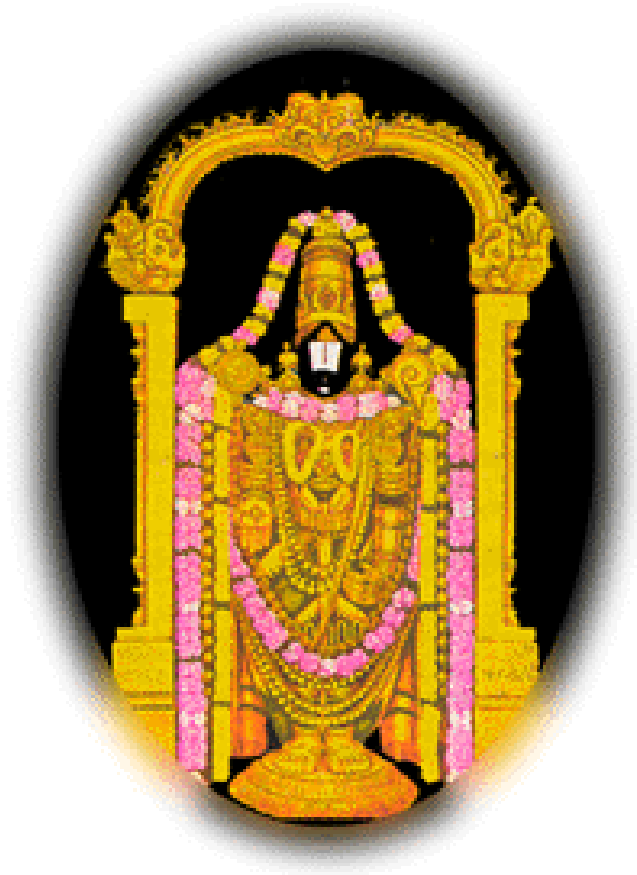




Youth Group for Indian Culture



YEAR I

CONTENTS

Significance of Rajagopuram	Session 1	4
Chapter one - SLOKAS		
1. Ganesha <i>(Vakratunda... & Shuklaam...)</i>	Sessions 1, 2	6
2. Sarasvati <i>(Sarasvatee namastubhyam...)</i>	Session 1	7
3. Lakshmi <i>(Namastestu mahaamaaye...)</i>	Session 3	8
4. Parvati <i>(Sarva mangal maangalye...)</i>	Session 4	9
5. Vishnu <i>(Shaantaakaaram...)</i>	Session 5	10
6. Shiva <i>(Mritunjaya... & Tryambakam...)</i>	Session 6	11
7. Rama <i>(Raamaaya... & Aapadaama...)</i>	Session 7	12
8. Krishna <i>(Krishnaaya..., Vasudeva.. & Moolam..)</i>	Sessions 8,9,10	13
9. Guru <i>(GururBrahma... & Tvameva...)</i>	Sessions 11,12	14
10. Peace-I <i>(Om Sahanaavavatu...)</i>	Session 13	15
11. Peace-II <i>(Om Asatomaasadgamaya...)</i>	Session 14	16
12. Morning Prayers <i>(Karaagre... & Samudra...)</i>	Sessions 15,16	17
13. Surya <i>(Om Mitraaya namah...)</i>	Session 17	18
14. Gayathri <i>(Om Bhoorbhuvah Suvah...)</i>	Session 18	19
15. Hanuman <i>(Manojavam... & Buddhir balam...)</i>	Sessions 19,20	20
Chapter two - BHAJANS		
1. Jai Ganesha	Session 1	22
2. Jaya Guru Omkara	Session 3	22
3. Shaila Girivara	Session 5	22
4. Govinda Jaya Jaya	Session 7	22
5. Sri Ram Jaya Ram	Session 9	22
6. Krishna Vande	Session 11	23
7. Hare Ram Hare Ram	Session 13	23
8. Radhe Krishna Radhe	Session 15	23
9. Raghupati Raghava	Session 17	23
10. Hari Om Namō Narayana	Session 19	23
Chapter three - STORIES		
1. Dhruva	Session 1	25
2. Prahlada	Session 2	30
3. Markandeya	Session 3	36
4. Harischandra	Session 4	39
5. Ramayana-Bala Kanda	Session 6	42
6. Krishna's birth	Session 8	45
7. Sudama	Session 10	49
8. Pundalik	Session 12	52

Chapter four - **DISCUSSIONS**

1. OM and Shaantih	Session 5	56
2. The Trinity – Brahma	Session 7	59
3. The Trinity – Vishnu	Session 9	62
4. The Trinity – Shiva	Session 11	66
5. Sarasvati and symbology	Session 13	71
6. Lakshmi and symbology	Session 14	74
7. Parvati and symbology	Session 15	77
8. Ganesha and symbology	Session 16	82
9. Subrahmanya and symbology	Session 17	87
10. Ayyappan and symbology	Session 18	90
11. Hanuman	Session 19	92
12. Major festivals and associated deities	Session 20	98
13. Few Sanskrit words and their meanings	Session 20	99
14. Hinduism’s Code of Conduct	Session 20	100

Chapter five - **COLOR**

(Gods, Goddesses and Divine Vahanas)

1. Brahma	Session 7	103
2. Vishnu	Session 9	104
3. Nataraja	Session 11	105
4. Dakshinamurti	Session 11	106
5. Durga	Session 15	107
6. Kamakshi	Session 15	108
7. Ayyappa	Session 18	109
8. Hanuman	Session 19	110
9. Swan	Session 7/13	111
10. Garuda	Session 9	112
11. Bull	Session 11	113
12. Peacock	Session 13/17	114
13. Owl	Session 14	115
14. Lion	Session 15	116
15. Mouse	Session 16	117

Chapter six - **YOGA****Suryanamaskar**

Suryanamaskar		119
Introduction	Session 1	119
Namaskaarasana	Session 2	119
Urdhva Namakaarasana	Session 3	120
Adharaasana	Session 4	120
EkapaadaprasaraNa aasana	Session 5	120
DwipaadaprasaraNa aasana	Session 6	121
Ashtaanga namaskaraasana	Session 7	121
Bhujangaasana	Session 8	121
Adho mukha shvaanaasana	Session 9	122
Suryanamaskar-all 12 exercises	Sessions 10–20	119-124

The left hand side pages in this book are left blank on purpose. They can be used for taking notes.

The contents of this book are compiled from various known and unknown websites, books and other sources by LALITHA MAHADEVAN for Hindu Religion School of Hindu Temple of Dayton, USA. It is strictly for non-profit use only. Feel free to make copies and circulate it and should not be sold for Profit. Coordinator - VEN SWAMINATHAN 2003-06.