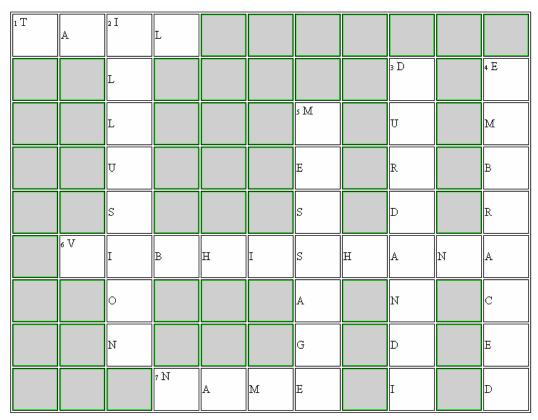
Jai Hanuman Hanuman Jai Hanuman Ha

Answer to crossword on page 22



Say the following sentences in Hindi.

- Raam and Radha are tall?
- 2. The pens and pencils are small.
- 3. The man is big.
- 4. How many boys and girls are there here.
- 5. There are eight boys and girls here.
- 6. What kind of books are they?
- 7. They are very big books.

Answer to Cryptogram: The Power of the Name of Sri Raama can help accomplish all work

Page 35

Hanuman Jai Hanuman Jai Hanuman Jai Hanuman Jai Hanuman Jai Hanuman



BALA DATTA HANUMAN LIKHITA





DATTATREYA YOGA CENTRE TRINIDAD

Name :	
Number of Hanuman Mantras Written :	

Ages: 7+

Issue: No. 8

Jai Hanuman Jai Hanuman Jai Hanuman Jai Hanuman Jai Hanuman Jai Hanuman

Jai Hanuman Jai Hanuman Jai Hanuman Jai Hanuman Jai Hanuman Jai Hanuman

Jai Hanuman Jai Hanuman Jai Hanuman Jai Hanuman Jai Hanuman Jai Hanuman



Children Classes are held **Every Sunday Morning between** 8:45 - 9:45am at the Dattatreya Yoga Center

Swamiji has instructed that we perform Hanuman Likhita or writing of the Jai Hanuman mantra.

Bala Hanuman Likhita allows you to participate in writing the mantra on the lines of the pages with Jai Hanuman.

You can also learn about Hanuman's wonderful life through stories.

Can you write one page of Jai Hanuman every day?

The book also contains fun activities for you to do.

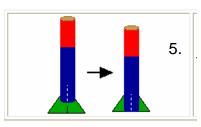
LEARN AND HAVE FUN ©

Page 1

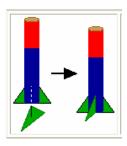
JAI VEERA HANUMAN!!!



Rocket continued



Using the triangle with the slit in the bottom, slip the triangle onto the rocket's body in two of the slits.



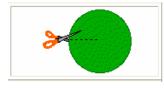
6. Using the triangle with the slit in the top, slip the triangle onto the rocket's body (in the other two slits).

In addition to going onto the rocket, this triangle should also slip into the other triangle. You may have to jiggle the paper a bit to line the slits up.

This forms a steady base for your rocket.



7. Using construction paper, cut a circle about 4 inches in diameter. Cut a slit from the outer edge to the center.

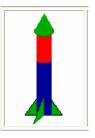




Turn the circle into a cone, and secure it with glue or tape.

9. Tape the cone to the top of the rocket.

Decorate the rocket with stickers, markers or crayons. You now have a rocket ship to play with.



Page 34

Jai Hanuman Jai Hanuman Jai Hanuman Jai Hanuman

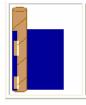
Jai Hanuman Jai Hanuman Jai Hanuman Jai Hanuman Jai Hanuman Jai Hanuman

Jai Hanuman Jai Hanuman Jai Hanuman Jai Hanuman Jai Hanuman Jai Hanuman Jai Hanuman Jai Hanuman Jai Hanuman Jai Hanuman Jai Hanuman Jai Hanuman

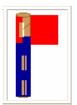
MAKE YOUR OWN ROCKET

Supplies you will need

- •A paper towel tube
- Construction paper
- •Pencil, markers or crayons
- •Tape, glue, ruler, scissors
- Optional: stickers

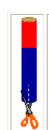


1. Wrap construction paper around the tube. Tape or glue the construction paper in place.

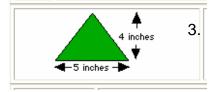


If a single piece of construction paper isn't enough, use another piece of construction paper to finish covering the tube.



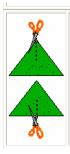


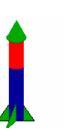
Cut 4 slits on one end of the tube. Each slit should be about 2 1/2 inches long, and each pair should be located opposite another. (They should divide the tube into 4 equal sections.)



Using construction paper, cut out two triangles that are about 5 inches long and 4 inches tall.

Cut a slit in each of the two triangles. Each slit should go halfway through the triangle, one goes through the top of a triangle, the other goes through the bottom of the triangle.





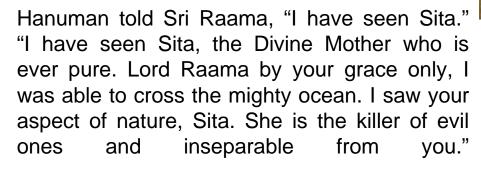
WRITE JAI HANUMAN Jai Hanuman Jai Hanuman Jai Hanuman

Page 2 Page 33 Jai Hanuman Jai Hanuman Jai Hanuman

Jai Hanuman Jai Hanuman Jai Hanuman Jai Hanuman Jai Hanuman Jai Hanuman Jai Hanuman Jai Hanuman Jai Hanuman Jai Hanuman Jai Hanuman

BUILDING A BRIDGE TO LANKA

Prince Angada, Hanuman and the others quickly returned and with King Sugriva went to Lord Raama on the Mountain Rushyamuka.



Hanuman told Lord Raama, "Though her form is emaciated and her face clouded by sorrow, she has been able to maintain her life by continually thinking of you her Lord and repeating your name. She is doing severe penance with devotion to you."

Hanuman narrated all of the events in detail to Sri Raama. He delivered Sita's personal messages and gave her cudamani (head ornament) to Sri Raama.

Lord Raama said, "Dear hero, my friend, tell me once again what Sita said. Let me hear her words once more which are like sweet water to parched lips.





FUN YOGA EXERCISES TO PRACTICE EXERCISE EVERYDAY TO KEEP HEALTHY

THE BRIDGE POSE

- Starting on your back on the floor, knees bent, feet together.
- Keep your arms on your side, palms on the floor.



As you slowly inhale, lift the hips towards the ceiling, keeping your feet and palms flat on the floor.



Maintain your position in Step 3 and move your arms over your head.

As you exhale slowly roll your back down to the floor from the shoulders to the hips.





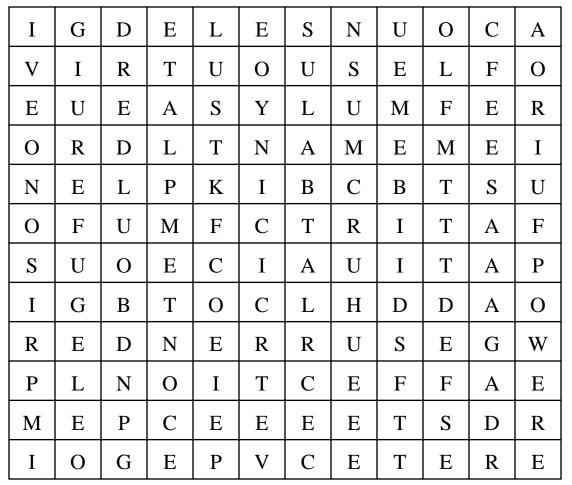




Jai Hanuman Hanuman Jai Hanuman Ha

word search





Find the words below and Circle them in the puzzle above
The words are written in the directions indicated by the arrows

GRATITUDE	CONTEMPLATE	AFFECTION	EMBRACE
ASYLUM	COUNSELED	SURRENDER	REFUGE
VIRTUOUS	AFFECTION	SHACKLE	IMPRISON
POWER	NAME	BOULDER	BRIDGE

i Hanı

WRITE JAI HANUMAN

Jai Hanuman 🥼	Jai Hanuman	Jai Hanuman
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	1-1/10-3	
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		30

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Page 4

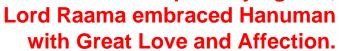
Jai Hanuman Jai Hanuman Jai Hanuman Jai Hanuman Jai Hanuman

Jai Hanuman Jai Hanuman Jai Hanuman Jai Hanuman Jai Hanuman

Jai Hanuman Jai Hanuman Jai Hanuman Jai Hanuman Jai Hanuman Jai Hanuman Jai Hanuman Jai Hanuman Jai Hanuman Jai Hanuman Jai Hanuman Jai Hanuman

story continued.....

Sri Raama was very appreciative of Hanuman's efforts and wondered. "What can I give him for his service? It is not in my power to adequately reward him for the supreme joy he has brought me." Oh Hanuman, let his embrace of mine stand as an acknowledgement of all that my heart feels in gratitude for your great service to me." Upon saying this,





Now Sri Raama faced another dilemma. He thought aloud, "Hanuman crossed the vast ocean of 100 yojanas very easily." How can the entire vanara army, Lakshmana and I cross this ocean?"

Hanuman told his Lord not to despair. He increased his size seated Sri Raama on his shoulder and with Lakshmana on Angada's shoulder the two vanaras flew very fast to the sea shore.

King Sugriva organized his vanara armies and they marched to the sea in a disciplined manner.

SOLVE THE CRYPTOGRAM MESSAGE

Instructions: Replace the cryptogram letters below with the message letters. Fill the blank spaces below and solve the cryptogram

USZ XWYZO WG USZ LEPZ WG JOM OEEPE REL SZHX ERRWPXHMJS EHH YWOB

HINT: Cryptogram Message Letter Letter U



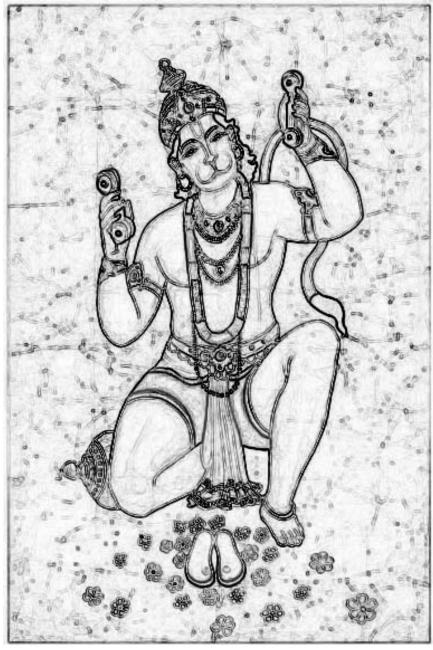
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Jai Hanuman

Jai Hanuman Jai Hanuman Jai Hanuman Jai Hanuman Jai Hanuman Jai Hanuman Jai Hanuman Jai Hanuman Jai Hanuman Jai Hanuman Jai Hanuman Jai Hanuman

HANUMAN ALWAYS CHANTS THE NAME OF SRI RAAMA



COLOUR HANUMAN AS HE WORSHIPS THE PADUKAS OF SRI RAAMA AND CHANTS "JAI RAAMA! SRI RAAMA!"

Page 29

MAHAA SHIVA RAATRI – THE GREAT NIGHT OF LORD SHIVA

It falls on the fourteenth day of the dark half of Phalgun (February – March).

It commemorates the marriage of Shiva with Paarvati which means uniting with His Shakti (power) for the purpose of creating the world. He dances in Supreme joy with His Shakti thus creating, sustaining and destroying with the rhythm of his dancing movements.

Shiva lingam is the form of "Cosmic Light" and represents Lord Shiva saving the world from the effect of the poison that emanate from the Ocean.

> The worship of Lord Shiva through the poison from the Oce Lingam requires strict fasting and whole night vigil.

The main purpose of the worship allows the devotee :

- to get rid of negative qualities like lust, greed, anger, hatred and jealousy
- to gain spiritual upliftment by singing the glories of God and spending the night thinking of God.
- Fasting also serves to help bring the senses under control.

The devotee makes a mixture "paan-ch aam-ri-taa" of milk, honey, cane juice, dahi (yogurt) and sugar and offers these

with bael leaves and flowers on the Shiva Lingam. The offering is made with faith, love and devotion.

Lord Shiva represents the ideal head of the family with:

Parvati as his consort, Lord Subrahmanya, the brave general of strength and courage and Lord Ganesh as the remover of obstacles.

HANUMAN IS THE 11TH AVATAAR (FORM) OF LORD SHIVA

Jai Hanuman Jai Hanuman Jai Hanuman Jai Hanuman Jai Hanuman

Jai Hanuman Jai Hanuman

Story continued......

Sri Raama sat on the shore deeply contemplating the issue of moving his army across the ocean, when a stranger appeared standing in the sky. He was a strong demon who physically resembled Ravana. He shouted, "Raa-ma-chan-dra, I take refugee in you!"



The visitor was Ravana's younger brother Vibhishana. He had repeatedly counseled his brother to make amends and return Sita to Sri Raama. Ravana had paid no heed to his advice and exiled him from Lanka. Vibhishana had renounced his wife and children and was now seeking refuge.

Whether or not to grant asylum to Vibhishana was the heated topic of discussion among the vanara warriors. Sri Raama asked their opinion and none were in favour. They feared it may be a trick and Vibhishana and his four ministers may be spies sent by Ravana to join their army.



Hanuman did not say a word. He sat off in a corner doing japa (repeatedly chanting) of Lord Raama's name. Finally, Sri Raama called for him and asked his opinion.



Jai Hanuman



Ki-taa-bay kai-see hain? Kya ve ba-rhee hain? What are the books like? Are they big?

Jee haan, ba-rhee hain. Vah ka-lam kai-saa hai? Yes, they are big. What is that pen like?





/ah laal ka-lam hai.
This is a red pen.

Ye dono ka-lam laal hain. Both these pens are red.

Va-haan, kit-nee pen-si-lay aur ka-lam hain? Here, how many pencils and pens there.



Ya-haan, sirf do pen-si-lay aur do ka-lam hain, bas. Here, there are only two pencils and two pens, that's all

Aad-mee – Man Do - Two (pronounced doh)

Nau - Nine Ka-lam - Pen

Ya-haan – Here

Ba-rhaa – Big Dono – Both

Akh-baar - Newspaper

Jee haan – Yes Kawn – Who

Kit-naa – How much/many?

Singular

ba-rhaa lar-ka – big boy ba-rhee lar-kee – big girl cho-taa ghar – small house cho-tee mez – small table Au-ra-t - Woman Saa-t - Seven Bas – That's all Pen-sil - Pencil Va-haan - There Cho-taa – Big Sirf – Only

Vid-yaar-thee – Student

Jee na-hee – No Kya – What?

Kai-saa – of what kind / what is it like?

Plural

ba-rhay lar-kay – big boys ba-rhee lar-ki-yaan – big girls cho-tay ghar – small houses cho-tee mezain – small tables

Have a conversation with your friends in Hindi!

Jai Hanuman Hanuman Jai Hanuman Ha

Simple Conversation



Vah aad-mee kawn hai? Who is that man?

Vah Raaju hai. Raaju vid-yaar-thee hai. That is Raju. Raju is a student.





Achh-aa. Ve au-ra-tain kawn hai? I see. Who are these women?

Ve maa-taa-jee aur Uma hain. They are mother and Uma. Lam-bee ma-hi-laa maataaji hai. The tall lady is mother.



Yah kya hai? What is this?

Kya yah ki-taab hai? Is this a book?

Jee na-hi, yah ki-taab nahi hai. Yah Akh-baar hai. No, this is not a book. It is a newspaper.

Ya-haan kit-nay akh-baar aur ki-taa-bay hain? How many newspaper and books are there here?

Ya-haan nau akh-baar aur saat ki-taa-bay hain. Here, there are nine newspaper and seven books.





WRITE JAI HANUMAN

Jai Hanuman 🥼	Jai Hanuman Jai Hanuman
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	14.7
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	6 1 3
	3/

Page 27

Jai Hanuman Jai Hanuman

Story continued......

Hanuman bowed down to Lord Raama and humbly said, "Oh Lord of Lords, why should you seek anyone's advice? You alone direct us. Even though born a rakshasa (demon), Vibhishana is virtuous and righteous. If you, the only giver of refuge (shelter) to all turn him away, who would support this creature?



Sri Raama smiled and said, "If anyone says "Sa-ra-na-ga-ta" (I take refuge in you) just once and surrenders himself to me, praying that he belongs to me, then I assure fearlessness to any such being in the entire world."

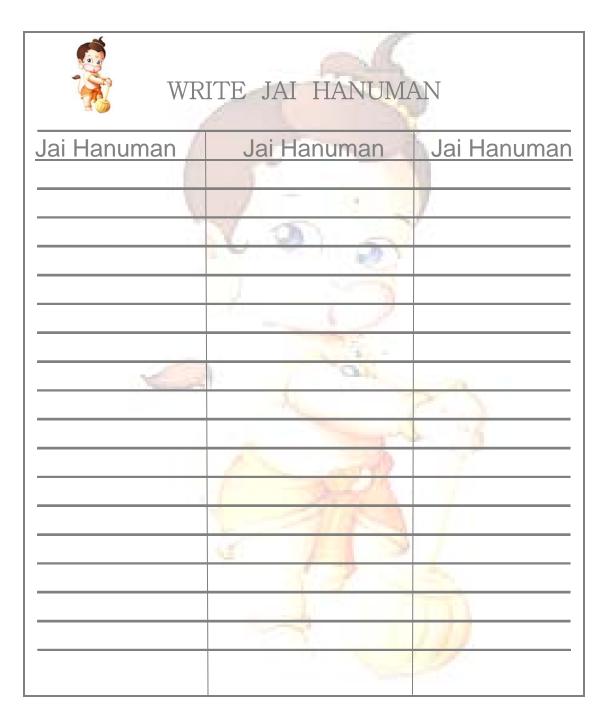
Declaring this vow, Sri Raama gave Vibhishana the assurance of protection and crowned him as the king of Lanka.



Sri Raama observed fasting for three days. He prayed to the sea god Varuna to allow the vanara army to cross the ocean. But the sea god did not respond.

Becoming angry, Lord Raama was about to release an arrow into the sea water to dry it up.

At once the sea god manifested in a celestial form in Sri Raama's presence. Trembling with fear, he prayed, "Oh, Lord of Lords, pardon my delay. I will permit you to build a bridge of boulders and proceed to Lanka."



Jai Hanuman

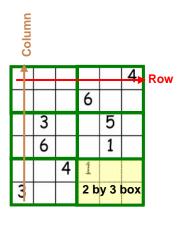
Page 9

Jai Hanuman Jai Hanuman

SUDOKU PUZZLE

Rules: Fill in the grid squares so that every row across, column down, and every 2 by 3 box (dark green box) contains the numbers 1 through 6.

2					6
	1	6	4		5
6					1
5					2
		2	5	1	
1					4



There is only one solution.

The second puzzle is more challenging.

Can you solve both puzzles?

					4
			6		
	3			5	
	6			1	
		4	1		
3					

WRITE JAI HANUMAN Jai Hanuman Jai Hanuman Jai Hanuman

Jai Hanuman Jai Hanuman

Jai Hanuman

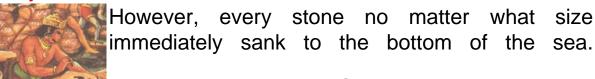
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Page 10

Jai Hanuman Jai Hanuman Jai Hanuman Jai Hanuman Jai Hanuman Jai Hanuman

Jai Hanuman Jai Hanuman Jai Hanuman Jai Hanuman Jai Hanuman Jai Hanuman Jai Hanuman Jai Hanuman Jai Hanuman Jai Hanuman

Story continued......



Raama told Hanuman, "Only you have the solution to this problem."

Realizing the inherent power of his Lord's name. Hanuman with his 🗯 diamond hard fingernails, etched the word Raama (in samskrit) on a boulder and threw it into the sea. It floated!



Thus with Hanuman inscribing Sri Raama's name on each rock, the vanaras completed the bridge in a short time.

Lord Raama and his army crossed the floating bridge and arrived on the shores of Lanka.

The war commenced between Lord Raama's and the demon king Ravana armies.

Hanuman fiercely fought with such courage and great agility that he appeared to be all pervasive, killing many mighty warriors single-handedly.

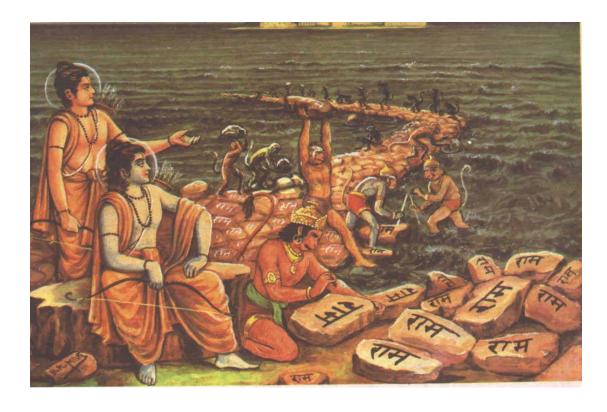
One day Ravana's son Indrajit shot sarpa astra (serpent arrows) at Sri Raama and Lakshmana. Shackled by snakes, the two could not move and lay helpless on the battlefield.

COLOUR HANUMAN AS HE HLEPS TO BUILD A BRIDGE TO LANKA

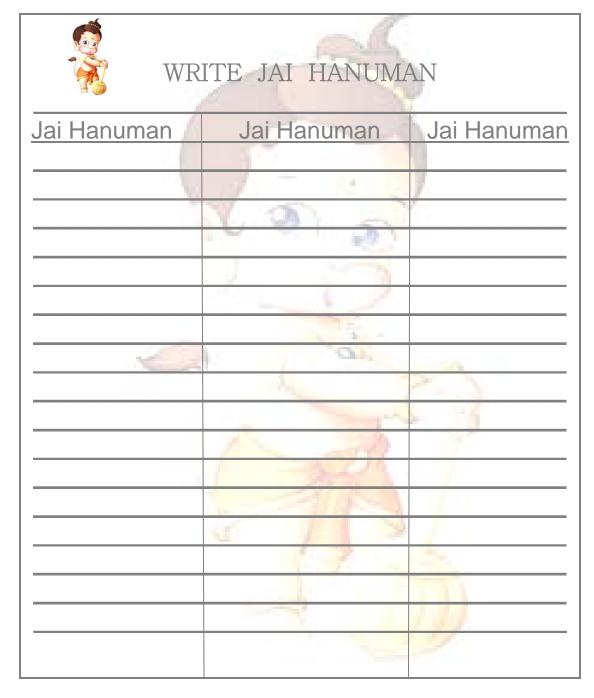


Jai Hanuman Hanuman Jai Hanuman Hanuman Hanuman Jai Hanuman Hanuma

HANUMAN AND THE VANARA ARMY BUILD A BRIDGE TO LANKA



Hanuman realized the power of the	of Sri Raama
He inscribed the name of Sri Raama on the	
to build a floating bridge to Lank	a.



Jai Hanuman

Jai Hanuman

Jai Hanuman

Jai Hanuman

Page 23

Jai Hanuman Jai Hanuman

Story continued......

By Divine Will, a mighty wind churned the sea and air and the great eagle Garuda burst into Immediately, the serpent shackles view. disappeared. Sri Raama, Lakshmana and others conveyed their deepest gratitude to Garuda.



Garuda humbly replied, "Sirs, having Hanuman so close to you why do you thank me? The shackles of snake are of no importance to him. If he wishes, he can reduce Ravana and his army to paste. If you utilize his services, the fighting will go much easier for you. Now with Lord Vishnu present here (incarnated as Sri Raama) must speak no more."



Following this incident, the vanaras became more attentive to the security of Lord Raama and Lakshmana. Demons fight throughout the day and night, never stopping to rest.

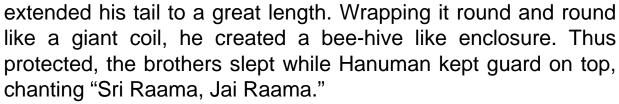


and Lakshmana



became very tired

from the lack of sleep. To give them rest, Hanuman



Hanuman's Crossword # 9

1		2					
						3	4
					5		
	6						
			7				

Across

- Hanuman created a fortress with his _ _ _ _ so Sri Raama and Lakshmana could sleep 6.
- appeared in the sky and asked Sri Raama for refuge
- To build a bridge to Lanka, Hanuman inscribed the _ _ _ _ of Sri Raama on each boulder.

Down

- Mairavana kidnapped Lord Raama and Lakshmana through his power
- was Mairavana's sister 3.
- Lord Raama _ _ _ _ Hanuman with love and affection for his great Service
- Hanuman delivered Sita's personal _____ to Sri Raama

Jai Hanuman Jai

Now he had to seek her help. He called on her and said, "Durdandi, I brought two men to offer to Mahamari. You must fetch water from the lake and pour it on their heads. After I kill them and offer them to the deity I will acquire their powers. If you do this task, I will set you and your family free for life. Now, go get the water!"



He left the room without even bothering to unshackle her feet.



Durdandi who was already sorrowful wept bitterly on hearing his words. Though she was a demoness, she was soft in form and nature.

From the moment she saw Sri Raama



and

Lakshmana, her heart melted with pity. She praised Raama thus, "Ramachandra with a moon-like face is with Lakshmana of golden complexion. Lord Raama is as brilliant as the black kuvalaya (flower). He gifts bliss to the devotee. He is like a cluster of clouds with the brightness of lightning. May Lord Raama remove our grief and sins!"

Durdandi was afraid her brother might kill her if she disobeyed, so she set off for the lake carrying a pot.





WRITE JAI HANUMAN

Jai Hanuman 🥼	Jai Hanuman	Jai Hanuman
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		7 3 3
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		<u> </u>

Page 21

Page 14

Jai Hanuman Jai Hanuman

Story continued......

Ravana Wind came to know this. By now, his hopes of success were dwindling. He decide to play a trick of illusion to win the war. He sought the help of his distant cousin

Mai-ravana

who was an expert at creating illusions.

, and extensively praised him, "Dear brother, due to some trifling differences in our family, you have kept yourself distant from this war. If one day passes,

Raama will ensure that not one of the demons remain alive. You are the only protector of the demon race. There is none other capable of victory except you!"

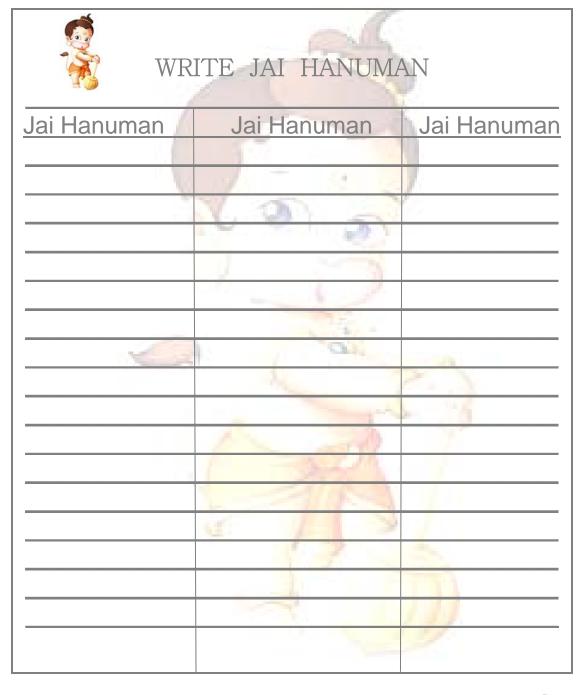


Flattered by Ravana's words. Mairavana was outwitted by Ravana's praise and he said, "Why wait for a day? I will devour Raama and Lakshmana tonight! Wait and see."

Ravana relayed to Mairavana the details of the brothers' whereabouts and went home.



Mairavana sent for his commander Suchimukha. He ordered, "Suchimukha you move about like a small mouse in the battlefield. Go to Lanka! Enter the compound made by Hanuman's tail. Sprinkle this powder on Raama and Lakshmana to make them unconscious and bring them to me!"



Page 15

Jai Hanuman Jai Hanuman

Story continued......

Vibhishana was startled, "I am just now arriving for the first time!" Of course when they looked inside the brothers were gone.



Hanuman explained to Vibhishana, "Three rat like creatures had come and gone, then the fake Vibhishana entered and left alone.





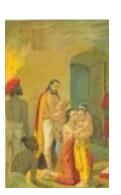


Vibhishana thought deeply and concluded that the only one capable of such dirty tricks of illusion was Mairavana of Patala. He educated Hanuman about him and his evil ways.

On returning to Patala, Mairavana wondered what to do with his captives. He decided to kill them and offer them to Mahamari, his chosen deity. However, according to the rules, a daughter of the family must first bring water from the lake outside the city to pour over those to be killed.



Mairavana's younger sister was Durdandi. Years ago Mairavana became angry with her. He shackled her legs as well as her husband's and son's and imprisoned them.





WRITE JAI HANUMAN

Jai Hanuman 🥼	Jai Hanuman	Jai Hanuman
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	7.	
	0	
		> 1
	7.5	
	100	0
	1	
	-3-5/3	
	700	
	6 / 3	
	1 -7	
		1.11
		37

Page 19

Jai Hanuman Jai Hanuman Jai Hanuman Jai Hanuman Jai Hanuman

Jai Hanuman Jai Hanuman Jai Hanuman Jai Hanuman Jai Hanuman Jai Hanuman

When Suchimukha arrived and saw Hanuman's brilliance, the demon was disheartened. He summoned his courage and burrowed to near Hanuman's tail. Hanuman thought he heard a strange sound but saw nothing suspicious. He readjusted his position and tightened his tail.





During this movement, Suchimukha was struck by his tail and almost knocked unconscious. Fearing for his life he tunneled back to Patala.

Mairavana shouted, "Fie! Fie!" He then sent Mushikamukha Raama to bring and Lakshmana, promising half the kingdom if he could accomplish the task.

Mushikamukha saw a small opening between the tail and the ground and plunged head first into the gap. His face was fragmented as he smashed against the tail. He too returned to Patala in shame.

Mairavana then called for Pashanabedi, "Just by your touch mountains are reduced to pebbles. Only you can break through the tail barrier of the monkey hero! Go at once!"

Pashanabedi's hand shattered as he pounded the tail with his fist. He too returned defeated.

Jai Hanuman









Mairavana decided to do the job himself. He assumed the disguise of Vibhishana approached Hanuman chanting Raama's name. Hanuman prostrated to him. The imposter said, "Hanuman, you know that we are engaged in war with demons and they can play tricks. You

should regularly check that Lord Raama and Lakshmana are safe. If you wish, I will go inside to see them and return right away."

Believing him, Hanuman sent the fake Vibhishana inside. Mairavan sprinkled a powder on the sleeping brothers making them unconscious. He then used his special powers to reduce them to a small size, placed them in a box and tied it to his waist.

Again singing the name of Lord Raama he came out reassuring Hanuman that the brothers safely asleep. were

A few minutes later the real Vibhishana arrived and inquired after the brother's welfare. Hanuman was puzzled, "What is this? Just a moment ago you were here to check on the brothers."

