



HINDU YOUTH  
ASSOCIATION

# Samskāram

*Planting Seeds for a Brighter Future*

## Activity Book

Volume 1

Competition Inside!



PLASTIC FREE  
JULY

My Avatārs of the Month are:



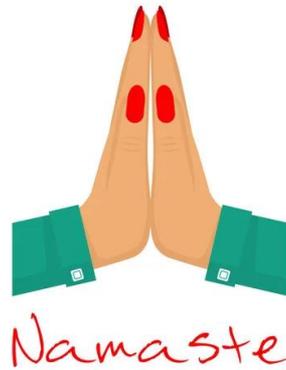
Quizzes, Puzzles  
and More!

INDIA



Let's make a  
Tricolour Smoothie!





This is our humble attempt in creating a printable activity book for little ones (also for the whole family), based on festive themes. We hope this will be helpful in keeping them creatively busy and learning some fun facts along the way!

### Tips

Keep an eye out for pages with this icon: 

These are best printed on card or thick paper.

To avoid wastage – please only print the pages you need.

Feedback, questions or concerns?

Please email [samskaram@hyauk.org](mailto:samskaram@hyauk.org)

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# Plastic Free July

The oceans are full of amazing wildlife, sadly it is also filling up with plastic waste – which is harming their natural habitat.



Things like plastic straws, cups and other types of plastic wraps end up in the ocean, which takes 1000's of years to degrade.

Fish, birds and sea turtles are just some of the animals harmed with plastic pollution – they can swallow harmful plastics and can get trapped in plastic waste. If the amount of plastic we produce each year was measured in elephants, it would weigh almost **30 million elephants!**

For every six water bottles we use, only one makes it to the recycling bin.

To help save the oceans – we all need to try and work together to help reduce single use plastic.



Read the paragraph above again and answer the questions below:

1. What are the world's oceans full of?
2. Give two examples of the dangers of plastic pollution for ocean life.
3. How long does plastic stay in the ocean?
4. Give one example of something you can do to help reduce plastic pollution.
5. Why do we need to change our ways when it comes to single-use plastic?

# Plastic Free July

Here are some little things you can do to help make a better world.

Try and remember the 3 R's



By following the 3 R's, you can help create a more sustainable future for our planet.

## 1. Don't throw it away if you can REUSE it.

Just like an empty toilet roll tube or milk gallon, lots of things can be given a new life with some creative thinking. Plastic bottles take an average of 450 years to degrade. Many people buy plastic water bottles, once finished they end up in the bin. Refill these bottles with water or juice etc. You can also purchase a reusable water bottle – which can help avoid single use plastic.

## 2. REDUCE what you buy.

Buying as and when needed, or buying second-hand clothing and products. Avoiding products wrapped in plastic and looking for alternatives like paper bags.

## 3. RECYCLE correctly.

Making sure to find out what things are recyclable (toys, clothing, some types of plastics). Sharing and passing on clothes and toys with siblings, cousins, friends or even taking them to a charity shop.

### CHALLENGE!

Think of ways to convince people to stop plastic pollution – make a poster, video or even write a letter

Discuss with a friend, teacher, parents.

Why should people care about plastic pollution? What can you do to help reduce plastic pollution at home or at school? Why do you think people still use single-plastic when they know how harmful it is to our Earth.

# Guru Purnima

## SHLOKA

Guru Brahma, Guru Vishnu, Gururdevo Maheshwarah  
Guru saakshat Parambrahma tasmai Shri Guruve namaha

Guru is the Creator (Brahma), Guru is the Preserver (Vishnu), Gurudeva is the Destroyer (Maheshwara), Guru is the absolute (singular) Lord himself, Salutations to that Shri Guru

## FUN FACTS

What is Guru Purnima?

Guru Purnima is a tradition dedicated to all teachers, Gurus and mentors.

Guru Purnima is a festival which is celebrated mainly in India, Nepal and Bhutan by Hindus, Jains and Buddhists.

Guru Purnima is also known as Buddha Purnima or Vyasa Purnima.

The Sanskrit word 'Guru' means 'the one who removes the darkness of ignorance'.

A guru is a person who teaches and sheds light and knowledge, directs us to stay in the right path and shares their wisdom with the human race.

## HOW TO CELEBRATE

Traditionally, people offer their prayers to God on this day. Offer flowers, chant the mantra above and offer Prashad for their Gurus.

Regardless of religion, students celebrate this day by thanking their teachers with greeting cards, letters of thanks, gifts and treats.

# Competition

Design/create/make a card for your teacher. Use anything you have in the house (pompoms, glitter, leaves, stickers, gems).

Inside the card write a little message, telling them what you are thankful for, on this occasion of Guru Purnima.

Once complete – take a picture of the card and email it over to [samskaram@hyauk.org](mailto:samskaram@hyauk.org). We will add some pictures of your Guru Purnima cards in the next issue. Please include your name and age in the email.



# Avatār of the Month: Varah

Varah Jayanti - 31st July 2022

Hiranyaksha and the demon king Hiranyakshipu, were twin brothers. Hiranyaksha stole the earth and dragged it to the bottom of the ocean. Lord Vishnu wasn't happy with this and he didn't know what to do to stop Hiranyaksha from causing such huge devastation.

Lord Vishnu became a Boar. A boar is another type of pig with large sharp tusks.

Lord Vishnu had the head of a Boar and the body of a man.

Varah took a giant leap in to the ocean; he used his 2 large tusks to lift the Earth out

and put it back where it

belonged. Varah and

Hiranyaksha fought for many years.

Lord Varah won!



# Rakshā Bandhan

Rakshā means protection.

Bandhan means to be tied, to be bound.

Hindu's all over the world celebrate this festival with great joy.

On this occasion, brothers, sisters and loved ones, promise eternal love for each other. Sisters tie a sacred thread on the right wrist of their brothers, to pray for their long life. Before the **Rākhi** is tied, she will perform the following rituals of Pujan, to show her love for her dear brothers:

1. Apply a tilak and rice grains on his forehead
2. Place a flower garland around his neck
3. Place a sweet (mithai) in his mouth
4. Tie the **Rākhi** on the right wrist
5. In return, the brother gives a gift to his sister.



People also tie **Rākhi's** on their close friends and relatives to spread love and to care and protect them.

# Siblings Quiz

Do you have a sibling? How well do you know each other? If you don't have a sibling, you can do this with a cousin or friend.

Answer the questions below and see how well you know each other.

NAME: \_\_\_\_\_

1. When is their birthday?
2. What is their favourite book?
3. What is their favourite food?
4. What is their favourite season of the year?
5. Who is their favourite God?
6. Who is their favourite teacher?
7. What is the best memory you have of them?
8. What is their favourite item of clothing?
9. What do they want to be when they grow up?
10. What are they most scared of?
11. What is their favourite sport?
12. What is their favourite animal?
13. What is their favourite holiday?
14. What is their favourite game to play?



# Rakshā Bandhan Colouring



# Facts & National Symbols of India

LOTUS | NATIONAL FLOWER



India got freedom on 15th August 1947

India has 28 States, 7 union territories



MANGO | NATIONAL FRUIT

India has 22 national languages

Father of our nation is Mahatma Gandhi



COBRA | NATIONAL REPTILE

India is the 7th largest country

India's first Prime Minister was Jawaharlal Nehru



RUPEE | CURRENCY

TIGER | NATIONAL ANIMAL



India's National Anthem is Jana Gana Mana

Vande Mataram is India's National Song

India's national slogan is Satyamev Jayate

The first Female Prime Minister of India was Indira Gandhi



GANGA RIVER DOLPHIN  
NATIONAL AQUATIC ANIMAL

BANYAN | NATIONAL TREE



India's national Sport is Field Hockey

India's national River is Ganga

One of the Seven Wonders of the World is located in Agra city - Taj Mahal

Subhash Chandra Bose was fondly known as Netaji



PEACOCK | NATIONAL BIRD

# How to make an India flag

There are various ways to craft an India flag, using pulses, paints, ice lolly sticks and glues to stick.

## PULSES

### Items Needed:

- Green Mung
- Red Masoor Dal
- White Urad Dal
- Kidney Beans



### Instructions:

1. Draw an Indian flag on a plain piece of paper.
2. With the help of an adult, apply glue on the flag and the child can add the pulses according to the flag colours. Red Masoor Dal for the top colour, White Urad Dal for the middle colour and Green Mung for the bottom colour. Use the Kidney Beans for the pole.
3. Once the pulses have all dried – use a blue felt tip pen to colour in a circle in the middle of the white section of the flag.



# How to make an India Flag

## HANDPRINT PAINTING

### Items Needed:

- Orange Paint
- Green Paint
- Blue Paint
- White Sheet of Paper
- Paper Towel/Newspaper



### Instructions:

1. Place a couple of newspapers or old towel on the table or floor. Place the white sheet of paper width way.
2. With the help of an adult, paint one of your hands with orange paint and print your hand at the top of the page – print 4 or 5 orange hand prints in a row at the top of the page.
3. Wash your hand and paint your hand with green paint – print your hand at the bottom of the page – again print 4 or 5 green hand prints in a row at the bottom of the page.
4. Wash your hands and paint one of your fingers blue – print your finger in the centre of the page, moving it around in a circle (like the picture below).



# Anagram

## Instructions

Rearrange each mixed-up set of letters to fill the blank spaces with words linked with Indian Independence Day. For each correct solution, you get 1 point. Try and see how much you can score!

TAUGUS

---

HSRBITI

---

HBATRA

---

NINIAD

---

HATMAMA

---

LAGF

---

DERAPA

---

TRIOPATIC

---

LEDHI

---

DREFEOM

---

TUELSA

---

JINATE

---



# Indian National Anthem

Jana-gana-mana-adhinayaka, jaya he, Bharata-bhagya-vidhata.

Punjab-Sindh-Gujarat-Maratha, Dravida-Utkala-Banga

Vindhya-Himachala-Yamuna-Ganga, Uchchala-Jaladhi-taranga.

Tava shubha name jage, Tava shubha asisa mage,

Gahe tava jaya gatha,

Jana-gana-mangala-dayaka jaya he, Bharata-bhagya-vidhata.

Jaya he, jaya he, jaya he, Jaya jaya jaya, jaya he!



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 Vindhyas 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.

# Tri-Colour Smoothie

In celebration of **75 years of independence for India**, why not try this amazing smoothie recipe!

## INGREDIENTS:

### Orange Layer

- ¼ cup Mango Pulp
- 2 tbsp Yogurt
- Honey to taste



### White Layer

- 1 Banana
- 2 tbsp Yogurt
- Honey to taste



### Green Layer

- 2 Kiwis
- 4 tbsp Yogurt
- 4-5 Pistachios
- Honey to taste



## PREPARATION: (with the help of an adult)

1. Wash, peel and chop the kiwi into cubes. Place in a blender along with the honey, yogurt and pistachios. Blend until it is smooth and pour in to a glass. Place the glass in the freezer for 15 minutes.
2. Wash, peel and chop the banana. Place in the blender along with the honey and yogurt. Blend until it is a smooth paste and pour over the green layer and freeze for 15 minutes.
3. Wash, peel and chop the mango into cubes. Place mango into the blender along with the honey and yogurt. Blend until it is smooth and pour over the white layer and freeze for 15 minutes.
4. Serve cold and enjoy!



# Wordsearch



R	W	N	A	T	S	U	D	N	I	H	E	A	N
G	I	R	D	M	O	D	E	E	R	F	E	E	S
L	N	A	L	E	T	S	A	M	A	N	P	U	M
O	D	N	E	E	T	F	I	F	K	E	U	G	S
R	I	E	S	B	H	A	R	A	T	J	R	R	T
Y	A	C	A	S	H	O	K	C	H	A	K	R	A
N	L	J	G	A	N	D	H	I	N	T	C	N	J
L	I	A	U	G	U	S	T	L	I	A	H	A	M
A	S	S	U	T	O	L	O	N	F	A	H	L	A
A	W	M	A	H	A	T	M	A	N	L	I	N	H
G	A	N	T	K	C	O	C	A	E	P	A	U	A
T	R	I	C	O	L	O	U	R	N	L	I	G	L
E	A	I	N	D	E	P	E	N	D	A	N	C	E
M	J	I	E	E	E	L	O	G	N	A	M	I	A

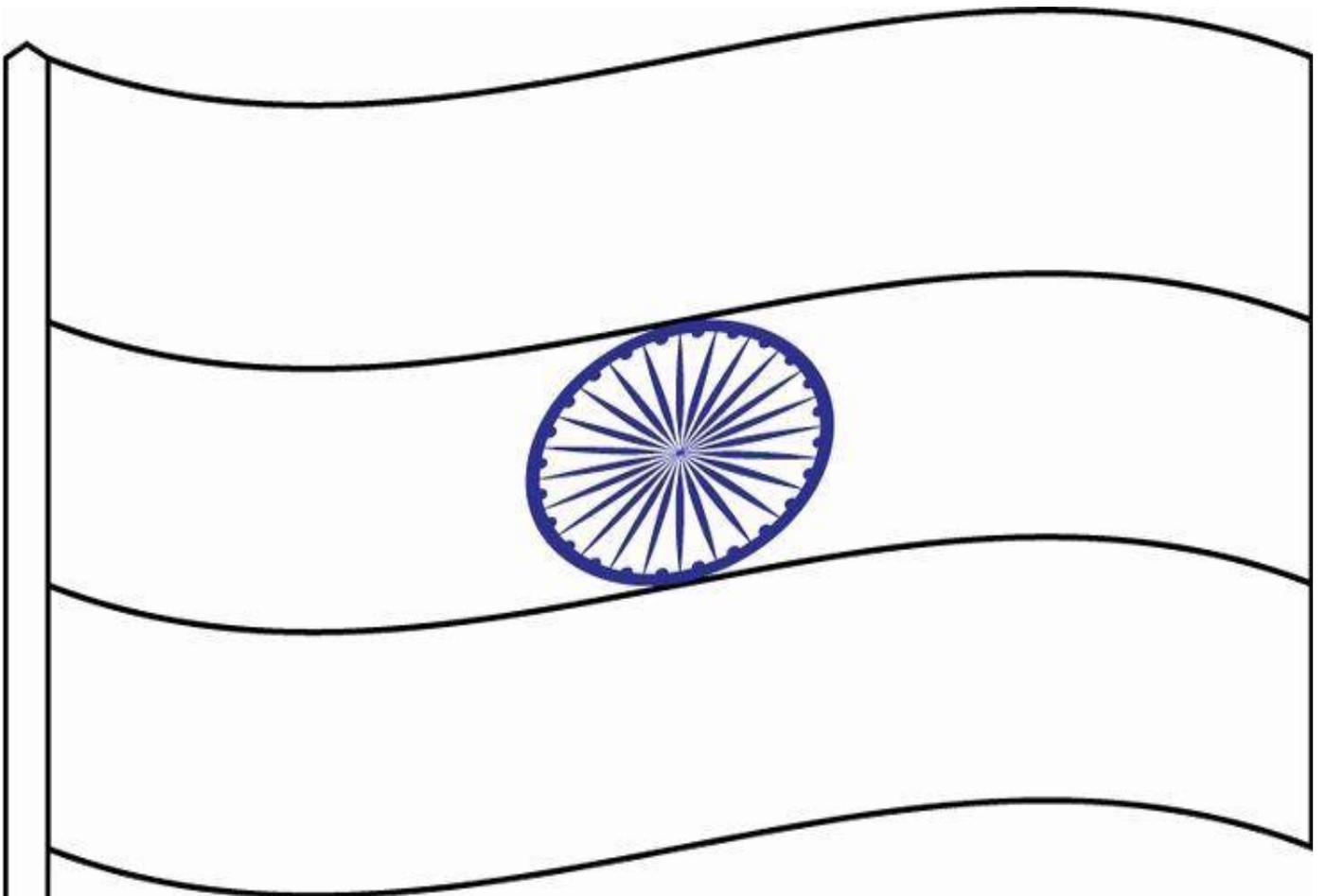
FLAG  
MANGO  
INDIA  
GANDHI  
NAMASTE  
HINDUSTAN  
AUGUST  
BHARAT  
ASHOKCHAKRA  
GLORY  
FIFTEEN  
TAJ MAHAL  
SWARAJ  
TRICOLOUR  
FREEDOM  
LOTUS  
INDEPENDANCE  
PEACOCK  
MAHATMA  
RUPEE



# Flag Colouring



This is the year 2022 – which means it's been a huge **75 YEARS** since India became an independent nation.



The Indian national flag is tricoloured with an Ashok Chakra in the middle.

The top Orange stripe signifies SACRIFICE and BRAVERY

The middle White stripe represents TRUTH, PEACE and PURITY

The bottom Green stripe stands for FERTILITY, FAITH and VALOUR

The Ashok Chakra stands for RIGHTEOUSNESS



# Krishna Mantra

'Om Namo Bhagavate Vāsudevaya'  
Om, I bow to Lord Krishna



# Janmāshtami

Janmāshtami is a Hindu festival, which celebrates the birth of Lord Krishna. He was born on the 8<sup>th</sup> (Ashtami) day of the month of Bhadrapada (Aug-Sept). The number 8 is very significant for Lord Krishna in that he is the eighth child of his mother, Devaki. He is the 8<sup>th</sup> Avatar of Lord Vishnu.

Krishna is the god of PROTECTION, COMPASSION, TENDERNESS and LOVE!

## STORY

1. There was once a king called Kans. He had a cousin called Devaki. Devaki was a good person but Kans was a greedy and evil person. When he grew up, he dethroned his father and put him in jail. His cousin, Devaki, married king Vāsudev. Kans heard a voice that told him Devaki and Vāsudev's 8<sup>th</sup> child will harm him.

**Moral: You should never disrespect your parents.**

2. After hearing this, Kans was very angry. Kans wanted to get rid of Devaki, but Vāsudev gave his word, that he would give his children to Kans, in order to keep Devaki alive. As each child was born, Vāsudev gave his child to Kans. King Kans wasn't very nice and harmed 7 of Devaki's children. Devaki gave birth to her 8<sup>th</sup> child (Krishna) at midnight. This special day is now celebrated as Janmāshtami.

**Moral: If you make a promise, keep it!**

3. As Krishna was born, the same voice that spoke to Kans, told Devaki and Vāsudev to take this child and cross the Yamuna River to Gokul. He was to exchange baby Krishna with Nand and Yashodā's child. The prison guards keeping Devaki and Vāsudev went into a deep sleep and the locks magically opened. Vāsudev acted quickly and put baby Krishna in a basket and left for Gokul. Crossing the Yamunā River wasn't easy – it was dark and raining heavily. Without fearing his own life, Vāsudev started walking across the river. Lord Vishnu's serpent Adishesha (a ten headed snake), protected him and Krishna from the stormy weather. As Vāsudev reached Nand's house, he picked up the baby girl and put Krishna in her place. He made his way back to jail with the baby girl. As he reached the jail, the locks and chains magically locked up. King Kans came to harm the 8<sup>th</sup> child. As he was about to do so, the child took the form of goddess Durga, who told Kans that Devaki's 8<sup>th</sup> child has been born and will hurt him.

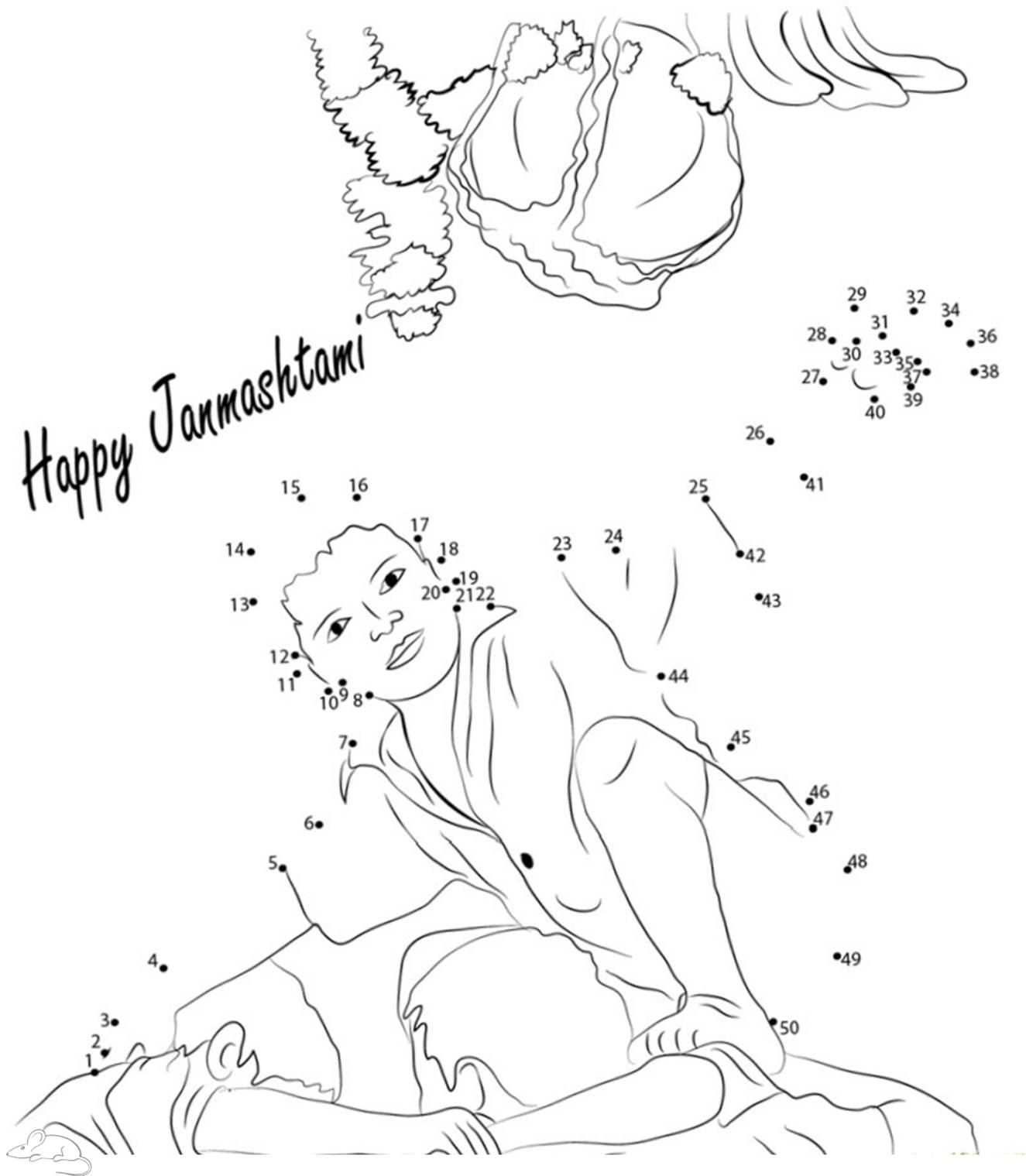
**Moral: Where there is a will, there is a way.**

4. Krishna was raised by Nand and Yashodā. He eventually went into battle with his uncle Kans, where Krishna won.

Krishna is known for wearing a peacock feather on his crown and playing the bansuri (Indian flute)



# Connect the Dots!



# Janmāshtami Dahi Matki Bunting

## Materials:

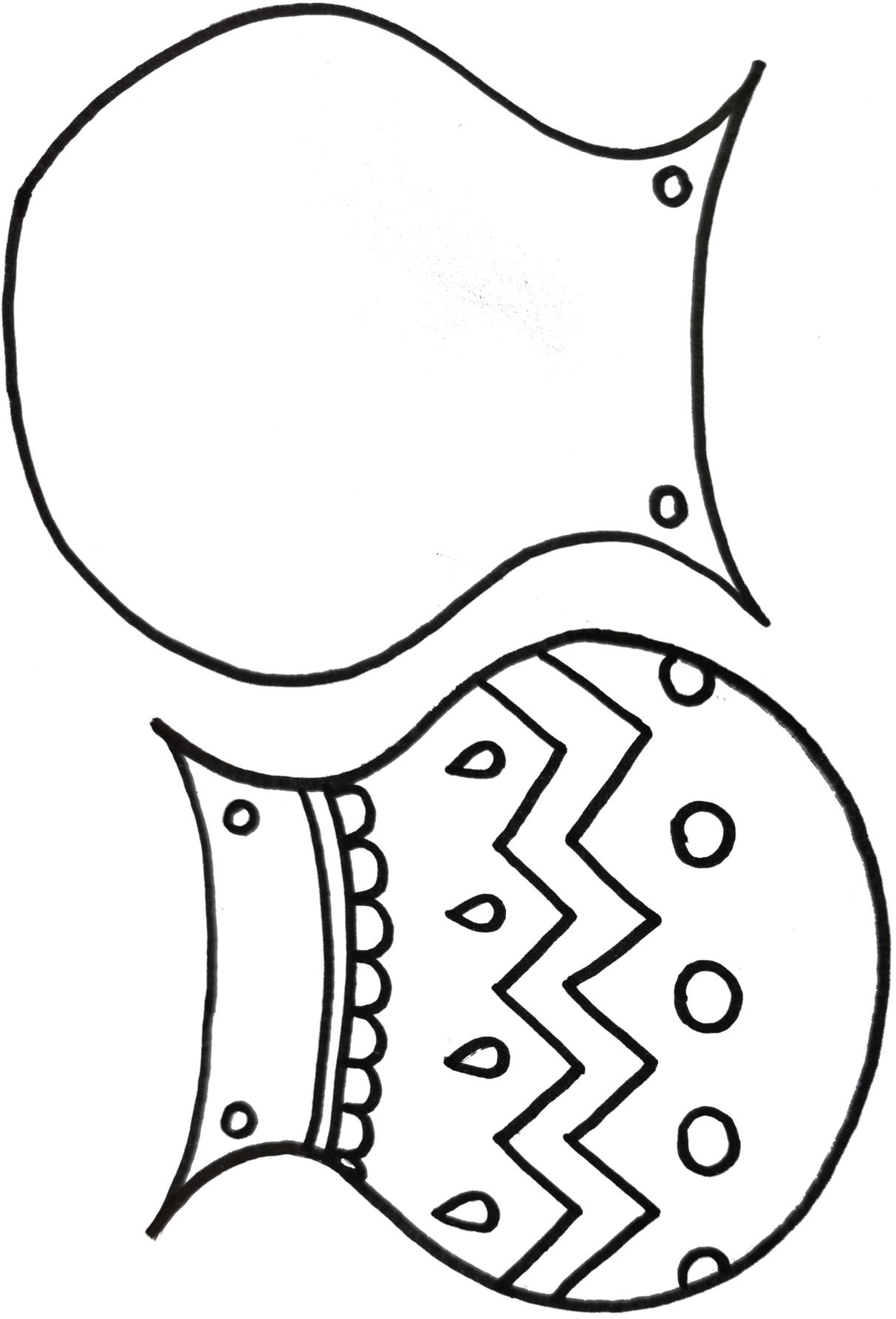
- Paper
- Scissors
- Blu tack, glue stick, sellotape
- Hole punch
- Ribbon/String
- Any decorative items you have –  
gems, colouring pencils, felt tip pens, pom poms, glitter



## Instructions:

1. Draw out and design the Dahi Matki (like the picture above) and cut out – do as many as you like
2. Decorate the Dahi Matkis with different designs – and colour or stick-on gems, glitter etc
3. Holepunch the top edges of the matki
4. Thread the ribbon or string through the holes at the top
5. Stick up you're bunting and celebrate!

\*Please make sure adults assist/supervise with children handling scissors and holepunches



# Matching Game

Draw a line to the correct answer, let's see how many you get right!

MATERNAL UNCLE OF  
KRISHNA

RĀDHĀ

PLACE WHERE KRISHNA  
SPENT HIS CHILDHOOD

KANS

WHICH CITY IN GUJARAT  
DID KRISHNA SETTLE?

KRISHNA

THE 8TH AVATĀR OF  
VISHNU

BHĀGAVAD  
GITA

IMPORTANT COMPANION  
OF KRISHNA

DEVAKI

KRISHNA'S PLAY/DANCE  
WITH GOPI'S OF  
VRINDĀVAN

VRINDĀVAN

KRISHNA'S BIRTH  
MOTHER

KĀLIA

THE NAME OF THE SNAKE  
KRISHNA CONTROLLED

RĀS  
LEELA

THE SACRED KNOWLEDGE  
KRISHNA TOLD ARJUN

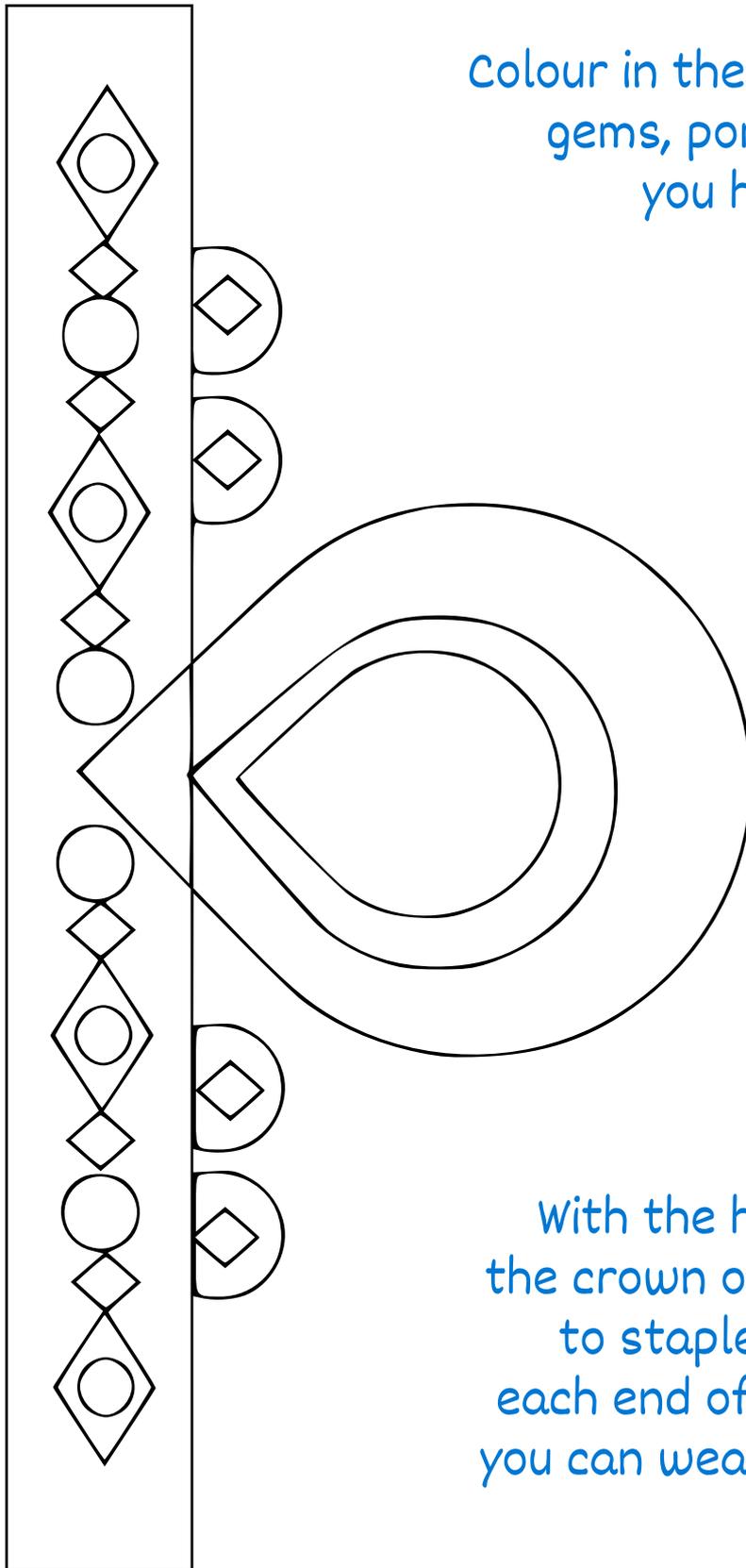
DARK  
BLUE

THE MEANING OF THE  
NAME "KRISHNA"

DWĀRKA

# Lord Krishna's Beautiful Crown

Colour in the crown and stick on  
gems, pom poms or anything  
you have in the house to  
decorate it.



With the help of an adult, cut  
the crown out and ask an adult  
to staple an elastic band on  
each end of the crown, so that  
you can wear the crown around  
your head.



# Janmāshtami Quiz

1. In the calendar, which month is Krishna Janmāshtami celebrated?

- A. March/April
- B. November/December
- C. January/February
- D. August/September

2. In which city was Krishna Bhagwan born?

- A. Dwārka
- B. Vrindāvan
- C. Mathura
- D. Kurukshetra

3. Krishna was the son of?

- A. Devaki
- B. Vāsudev
- C. Kans
- D. A & B

4. What child number was Krishna Bhagwan to Devaki?

- A. Eighth
- B. First
- C. Fifth
- D. Fourth

5. In which place was Krishna Bhagwan born?

- A. Prison
- B. Temple
- C. Cave
- D. Hills

6. In which city did Krishna Bhagwan grow up?

- A. Gokul and Vrindāvan
- B. Mathura
- C. Dwārka
- D. Puri

7. Vāsudev crossed which river to reach Gokul?

- A. Ganga
- B. Yamunā
- C. Narmada
- D. Tapti

8. Vāsudev took his newborn son Krishna bhagwan to Nand so he (Nand) and \_\_\_\_\_ could raise him

- A. Devaki
- B. Yashodā
- C. Vasuki
- D. Mahamaya

9. How was the demon ruler Kans related to Lord Krishna?

- A. He was the father of Krishna
- B. He was the maternal uncle of Krishna
- C. He was the brother of Krishna
- D. None of the above

10. Who is the first wife of Krishna Bhagwan?

- A. Radha
- B. Mandakini
- C. Draupadi
- D. Rukmani

11. What is the Kingdom of Lord Krishna called?

- A. Vrindāvan
- B. Mathura
- C. Dwārka
- D. Hastinapur

12. Which side did Krishna represent in the Mahabharata war?

- A. Kauravas
- B. Pandavas
- C. Kans
- D. He fought independently

13. Krishna Bhagwan guided who during the battle of Kurukshetra?

- A. Arjun
- B. Vāsudev
- C. Laxman
- D. Balram

14. Krishna Bhagwan is the avatar of which god?

- A. Shiva
- B. Brahma
- C. Vishnu
- D. Ganesh

15. Which of the following is the most favourite food item of Krishna Bhagwan?

- A. Halwa
- B. Laddu
- C. Kheer
- D. Makhan

16. How many names does Krishna Bhagwan have?

- A. 106
- B. 107
- C. 108
- D. 109

17. Which birds feather is worn by Krishna Bhagwan on his head?

- A. Pigeon
- B. Peacock
- C. Sparrow
- D. Parrot

18. Krishna Bhagwan lifted which mountain on his little finger?

- A. Nilgiri
- B. Seshparvat
- C. Govardhan
- D. Himalaya



# Wordsearch

D	B	H	D	D	M	I	D	N	I	G	H	T	A
M	L	A	A	B	I	B	U	A	V	K	D	G	D
L	U	H	G	A	S	S	U	D	A	M	A	O	N
Y	E	K	S	L	D	A	R	K	S	L	S	K	A
A	V	V	E	A	M	A	T	H	U	R	A	U	N
S	I	R	V	R	C	I	I	A	D	A	F	L	H
H	S	I	E	A	O	O	H	E	E	I	L	E	K
O	H	N	N	M	I	D	W	D	V	N	U	I	A
D	N	D	D	K	A	A	K	N	A	A	T	G	L
A	U	A	A	R	D	A	A	I	N	M	E	H	I
O	U	V	Y	M	N	H	G	U	Y	K	H	T	Y
A	E	A	S	S	K	O	M	R	K	U	O	H	A
D	Y	N	A	A	A	A	N	H	U	R	U	U	M
C	M	I	M	H	Y	A	A	A	A	D	W	D	V

YAMUNA  
 BALARAM  
 FLUTE  
 VASUDEVA  
 SEVEN DAYS  
 DARK  
 SUDAMA  
 EIGHTH  
 MIDNIGHT  
 BLUE  
 VRINDAVAN  
 VISHNU  
 DURGA  
 MAKHAN  
 YASHODA  
 RADHA  
 NANDA  
 KALIYA  
 COW  
 RUKMANI  
 GOKUL  
 DEVAKI  
 MATHURA  
 KANSA



# Ganesh Shloka

“Vakra-tunda Maaha-kaaya,  
Surya-koti Samaprabha  
Nirvighnam Kuru Me Deva  
Sarva-kaaryeshu Sarvadaa”

I meditate on Lord Ganesh, who has a curved trunk with a powerful body. He has the brilliance of a million suns. May the lord, remove all the problems from the actions I aim to achieve.



# Jai Ganesh Arti

Jai Ganesha, Jai Ganesha, Jai Ganesha Deva  
Mata Jaaki Parvati Pita Mahadeva  
Jai Ganesha, Jai Ganesha, Jai Ganesha Deva  
Mata Jaaki Parvati Pita Mahadeva

Eka Danta Dayavanta, Chaaro Bhujra Dhaari  
Maathe Pe Sindoor Sohe, Muse Ki Savari  
Paana Chadhe, Phula Chadhe, Aur Chadhe Meva  
Ladduan Ka Bhog Lage, Santa Kare Seva

Jai Ganesha, Jai Ganesha, Jai Ganesha Deva  
Mata Jaaki Parvati Pita Mahadeva

Andhan Ko Aankh Det, Kodhin Ko Kaaya  
Baanjhan Ko Putra Det, Nirdhan Ko Maaya  
Surya Shaam Sharan Aaye, Safal ki Je Seva  
Mata Jaaki Parvati Pita Mahadeva

Jai Ganesha, Jai Ganesha, Jai Ganesha Deva  
Mata Jaaki Parvati Pita Mahadeva!

# Ganesh Chaturthi

## LORD GANESH FACTS

Lord Ganesh is the son of Lord Shiva and Parvati.

Lord Ganesh is sometimes called Ganpati.

Lord Ganesh is the first God, who people pray to at the beginning of worship, ceremony, rituals and new beginnings.

Children pray to Lord Ganesh to remove any obstacles before starting school.

## LORD GANESH VALUES

Lord Ganesh's actions teach us to value and respect our parents and elders. There is nothing more important in this world than the relationship we share with them.

We must know our strengths and weaknesses and act accordingly. We must use our minds effectively in every situation.

## GANESH CHATURTHI FACTS

Ganesh Chaturthi is a ten-day long Hindu festival which is celebrated on his birthday by devotees on a day which falls between August and September.

People pray to Lord Ganesh with great devotion by keeping idols in their homes and mandirs.

The celebration starts with hymns, prayers and offerings of prasad after the prayer. Lord Ganesh's favourite Prashad includes sweets such as Ladoos and Modak.

# What we can learn from Ganesh

'Ganpati Bapa Morya, Purchya Varshi Laukariya'  
O father Ganesh, come again early next year

**Lord Ganesh has:**

**A Large Head:** think outside the box

**Large Ears:** to listen to others attentively

**Small Eyes:** to look beyond what you see

**A Broken Tusk:** represents that a sacrifice is needed for the pursuit of wisdom

**A Long Trunk:** representing the efficiency and adaptability

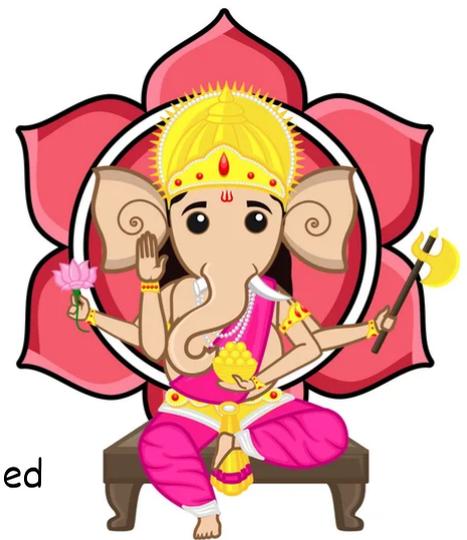
**A Large Tummy:** to peacefully digest all the good and bad in life

**An Axe:** to cut off all the bonds of materialistic attachment

**A Mouse friend called Mooshak:** representing the desire and ability of Lord Ganesh to reach into every nook and cranny of the mind

**The Ladoos:** the rewards of hard work, the sweetest thing of all

**The Prasad:** represents Giving and Sharing



# How to do a Ganesh Chaturthi Puja at Home

## ITEMS NEEDS FOR GANESH CHATURTHI PUJA:

- Idol of Lord Ganesh
- Pot of water and rice
- Flowers
- Incense Stick
- Lord Ganesh's favourite sweet, Modak (Recipe on page 32) or any homemade sweet
- Some fruit
- A table to place the idol of Lord Ganesh
- A clean cloth to cover the table and things to decorate it with e.g. fairy lights flowers
- A Diya to light in front of the Lord Ganesh idol for the Ganesh Arti (Lyrics on page 28)



## HOW TO PERFORM THE GANESH CHATURTHI PUJA AT HOME WITH YOUR FAMILY:

1. Clean your house and take a shower, wear clean fresh clothes, Prepare for the puja
2. Prepare the table with a clean cloth and decorate with flicker tealights, fairy lights, flowers etc
3. Place a pot filled with water and rice near the idol of Lord Ganesh – recite 'AUM GANESHAAYA NAMAHA'
4. Light an incense stick (with the help of an adult) and place in front of Lord Ganesh idol
5. Start the puja by chanting the 108 names of Lord Ganesh or chant a simple Ganesh mantra (see page 27)
6. Light a Diya or lamp and offer aarti by singing the Ganesh Arti (page 28)
7. Offer Sweets (Modak/laddoos) and fruits to Lord Ganesh. Then you can offer this to family and friends for Prashad

# Modak Recipe

## INGREDIENTS

### FILLING

- 1 cup grated coconut
- 1 cup jaggery (ghor)
- Pinch of nutmeg
- Pinch of saffron (kesar)

### SHELL

- 1 cup water
- 2 tsp ghee
- 1 cup rice flour



## METHOD

### FILLING

1. With the help of an adult, heat a pan and add the grated coconut and jaggery (ghor)
2. Stir for about 5 minutes and add the nutmeg and saffron (kesar), mix well.
3. Cook for a further 5 minutes and keep aside to rest.

### SHELL

1. In a deep dish, boil water with ghee, add the salt and flour – mix well
2. Cover the dish and cook till it is half done
3. Spread some ghee on the base of a steel bowl and while the dough is still hot, knead well.
4. Take a small piece of dough, roll in to a ball and flatten with a rolling pin in to a circle.
5. Put a spoonful of filling onto the dough and seal it.
6. Put the dumplings in a muslin cloth and steam them for 10-15 minutes.
7. Serve!

# Ganesh Colouring



# Avatār of the Month: Vāman

Vaman Jayanti - 7th September 2022

Vāman, the dwarf Avatār is the fifth Avatār of Lord Vishnu. He was born as an ordinary Brahmin boy, whose father was Sage Kashyap and mother, Aditi. King Bali once ruled the earth and performed a Yagna to become more powerful than Lord Indra, the king of the gods.

Vāman asked King Bali for three steps of land, to which King Bali laughed because the dwarf was so small. King Bali agreed. Vāman grew so big that with just ONE foot he covered the whole earth, and with the other foot he covered the whole universe, heavens and sky.

King Bali soon realised Vāman was Lord Vishnu himself. Vāman asked King Bali where he should put his third step and King Bali asked for it to be placed on his head. Vāman was so touched by this, that he agreed to make King Bali the ruler of the underworld.



# BINGO!

Festivals and celebrations are all about family and friends, creating lovely memories and keeping traditions.

Let's see how many items you can cross off from the Bingo Sheet!

Create a  
Guru  
Purnima  
card

Visit a  
Mandir

Read a  
book about  
Krishna

Learn and  
chant a  
mantra

Make a  
sweet  
(Mithai)

As a family,  
share one  
thing you are  
thankful for

Learn to  
recycle

Perform a  
Ganesh  
puja

Make a  
Rākhi

Make a list of all  
the things you like  
about your  
siblings/friends

Write a letter  
to a friend  
about single  
use plastic

Learn the  
Indian  
National  
Anthem

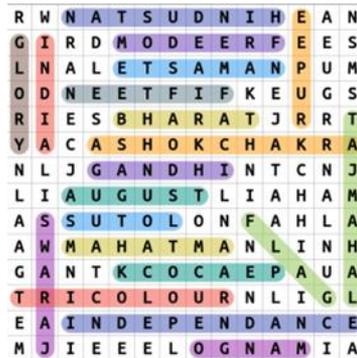
# Answer Page

## INDIA INDEPENDENCE

### ANAGRAM

1. AUGUST
2. BRITISH
3. BHARAT
4. INDIAN
5. MAHATMA
6. FLAG
7. PARADE
8. PATRIOTIC
9. DEHLI
10. FREEDOM
11. SALUTE
12. NETAJI

### WORDSEARCH (INDIA INDEPENDENCE)



## Krishna Janmāshtami

### MATCHING GAME

1. Maternal uncle of Krishna? Kans
2. The place where Krishna spent his childhood. Vrindāvan
3. Which city in Gujarat did Krishna settle? Dwārka
4. The eighth avatār of Vishnu. Krishna
5. Important companion of Krishna. Rādhā
6. Krishna's play/dance with gopi's of Vrindāvan. Ras Leela
7. Krishnas birth mother. Devaki
8. The snake Krishna controlled. Kalā
9. The sacred knowledge Krishna told Arjun. Bhāgavad Gita
10. The meaning of the name 'Krishna'. Dark Blue

DID YOU KNOW?

Lord Ganesh's Mouse is called  
Mooshak.



He has been hidden on many pages  
in this book... how many can you  
find? Email us your guesses!

## QUIZ

- |      |       |       |       |
|------|-------|-------|-------|
| 1. D | 6. A  | 11. C | 16. C |
| 2. C | 7. B  | 12. B | 17. B |
| 3. D | 8. B  | 13. A | 18. C |
| 4. A | 9. B  | 14. C |       |
| 5. A | 10. D | 15. D |       |

### WORDSEARCH (Krishna Janmāshtami)





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