



HINDU YOUTH
ASSOCIATION

Samskāram

Planting Seeds for a Brighter Future



Stories | Recipes | Puzzles | Games & More!

Volume II

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Matsya

Matsya Avataar, is an incarnation of Lord Vishnu. In Satya Yuga (era) a king named Manu was performing penance for a thousand years.

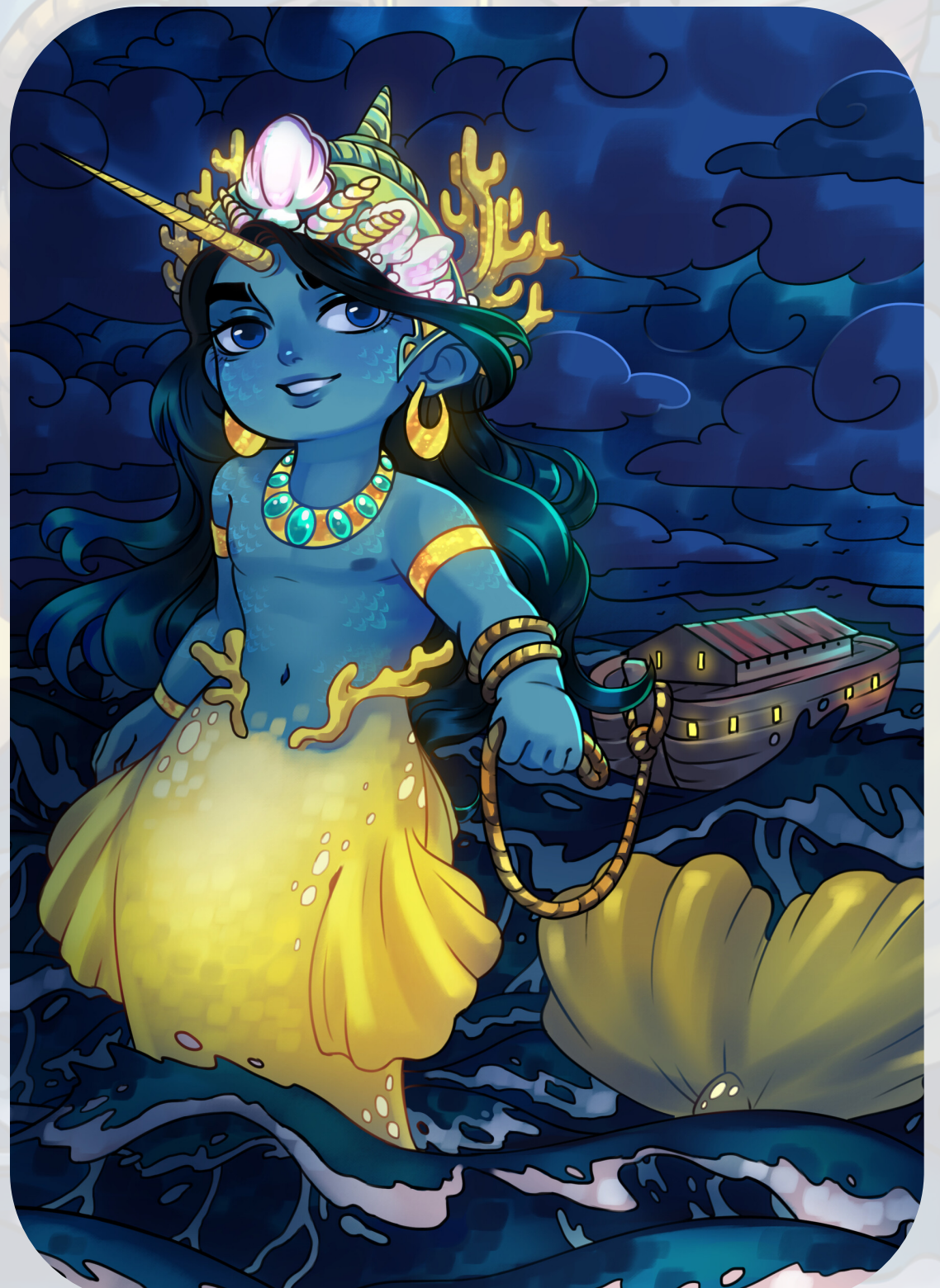
One day, as King Manu was bathing in the river water, a small fish came into his hands. Just as the King was about to throw the fish back into the river, the fish requested the King to save its life.

Regarding the request, the King put the fish into a jar of water. As he did this, the fish started growing and growing. With the jar not being big enough, the King threw it in the river, but it started to outgrow the river, so the King threw it into the ocean.

The King soon realised that it was Lord Vishnu himself. Lord Vishnu appeared and told the King that the world would end by flooding.

He asked the King to build a large boat and take the 7 sages, all the plant seeds and one of each animal type onto the boat.

Vishnu took the form of Matsya and helped push the boat to Mount Himavan so that all on the boat were able to survive until the flood was over and the next yuga (era) began.



Maha Shivratri

MAKE A SHIVLING

ITEMS NEEDED:

- Mixing bowl
- 1 1/4 cup flour
- 3/4 cup water
- 1 tablespoon vegetable oil
- 1 1/4 cup salt
- Black paint
- A picture of a Shivling



PROCESS:

1. Using your hands, mix flour, vegetable oil and salt together in the bowl. Once the mixture has formed into a soft doughball, add a little water to make it wet.
2. Sprinkle some flour on to the dough, continue to knead the dough till it is stretchy but smooth.
3. Once at this stage, make a Shivling shape, as shown in the picture. Let this dry for 2 hours.
4. Paint the whole Shivling surface in black. Once dry, paint the underside and let it dry completely.
5. You now have your very own Shivling that you can place in your mandir.

Take a picture of your creation and email to samskaram@hyauk.org.

Trishul : Signifies the 3 states of waking, sleeping & dreaming
It is also Shiva's weapon



Moon: Represents the nature of the universe and is a symbol of Shiva's immortality

SHIVA : DID YOU KNOW?



Snake: Represents the past, present, future and fearlessness



Third Eye: Represents knowledge and wisdom



Nandi: Shiva's vehicle and his greatest devotee



Damaru: Spiritual sounds from this drum help regulate the universe



Shivling: Represents energy, strength and the 5 elements

Maha Shivratri is a festival to honour Lord Shiva. It is celebrated in between February and March every year.

Maha Shivratri isn't like other festivals where we dress up and eat yummy food with family and friends during the day. This is a celebration which starts at sunset. Hindus stay awake throughout the night to pray.

On this night, Lord Shiva is believed to have come to this world to save it from darkness and ignorance, where Lord Shiva danced his cosmic dance called the Tandav.

Maha Shivratri is also a day celebrating the marriage of Lord Shiva and Goddess Parvati.

Chhatrapati Shivaji

Shivaji was a great Indian freedom fighter. From a very young age he showed courage, bravery and ability to unite Hindus against the foreign invaders

NAMES:

Chhatrapati Shivaji Maharaj
Shivaji
Shivaji Raje Bhosle

BIRTHDAY:

19th February 1630

PARENTS:

Shahaji & Jijabai

BIRTHPLACE:

Shivneri Fort, Maharashtra

SIBLINGS:

Sambhaji & Ekoji

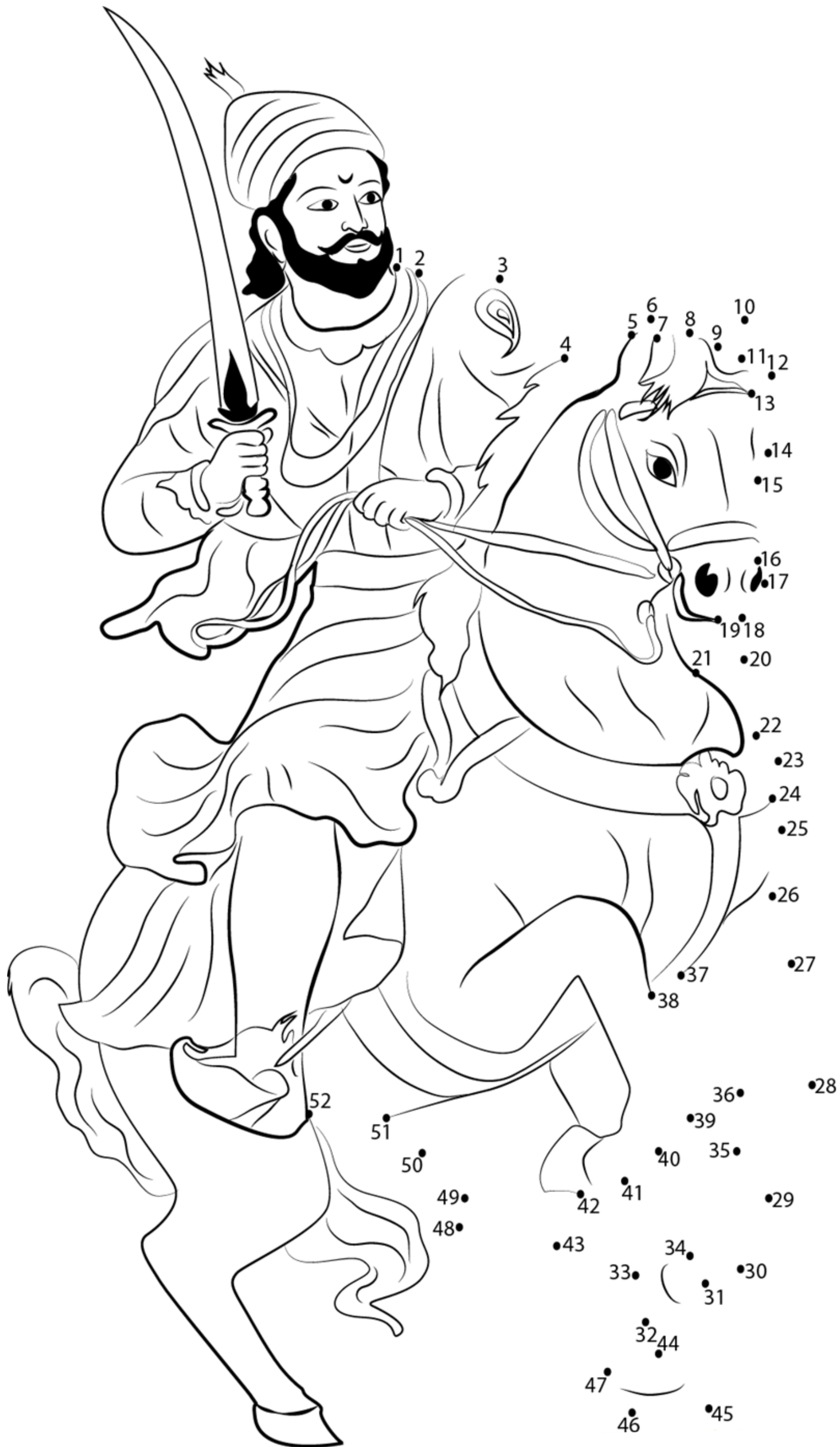
QUALITIES:

Brave
Fearless
Warrior
Leader
Caring
Merciful

There are 18 words to be found, find them using the fun facts above!

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

Dot-to-Dot & Colour



Holi

Holi is an ancient Hindu festival that marks the end of winter and celebrates the beginning of spring, love and life. Holi also honours the triumph of good over evil. Holi is known as the festival of colours, which is celebrated by throwing coloured powder, eating delicious food, singing and dancing by people of all ages all over the world!

People light bonfires and throw in grains. This is a reminder that dark, cold winter days are coming to an end with the lighter, warmer days starting.

Story 1: Krishna

Hindus believe that Krishna's cheeky antics are the cause of the beginning of the Holi festival.

Krishna is said to have thrown coloured water over the Gopis as a joke. This cheeky antic then lead to pranks, games, fun & laughter. This is what Holi is all about.



Story 2 - Prahalad and Holika

Prahalad was a prince, and his father, an evil king, wanted everyone to worship him. But Prahalad refused to worship his father, and instead worshipped Lord Vishnu. The king's sister, Holika, had special powers to protect herself from fire. She managed to trick Prahalad into sitting on

her lap in a bonfire to help the king destroy him. But because Holika used her powers for evil, the powers failed her. With the help of Lord Vishnu, Prahalad was unharmed. This story teaches us that good always overcomes evil, with Lord Vishnu keeping Prahalad safe from the fire.



Codebreaker



How much do you know about Holi?
Solve each calculation to give you a number. Each number links to a letter in the code below. This should give you a word to fill in the gap in the sentence. Become a codebreaker!

A	B	C	D	E	F	G
20	11	2	16	10	4	23
H	I	J	K	L	M	N
19	12	6	14	7	26	17
O	P	Q	R	S	T	U
1	24	3	21	15	25	5
V	W	X	Y	Z		
13	18	8	22	9		

1. Holi is one of the biggest _____ festivals.

Number	$38/2$	3×4	$1/2 \text{ of } 34$	4^2	$10/2$
Letter					

2. Holi is also known as the festival of _____.

Number	0.02×100	$- 5 + 6$	$56 / 8$	$0.35 + 0.65$	$100/20$	$1/4 \text{ of } 84$	$50\% \text{ of } 30$
Letter							

3. Holi is an ancient celebration to welcome _____.

Number	5×3	$36 - 12$	3×7	A Dozen	$51/3$	$- 5 + 28$
Letter						

Focaccia Bread

ITEMS NEEDED:

- 235ml warm water
- 7g active dry yeast
- $\frac{1}{4}$ tsp sugar
- $\frac{1}{2}$ tsp salt
- 325g all-purpose flour cups plain flour
- 2 tbsp olive oil
- 2 tsp Dried herbs



TOPPINGS (YOU CAN CHOOSE YOUR OWN TOPPING)

- Olives (halved)
- Peppers (cut in to strips)
- Cherry Tomatoes (cut in half)
- Chilli Flakes
- Herbs
- Black Pepper



PROCESS:

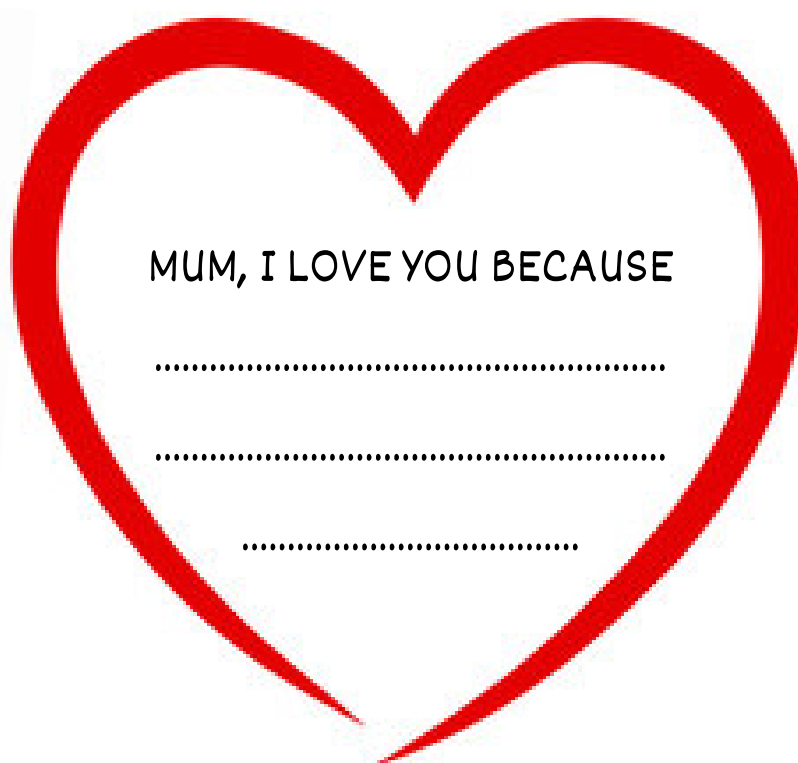
1. In a large bowl, add the water, yeast and sugar – stir and let it sit for 5 to 7 minutes. Add the oil and salt to the water and gently stir.
2. Add the flour and dried herbs into the large bowl with the yeast and sugar mixture. Mix with a spoon until the flour begins to form clumps.
3. On a clean surface, sprinkle some flour, place the dough onto the floured surface with your hands and knead for 7 to 8 minutes until it is smooth. (If the dough feels sticky, sprinkle a little more flour and knead for a further 2 minutes).
4. Transfer the dough to a large oiled bowl, and cover with a warm damp towel and let it rise for 45 minutes. (It is best to let the dough rise in a warm area of your kitchen).
5. Line a 9x13inch (or similar size) tray with grease proof paper (if you don't have greaseproof paper, then you can lightly oil the baking tray).
6. After 45 minutes, get an adult to put the oven on at 200^oc (gas mark 6), Once the dough has doubled in size, transfer this to the tray.
7. Using your clean hands, press and stretch the dough down into the size of the tray. Use your fingers to dimple the dough, then drizzle 2 tbsp of olive oil on top and spread with your fingers.
8. Sprinkle with black pepper, dried herbs and chilli flakes (optional). Decorate the bread with the remaining ingredients for toppings.
9. Let the dough rise for 20 minutes (without covering) until it puffs up slightly.
10. Bake in the oven for 15 to 20 minutes, until golden brown, then leave it to cool.

Take a picture of your creation and email across to samskaram@hyauk.org.

Mother's Day

Mother's Day is a time when children show their mums (or grandmothers, aunts or other women who care for them) how much they love them.

Think about your mum or the special women in your life.



Let's make a Mother's Day card

Items needed:

- A4 Paper or Cardboard
- Pen
- Green Paint & 3 or 4 other paint colours of your choice

Instructions

1. Fold the A4 paper or card in half.
2. With the green paint, paint a stem from the bottom middle of the page with 3 or 4 shoots
3. With the help of an adult, paint your hand in a colour of your choice – and print on to one of the shoots
4. Do the same with the remaining colours for each shoot to make a hand print floral
5. Where there is a gap on the page, write 'Happy Mother's Day'
6. Inside the card, write a lovely message to your mummy, telling her why you love and appreciate her 😊



World Health Day

World Health Day is on 7th April 2023, which is a day to help raise awareness about the overall health and wellbeing of yourself and people across the world. There are a number of activities you can do by yourself, as a family or with a group of friends.

1. Taking part in different physical activities

2. Promoting healthy eating habits

3. Relaxing and meditating for mental health

4. Practice yoga for mental and physical health
5. Having good personal hygiene:

a. Brushing teeth twice a day

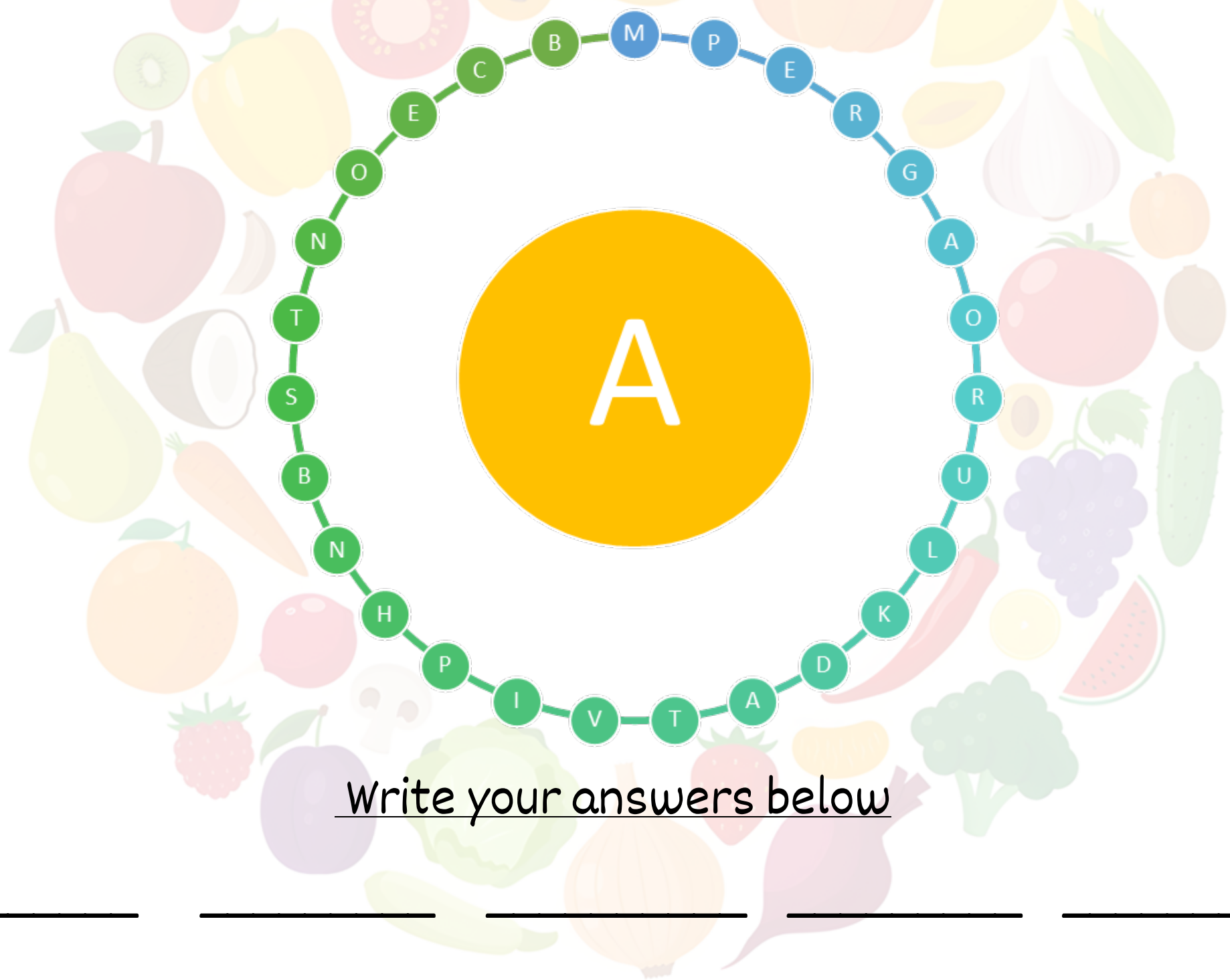
b. Taking a shower regularly

c. Keeping your room and surroundings clean

d. Washing hands before and after each meal

WORD WHEEL

Eating lots of fruit and vegetables keeps us healthy and full of energy!
You have 10 minutes to find as many fruits and vegetables using the letter in the wheel.
Each word must be 4 letters or more and must include the central letter.



Write your answers below

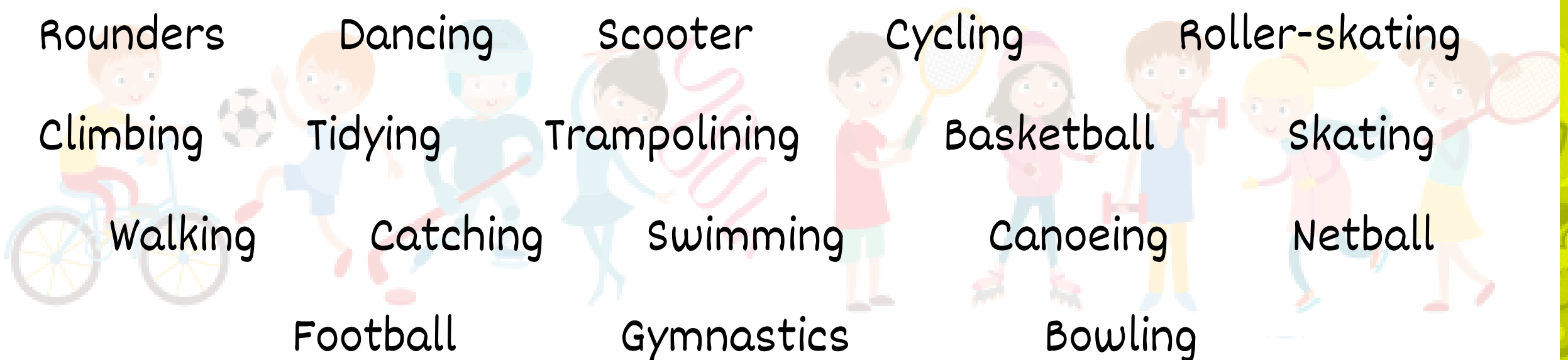
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

I Like To Move It, Move It!

Our bodies love to move. Moving our bodies is good. That's why it is important we keep active. We don't all have to do the same things to move. Some people like to run, some people like to walk and some like to dance. You might like swimming whereas your best friend likes to ski around. The most important thing is to find any way to move your body and keeping it fun!

How many of these have you tried before?

Circle all the activities you have tried before



Are there any other activities you would like to try?

Moving your body is important! Tick all the sentences below which are true.

- ☐ Being active can help us to concentrate
- ☐ Being active is fun
- ☐ Staying active can help us to build our muscles and keep them strong
- ☐ Being active can help improve our eyesight
- ☐ Keeping active can help with our hearing
- ☐ Keeping active can help to keep us calm
- ☐ Being active helps our blood move around our body
- ☐ Staying active can help to keep us from getting ill
- ☐ Keeping active can help to relax us for a better sleep.



Guess what??? They are all true!! No matter how young or old we are – our bodies being active can make us feel good! You are healing your body, by keeping it moving.

Relaxing The Body

As much as it is good to keep your body moving, sometimes it is good to relax your body too. Follow the instructions below on how to relax your body.

What to do:

- Lie down on the floor and close your eyes, with your arms by your side.
- Relax your body as much as you can.
- Scrunch up your toes as hard as you can and relax.
- Tense up your leg muscles and relax.
- Squeeze your bum cheeks together and relax.
- Tense your back + tummy and relax.
- Tense your arms + shoulders and relax.
- Clench your fists tightly and relax.
- Clench your jaw and relax.
- Scrunch up your face and relax.
- Squeeze your eyes shut and relax.
- Now let your body sink into the floor.

Do this as many times as you like – to help relax your body!

More relaxing tips

Slow your breathing.

Imagine you are holding a yummy hot mug of hot chocolate. Breath OUT from your mouth to help cool it and breath IN through your nose to smell it.

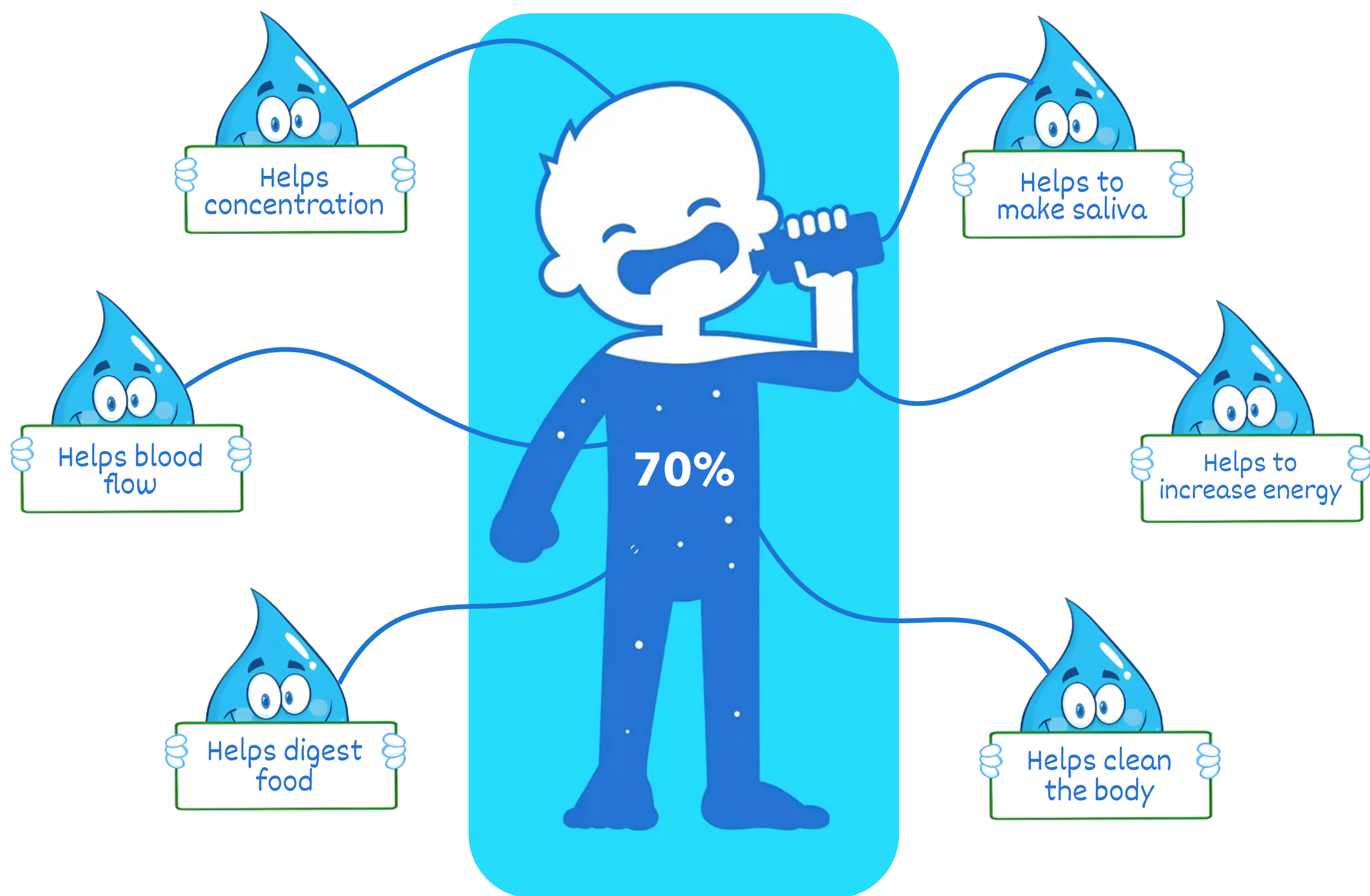
Say some kind things to your self:

- I am confident and brave
- I am important and special
- I am loved
- I am strong
- I am helpful



Come up with some of your own and write a list. What would you like to tell yourself? You can think of nice things you would say to your friends too!

Wonderful Water



How many glasses of water do you drink a day?

Keep a log and tick off the number of glasses you drink

Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								

Our Superhero Rahul Says :

Turn the tap off while brushing teeth
Take showers instead of filling the bath
Use a watering can to water the garden, not a hose

Ask your parents to only use the washing machine when its full



Water Conservation Board Game

You will need: 1 dice and counters (enough for all players).
Move along the board according to your dice roll, follow any instructions.
If a player lands on a picture, they can roll again. First to finish wins!

FINISH !

93

92

91


90

You have cut the lawn too much & watered it
BACK 10

88

87

86




84

83

82

81

80



78

You planted plants that need less water
MOVE ON 8

76

75


74

Your sprinkler is spraying water on the drive
BACK 4

72

71

70




68

67

66

65



Your tap is leaking
MISS A TURN

62


61

60

59

58


57



You left the tap running to get cold water
BACK 3

54

53



51

You used dishwater to water the plants
MOVE ON 6

49

48


47

46

45

44

43




You didn't put a plug in the sink
MISS A TURN

40

39

38

37



35

34

33

You put a full load in the washing machine
MOVE ON 4

31

30

29


28

27


You used your toilet as a rubbish bin
BACK 3

25

24



22



20


19

18

You covered the pool to stop evaporation
MOVE ON 4

16

15



13


You took a quick shower
MOVE ON 2

11

10

9

You used a hose instead of a bucket to wash car
Back 6




6

5

You turned off the tap while brushing your teeth
MOVE on 3

3



1

START

Throw a six to start

World Earth Day

WORD SCRAMBLE

LNATEP

TREHA

ERSUE

AYD

PIACTLS

TRAWE

RAPIL

LECREYC

NAOEC

RETSE



WORD DECODER

Instructions: Use the alphabet key below to work out the sentence



V

A



Hanuman Jayanti



Hanuman Jayanti is a Hindu festival to celebrate the birth of Hanuman.

Hanuman is the symbol of strength, energy, devotion, faith and selfless love. This selfless love and service for Lord Ram teaches us the meaning of loyalty and true friendship.



Lord Hanuman's father's name was Kesari and his mother's name was Anjana. Hanuman was a great devotee of Lord Ram.

By reciting the Hanuman Chalisa 5 or 11 times, Pawan Putra is pleased and showers his blessings on you.



WORDSEARCH

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

HANUMAN CHALISA
VISHWAKARMA
PAWAN PUTRA
SITA
BRAHMA
KESARI
VARUNA
AGNI
INDRA
SURYA
WATER
SUN
ANJANA
WIND
YAMA
FIRE
RAM
VAYU

Ramnavmi

Fill in the blanks

Lord Ram; seventh avatar of Lord Vishnu is standing as the symbol of _____, which means a "Perfect man". Ram is the embodiment of truth, of morality, the ideal son, the ideal husband and the ideal king.

Love and Respect for Parents: Ram listened to his father with no hesitation. This shows the deep love and devotion that he had for his parents. He willingly chose to spend _____ in a forest to protect his father's promise to _____ and respected him.

Differentiating between Right and Wrong: When _____ asked Ram to return early from exile, Ram refused to return to Ayodhya before completing his 14 years in exile. This shows that sometimes the wrong thing is easier, but we should always do the right thing.

Never give up: Ram teaches us to never give up. He was not scared of the king _____ & his army, he didn't go home to ask for help, instead he went ahead on his search for _____.

Help people who need it: He was always the protector of those who asked for help. Rishi _____ asked Ram to help him. At the age of 16, he fought with mighty demon warriors like Tadaka and Maricha & protected everyone.

Believe in yourself: Ram believed in himself, that is why he managed to defeat one of the most powerful kings of his time. This King Ravana was considered undefeatable in battle, so much so that he was considered immortal. The battle was legendary. The day is celebrated as _____ across India.

Sibling Relationships: Ram loved his brothers. _____, who was a prince & used to living in a palace and having anything he wanted, decided to give all of that up to live with his elder brother for 14 years of hardship in a forest.

Maryada Purshottam

Kaikeya

Ravan

Sita

Dussehra

14 years

Bharat

Vishwamitra

Laxman

Crossword & Quiz

Across

3. How many brothers does Ram have?

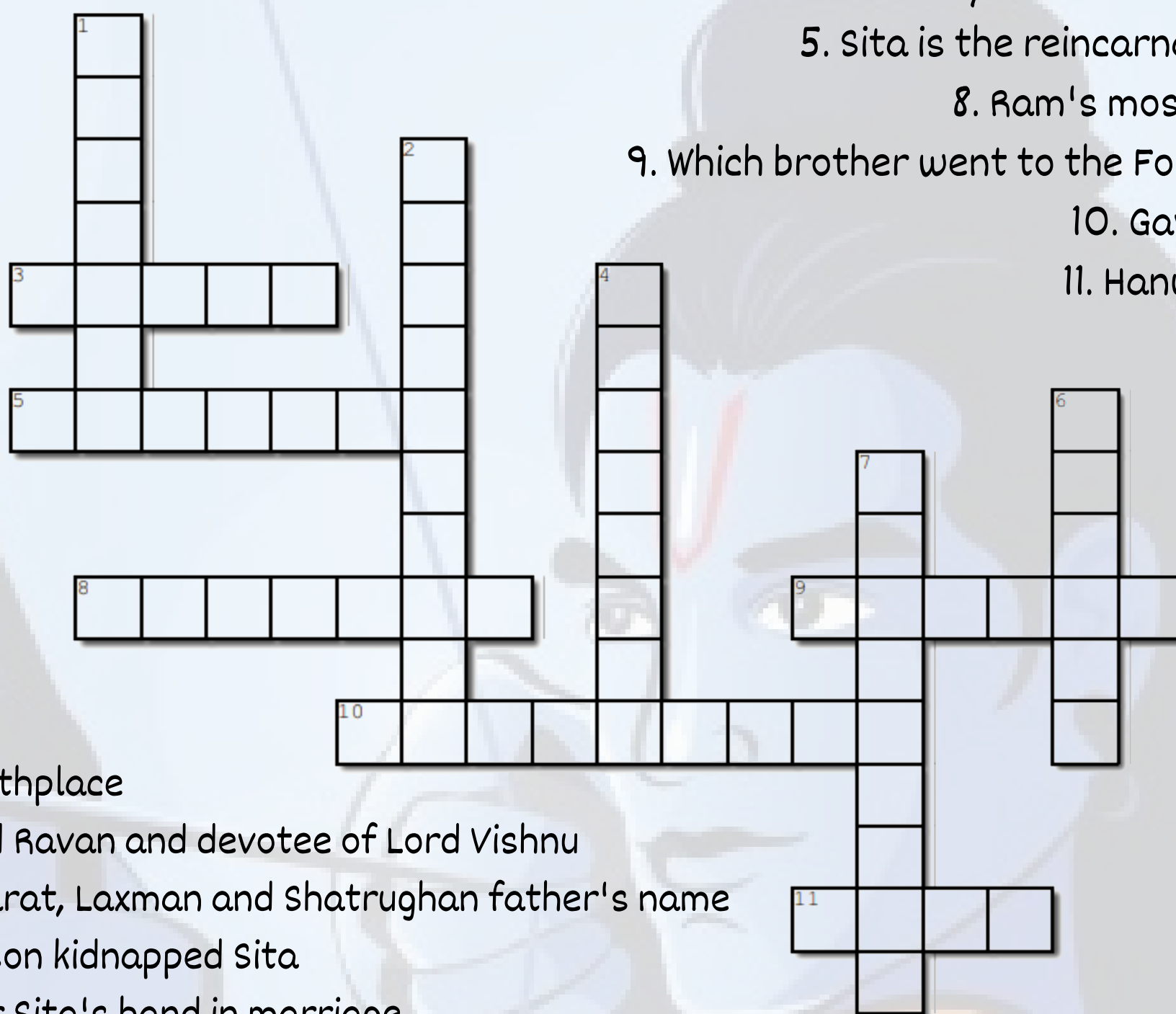
5. Sita is the reincarnation of whom?

8. Ram's most loyal devotee

9. Which brother went to the Forest with Ram?

10. Gave birth to Ram

11. Hanuman's Weapon



Down

1. Ram's birthplace

2. Betrayed Ravan and devotee of Lord Vishnu

4. Ram, Bharat, Laxman and Shatrughan father's name

6. This person kidnapped Sita

7. Event for Sita's hand in marriage

1. Who wrote the Ramayan?

- A. Sage Valmiki
- B. Sage Vasishta
- C. Sage Vyasa

2. Who is the father of Ram Bhagwan?

- A. Chandra
- B. Indra
- C. Dasharath

3. Ram is a reincarnation of which Avatar?

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

4. Who came in disguise of a golden deer to the Ashram of Ram Bhagwan?

- A. Ravana
- B. Kumbhakarna
- C. Maricha

5. Who is the father-in-law of Ram?

- A. Janak
- B. Vibhishana
- C. Santanu

6. What did Ram Bhagwan lift and break to win Sita's hand in marriage

- A. Mountain of Mithila
- B. Bow of Shiva
- C. Trishul of Shiva

7. Who is the mother of Ram Bhagwan?

- A. Kaikeyi
- B. Sumitra
- C. Kaushalya

8. Name the bird who tried to stop Ravana from kidnapping Sita

- A. Vali
- B. Jatayu
- C. Sambhali

Colour In The Image





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