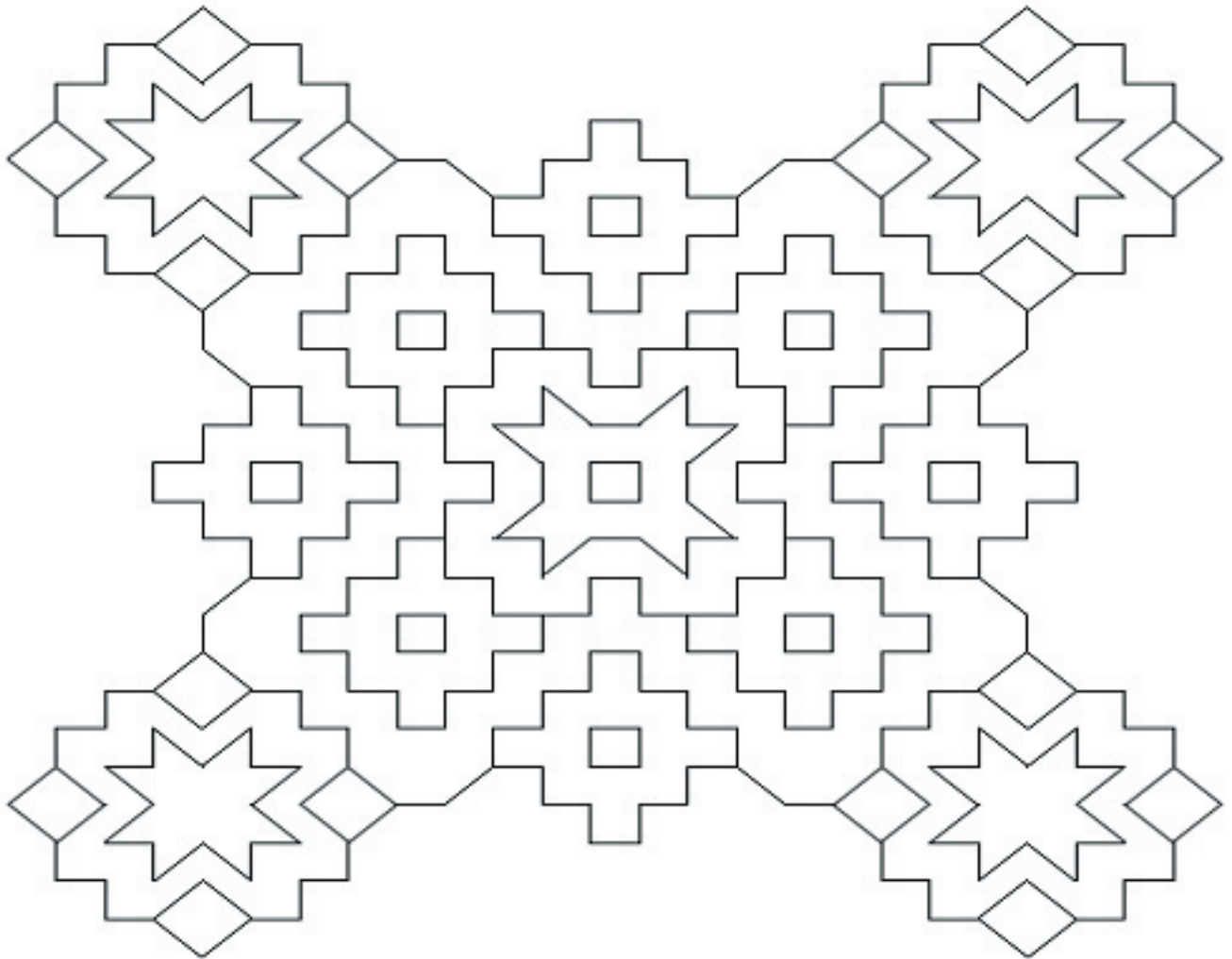
Meera Bhai, was born in a Royal Family in Rajastan. She was a great devotee of Lord Krishna. She gave up all the luxuries and wandered as a saint composing and singing Krishnas bhajans. Her bhajans are sung and cherished even today. Some of her family members did not like and tried to kill her by giving poison, but what can happen to any person who is a devotee of Lord Krishna!?? Instead she had a small idol of Krishna, which turned blue when she drank the poison.

Another prominent woman in Bharatiya History is Laxmibai kelkar, popularly known as Mausiji. Laxmibai Kelkar was born in a small town in Maharashtra. From the very young age itself, she thought it necessary to organize the women of Bharat and started an Organization called “Rashtra Sevika Samiti” (RSS) in 1936. Today this organization is the largest women’s organization in Bharat running thousands of Shakhas imbining discipline and cultural values in women with national character and working towards Hindu Renaissance in Bharat.

Similarly there were and there are several women in Bharat who, by their character and actions, have set an example not only to the women of Bharat, but to the whole world.



## Color this Rangoli



## -: Exercise :-

### Match the Pairs

- |                            |                          |
|----------------------------|--------------------------|
| 1) Bhagwa Dhvaj            | 1) ramante tatra devatah |
| 2) yatra naryastu poojante | 2) dayaka nagara         |
| 3) vijayadashmi            | 3) kashi                 |
| 4) sapta moksha            | 4) Saffron Flag          |
| 5) birth place of Shri Ram | 5) a river in Ayodhya    |
| 6) varanasi                | 6) Ayodhya               |
| 7) sarayu                  | 7) festival of victory   |

### Fill up the blanks

- 1) \_\_\_\_\_ is situated on the bank of Sarayu.  
a) Kashi      b) Ayodhya      c) Mathura      d) None of these
- 2) \_\_\_\_\_ is one of the ancient Universities of Bharat.  
a) Delhi      b) Pune      c) Nalanda      d) None of these
- 3) An Islamic invador \_\_\_\_\_ demolished the ancient Ram temple which was situated where Shri. Ram was born.  
a) Babar      b) Humayu      c) Chengiz Khan      d) None of these
- 4) \_\_\_\_\_ was a great devotee of Lord Krishna.  
a) Meera Bai      b) Tukaram      c) Ramdas      d) None of these
- 5) \_\_\_\_\_ was a founder of Rashtra Sevika Samiti (RSS).  
a) Padmini      b) Laxmibai Kelkar      c) Meera bai      d) None of these
- 6) Shri \_\_\_\_\_ is a National hero and role model of Bharat.  
a) Dronacharya      b) Hanuman      c) Ram      d) None of these
- 7) \_\_\_\_\_ is the festival that comes right after the Navaratri festival.  
a) Deepavali      b) Vijayadashmi      c) Sankranti      d) None of these

**Objective Questions**

1) Name atleast 3 prominent and religious places of Bharat

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2) Write atleast 5 sentences on Vijayadashmi festival.

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3) Name atleast 2 Hindu Women and describe their feats?

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4) Write atleast 3 sentences about Mausiji.

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## Shloka

### लक्ष्मि वन्दना (Lakshmi Vandana)

नमस्ते गरुडारुढे	Namaste garudaa-rudhe
कोलासुरभयङ्करि ।	kolaasura bhayankari।
सर्व पाप हरे देवि	Sarva papa hare devi
महालक्ष्मि नमोऽस्तु ते ॥	mahaa-lakshmi namo-a-stute॥

### Meaning:

O Goddess, who rides on Garuda, and creates fear in Kola monster, who removes all sins, I bow to you.

### मंत्र ( mantra - for repetition /chanting )

There are 13 mantras which are different names of Sun God. We should chant a mantra before each Surya Namaskar. Following are the third and fourth mantra.

ॐ सुर्याय नमः ।                      AUM suryAya namaH ।

ॐ भानवे नमः ।                      AUM bhAnave namaH ।

## Subhashitam (Words of wisdom)

बहुजनहिताय बहुजनसुखाय ।

bahujanahitAya bahujanasukhAya |

**Meaning:** For the good of many, for the happiness of many (majority of people)

## Geet

**Hamko man ki shakti dena  
(O God, Give strength of mind)**

Hamko man ki shakti dena, man vijay kare  
Dusaron ke jayase pehele, khudhko jaya kare

Bhed bhav apne dilse saf karsake  
Doston se bhūl ho to maf karsake  
Jhūth se bache rahe sach ka dam bhare  
Dusaron ke jayase pehele, khudhko jaya kare

Mushkile padee to hampe, itna karma kar  
Sath de to dharma ka, chale to dharma kar  
Khud pe housla rahe, bade se na dare  
Dusaron ke jayase pehele, khudhko jaya kare

### Meaning

O God, give us strength to overcome our mind (ourselves)  
before attempting to conquer others, conquer oneself

Let us cleanse our mind of discrimination (of persons)  
Let us try to forgive the mistakes of friends.

Let us discard falsehood and follow the path of truth

Whatever the difficulties in the path, we will continue to work.  
We will tread the path of righteousness with the blessings of Dharma.  
We will possess self confidence to fight evil



## Medicine and Surgery in Ancient India

Whenever you have visited a doctor or seen someone undergo a surgery, you must have often wondered, how can a small pill cure a disease or a surgery fix a broken bone. Whenever such queries cropped up, you found the answers in school science books or on the Internet.

The word 'science' literally means knowledge or the state of knowing. When this knowledge is put to practical use, it creates technology. Today, we have most, if not all, science recorded for posterity in print and other media. But if the history of science is traced back to its origin, it probably starts from an unmarked era of ancient times. Science of Medicine and Surgery has advanced by leaps and bounds today but many techniques practiced today we known to the ancient scholars of India. Lets see how that happened...

### What is Ayurveda?

Ayurveda as a science of medicine owes its origins in ancient India. Ayurveda consists of two Sanskrit words - 'ayur' meaning age or life, and 'veda' which means knowledge. Thus, the literal meaning of Ayurveda is the science of life or longevity. Ayurveda constitutes ideas about ailments and diseases, their symptoms, diagnosis and cure, and relies heavily on herbal medicines, including extracts of several plants of medicinal values. This reliance on herbs differentiates Ayurveda from systems like Allopathy and Homeopathy. Ayurveda has also always disassociated itself with witch doctors and voodoo.

Ancient scholars of India like Atreya, and Agnivesa have dealt with principles of Ayurveda as long back as 800 BC. Their works and other developments were compiled by a scholar called Charaka and is called "Charaka-Samahita". It contains the "Principles of Ayurveda" and it remained like a standard textbook almost for 2000 years. It was also translated into many languages, including Arabic and Latin.

‘Charaka-Samahita’ deals with a variety of matters covering body functions (physiology), etiology and embryology, concepts of digestion (what happens to food after it enters the body), metabolism, and immunity (protection from diseases).

## Sushruta and Surgery

Can you imagine plastic surgery and dental surgery 2000 years ago when most of western world was still living in caves? Sushruta, a medical scholar and practitioner, lived 2000 years before, in the ancient Indian city of Kasi, now called Varanasi. His work is compiled in a collection called ‘Sushruta-Samahita’ in which he describes over 120 surgical instruments, 300 surgical procedures and classifies human surgery in 8 categories. Because of his numerous contributions to the science and art of surgery he is known by the title “Father of Surgery.”

Sushruta is also the father of plastic surgery and cosmetic surgery since his technique of forehead flap rhinoplasty (repairing the disfigured nose with a flap of skin from the forehead) that he used to reconstruct noses that were amputated as a punishment for crimes, is practiced almost unchanged in technique to this day. Sushruta was also the first surgeon to advocate the practice of operations on inanimate objects such as watermelons, clay pots and reeds; thus predating the modern practice of the surgical workshop by hundreds of years. Inoculation was practiced in China, India, and Turkey, and was a precursor to vaccination for smallpox.



Above is an artist’s impression of an operation being performed in ancient India.





## India's Contribution to the Civil Engineering and Architecture

Since thousands of years, the magical and sacred land of India has been the site for a multitude of significant historical and philosophical developments along with several facets of scientific and technological activities. India's contribution to the world in the field of science and technology ranges from the discovery of zero and decimal point system in Mathematics, Ayurveda and Surgery to significant contributions in the fields of Shipbuilding and Navigation as well as Civil Engineering. In this article, we shall focus on the technological innovations, discoveries and contributions made by India that paved the path for the progress and prosperity of the entire human civilization in the centuries to follow.

### Civil Engineering and Architecture

Geological evidence in the form of prominent pre-historic sites such as Lothal (Gujarat), Harappa and Mohenjodero (currently located in Pakistan) has suggested that the concepts of town planning, hydraulic engineering, air cooling architecture, planned and interlinked underground drainage systems and the technique of using burnt bricks to build building structures existed in India more than 5000 years ago. Urban planned townships like the Indus Valley civilization had started to flourish in India at a time when most of Europe and the world were still relatively primitive in terms of town planning and building structures. The grassroot knowledge of building structures and technical developments in civil engineering led the way to the creation of many magnificent structures in the form of palaces, temples and forts.

Shining examples of India's famous architectural wonders, which are well known around the world, are:

- The structures constructed in the caves of Ajanta and Ellora in Maharashtra near Aurangabad. These structures consist of Hindu, Jain and Buddhist temples and monasteries inside caves and are believed to be constructed in the period between the 5th and 7th century BC.
- The Khajuraho temples in Madhya Pradesh, built between 950-1050
- The Mahabalipuram Temples situated in Tamil Nadu, near Chennai consist of temples carved out of rock and are excellent examples of Pallava art, the ruling

dynasty at that time. They mostly consist of cave temples, chariots or rathas and structural temples and were built around the 7th century BC. The important and famous among these structures are the five huge chariots named after the five Pandavas – Yudhisthira, Bhima, Arjuna, Nakula and Sahadeva.

- The Mahabodhi temple at Bodh Gaya built by Emperor Ashoka around 250 BC. Bodh Gaya is the place where Lord Buddha is believed to have attained enlightenment and there is a Vajrasana (diamond throne) in the temple at the exact spot where Lord Buddha gained Universal knowledge or Brahmagyana.

- The Brihadisvara Shiva Temple in Thanjavur, Tamil Nadu built by the great Chola ruler King Rajaraja Chola I in 10th century CE (common era). This temple ranks as one of the grandest temples in India with breathtaking architecture and exquisite carvings found throughout the temple structure. It is the tallest temple structure in the world with a height of 70 m (approx. 230 feet) and the Shivalinga inside the temple is the largest in the world and is also considered to be the grandest. The temple Shikhar is very large and weighs 81.25 tonnes and is a fine example of the advanced engineering knowledge possessed by the Indian craftsmen at that time. This heavy Shikhar is carved of two huge stones and is believed to have been carried by elephants walking an estimated distance of 11 km on an inclined sand plane to reach the height of 70 m, the top of the temple!

- The Konark Sun Temple in Orissa built in black granite rock around the 13th century period by King Narasimhadeva of the Ganga dynasty.

Such innovative ideas and pioneering architectural style had far reaching influence and led to the spread of Indian style of architecture and engineering to other regions like Baluchistan, Afghanistan, Sri Lanka, Indonesia, Malaysia, Vietnam, Laos, Cambodia, Thailand, Burma, China, Korea and Japan. Some of the famous examples of the architectural marvels built by Indian kings outside India or influenced by the Indian style of architecture include the Angkor Vat in Camodia, the Buddhist temples of East Asia and the Buddhas of Bamiyan in Afghanistan.

Apart from the temples many magnificent structures (forts) and cities were built in the past three or four hundred years by Rajput and Maratha Kings.

Thus, the unique and grand style of architecture, town planning and building construction that started to develop in ancient India contributed many wonderful architectural marvels to the world. India, in many ways was a pioneer in the field of civil engineering and has had a pivotal role to play in the construction and civil engineering techniques that have developed in the modern world.





## India's Contribution to the Ship Building and Navigation

India has had a maritime history dating back to around 4,500 years, since the Indus Valley Civilization. There are many references of the maritime trade activities of India in ancient Sanskrit and Pali scriptures. India had trade with several nations like Cambodia, Java, Sumatra, Borneo, China, South American countries and Mesopotamia (Greece). Excavations undertaken in Mohenjodero (an Ancient archaeological site, now in Pakistan) refer to sailing ships and references to sea ships are also found in the paintings at the world famous caves in Ajanta.

Some of the prime examples of Indian contribution to the science of Navigation and the technique of ship building include:

- ◆ The word Navigation is derived from the Sanskrit word Navgath. Navigation, as a science originated during the Indus valley civilization some 5000 years ago.
- ◆ The world's first tidal dock was built in Lothal around 2500 BC during the Harappan civilisation at Lothal near the present day Mangrol harbour on the Gujarat coast.
- ◆ Emperor Chandragupta Maurya (4th century BC) had an entire state department for sailing activities and appointed a Navadhyaksha (Sailing Superintendent) for the same.
- ◆ Images of ships are observed to be carved on the Sanchi stupa at Bodhgaya suggests the use of huge ships for overseas trade during those times.
- ◆ Ancient Indians were also probably the first to use maritime instruments like Sextants (used to measure angles of elevation above the horizon) and the Mariner's compass (known as the Maccha Yantra in Sanskrit).

All these evidences clearly point to the fact that the science of Navigation and Ship Building progressed in India thousands of years ago and made maritime trade possible. Indians pioneered the science of Navigation that has helped develop modern trade and transport activities by sea. The trade which India carried on since ancient times with different countries around the world through ocean routes also helped to introduce items like cotton, pepper and other spices to the world.





## Make your own Deepavali Greeting Card

**Items required:** A construction paper of size 4"x5" (half of the regular letter size paper), small picture of baby Krishna (or your favourite God)

**Procedure:**

- 1) Take a plain construction paper of size 4"x5"
- 2) With your own imagination, decorate the outline (4 borders) from both sides of the paper.
- 3) Draw a baby Krishna's picture on inner-right side of the paper. You can also cut and paste a readymade picture on the paper.
- 4) Write your own Greeting-message on the inner-left side of the paper.
- 5) Fold the paper vertically from the middle so that text and picture will come inside.



Your sweet and simple greeting card is ready. You can create many greeting cards and give them to your friends on Deepavali.





## -: Exercise :-

### Match the Pairs

- |                      |   |
|----------------------|---|
| 1) Ajanta and Ellora | 1) temples in Madhya Pradesh            |
| 2) Khajuraho         | 2) science of Medicine                  |
| 3) Sushruta          | 3) Sun-temple in Orissa                 |
| 4) Ayurveda          | 5) Indian book on medicine              |
| 5) Konark            | 6) Father of plastic surgery            |
| 6) Charaka-Samhita   | 7) Caves in Maharashtra state of Bharat |

### Fill up the blanks

- 1) Mahabalipuram temple is situated near \_\_\_\_\_ city of Bharat.  
a) Delhi      b) Pune      c) Chennai      d) None of these
- 2) Mahabodhi temple at Bodh Gaya belongs to \_\_\_\_\_.  
a) Buddha      b) Arjuna      c) Rama      d) None of these
- 3) Brihadisvara temple was built by a great king \_\_\_\_\_.  
a) Shivaji      b) Raja Raja Chola      c) Asoka      d) None of these
- 4) Sushruta-Samhita book is atleast \_\_\_\_\_ years old.  
a) 100      b) 1000      c) 2000      d) None of these

### Identify True or False.

- 1) Ayurveda is no different that Allopathy or Homeopathy.
- 2) The word navigation is derived from the Sanskrit word - Navgath.
- 3) The world's first tidal dock was built in Lothal city of India.
- 4) Ayurveda is the science of life or longevity.

**Objective Questions**

1) What is Ayurveda?

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2) Name at least two Indian scholars from ancient time who have dealt with Ayurveda.

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3) Describe atleast two examples about India's Civil Engineering and Architecture.

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4) Write atleast 3 sentences about India's contribution to the Ship building and Navigation.

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## Shloka

### लक्ष्मि वन्दना (Lakshmi Vandana)

सर्वज्ञे सर्ववरदे	Sarvagye sarva-varade
सर्वदुष्टभङ्करि ।	sarva-dushta-bhayankari
सर्वदुःखहरे देवि	Sarva duh-kh hare devi
महालक्ष्मि नमोऽस्तु ते ॥	mahaa-lakshmi namo-a-stute ॥

#### Meaning:

You know every thing. You give all kinds of boon to all. All demons fear of you. You destroy all kinds of unhappiness. O MahaaLakshmi, I bow to you.

### मंत्र ( mantra - for repetition /chanting )

There are 13 mantras which are different names of Sun God. We should chant a mantra before each Surya Namaskar. Following are the fifth and sixth mantra.

ॐ खगाय नमः । AUM khagAya namaH ।

ॐ पूष्णे नमः । AUM pUShNe namaH ।

## Subhashitam (Words of wisdom)

सत्यं कण्ठस्य भूषणम् ।

satyaM kaNThasya bhUShaNam |

**Meaning:** Truth of is the ornament of throat (Always speak truth)

## Geet

### Hamko man ki shakti dena (O God, Give strength of mind)

Hamko man ki shakti dena, man vijay kare  
Dusaron ke jayase pehele, khudhko jaya kare

Bhed bhav apne dilse saf karsake  
Doston se bhūl ho to maf karsake  
Jhūth se bache rahe sach ka dam bhare  
Dusaron ke jayase pehele, khudhko jaya kare

Mushkile padee to hampe, itna karma kar  
Sath de to dharma ka, chale to dharma kar  
Khud pe housla rahe, bade se na dare  
Dusaron ke jayase pehele, khudhko jaya kare

### Meaning

O God, give us strength to overcome our mind (ourselves)  
before attempting to conquer others, conquer oneself

Let us cleanse our mind of discrimination (of persons)  
Let us try to forgive the mistakes of friends.

Let us discard falsehood and follow the path of truth

Whatever the difficulties in the path, we will continue to work.  
We will tread the path of righteousness with the blessings of Dharma.  
We will possess self confidence to fight evil



## India's Contribution to the Metallurgy

Metallurgy, the practice of separating metals from their ore and refining them into pure metals. In India, metallurgy developed into a science that made use of high refinement and precision techniques to extract metals and form different mixtures of metals (alloys) to prepare objects to be used for different aspects of day-to-day activities.

Ancient Sanskrit texts contain various references to the use of metals. The Rigveda mentions ayas (metals), the Yajurveda and Atharvaveda have references to smiths (skilled metal workers) as well as the smelting process.

- ◆ The techniques of using metallic tools for agriculture and minting coins developed thousands of ears ago in ancient India.
- ◆ Metals were used to create images, statues and artistic items like lamps in ancient India.
- ◆ The famous iron pillar at New Delhi, which is 7.32 meters tall and made of 98% wrought iron, was constructed by Vikramaditya almost 1600 years ago around the 5th century BC. This iron pillar is a glowing example of the high skill level of Indian craftsmen of those times because it has withstood dust, extreme weather and rust for more than



a thousand years. This kind of rust proof iron was not possible till iron and steel was discovered a few decades ago.

- ◆ The Romans used armour and cutlery made from Indian iron.
- ◆ The Indian metallurgist Nagarjuna wrote a book Rasaratnakara around the 9th century BC which explains the preparation of various metallic compounds and the extraction and purification of various metals such as gold, silver, tin and copper from their ores.
- ◆ Indians were the first to use to develop the technique of isolation, distillation and use of zinc.

These examples suggest that Indians developed the techniques of separating metals thousands of years ago and used them creatively for making objects to be used for various activities of daily life.

It can be summarized from this article that science and technology in ancient India and in the centuries to follow advanced earlier than most other countries of the world and contributed a great deal in the fields of Civil Engineering, Navigation and Metallurgy. Indian people were creative, innovative and made great use science and technology for new discoveries and inventions that helped in the overall progress of human civilization over the course of centuries.





## Yoga - a form of preventive medicine and spiritual journey

Yoga is a system of exercise for physical and mental nourishment. The origins of yoga are shrouded in antiquity and mystery. Since Vedic times, thousand of years before, the principles and practice of yoga have crystallized. But, it was only around 200 BC that all the fundamentals of yoga were collected by Patanjali in his treatise, named Yogasutra.

Yoga works on the mind and the body at the same time, as well as exploiting their interdependence. Yoga asanas (postures) and breathing deal with the physical body, but due to their effect on the brain, they also affect the mind.

Yoga considers that most diseases are due to insufficient life force, either in the body as a whole, or a blockage of life force to one part of the body. This leads to a lowered body resistance or immunity to disease. The best way to increase the general life force of the body is by good nutrition, sufficient deep sleep, a positive mental attitude and yoga.

There are different types of Yoga, while these share common elements, some focus more on postures and breathing exercises, whereas others have a greater focus on spirituality. Yoga forms constitute a ladder of sorts, from the “lowest” form of Hatha yoga the foundation, with its focus on physical postures and breathing techniques, to the “highest” form known as Raja, or “union by mental mastery.” Other forms being Bhakti yoga or yoga of devotion, Karma yoga – yoga of selfless action, Gnana Yoga – yoga of knowledge, Mantra yoga – Union by voice or sound.

Newer forms of hybrids of yoga are also proposed such as Power yoga or Acu-yoga. There are also variations of yoga depending on “the teacher that is being followed.”

These days, yoga classes are being held at most health and wellness

centers across the United States. Along with meditation, it is probably one of the most popular alternative therapies. Clinical practices have established that several ailments, including hypertension, clinical depression, amnesia, acidity, can be controlled and managed by yogic practices.

All the wonders of modern science and technology will not bring happiness, peace of mind, health or a long life. Although wonders have been achieved in our external environment – space travel, computers, etc.- our internal environment has been neglected. Thousands of years ago the ancient yogis turned their minds inwards and discovered their true nature. This allowed them to work out a system of body and breathing exercises, which results in vitality, rejuvenation, and peace of mind.

Why not enjoy the benefits of modern science, but also do yoga to enjoy the benefits of vitality, rejuvenation and peace of mind as well? Yes, you can have the cake and eat in too!

In conclusion the many advances made by seers of yore should inspire Hindus today who are once again making a mark in the cutting-edge fields of science and technology

As is evident, most of these sciences were in tune with nature. The ancients did not plunder the earth to search for its natural treasures. It was a contemplation, which took years to manifest. We should follow in the footprints of yesterday in search of a better tomorrow which is in universal harmony that we lost somewhere along the race for existence.





## Story of Shri Dattatreya

Dear children, when you are listening to or reading a story from the Puranas (scriptures), you must have a good receiving mind (shravan). One should not let mockery of the subject touch his or her mind. A story must be heard with reverence and faith, not housing any doubts. These stories have deep philosophy. As we mature in our thoughts and understanding, the essence of the story lights up with a message and shows us the Hindu way of life. Hence one must listen or read these stories with a clear attitude and with devotion.

### Who is lord Dattatreya?

Shri Dattatreya is a very ancient incarnation, with all the three primal energies of Brahma, Vishnu and Shiva manifested to be one. He is considered as the universal Guru hence also called as Guru Dattatreya or Datta Guru. The Lord took form on the full moon of the Hindu month Margashirsh (early December).

### Birth of Shri Dattatreya:

There are several stories behind the birth of Shri Dattatreya which are being told since the vedic time. Following is the one most commonly believed.

Dattatreya had descended into the realm of world as progeny of Atri and Anusuya, a sage couple of the Vedic age. Anusuya was very famous for her devotion to her husband. She was the embodiment of chastity. She had limitless spiritual power.

The three Gods (Brahma-Vishnu-Mahesh) wanted to test her spiritual power and chastity. They transformed themselves into mendicants, approached the hermitage of sage Atri and begged for alms. At that time sage Atri was away at the river doing his daily prayers. When Anusuya came out to offer food to them, they made a strange request; the food to be prepared and served to them by Anusuya, without wearing any clothes. In the Hindu tradition any 'athithi' (guest) cannot be turned away, as they are considered to be an aspect of God. For a moment, Anusaya was in a dilemma. She smiled to herself and reflected thus: *"I am totally purified by the long association with the holy Sage Atri. What harm can anybody ever do to me? So I do fear nothing. As they have sought food from my hands, I look upon them as my own children and not as strangers or*

*grown up men!*" Her thoughts - the thoughts of a pious and chaste person - instantly became reality; the elderly guests became her babies!!!

Sage Atri returned back to the hermitage. He saw his wife Anusuya fondling three babies. Anusuya said "These children are the gift of God to us who have been childless so far". Sage Atri was overjoyed and named them Datta, which means 'given'. At this time, the three Gods took their real form and disclosed the truth. They praised the Anusaya's power of chastity and purity. Sage Atri and Anusuya prayed that they should remain as their sons. They consented and the three Gods merged into one body with three heads. This is how Shri Dattatreya incarnated.

Shri Dattatreya's another name is Gurudeva Datta - the Guru of all Gurus. He came to light the lamp of wisdom among the people. His face radiates all wisdom and draws us away from the lures of the world. Though He moves from place to place, His favorite abode is the Holy Audambar (a type of tree).

Shri Dattatreya possesses a Trishul (trident), Sudarshan Chakra (rotating disc), a conch, Japa-Mala and a begging bowl. A cow and 4 dogs are also shown with Him. Let us try to understand the symbolic meaning of His form.

- The Cow, which is always with Him, represents the Mother Earth and Dharma. She is the wish fulfilling cow 'Kamadhenu'.
- The four dogs symbolise the four Vedas - the external repositories of Spiritual Wisdom.
- The trident indicates that He has transcended the three gunas, which constitute the illusory world: Sattva-illumination, Rajas-activity and Tamas-inertia.
- The 'Sudharshana chakra', disc indicates that He is beyond the cycles of time i.e. the past, present and future and His holding of 'chakra' means He is the controller of time.
- The conch represents the eternal sound 'AUM' - which is the manifestation of the Spirit. It is also the life principle in us and the cosmos.
- The 'bhasma' ashes indicated His



'Vairaagya' dispassion as well as His purity. Ashes indicate the evanescent nature of all created nature of all created objects and the ultimate state of all matter.

- He always carries a begging bowl so as to teach us the lesson that we will be dependant on each other and we will have to share our wealth and food with others.
- The japa-mala, rosary He wears reminds us that our primary duty is chanting the sacred name of the Lord and meditating on the feet of the Lord, and our redemption depends on this discipline alone.

It is believed that Shri Dattatreya, in order to bless His devotees and the righteous ones, wanders about in the guise of a random guest at the lunch hour. That's why it is said that a random guest has to be treated as the very embodiment of Lord Dattatreya.

Shri Dattatreya had twenty four teachers (Guru) from the Nature. Once, He told the king Yadu, "Many are my teachers from whom I acquire wisdom and knowledge freely. I wander in the world.... The earth, air/breeze, sky, fire, the sun, pigeon, python, sea, moth, elephant, ant, fish, Pingala the courtesan, arrow-maker, infant/playful boy, the moon, honeybee, deer, bird of prey, maiden, serpent, spider, caterpillar and water are my twenty four preceptors.

During the medieval time, there were several spiritual persons and scholars born to explore and spread the teachings of Shri Dattatreya. Try to get more information on them. Also try to read a sacred book - Shri Guru Charitra - which has included the stories and teachings of Shri Dattatreya.





## Charcha - Diversity and Unity in Diversity

Try to discuss Diversity in Hindu Dharma. Some points are given below for a quick start. Discuss them and Explore more.....

### What is Diversity? Is it good?

- > Diversity means variety, multiformity
- > Variety in life is always good. For example, when you see one color, you are happy. But when you see more colors, you are more happy.
- > It means you have a choice. For example, if you are hungry and you have only pizza to eat, then you have no choice. But if you have pizza as well as samosa, then you have choice to eat.
- > No rigidness. Nothing like "You must follow this and that"

### Our Hindu culture is diverse. How?

- > Many Languages
- > Many customs
- > Many faiths and believes. Many Gods
- > Different food habits. Different attire
- > Freedom of thoughts

### What keeps diverse Hindu culture united?

- > We learn that diversity is outwardly or superficial. From inside, it is one and same
- ..

### Advantages of Diversity

- > We learn to respect others' thoughts
- > We learn to respect others' beliefs though we do not believe.
- > We learn that there could be various ways to achieve the same goal.
- > Diversity makes Hindu Dharma a universal Dharma

### What is our responsibility?

- > Be proud and keep it up.
- > Explain others what makes Hindus tolerant





## -: Exercise :-

### Match the Pairs

- |                          |                                   |
|--------------------------|-----------------------------------|
| 1) Shri Dattatreya       | 1) Parents of Shri Dattatreya     |
| 2) Sage Atri and Anusaya | 2) Wish fulfilling / Magic Cow    |
| 3) Shri Guru Charitra    | 3) A form of preventive medicine  |
| 4) Kamadhenu             | 4) Indian book on Metallurgy      |
| 5) Rasaratnakara         | 5) Trishul                        |
| 6) Trident               | 6) Sacred book on Dattatreya      |
| 7) Yoga                  | 7) The incarnation of the Trinity |

### Fill up the blanks

- 1) \_\_\_\_\_ was the Indian metallurgist.  
a) Sushruta    b) Nagarjuna    c) Charaka    d) None of these
- 2) \_\_\_\_\_ and \_\_\_\_\_ have references to smiths (skilled metal workers) and the smelting process.  
a) Samaveda    b) Yajurveda    c) Rigveda    d) None of these
- 3) The iron pillar situated at New Delhi in India is a wonderful example of Indian Metallurgy. It was built by \_\_\_\_\_.  
a) Shivaji    b) Vikramaditya    c) Kaushik    d) None of these
- 4) A book \_\_\_\_\_ describes the principles and practices of Yoga.  
a) Samveda    b) Yogasutra    c) Geeta    d) None of these
- 5) A book Yogasutra was written by \_\_\_\_\_.  
a) Patanjali    b) Kaushik    c) Sushruta    d) None of these

**Objective Questions**

1) What are the four main types of Yoga?

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2) Describe the symbolic meaning of Shri Dattatreya.

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**Question for Research**

1) India was quite advanced in the field of Science and Technology. Then, what made India falling behind and backward in the race of scientific progress?

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