



# Balaji Vidyapitham

-Enriching Young Minds-



Summer Camp ~ 2014

July 14-18th

Place Name Label Here



**No Materials on this Page**

## **CAMP OUTLINE AND EXPECTATIONS**

### **WELCOME TO THE 2014 BALAJI SUMMER CAMP!**

The following rules and expectations are to be followed throughout the camp.

#### **ADMIRE YOUR LEARNING**

- **CAMP OVERVIEW:** This camp aims not only to provide children with a strong understanding of our culture but also is intended to impart an appreciation for religion and our traditions. By the end of our week together, you should be well versed in many aspects of Hinduism and be able to teach it to your friends, family and some day, your own children. In addition, this fun and exciting camp will:
  - Increase your knowledge of historical India
  - Enhance your understanding of Hinduism
  - Develop your ability to sing bhajans and recite slokas
  - Assist in your development of social interaction
  - Increase your knowledge of Indian Games and Activities
  - Enhance your ability to think critically and creatively
- **MATERIALS:** *Your source of guidance.* On the first day of camp, a binder will be issued to you with all of the items that you will need for camp. Pencils, pens, and all other items will be supplied. If a student loses his or her binder, they will need to reprint the pages on the website ([balajisummerncamp.weebly.com](http://balajisummerncamp.weebly.com)).
- **PARTICIPATION:** *Show initiative for your learning.* You are the center of the learning process. You live this everyday by fully participating in class and being attentive to all classroom activities and discussions.
- **RESPONSIBILITY:** *Your development must come from your own desire to grow.* You are responsible for your learning and understanding. This means that you should ask questions when you do not understand something and be respectful to others.
- **SCHEDULING:** *What am I learning and when and I learning it?* A schedule can be found in a student's binder, on the classroom door, and on the website. If a student needs to leave early, please consult the schedule and adhere to the sign out procedures.

#### **PROMOTE POSITIVE AND FRIENDLY INTERACTIONS**

- **RESPECT:** *The foundation of any interaction is respect.* Respect the opinions, input, and goals of your classmates, teachers, and volunteers. Remember, "treat others the way you want to be treated."
- **SAFETY:** *As always, safety is our number one concern.* Volunteers and staff want students to learn and have fun throughout the day. Above all of that is safety. We want all of the children to be in the safest hands when at camp. All students must obey the following rules to help us keep you safe:
  - **LISTEN:** *We all want to be heard!* Listen to all instructions given by teachers and volunteers.
  - **VIOLENCE:** *Violence always leads to more violence.* You should always talk your problems out and let a volunteer know if something is going on. Do not resort to hitting.
  - **COURTESY:** Please do not leave the room without letting a volunteer or teacher know. Proper sign out procedures will be explained on day 1.
- **EXPECTATIONS:** *What you expect from me, I will expect from you.* Remember to be courteous to teachers, volunteers and other students. Due to the fact that you are in a temple, please use your indoor voices and be cognoscente of your surroundings.
  - *Do not do anything that you would not do at school.*
- **NEED HELP?:** *We all need somebody to lean on.* Please check with any of our teachers or volunteers for help!

## **TIMINGS AND SIGNING IN**

- **TIMINGS:** *Your time is my time.* The camp officially starts at 8:00am. Please do not drop off students any earlier. Students will be done with all academic classes by 5:00pm and must be picked up by 6:00pm. *You will be charged FIVE DOLLARS per ten minutes after this time. Please pick up your student(s) on time.*
- **SIGN IN/OUT:** *Are you in camp today?* Adults must accompany their children and sign them in upon arrival. Students cannot be accounted for unless parents have correctly signed their child in. Students can be picked up at 5:00pm and must be signed out by an adult. Once a student has signed out, we are no longer accountable for them. *This is done not as an inconvenience but as a safety measure.*

## **MEALS**

- Students will be given breakfast, lunch, and two snack breaks during the course of the day. There will be a variety of meal choices. A schedule with the different foods served each day can be found on the website.
- **ALLERGIES:** If a student is allergic to any food item, it is imperative that the allergy has been indicated on the health and safety form. Parents may also want to verbally tell a camp representative or volunteer

## **WEBSITE**

- The website for Camp is: [balajisummercamp.weebly.com](http://balajisummercamp.weebly.com).
- Here, you will find a plethora of information regarding camp details, timings, and meal choices.
- It will also contain the binder of materials so you can reprint them.
- We will also post pictures and videos of students on this site- see waivers.

***THIS YEAR'S SUMMER CAMP THEME IS:  
A JOURNEY THROUGH MYSTICAL INDIA***

**2014 CAMP SCHEDULE\***

	<b><u>Monday</u></b>	<b><u>Tuesday</u></b>	<b><u>Wednesday</u></b>	<b><u>Thursday</u></b>	<b><u>Friday</u></b>
<b>8:05 - 8:45 am</b>	Yoga	Yoga	Yoga	Yoga	Yoga
<b>8:45 - 9:30 am</b>	Festivals of India	States of India	Patriotic Songs	Patriotic Songs	Patriotic Songs
<b>9:30 - 10:15 am</b>	Arts & Crafts	States of India	Religion	Religion	Religion & Slokas
<b>10:15 - 10:30 am</b>	Break	Break	Break	Break	Break
<b>10:30 - 11:30 am</b>	STEM	STEM	STEM	STEM	STEM
<b>11:30am-12:30pm</b>	Religion & Slokas	Religion & Slokas	Arts & Crafts	Arts & Crafts	Folk Dance/Music
<b>12:30 - 1:00pm</b>	Lunch	Lunch	Lunch	Lunch	Lunch
<b>1:00 - 1:45pm</b>	Sanskrit/Art	Sanskrit	Indoor Activities	Indoor activities	Rehearsal
<b>2:00 - 2:45</b>	Music	Music	Music	Sanskrit/Sloka	
<b>2:45 - 3:00</b>	Break	Break	Break	Break	
<b>3:00 - 3:30</b>	Temple visit/common practices	Temple visit	Temple visit	Temple visit	
<b>3:30 - 4:15pm</b>	Bollywood Dance	Patriotic Songs	Bollywood Dance	Skit	Concluding Ceremony
<b>4:15 pm - 5:00 pm</b>	Folk Dance	Folk Dance	Folk Dance	Folk Dance	

*\*This schedule is tentative and can be changed without notice.*

**No Camp Materials on this Page**

## SIGNIFICANCE OF YOGA

We will be doing Pranayama, some asanas, Yoga nidra and Superbrain Yoga everyday.

The main philosophy of yoga is simple: mind, body and spirit are all one and cannot be clearly separated.

**Pranayama** are breathing exercises developed by the ancient yogis for purification.

Prana translates into "life force energy" and Yama translates into "control or mastery of".

Thus, Pranyama is used to control, cultivate, and modify the amount of air that we breathe.

The breath is slow and steady, breathed in and out of the nose and down into the belly. Always sit with a straight spine and a relaxed body. While you are practicing Pranayama, let go of any thoughts by focusing on the breathing involved with the Pranayama.

**Asana** is defined as "posture;" its literal meaning is "seat.". More than just stretching, asanas purify and strengthen the body and control and focus the mind. The asana should be steady and comfortable, firm yet relaxed.

### **Superbrain Yoga**

Superbrain Yoga is a simple and effective technique to energize and recharge the brain.

Children who did Superbrain yoga showed significant increase in academic and behavioral performance, greater class participation and improved social skills.

**Yoga Nidra** is a deep relaxation and guided meditation that you practice comfortably lying down on your back with your arms by your sides, your palms facing up and your head on a pillow. Yoga Nidra means conscious and aware sleep. It is that state when you are totally relaxed yet conscious and aware. Similar to when you are just about to fall asleep. Yoga Nidra practices were developed thousands years ago as a means to achieve the deepest states of inner peace and relaxation. Yoga Nidra can help you solve problems and enhance both your intuition and your creativity. It will rejuvenate your body and your mind.

Yoga nidra or "yogi sleep" is a sleep-like state which yogis report to experience during their meditations. The concept of Yoga nidra is very ancient in Indian traditions such as Hinduism and Buddhism. Krishna is often associated with Yoga nidra in epic Mahabharata. Similarly, many yogis and rishis are supposed to have experienced Yoga nidra throughout their life.

### GANESHA BHAJANS

1. Gaṁ Gaṁ gaṇapati  
gaṁ gaṇapatayē namaḥ

arkarūpāya nāṭyapriyāya  
    gaurīsutāya namaḥ  
durgāpriyāya duritadūrāya  
    duḥkhaharaṇāya namaḥ  
prathamavandyāya pāpanāśāya  
    paramātmanē namaḥ  
sakalavidyāya sādhuvidyāya  
    sacidānandāya namaḥ

### KRISHNA BHAJANS

2. Bhaja Gopala Bhaja gopala  
Pyare Murare Mere Nandalala  
    Nandalala Nandalala  
    Nandalala yadu Nandalala (2)

Balagopala Balagopala  
Murali Manohara Nandalala  
    Nandalala Nandalala  
    Nandalala yadu Nandalala (2)

### SHIVA BHAJANS

3. Hara Hara Shankara  
Shiva Shiva Shankara  
Jaya jaya shankara mahadeva  
Hara Om Hara Om sadashiva  
Aadi karana ananda roopa

### HANUMAN BHAJANS

4. Hē markāṭa! Harimarkāṭa!  
Hata saṅkāṭa! Pāpaṁ kāṭa

Sāgara laṅghana parvata dhāraṇa  
Lakṣhmaṇa jīvana rāmapriya!  
Sītāsōka vināśana chatura  
śikṣitadānava kapīśvara

Bharata hitaṅkara! bhavabhayaḍūra!  
bhūtōccāṭana bhayaṅkara!



himaguha vāsa hēma vibhūṣa!  
sacidānanda sthītītōṣa!

## **DEVI BHAJANS**

Hè navadurgè vandanam  
Anantha margè vandanam  
    Nāma cha rūpam tava kāryam  
    Navamapi mūle navarūpam  
Iti yahah pashyati satavaiti  
Sachidānandā dhistānam

## **DURGA / LAKSHMI BHAJANS**

Shreem Shreem Shreem (2)

Shreem Shreem Shreem Shreem Shreem

Durgi Lakshmi Vani Mata (2)

Ninnu Nammi Vacchinadu –High / low (2)

Satguru Rupini Nivamma

Sachidanandamu Ivamma

Ninnu Nammi Vacchinadu –High / low (2)

### SHARADA BHUJANGA STOTRAM

**Introduction:** Sharada is the goddess of the temple town of Sringeri and is an incarnation of Goddess Saraswathi. Adhishankara has established one of his Mutts in this town, which is in the shores of River Thunga. This great stotra, unlike the other stotras of Adhi Shankara, is difficult to follow, though it is extremely musical and as a result, there are many interpretations of it.

We have provided the entire stotram below, followed by a part-by-part interpretation. Use whichever one you are more comfortable with.

Suvakshoja kumbham, sudha poorna kumbhaam,  
Prasadavalambhaam, prapunyaavalambaam,  
Sadasyendu bhimbhaam, sadanoshta bhimbhaam,  
Bhaje Saradambhaam ajasram madhambham., 1

Kadakshe dayardhraam, kare gnana mudhraam,  
Kalabhir vinidhram, kalapai subhadhraam,  
Purasthreem vinidhraam, pura sthunga bhadram,  
Bhaje Saradambhaam ajasram madhambham., 2

Lalaamanga phaalaam lasad gana lolaam,  
Swabhakthaika paalaam, yasa sree kapolaam,  
Kare thwaksha maalaam, kanath prathna lolaam,  
Bhaje Saradambhaam ajasram madhambham., 3

Su seemantha veneem drusa nirjithaineem,  
Ramath keera vaneem Namath vajra panim,  
Sudhamandharasyam, mudha chinthya veneem,  
Bhaje Saradambhaam ajasram madhambham., 4

Susantham sudeham druganthe kachanthaam,  
Lasad salla thagee manthama chinthyam,  
Smara thapasai sanga poorva sthitham thaam,  
Bhaje Saradambhaam ajasram madhambham., 5

Kurange, thurange Mrugendre, Khagendre,  
Maraale madhebhe mahokshe adhi rodaam,  
Mahathyam navamyam sada saama roopam,  
Bhaje Saradambhaam ajasram madhambham., 6

Jwalath kanthi vahnim, jagan mohanaamgeem,  
Bhaje maanasam bhoja subrantha brungeem,  
Nija stotra Sangeetha nruthya prabhangeem,  
Bhaje Saradambhaam ajasram madhambham., 7

Bhavambhoja nethraja sampoojyamanam,  
Lasan manda hasa prabha vakthra chihnaam,  
Chlath chanchalodhara thadanga karnam,  
Bhaje Saradambhaam ajasram madhambham., 8

Suvakshoja kumbham, sudha poorna kumbhaam,  
Prasadavalambhaam, prapunyaalambaam,  
Sadasyendu bhimbhaam, sadanoshta bhimbhaam,  
Bhaje Saradambhaam ajasram madhambham., 1

With a form that is sweet and full of nectar,  
Prepared to shower her grace, she looks after those who do good,  
And she has the form of ever glowing moon with reddish lips  
resembling a cherry,  
And I pray that mother Sharada is forever my mother.

Kadakshe dayardhram, kare gnana mudhram,  
Kalabhir vinidhram, kalapai subhadhram,  
Purasthream vinidhram, pura sthunga bhadram,  
Bhaje Saradambhaam ajasram madhambham., 2

Brimming with mercy in her glance, showing symbol of wisdom in  
her hands,  
Always awakened by the art forms, always wearing ornaments,  
And who is the wakeful great lady and living in the shores of  
auspicious river Thunga,  
And I pray that mother Sharada who is forever my mother..

Lalaamanga phaalaam lasad gana lolaam,  
Swabhakthaika paalaam, yasa sree kapolaam,  
Kare thwaksha maalaam, kanath prathna lolaam,  
Bhaje Saradambhaam ajasram madhambham., 3

Wearing ornaments in her forehead, becoming enthralled in  
good music,  
Looking after her devotees, with two cheeks famous for their beauty,  
And having garland of beads in her hand and who has deep liking for  
ornaments,  
And I pray that mother Sharada is forever my mother.

Su seemantha veneem drusa nirjithaineem,  
Ramath keera vaneem Namath vajra panim,  
Sudhamandharasyam, mudha chinthya veneem,  
Bhaje Saradambhaam ajasram madhambham., 4

With braided hair parted at the middle showing hanging ornamental  
jewels,  
With playing glances of a deer and worshipped by the Devendra,  
With nectar like smiling face and hair that attracts our mind,  
And I pray that mother Sharada is forever my mother.

Susantham sudeham druganthe kachanthaam,  
Lasad salla thagee manthama chinthyam,  
Smara thapasai sanga poorva sthitham thaam,  
Bhaje Saradambhaam ajasram madhambham., 5

Very peaceful, with pretty black hair, with eyes like that of deer,  
With shining body like a tender climber, who cannot be measured by  
mind,  
And who existed before the imaginative world of great sages,  
And I pray that mother Sharada is forever my mother.

Kurange, thurange Mrugendre, Khagendre,  
Maraale madhebhe mahokshe adhi rodaam,

Mahathyam navamyam sada saama roopam,  
Bhaje Saradambhaam ajasram madhambham., 6

She who rides on a deer, horse, lion and eagle,  
She who rides on the swan, the bull and the elephant,  
Jwalath kanthi vahnim, jagan mohanaamgeem,  
Bhaje maanasam **bhoja** subrantha brungeem,  
Nija stotra Sangeetha nruthya prabhangeem,  
Bhaje Saradambhaam ajasram madhambham. 7

Bhavambhoja nethraja sampoojyamanam,  
Lasan manda hasa prabha vakthra chihnaam,  
Chlath chanchalodhara thadanga karnam,  
Bhaje Saradambhaam ajasram madhambham., 8

She who is worshipped by Lord **Vishnu**, **Shiva** and Lord Brahma,  
She whose face is lighted by her lustrous smile,  
And she whose prettiness is increased by the swinging ear pendants,  
And I pray that mother Sharada is forever my mother.

During the nine holy days and has a very peaceful form,  
And I pray that mother Sharada is forever my mother.

She who is as pretty as raging fire, she whose prettiness attracts the world,  
She who moves around the lotus like mind of her devotees like a bee,  
And she whose luster is increased by true prayer, song and **dance**,  
And I pray that mother Sharada is forever my mother.

सुवक्षोजकुम्भां सुधापूर्णकुम्भां  
प्रसादावलम्बां प्रपुण्यावलम्बाम् ।  
सदास्येन्दुबिम्बां सदानीष्टबिम्बां  
भजेशारदाम्बाम् अजस्रम्मदम्बाम् ॥१॥

suvakshojakumbhāṃ sudhāpūrṇakumbhāṃ  
prasādāvalambāṃ prapuṇyāvalambāṃ ।  
sadāsyendubimbāṃ sadānoshṭhabimbāṃ  
bhajeśāradāmbāṃ ajasrammadambāṃ ॥1॥

कटाक्षे दयाद्रां करे ज्ञानमुद्रां  
कलाभिर्विनिद्रां कलापैः सुभद्राम् ।  
पुरस्त्रीं विनिद्रां पुरस्तुङ्गभद्राम्  
भजेशारदाम्बाम् अजस्रम्मदम्बाम् ॥२॥

kaṭākshe dayādrāṃ kare jñānamudrāṃ  
kalābhirvinidrāṃ kalāpaiḥ subhadrām ।  
purastrīṃ vinidrāṃ purastuṅgabhadrām  
bhajeśāradāmbāṃ ajasrammadambāṃ ॥2॥

ललामाङ्कफालां लसद्गानलीलां  
स्वभक्तौकपालां यशःश्रीकपोलाम् ।  
करे त्वक्षमालां कनत्प्रत्नलीलां  
भजेशारदाम्बाम् अजस्रम्मदम्बाम् ॥३॥

lalāmāṅkaphālāṃ lasadgānalolāṃ  
svabhaktaikapālāṃ yaśaḥśrīkapolām ।  
kare tvakshamālāṃ kanatpratnalolāṃ  
bhajeśāradāmbāṃ ajasrammadambāṃ ॥3॥

सुसीमन्तवेणीं दृशा निर्जितैणीं  
रमत्कीरवानीं नमद्वज्रपाणीम् ।  
सुधामन्थरास्यां मुदा चिन्त्यवेणीं  
भजेशारदाम्बाम् अजस्रम्मदम्बाम् ॥४॥

susīmantavenīṃ dr̥śā nirjitaiṇīṃ  
ramatkīravāṇīṃ namadvajrapāṇīṃ ।  
sudhāmantharāsyāṃ mudā cintyavenīṃ  
bhajeśāradāmbāṃ ajasrammadambāṃ ॥4॥

सुशान्तां सुदेहां दृगन्ते कचान्तां  
लसत्सल्लताङ्गीं अनन्तामचिन्त्याम् ।  
स्मृतां तापसैः सर्गपूर्वस्थितां तां  
भजेशारदाम्बाम् अजस्रम्मदम्बाम् ॥५॥

suśāntāṃ sudehāṃ dr̥gante kacāntāṃ  
lasatsallatāṅgīṃ anantāmacintyām ।  
smṛtāṃ tāpasaiḥ sargapūrvasthitāṃ tāṃ  
bhajeśāradāmbāṃ ajasrammadambāṃ ॥5॥

कुरङ्गे तुरङ्गे मृगेन्द्रे खगेन्द्रे  
मराले मदेभे महोक्षेऽधिरुढाम् ।

kuraṅge turaṅge mṛgendre khagendre  
marāle madebhe mahoksheḌdhiruḍhām ।

महत्यां नवम्यां सदा सामरूपां  
भजेशारदाम्बाम् अजस्रम्मदम्बाम् ॥६॥

mahatyāṃ navamyāṃ sadā sāmarūpāṃ  
bhajeśāradāmbām ajasrammadambām ॥6॥

ज्वलत्कान्तिवह्निं जगन्मोहनाङ्गीं  
भजे मानसाम्भोज सुभ्रान्तभृङ्गीम् ।  
निजस्तोत्र संगीत नृत्य प्रभाङ्गीं  
भजेशारदाम्बाम् अजस्रम्मदम्बाम् ॥७॥

jvalatkāntivahniṃ jaganmohanāṅgīṃ  
bhaje mānasāmbhoja subhrāntabhṛṅgīm ।  
nijastotra saṅgīta nṛtya prabhāṅgīṃ  
bhajeśāradāmbām ajasrammadambām ॥7॥

भवाम्भोज नेत्राज सम्पूज्यमानां  
लसन्मन्दहास प्रभावकत्र चिह्नम् ।  
चलच्चञ्चलाचारु ताटङ्ककर्णां  
भजेशारदाम्बाम् अजस्रम्मदम्बाम् ॥८॥

bhavāmbhoja netrāja sampūjyamānāṃ  
lasanmandahāsa prabhāvaktra cihnām ।  
calaccañcalācāru tāṭaṅkakarṇāṃ  
bhajeśāradāmbām ajasrammadambām ॥8॥



नमस्तेऽस्तु महामाये  
श्रीपीठे सुरपूजिते ।  
शङ्ख चक्र गदा हस्ते  
महालक्ष्मि नमोऽस्तुते ॥१॥

namasteऽstu mahāmāye  
śrīpīṭhe surapūjite ।  
śaṅkha cakra gadā haste  
mahālakshmi namoऽstute ॥1॥

नमस्ते गरुडारूढे  
कोलासुर भयङ्करि ।  
सर्व पाप हरे देवि  
महालक्ष्मि नमोऽस्तुते ॥२॥

namaste garuḍārūḍhe  
kolāsura bhayaṅkari ।  
sarva pāpa hare devi  
mahālakshmi namoऽstute ॥2॥

सर्वज्ञे सर्व वरदे  
सर्व दुष्ट भयङ्करि ।  
सर्व दुःख हरे देवि  
महालक्ष्मि नमोऽस्तुते ॥३॥

sarvajñe sarva varade  
sarva duṣṭa bhayaṅkari ।  
sarva duḥkha hare devi  
mahālakshmi namoऽstute ॥3॥

सिद्धि बुद्धि प्रदे देवि  
भुक्ति मुक्ति प्रदायिनि ।  
मन्त्र मूर्ते सदा देवि  
महालक्ष्मि नमोऽस्तुते ॥४॥

siddhi buddhi prade devi  
bhukti mukti pradāyini ।  
mantra mūrte sadā devi  
mahālakshmi namoऽstute ॥4॥

आद्यन्त रहिते देवि  
आद्य शक्ति महेश्वरि ।  
योगजे योग सम्भूते  
महालक्ष्मि नमोऽस्तुते ॥५॥

ādyanta rahite devi  
ādyā śakti maheśvari ।  
yogaje yoga sambhūte  
mahālakshmi namoऽstute ॥5॥

स्थूल सूक्ष्म महारौद्रे  
महाशक्ति महोदरे

sthūla sūkshma mahāraudre  
mahāśakti mahodare



महापाप हरे देवि  
महालक्ष्मि नमोऽस्तुते ॥६॥

mahāpāpa hare devi  
mahālakshmi namoऽstute ॥6॥

पद्मा सनस्थिते देवि  
पर ब्रह्म स्वरूपिणि ।  
परमेशि जगन् मातर्  
महालक्ष्मि नमोऽस्तुते ॥७॥

padmā sanasthite devi  
para brahma svarūpiṇi ।  
parameśi jagan mātār  
mahālakshmi namoऽstute ॥7॥

श्वेताम्बर धरे देवि  
नानालङ्कार भूषिते ।  
जगस्थिते जगन् मातर्  
महालक्ष्मि नमोऽस्तुते ॥८॥

śvetāmbara dhare devi  
nānālaṅkāra bhūshite ।  
jagasthite jagan mātār  
mahālakshmi namoऽstute ॥8॥

महालक्ष्म्यष्टकं स्तोत्रं  
यः पठेद् भक्तिमन् नरः ।  
सर्व सिद्धिम् अवाप्नोति  
राज्यं प्राप्नोति सर्वदा ॥९॥

mahālakshmyashṭakaṃ stotraṃ  
yaḥ paṭhed bhaktiman naraḥ ।  
sarva siddhim avāpnoti  
rājyaṃ prāpnoti sarvadā ॥9॥

एक काले पठेन् नित्यं  
महापाप विनाशनम् ।  
द्वि कालं यः पठेन् नित्यं  
धन धान्य समन्वितः ॥१०॥

eka kāle paṭhen nityaṃ  
mahāpāpa vināśanam ।  
dvi kālaṃ yaḥ paṭhen nityaṃ  
dhana dhānya samanvitaḥ ॥10॥

त्रि कालं यः पठेन् नित्यं  
महा शत्रु विनाशनम् ।  
महालक्ष्मिर् भवेन् नित्यं  
प्रसन्ना वरदा शुभा ॥११॥

tri kālaṃ yaḥ paṭhen nityaṃ  
mahā śatru vināśanam ।  
mahālakshmir bhaven nityaṃ  
prasannā varadā śubhā ॥11॥

## Sri Maha Lakshmi Ashtakam

[1] Namasthesthu Mahamaaye' - Sripeede' Surapoojithe' |

S'ankha Chakra Ghathahasthe' -Maha Lakshmi Namosthudhe' ||

1. Salutations to the Great Maya (the power of Supreme Brahman devoid of qualities). Her abode is none other than Sri Peetha or Sri Chakra. She holds the Conch (symbolizing the gross manifestation) and the Disc (symbolizing the great wisdom). I worship Sri Maha Lakshmi with all devotion.

[2] Namasthe Garudaarude' - Kolaasura Bhayankari |

Sarva Paabha Hare' Devi - Maha Lakshmi Namosthudhe' ||

2. Salutations to Lakshmi riding the Kite (Garuda). She is the one who destroyed Kola Demon, the symbol of ignorance, She removes all the crookedness of mind body and soul. I worship Sri Maha Lakshmi with all obedience.

[3] Sarvagjne' Sarvavaradhe' - Sarvadhushtha Bhayangari |

Sarva Dhukka Hare' Devi - Maha Lakshmi Namosthudhe' ||

3. She is the supreme knowledge, and fulfiller of all desires, she is the destroyer of all wicked things. She removes all sorrow of the mankind. I worship Sri Maha Lakshmi with all devotion.

[4] Siththi Buththipradhe' Devi - Buththi Mukthi Pradhaayini |

Mandhra Moortthe' Sadhaa Devi -Maha Lakshmi Namosthudhe' ||

4. She provides the spiritual divinity and the discriminative intellect. She gives the intellect for the liberation or moksha. She is the embodiment of all mantras. I worship Sri Maha Lakshmi with all devotion.

[5] Aadhyantharahidhe' Devi - Aadhi Sakthi Maheswari |

Yohagjne Yogasambhoothe' - Maha Lakshmi Namosthudhe' ||

5. She is devoid of beginning and ending. She is the primordial energy of the cosmic creation. She is the divine fire (Cosmic will) of the all yogas and she dawns in the minds of yogis. I worship Sri Maha Lakshmi with all devotion.

[6] Sthoola Sookshma Mahaaroudhre' - Maha Sakthi Mahodhare' |

Mahaa Paabha Hare' Devi - Maha Lakshmi Namosthudhe' ||

6. She is the one who manifests in the Gross Subtle Universal manifestation and is the deadly force of the Creation. She is the Supreme energy of the Cosmos. She elevates the individual from all the greatest pitfalls of progress (papa).I worship Sri Maha Lakshmi with all devotion.

[7] Padhmaasana Sthidhe' Devi - Parabrahmma Svaroopini |

Parame'si Jaganmaadhaah: - Maha Lakshmi Namosthudhe' ||

7. She is adored in the yogic posture of padmaasana. She is the symbol of Supreme Brahman, devoid of all attributes. She is the Supreme wealth of the cosmos and the Mother of all creation. I worship Sri Maha Lakshmi with all devotion.

[8] Svethaambradhare' Devi - Naanaalankaara Bhooshithe' |

Jagathsthidhe' Jaganmaadhah - Maha Lakshmi Namosthudhe' ||

8. She is worshipped in white clothes symbolizing the Sudha Satva of Samkhya Darshana. She is adored with all ornamentation symbolizing differential creations of cosmos. She is the genesis of all the Cosmos bound by time and space and the mother of all creations. I worship Sri Maha Lakshmi with devotion.

[9] Maha Lakshmiyashtakasthothram Yahpade' Bhakthimaan Narah: |

Sarva Sidhdhi Mavaapnodhi - Rajyam Prapno'dhi Sarvadha ||

9. This is the 8 slokaas of Sri Maha Lakshmi. He who reads (understands) these slokaas with all devotion will obtain all the desires (physical, mental, spiritual), and the Spiritual Kingdom of Moksha.

[10] Ekha Kaalam Pade' Nithyam - Mahaa Paabha Vinaasanam |

Dhvi Kaalam Yah:pade' Nithyam - Dhanadhaanya Samanvithah: ||

10. If these 8 slokaas are recited once a day all pitfalls are removed. If these are recited twice a day all physical prosperity is achieved.

[11] Thri Kaalam Yah:pade' Nithyam - Mahaa Sathru Vinasanam |

Maha Lakshmeer bave'nnithyam - Prasannaa Varadha Subhaa.||

11. If these 8 slokaas are recited thrice a day he will be devoid of all qualities of enmity and hatred. Let this Sri Maha Lakshmi manifest in us with all her pleasantness and fulfilling qualities.

## HINDU FESTIVALS REMAINING IN 2014

### GANESHA CHATURTHI

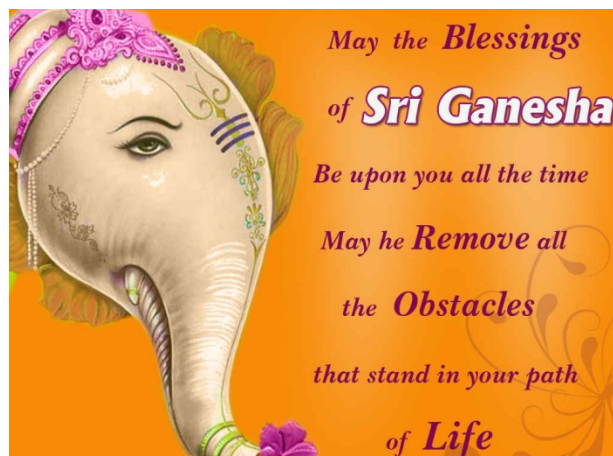
*Vakra-Tunndda Maha-Kaaya Surya-Kotti Samaprabha  
Nirvighnam Kuru Me Deva Sarva-Kaaryessu Sarvadaa*

Meaning:

- 1: O Lord Ganesha, of Curved Trunk, Large Body, and with the Brilliance of a Million Suns,
- 2: Please Make All my Task be Free of Obstacles, Always.

**Ganesh Chaturthi** is the [Hindu festival](#) celebrated on the birthday (rebirth) of Lord Ganesh, the son of [Shiva](#) and [Parvati](#). Lord Ganesh is widely worshipped as the god of wisdom, prosperity and good fortune and traditionally invoked at the beginning of any new venture or at the start of travel.

Ganesh chaturthi falls on **29th of August** this year and we will be celebrating it a grand scale on 30<sup>th</sup> Aug in the temple. Please come and pray with us as we start the new academic year. Vidyapitham classes will begin the 2<sup>nd</sup> Sunday in September.



**Janmashtami – Krishna Jayanthi:** Most people in India celebrate Krishna Janmashtami based on Lunar Calendar but a few temples and some regions in South India observe Krishna Janmashtami based on Solar Calendar. In Kerala, Tamil Nadu and in some parts of Karnataka, Krishna Janmashtami is popularly known as Ashtami Rohini or Gokulashtami and is observed based on Solar Calendar.

Two famous temples, Udupi Sri Krishna temple in Karnataka and Guruvayur Guruvayurappa temple in Kerala celebrate Krishna Janmashtami as Ashtami Rohini based on Solar Calendar.

**This year Krishna Jayanthi will be celebrated on 15<sup>th</sup> of September 2014**

**Navaratri**, the Festival of Nine Nights, is celebrated in honor of goddesses Durga, Lakshmi, and Saraswati. The festival is celebrated for nine nights every year in the Hindu month of Ashvin (September-October) although as the dates of the festival are according to the Hindu calendar (which is based on the Moon), the festival may be held for a day more or a day less depending on the calendar. It coincides with the end of the rainy season. This season is considered to be an auspicious one as it is generally



associated with the sowing of seeds, and watching new seeds sprout - a sign of prosperity and abundance. Most people consider it the best time of the year to undertake or start new ventures.

This celebration in honour of the goddess, the mother of the world, begins on the first day of Ashvin, and goes on for nine days. The goddess is the personification of Power, or "Shakti". She is known by many names: "Kali", "Laxmi", "Sarasvati", "Chandi-ka", "Durga", "Bhavani", "Ambika", "Ashtabhuja" (eight hands). Her main task is to punish the wicked. She is engaged in war, and weapons are in her hands. She is sitting on a lion. Her weapons are the "shul" (pike), "chakra" (wheel), "parshu" (axe) and "talvar" (sword). Kali is known as "Mahisha-surmardini", the slayer of the demon Mahishasur.

A different form of the Mother Goddess is worshipped on each day. These nine days are divided and devoted to the Trinity of God worshipped in a female form - three days for Durga (Goddess of Valor) three days for Lakshmi (Goddess of Wealth) and three days for Saraswati (Goddess of Knowledge and Art).

1st - 3rd day of Navratri: On the first day of the Navaratri, a small bed of mud is prepared in the puja room of the house and barley seeds are sown on it. On the tenth day, the shoots are about 3 - 5 inches in length. After the puja, these seedlings are pulled out and given to devotees as a blessing from god. These initial days are dedicated to Durga Maa, the Goddess of power and energy. Her various manifestations, Kumari, Parvati and Kali are all worshipped during these days.

4th - 6th day of Navratri: During these days, Lakshmi Maa, the Goddess of peace and prosperity is worshipped. On the fifth day which is known as Lalita Panchami, it is traditional, to gather and display all literature available in the house, light a lamp or 'diya' to invoke Saraswati Maa, the Goddess of knowledge and art.

7th - 8th day of Navratri: These final days belong to Saraswati Maa who is worshipped to acquire the spiritual knowledge. This in turn will free us from all earthly bondage. But on the 8th day of this colourful festival, yagna (holy fire) is performed. Ghee (clarified butter), kheer (rice pudding) and sesame seeds form the holy offering to Goddess Durga Maa.

In the northern part of the country, the first nine days of this festival, called Navratri, is commonly observed as a time for rigorous fast, and followed by celebrations on the tenth day. People in western India, especially in Gujarat, spend the nine nights of Navratri in song, dance and merriment. Garba is a graceful form of dance, wherein women dressed in exquisitely embroidered choli, ghagra and bandhani dupattas, dance gracefully in circles around a pot containing a lamp.

In eastern India, especially in Bengal, the Durga Puja is the principal festival during Navratri. It is celebrated with gaiety and devotion through public ceremonies of "Sarbojanin Puja" or community worship. Huge decorative temporary structures called "pandals" are constructed to house these grand prayer services, followed by mass feeding, and cultural functions. The earthen icons of Goddess Durga, accompanied by those of, Saraswati, Ganesha and Kartikya, are taken out on the tenth day in a triumphal procession to the nearby river, where they are ceremonially immersed.

Navratri in 2014 will start on Thursday, the **25th of September** and will continue for 9 days until Friday, the **3rd of October**.

**Deepavali/Diwali** also known as the "festival of lights", is an ancient Hindu festival celebrated in autumn every year. The festival spiritually signifies the victory of light over darkness, knowledge over ignorance, good over evil, and hope over despair.

Diwali celebrates Lord Rama's glorious and long-awaited return to his Kingdom of Ayodhya after his fourteen long years of exile in the forests. It commemorates Lord Krishna's victory over the demon Narakaasura who had kidnapped and terrorized the gopis of Vrindavan. When the evil Naraka was finally killed by



Krishna and Satyabhaama, he begged pitifully for mercy; thus, upon his entreaties, it was declared that this day of his death would be celebrated with great joy and festivity. It is also celebrated as the day Lord Vishnu married Maha Lakshmi.

Diwali is also associated with the story of the fall of Bali - a demon king who was conquered by Lord Vishnu. Lord Vishnu appeared to the demon king Bali in the form of a dwarf and requested only three steps of land. The evil and egotistic Bali granted the dwarf's meager request of only three feet. Suddenly, Lord Vishnu took on His grand size and placed one foot on the Earth, another on the Heavens and His third on the head of the evil Bali.

In general, Diwali signifies the triumph of good over evil, of righteousness over treachery, of truth over falsehood, and of light over darkness. Additionally, Diwali is the holy time in which we offer our prayers to Maha Lakshmi and we worship Her with piety and devotion. MahaLakshmi is the goddess of wealth and prosperity, bestowing these abundantly upon her devotees.

Diwali is a holiday of joy; it is the time when we gather with loved ones, celebrating our family, our friends and the prosperity God has bestowed upon us. This year it fall on October 23<sup>rd</sup> 2014

**Karthikai Deepam** is a Hindu festival which is celebrated mainly by Tamil Hindus. The day of Karthigai Deepam is fixed based on Tamil Solar Calendar. It falls in the month of Karthikai when Karthigai Nakshatra prevails during Ratrimana. This is also the time when Karthigai Nakshatra coincides with Pournami, the full moon day in the month of Karthikai.

Karthigai Deepam festivities at Thiruvannamalai Arunachaleshwara Swamy temple are the most famous one and popularly known as Karthikai Brahmotsavam. Karthigai Deepam festivity at Thiruvannamalai temple spans for 10 days. The celebration begins with Dwajaroohanam on the day when Nakshatra Uthiraadam prevails at sunrise. Most of the time, Nakshatra Uthiraadam prevails 10 days before the main Karthigai Deepam day.

Karthigai Deepam should not be confused with Bharani Deepam which is inaugural ritual of Karthigai Deepam. Bharani Deepam is done before sunrise at 4 a.m. Bharani Deepam day falls one day before or on the same day of Karthigai Deepam. Bharani Deepam is lit inside the temple premises when Bharani Nakshatra prevails. In most years Bharani Deepam is lit at 4 a.m. on the same day of Karthigai Deepam.

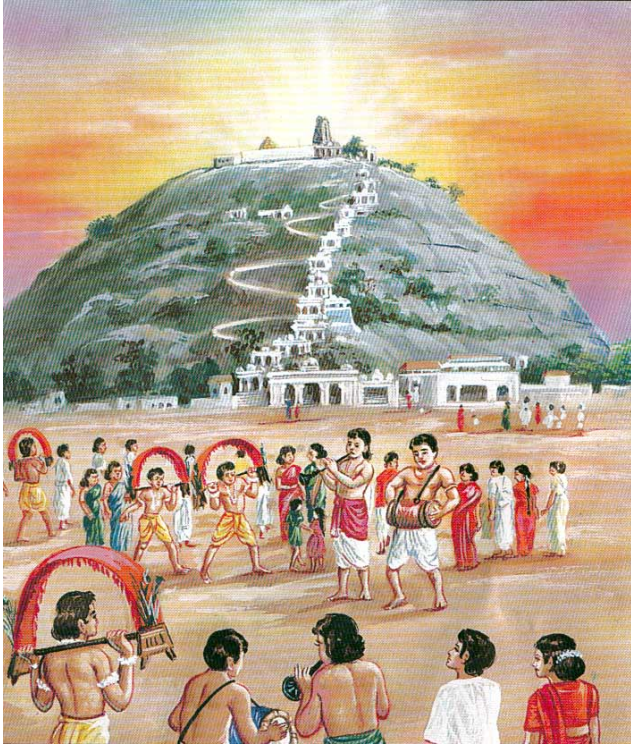
Karthigai Deepam is lit after sunset at 6 p.m. with the flame taken from Bharani Deepam. In the evening flame is carried at the top of the hill to light the Karthigai Maha Deepam.

This year Karthikai deepam is on December 4<sup>th</sup> 2014.

**KAVADI: AN ART FORM**

Palani, Kavadi and Idumban

How Murugan, Idubam and Kavadi came to Palani



Sage Agastya wanted to take two hills -- Sivagiri and Saktigiri -- to his abode in the South and commissioned his asuran disciple Idumban to carry them. Idumban was one of the very few asuran survivors of the war between Murugan's forces and those of the Surapadman. After surviving the war, he had repented and became a devotee of Lord Murugan.

At this stage, Subrahmanya or Muruga had just been outwitted by His brother Ganesa in a contest for going around the world and He was still smarting over the matter. Ganapati had won the prized fruit (the Jnana-pazham) by simply going around His parents. Long after this, Subrahmanya came seated on His peacock to find that the prize had already been given away. In anger, He vowed to leave His home and family and came down to Tiru Avinankudi at the Adivaaram (meaning 'foot of the Sivagiri Hill'). Siva pacified Him by saying that Subrahmanya Himself was the fruit (pazham) of all wisdom and knowledge. Hence the place was called Pazham-nee ('You are the fruit') or Palani. Later He withdrew to the hill and settled there as a recluse in peace and solitude.

Idumban bore the hills slung across his shoulders in the form of a kavadi, one on each side. When he reached Palani and felt fatigued, he placed the kavadi down to take rest. When Idumban resumed his journey, he found that he could not lift the hill. Muruga had made it impossible for Idumban to carry it. Upon the hilltop the great asuran spotted a little boy and demanded that he vacate at once so Idumban could proceed with his task. The boy was still in a fighting mood and refused to do so. In the fierce battle which ensued, Idumban was slain but was later restored to life.

Idumban belatedly recognised the boy as none other than his ishta devata Murugan and prayed to Him that: 1) whosoever carried on his shoulders the kavadi, signifying the two hills and visited the temple on a vow should be blessed; and 2) he should be given the privilege of standing sentinel at the entrance to the hill. Hence we have the Idumban shrine half-way up the hill where every pilgrim is expected to offer obeisance to Idumban before entering the temple of Dandayudhapani Swami. Since then, pilgrims to Palani bring their offerings on their shoulders in a kavadi. The custom has spread from Palani to all Muruga shrines.



*This story is adapted from Palani: The Hill Temple of Muruga, which was published in Madras in 1975. The images and story do not belong to the Balaji Temple, Balaji Summer Camp, or any of its associates and is presented here for educational use only.*

### TIE-DYE HANDKERCHIEF

**Introduction:** Tie-dyeing is a very popular art form in the United States. In this activity, students will tie-dye a handkerchief.

**Follow along with your instructor throughout this activity! Do not work ahead.**

1. Choose **three** colors that you want to use. You may not use more than 3 colors, so choose wisely. Write your colors down below.  

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2. Take your handkerchief and place a marble in one section of the kerchief. Then, take a rubber band and band it together. Follow your instructor's directions.
3. Spray your three colors in the areas that you banded together. Again, please ask your instructor if you are confused. Do not continue if you do not understand.





### **NAVADHANYA GANAPATHY**

**Introduction:** This project is intended to introduce a traditional type of Indian art—Navadhanya art. This type of art uses nine grains (called navadhanyam) to make designs of gods, which are then dedicated to each of the Navagraha deities. Each grain has its own significance, which is described below.

The following example of Navadhanya art is of Ganesha. The artist first outlined the design of the god. After, each section was filled with the different grains. Before we get started, let's discuss the significance of each of the different grains.

**Warning:** *Do not eat any of the grains from the containers in front of you. All of the grains are **raw** and should not be consumed until they are cooked.*



The nine grains that we will be using (and that everyone uses) are wheat, rice, toor daal, moong daal, chana daal, white rajam, sesame seeds, urad daal, and horse gram. Using the grains in front of you, try and match up the descriptions (given below) and each grain.

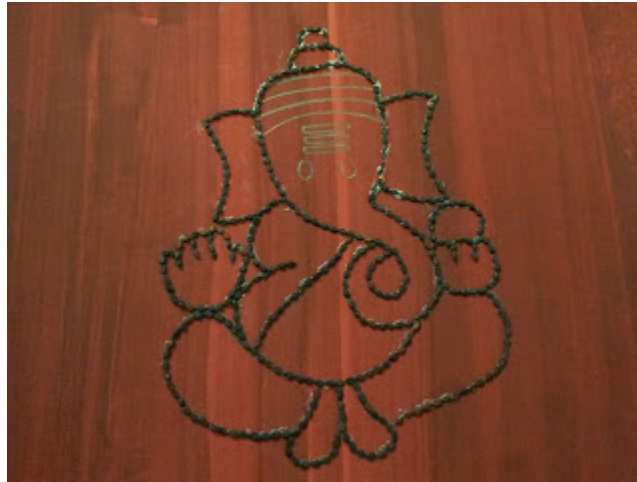
1. Bengal Gram is offered to Jupiter or Guru or Brihaspati.
2. Wheat is offered to the Sun, or Surya
3. Horse Gram is offered to Ketu
4. Green Gram is offered to Mercury, or Budh
5. Rice is offered to the Moon, or Chandra
6. White beans are offered to Venus
7. Sesame is offered to Saturn, or Shani
8. Chick peas are offered to Mars, or Mangal
9. Black Gram is offered to Rahu.

**--DO NOT CONTINUE UNTIL TOLD TO DO SO BY AN INSTRUCTOR--**

## DESIGNING YOUR ART

**Warning:** Read the below instructions **before** you begin. If you are confused about any of the steps, ask an instructor before proceeding.

1. Draw the design on your cardboard with a **pencil**. Erase all stray marks before continuing.
2. Trace the outline of your design with a permanent marker or glue pen (as provided by the instructor).
3. Once you have finished the outline, fill the interior with the grains that you want to use. Each grain has its own color and texture, so get creative!
4. Once you have finished, call an instructor over for further instructions.



**STEP 2**



**FINAL DESIGN**

**PATRIOTIC SONGS**

**Introduction:** The following are traditional Indian folk or patriotic songs. The meaning will be shared with you as we learn each of them. Youtube links are provided after each song for your viewing/listening pleasure.

1. Honge kaamyaab, honge kaamyaab  
hum honge kaamyaab ek din  
ho ho mann main hai vishwas  
poora hai vishwas  
hum honge kaamyaab ek din.

hogi shanti charo aur  
hogi shanti charo aur  
hogi shanti charo aur ek din  
ho ho mann main hai vishwas  
poora hai vishwas  
hogi shanti charo aur ek din

hum chalenge saath saath  
dale haathon main haath  
hum chalenge saath saath ek din  
ho ho ho mann main hai vishwas  
poora hai vishwas  
hum chalenge saath saath ek din.

Nahi darr kisi ka aaj  
nahi bhay kisi ka aaj  
Nahi darr kisi ka aaj ke din  
ho ho mann main hai vishwas  
poora hai vishwas  
nahi darr kisi ka aaj ke din.

<https://www.youtube.com/watch?v=EpnsOPGLGb4>

2. Hum ko man kee shakt diena, man vijay kare  
Dusaron kee jay se pahale, khud ko jay kare  
Dusaron kee jay se pahale, khud ko jay kare  
Hum ko man kee shakt diena, man vijay kare  
Dusaron kee jay se pahale, khud ko jay kare  
Hum ko man kee shakt diena

Bhedabhaaw  
Bhedabhaaw apane dil se saaf kar sake  
Bhedabhaaw apane dil se saaf kar sake  
Doston se bhool ho to maaf kar sake  
Doston se bhool ho to maaf kar sake  
Zoothh se bache rahe, sach kaa dam bhare  
Zoothh se bache rahe, sach kaa dam bhare  
Dusaron kee jay se pahale, khud ko jay kare  
Hum ko man kee shakt diena, man vijay kare

Dusaron kee jay se pahale, khud ko jay kare  
Hum ko man kee shakt diena

Mushkile pade to hum pe itanaa karam kar  
Mushkile pade to hum pe itanaa karam kar  
Saath de to dharam kaa, chale to dharam kar  
Saath de to dharam kaa, chale to dharam kar  
Khud pe hausalaa rahe, badee se naa dare  
Khud pe hausalaa rahe, badee se naa dare  
Dusaron kee jay se pahale, khud ko jay kare  
Hum ko man kee shakt diena, man vijay kare  
Dusaron kee jay se pahale, khud ko jay kare  
Hum ko man kee shakt diena.

<https://www.youtube.com/watch?v=OdNynJVoLAW>

3. oLi padaiththa kaNNinaai vaa vaa vaa  
urudhik koNda nenjinaai vaa vaa vaa  
oLi padaiththa kaNNinaai vaa vaa vaa  
urudhik koNda nenjinaai vaa vaa vaa

kaLippadaiththa mozhiyinaai vaa vaa vaa  
kaLippadaiththa mozhiyinaai vaa vaa vaa  
kadumai koNda thOLinaai vaa vaa vaa

theLivupetra madhiyinaai vaa vaa vaa  
siRumaikkaNdu ponguvaai vaa vaa vaa  
theLivupetra madhiyinaai vaa vaa vaa  
siRumaikkaNdu ponguvaai vaa vaa vaa

eLimaikkaNdiranguvaai vaa vaa vaa  
eLimaikkaNdiranguvaai vaa vaa vaa  
aeruppOl nadaiyinaai vaa vaa vaa

iLayabharadhaththinaai vaa vaa vaa  
edhirilaa valaththinaai vaa vaa vaa  
iLayabharadhaththinaai vaa vaa vaa  
edhirilaa valaththinaai vaa vaa vaa

oLi izhandha naattilae nindraerum  
oLi izhandha naattilae nindraerum  
udhaya nyaayiroppavae vaa vaa vaa

kaLai izhandha naattilae munpOlae  
kaLaisiRakka vandhanai vaa vaa vaa  
kaLai izhandha naattilae munpOlae  
kaLaisiRakka vandhanai vaa vaa vaa

viLaiyumaanbu yaavaiyum paarththanpOl  
viLaiyumaanbu yaavaiyum paarththanpOl  
vizhiyinaal viLakkuvaai vaa vaa vaa

-----  
Jai Hind!

[https://www.youtube.com/watch?v=HsW\\_35hwVuE](https://www.youtube.com/watch?v=HsW_35hwVuE)

4. Odi vilaiyaadu paappaa  
Odi vilaiyaadu paappaa - nee  
Oyndhirukkalaagaadhu paappaa  
Odi vilaiyaadu paappaa  
koodi vilaiyaadu paappaa  
oru kuzhandaiyai vaiyaadhae paappaa  
Odi vilaiyaadu paappaa

poi solla koodaadhu paappaa - endrum  
puram sollalaagaadhu paappaa  
poi solla koodaadhu paappaa  
dheivam namakku thunai paappaa  
oru theengu varamaattaadhu paappaa

kaalai ezhundha udan padippu  
pinbu kanivu koadukkum nalla paattu  
maalai muzhudhum vilaiyaattu - endru  
pazhakkappaduththikkollu paappaa

Odi vilaiyaadu paappaa



## THE INDIAN FLAG

The flag of an individual country has its own significance. Each part of the flag represents the country, culture, or its people. The American flag has fifty stars, symbolizing each state in the union. The thirteen white and red strips symbolize the founding 13 colonies.

The Indian flag is no different in that its colors and elements have a symbolic and deeper meaning.

### **Each color on the flag represents something different:**

Saffron represents courage and sacrifice.

White stands for peace, unity, and truth.

Green stands for faith and fertility.

The blue in the center symbolizes the ocean and sky.

### **Dharma Chakra:**

In the center of the white band is a wheel with 24 spokes. This is known as the Dharma Chakra.

The Chakra represents the continuing progress of the nation and the importance of justice in life.

Buddhist symbol dating back to 200th century B.C.



### THE INDIAN NATIONAL ANTHEM

**Introduction:** The song Jana-gana-mana was originally composed in Bengali by Rabindranath Tagore. It was adopted in its Hindi version by the Constituent Assembly as the National Anthem of India on January 24<sup>th</sup>, 1950. The original anthem consists of five stanzas.

The lyrics were rendered into English by Rabindranath Tagore himself.

A formal rendition of the national anthem takes fifty two seconds.

Jana gana mana adhi naayaka jaya hai!

Bhaarat bhaagya vidhaata

Punjab Sindh Gujarat Maraatha,

Dravid Utkala Bangaa.

Vindhya Himachala Yamuna Ganga,

Uchhala jaladhi taranga.

Tava shubh naame jaage,

Tava shubh aashish maage,

Gahe tava jaya-gaatha.

Jana-gana-mangaladayaka jaya hai!

Bharat bhagya vidhata.

Jaya hai! Jaya hai! Jaya hai!

Jaya Jaya Jaya Jaya hai!



## **English Translation**

*"Thou art the ruler of the minds of all people,  
dispenser of India's destiny.*

*The name rouses the hearts of Punjab, Sind, Gujarat and Maratha,  
of the Dravid and Orissa and Bengal;*

*It echoes in the hills of the Vindhya and Himalayas,  
mingles in the music of the Yamuna and Ganga  
and is chanted by the waves of the Indian Sea.*

*They pray for thy blessings and sing thy praise.*

*The salvation of all people is in thy hand,  
thou dispenser of India's destiny.*

*Victory, victory, victory to thee."*

## **INDIA: AN OVERVIEW**

**Introduction:** Before we get into the various states of India, let's take a look at India as a whole.

### **GEOGRAPHY**

Area: 3.29 million square kilometers; about one-third the size of the U.S.

Capital - New Delhi

Other Major Cities:

Mumbai, formerly Bombay\*

Kolkata, formerly Calcutta \*

Chennai, formerly Madras \*

Bangalore

Hyderabad

Ahmedabad

Pune

\*Cities names were changed after India gained independence from GB

Terrain: Varies from Himalayas to flat river valleys and deserts in the west.

Climate: Alpine to moderate temperatures to subtropical monsoon.

### **PEOPLE**

Population (2012 estimation): 1.21 billion; urban 29%.

Religious Groups (2001 census): Hindu 80.5%; Muslim 13.4%; Christian 2.3%; Sikh 1.9%; other groups including Buddhist, Jain, Parsi within 1.8%; unspecified 0.1%.

Languages: Hindi, English, and 16 other official languages.

### **GOVERNMENT**

Type: Federal republic.

Independence: August 15, 1947.

Constitution: January 26, 1950.

The National Animal of India is the Tiger. It is respected in India for its strength and grace, as well as its incredible power. The Indian tiger is also called the Royal Bengal Tiger.

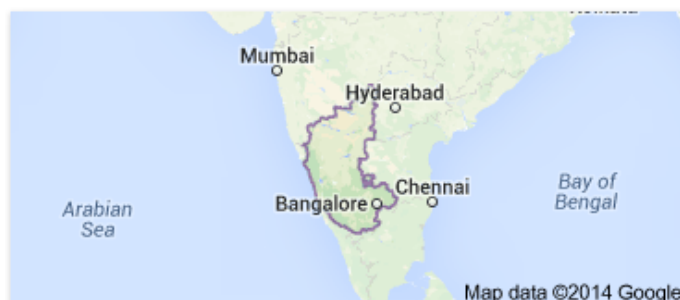
The National Bird of India is the Peacock . Peacocks symbolize grace, pride, and beauty. Peacocks are often used in Indian mythology and folk stories.

OUTLINE MAP OF INDIA



### **EXPLORING KARNATAKA!**

**Introduction:** Karnataka is an enchanting land abounding in scenic beauty, rich in flora and fauna. It has pomp and pageantry of glorious traditions and marvels of modern engineering. The third largest city in India, Bengaluru also known as Bangalore, is in Karnataka and is the center of India's fifth-largest metropolitan area. Bangalore is known as the "Silicon Valley of India" because of its role as the nation's leading information technology (IT) exporter.



**Population:** 64.06 million (May 2014)

**Area:** 74,051 sq. miles

**Founded:** November 1, 1956

Karnataka's manifold attractions include everything that interests the tourists. The Ranganathittu Bird's Sanctuary (5 Kms from Srirangapatna), hill stations like Nandhi Hills and Kemmannagundi and Mercara, beach resorts like Karwar, Ullal, Malpe and Maravanthe, the world famous Brindavan Gardens at Krishnarajasagara, the monolithic statue of Gommateshwara at Sharavanabelagola, Gol Gumbaz with its whispering gallery at Bijapur, the Jog falls and other water falls at Shiva Samudram, Magod, Unchelli or Lushington near Siddapur, Lalguli at Yallapur and other places indicate the variety and richness of the attractions that Karnataka State holds out to the tourists.

There are many places of historic and religious importance. The great Acharyas, Shankara, Ramanuja and Madhwa, preached in this region. Great reformers like Sri Basaveshwara, mathematicians like Baskaracharya, commentators like Sayana, saint poets like Purandaradasa and Kanakadasa, great writers like Pampa, Harihara and Kumara Vyasa have all enriched the heritage of Karnataka. The temples at Aihole, Badami and Pattadakal in Bijapur district have great significance for all lovers of art. The temples of Halebedu, Belur and Somanathapura are great architectural achievements – the like of which are rarely seen in any part of the world.

The profusion of artistic skill is bewildering in its range and exquisiteness. At Hampi [Bellary district] one can see Indian sculpture in all its richness and vitality. Karnataka has about 34,000 temples and Bangalore alone has over 1,000 temples. Few of these are very ancient and pujas are no longer performed because they are under the care of archeology department.

Karnataka is home to many well-recognized educational and research institutions in India, such as Indian Institute of Science (IISc, Bangalore), Indian Institute of Management (Bangalore) (IIMB), and National Institute of Mental Health and Neurosciences (NIMHANS). Numerous public sector heavy industries, technology companies, aerospace, telecommunications, and defense organisations, such as Bharat Electronics Limited (BEL), Hindustan Aeronautics Limited (HAL), National Aerospace Laboratories (NAL), Indian Space Research Organisation (ISRO), Infosys, and Wipro are headquartered in the city.



Lord Gomateshwara (Bahubali) Statue at Karkala



Bangalore Palace



Brindavan Gardens, Near Krishna Sagar Dam



Badami Cave Temples



Mysore Palace, during Navarathri



IISc and IIM, Bangalore



Infosys at Electronic city, Bangalore

## GUJARAT: AN OVERVIEW

**Introduction:** *The Land of the Legends*, stands bordered by Pakistan and Rajasthan in the north east, Madhya Pradesh in the east, and Maharashtra and the Union territories of Diu, Daman, Dadra and Nagar Haveli in the south. The Arabian Sea borders the state both to the west and the south west.

The State got the name from the Gujjars, who ruled the area during the 700's and 800's. Rock Inscriptions in the Girnar Hills show that the Maurya Emperor Ashoka, extended his domain into Gujarat in about 250 BC. With its fall, the control of the region came under the Sakas or Scythians.

During the 900's the Solanki Dynasty came to power and Gujarat reached its greatest extent. Then followed a long period of Muslim rule. Ahmed I, the first independent Muslim ruler of Gujarat, found Ahmedabad in 1411. The Mughal Emperor Akbar conquered Malwa and Gujarat in 1570s. The British East India Company set its first footsteps in Surat in 1818 and the State came in control of their rule.

“ In 1600's, the Dutch, French, English and Portuguese had all established bases along the coast of the region. ”

Gujarat was divided into princely states. After the Indian Independence in 1947, all of Gujarat except Saurashtra and Kutchh became part of Bombay State until May 1, 1960, when the Government split Bombay state into the States of Maharashtra and Gujarat.

Ahmedabad became the chief city of the new State and housed the State Government Offices. They remained there until they were transferred to Gandhinagar in 1970.

Gandhinagar is the State Capital of Gujarat. Named after 'Gandhi', the father of the nation, it is situated 32 kms away from Ahmedabad and is proudly the best planned city in India.

Ahmedabad, Surat, Baroda, Rajkot are some major cities of Gujarat which have been located to have the best of tradition, history, architecture, culture and philosophy of Gujarat in an atmosphere of luxury, beauty and comfort. Ensembles, lifestyles and ways of living vary all over Gujarat. The fairs and festivals are full of enthusiasm, entertainment and spirituality. Gujarat is known world over for its Navratri celebration which sees people immersed in the spirit of dance for nine nights. The dance forms depend on the unique styles that have emerged in different cities. people have adopted this traditional dance and its varied forms by the name of 'Garba' and 'Raas'. Language is the very heart of our soul. Although the principal language of Gujarat is 'Gujarati' and other languages spoken are Hindi and English.

### Religion and Temples:

The major religions followed are Hinduism, Jainism and Buddhism. Muslim Religion, Christianity, Parsi, Sindhi and other many more religions are followed with faith all across Gujarat.

Since ancient times, Gujarat is noted for its temples. The temple of Somnath dedicated to Shiva is the first among the 12 Jyotirlingas in India. Somnath is an eternal shrine built way back during 10th century, believed to be built during Mahabharata times. According to legend, Soma, the moon God built the temple in gold, Ravan in silver, Krishna in wood and king Bhimdev of Anhilwad in stone. Soma constructed the temple as a gesture after Lord Shiva cured him of his illness. This illness was caused by his father-in-law Daksha Prajapati's curse. Daksha cursed him to wane as he was infatuated with Rohini and was neglecting the other 26 wives, all 26 of whom were the daughters of Prajapati. It is said that Brahma advised him to build the temple in honor of Shiva.

Sun Temple: Constructed in 1026-27 A.D. during the reign of King Bhimdev I of Patan, the temple is dedicated to

Surya or the Sun God. Although it bears a dilapidated look, it is still a magnificent specimen of superb artistry of Gujarat's architects of the bygone days. Modhera's sun temple is positioned in such a manner that at the equinoxes the rising sun strikes the images in the sanctuary.

It also incorporates an amusement park, a museum, a cafeteria, picture gallery and library. The canvas on the walls and pillars depict the incidents from the Ramayana and the Mahabharata, and forms of gods and goddesses and the way of life of the people of that time. The temple was ruined by Mahmud of Gazni.



11th century Sun Temple at Modhera



Somnath temple

The Chief Minister of Gujarat is Smt. Anandiben Patel.

- Gujarat is a home to incredible diversity due to its geographic and strategic location. Its Gujarati pride and rich cultural heritage is reflected in the arts, music, literature, religious traditions, cuisine, fairs and festivals of every city and place.
- Gujarat is renowned for its entrepreneurial spirit. It is this inherent trait that has made Gujarat spearhead the Indian march for global economic superpower status.
- With many natural and man-made plus points, Gujarat has earned the sobriquet of being the "Growth Engine of India".
  - 137,617 km of road network, 5,188 km of railway network, 2,200 km gas grid, 23 Power plants
  - 1 International Airport, 6 Domestic Airports and 6 Air-strips
  - Gujarat is well-connected to major cities in the USA, EU, Asia and other Indian metropolitan cities





## **THE BASICS OF CHESS**

**Introduction:** Chess is a two-player board game played on a chessboard, a square-checkered board with 64 squares arranged in an 8x8 grid. Each player begins the game with sixteen pieces: One king, one queen, two rooks, two knights, two bishops, and eight pawns. Pieces move in different ways according to their type, and accordingly are used to attack and capture the opponent's pieces. The object of the game is to checkmate the opponent's king, whereby the king is under immediate attack (in "check") and there is no way to move or defend it. The game's present form emerged in Europe during the second half of the 15th century, an evolution of an older Indian game, [Shatranj](#) (cf. [Chaturanga](#)). Organized competitive chess began during the 16th century. The first official [World Chess Champion](#), [Wilhelm Steinitz](#), claimed his title in 1886; the current World Champion is [Viswanathan Anand](#) from [India](#). In addition to the World Championship, there are the [Women's World Championship](#), the [Junior World Championship](#), the [World Senior Championship](#), the [Correspondence Chess World Championship](#), the [World Computer Chess Championship](#), and Blitz and Rapid World Championships.

## **SOME TERMINOLOGY AND INFORMATION**

- Chess is played on a square board which is divided into 64 squares (8x8 grid)
- Board is set with the light square on the right
- The pieces and pawns are called chessmen
- Each side has 8 pieces and 8 pawns
- PAWNS AND PIECES ARE NOT THE SAME!
- Person with the white chessmen ALWAYS begins the game

## Value of Chessmen

Use the following chart to figure out the values of each chessman.

Chessman	Value	Total Value
The King	Invaluable	Invaluable
The Queen	9 Points	x1= 9 possible points
The Rook	5 Points	x2 = 10 possible points
The Bishop	3 Points	x2= 6 possible points
The Knight	3 Points	x2= 6 possible points
The Pawn	1 Point	X8= 8 possible points

### The King:

The king is the most important piece on the board. It can move one square in *any* direction. It cannot move onto a square that is being attacked by any opponent's piece.

### The Queen:

The queen is the most powerful piece on the board. It can control any number of squares and therefore can control the most spaces. It can move straight forward, backward, and diagonally *any number of squares*. Note that it cannot change directions.

### The Rook:

Each side has two Rooks as indicated by the table. It can move horizontally or vertically any number of squares and captures the opponent's piece in the same way.

### The Bishop:

Each side has two bishops. It can move diagonally any number of spaces and captures the same way.

### The Knight:

Each side has two Knights. It moves in an L shape. *If it starts on a light colored space, it must land on a dark color space. No exceptions.*

### The Pawn:

Each side has eight pawns. Initially, it can move one or two squares forward. At the first turn, it can only move one square at a time in a forward direction. Pawns cannot move backward. Pawns capture pieces by moving diagonally forward.

## **Common Terms:**

**Check:** The king is under attack. There are three ways to get out of a check: (1) Move to a square which is free from attack (2) Block the attacking path with another piece (3) capture the attacking piece.

**Checkmate:** When the king is under attack and there is no possible way for it to get out of check. The game ends and checkmate is called.

**Stalemate:** Much like the battle lines of World War 2. The king is not in check but, no moves can be made to advance the game. The game is called as a draw.

**WHAT I LEARNED IN CAMP TODAY**

**Directions:** Write a paragraph explaining to your parent(s) what you did and learned during camp today. You may write about **anything** that you learned! To help you, example topics have been included below.

-- What did you learn during Math today? Give some sample problems and ask your parents to solve them!

-- What did you learn today during the nutrition lesson? How does it pertain to everyday life?

-- What games did you play today?

-- What bhajans/slokas did you sing today? What god were they pertaining to?

**Date:** July **14** **15** **16** **17** **18**

**Topic:** \_\_\_\_\_

**STOP! DID YOU WRITE A TOPIC YET?**

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**NOTES**

**Directions:** Use the following page like a notebook. Write down important things that the teacher says, especially in math class.

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THIS BOOK WAS DESIGNED AND COMPILED BY VIGNESH SARATHY. IT WAS EDITED BY JAYASHREE SARATHY.

**No Materials on this Page**

