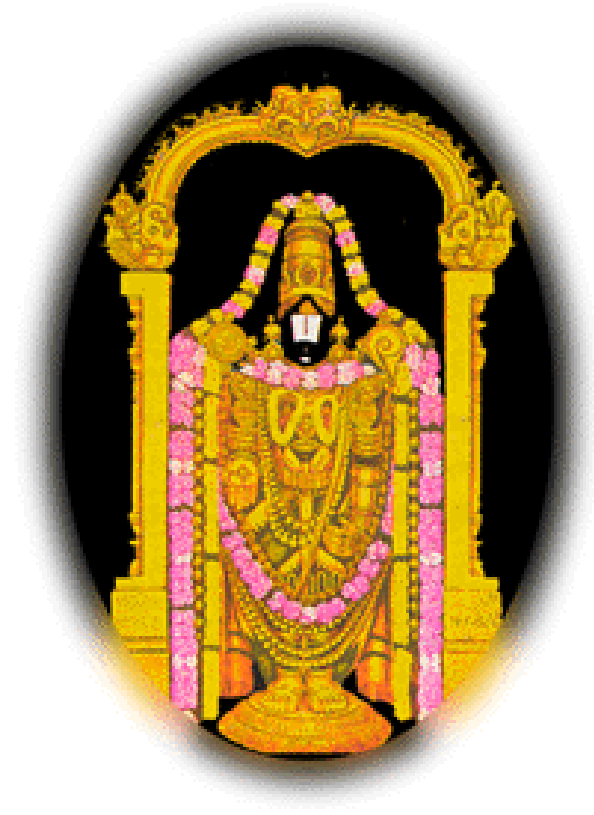




# Youth Group for Indian Culture



**YEAR II**

## CONTENTS

|   |                                 |
|---|---------------------------------|
| <b>Rajagopuram</b>  | <b>4</b>                        |
| <br>  |                                 |
| <b>Chapter one - SLOKAS</b>                                 |                                 |
| 1. <b>Ganesha</b> (Mooshika... & Gayatri)                   | Session 1 <b>6</b>              |
| 2. <b>Parvati</b> (Yaa devee sarva...)                      | Session 2 <b>7</b>              |
| 3. <b>Durga</b> (Durgath...& Gayatri)                       | Session 3 <b>8</b>              |
| 4. <b>Nandi</b> (Nandiksha...& Gayatri)                     | Session 4 <b>9</b>              |
| 5. <b>Shiva</b> (Namaste astu...& Gayatri)                  | Session 5 <b>10</b>             |
| 6. <b>Dakshinamurti</b> (Nidhaye..., Om namah... & Gayatri) | Session 6 <b>11</b>             |
| 7. <b>Garuda</b> (Kungkumaangkitha... & Gayatri)            | Session 7 <b>12</b>             |
| 8. <b>Vishnu</b> (Anaadi..., Kaayena... & Gayatri)          | Session 8 <b>13</b>             |
| 9. <b>Venkateshwara</b> (Vinaa..., Agnaaninaa & Shriya...)  | Session 9 <b>14</b>             |
| 10. <b>Rama</b> (Aartaanaam..., ShreeRaama.. & Gayatri)     | Session 10 <b>15</b>            |
| 11. <b>Krishna</b> (Krishnaaya..., Gayatri & Achyutam...)   | Session 11 <b>16</b>            |
| 12. <b>Annapurna</b> (Annapoorne... & Gayatri)              | Session 12 <b>17</b>            |
| 13. <b>Bhagavad Gita</b> (Brahmaarpanam...& Aham...)        | Session 13 <b>18</b>            |
| 14. <b>Subrahmanya</b> (Shadaanam...& Gayatri)              | Session 14 <b>19</b>            |
| 15. <b>Ayyappa</b> (Bhootanatha...)                         | Session 15 <b>20</b>            |
| 16. <b>Pradakshina</b> (Yaani kaani...)                     | Session 15 <b>20</b>            |
| 17. <b>Hanuman</b> (Aanjaneyam... & Gayatri)                | Session 16 <b>21</b>            |
| 18. <b>Navagrahas</b> (Aadityaaya...)                       | Session 17 <b>22</b>            |
| 19. <b>Omkaara</b> (Omkaaram...)                            | Session 18 <b>23</b>            |
| 20. <b>Deepam</b> (Shubham..., & Deepajyoti...)             | Session 19 <b>24</b>            |
| 21. <b>Peace</b> (Sarve bhavantu..., & Poornamadah...)      | Session 20 <b>25</b>            |
| <br>  |                                 |
| <b>Chapter two - BHAJANS</b>                                |                                 |
| <b>Aarati song – OM JAYA JAGADEESHA HARE....</b>            | Session 1 <b>27</b>             |
| <b>Om jaya jagadeesha hare...</b>                           | Session 2 <b>27</b>             |
| <b>Jo dhyaave phala paave ...</b>                           | Session 3 <b>27</b>             |
| <b>Maata pitaa tuma mere ...</b>                            | Session 4 <b>27</b>             |
| <b>Tuma poorana paramaatma...</b>                           | Session 5 <b>27</b>             |
| <b>Revision-para 1 to 4</b>                                 | Sessions 6, 7 <b>27</b>         |
| <b>Tuma karunaa ke saagara...</b>                           | Session 8 <b>27</b>             |
| <b>Tuma ho eka agochara...</b>                              | Session 9 <b>28</b>             |
| <b>Revision-para 1 to 6</b>                                 | Session 10 <b>27, 28</b>        |
| <b>Deena-bandhu dukha-harataa....</b>                       | Session 11 <b>28</b>            |
| <b>Vishaya-vikaara mittaaoo...</b>                          | Session 12 <b>28</b>            |
| <b>Tana mana dhana saba he teraa...</b>                     | Session 13 <b>28</b>            |
| <b>Revision-para 5 to 9</b>                                 | Sessions 14, 15 <b>27, 28</b>   |
| <b>Revision-whole Aarati song</b>                           | Sessions 16 to 20 <b>27, 28</b> |

Chapter three - **RAMAYANA**

|                           |                         |              |
|---------------------------|-------------------------|--------------|
| <b>Bala Kanda</b>         | Sessions 1, 2           | <b>30</b>    |
| <b>Ayodhya Kanda</b>      | Sessions 3, 4           | <b>34</b>    |
| <b>Aranya Kanda</b>       | Sessions 5, 6           | <b>40</b>    |
| <b>Kishkindha Kanda</b>   | Sessions 7, 8           | <b>43</b>    |
| <b>Sundara Kanda</b>      | Sessions 9, 10          | <b>45</b>    |
| <b>Yuddha Kanda</b>       | Sessions 11, 12         | <b>48</b>    |
| <i>Activities 1 to 27</i> | <i>Sessions 1 to 12</i> | <i>55-82</i> |

Chapter four – **DASHA AVATAR**

|                              |                   |            |
|------------------------------|-------------------|------------|
| 1. <b>Matsya avatara</b>     | Session 13        | <b>84</b>  |
| 2. <b>Kurma avatara</b>      | Session 14        | <b>88</b>  |
| 3. <b>Varaha avatara</b>     | Session 15        | <b>93</b>  |
| 4. <b>Narasimha avatara</b>  | Session 15        | <b>96</b>  |
| 5. <b>Vamana avatara</b>     | Session 16        | <b>101</b> |
| 6. <b>Parasurama avatara</b> | Session 16        | <b>106</b> |
| 7. <b>Rama avatara</b>       | Session 16        | <b>108</b> |
| 8. <b>Balarama avatara</b>   | Sessions 17 to 20 | <b>110</b> |
| 9. <b>Krishna avatara</b>    | Sessions 17 to 20 | <b>110</b> |
| 10. <b>Kalki avatara</b>     | Session 20        | <b>127</b> |

Chapter five - **COLOR**

(Dasavatar)

|                             |            |            |
|-----------------------------|------------|------------|
| 1. <b>Matsya avatar</b>     | Session 13 | <b>130</b> |
| 2. <b>Kurma avatar</b>      | Session 14 | <b>131</b> |
| 3. <b>Varaha avatar</b>     | Session 15 | <b>132</b> |
| 4. <b>Narasimha avatar</b>  | Session 15 | <b>133</b> |
| 5. <b>Vamana avatar</b>     | Session 16 | <b>134</b> |
| 6. <b>Parasurama avatar</b> | Session 16 | <b>135</b> |
| 7. <b>Rama avatar</b>       | Session 17 | <b>136</b> |
| 8. <b>Balarama avatar</b>   | Session 18 | <b>137</b> |
| 9. <b>Krishna avatar</b>    | Session 19 | <b>138</b> |
| 10. <b>Kalki avatar</b>     | Session 20 | <b>139</b> |

Chapter six – **YOGA**

|                         |                  |            |
|-------------------------|------------------|------------|
| 1. <b>Sukhasana</b>     | Sessions 1 to 4  | <b>141</b> |
| 2. <b>Padmasana</b>     | Sessions 5 to 8  | <b>141</b> |
| 3. <b>Savasana</b>      | Sessions 9 to 12 | <b>142</b> |
| 4. <b>Suryanamaskar</b> | Sessions 1 to 20 | <b>143</b> |

---

Some 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.