



Syllabus

Year I, Quarter I

Age Group : 5 to 8

Gokulam is the place where Lord Krishna's magical days of childhood were spent. It was here that his divine powers came to light.

Every child has that spark of divinity within. Bala-Gokulam is a forum for children to discover and manifest that divinity. It's objective is to enable Hindu children in US to appreciate their cultural roots and learn Hindu values in an enjoyable manner. This is done through weekly gatherings and planned activities which include games, yoga, stories, shlokas, bhajan, arts and crafts and much more.....

Balagokulam is a program of Hindu Swayamsevak Sangh (HSS).

Visit <http://www.balagokulam.org>

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Shloka

शान्ति मंत्र (shAnti maMtra)

ॐ असतो मा सद् गमय । AUM asato mA sad gamaya |
 तमसो मा ज्योतिर्गमय । tamaso mA jyotirgamaya |
 मृत्योर्माऽमृतम् गमय ॥ mR^ityormA.amR^itam gamaya ||

Om! Lead me from the unreal to the real; from the darkness (ignorance) to the light (knowledge); and from the death to immortality.

शान्ति मंत्र (shAnti maMtra)

ॐ सर्वे भवन्तु सुखिनः AUM sarve bhavantu sukhinaH
 सर्वे सन्तु निरामयाः । sarve santu nirAmayaAH |
 सर्वे भद्राणि पश्यन्तु sarve bhadraNi pashyantu
 मा कश्चित् दुःखभाग्भवेत् ॥ mA kashcit duHkhabhAgbhavet ||
 ॐ शान्तिः शान्तिः शान्तिः AUM shAntiH shAntiH shAntiH

Om! May all be happy; may all be free from afflictions; may all see the goodness of others and in everything; may no one suffer sorrow.

Subhashitam (Words of wisdom)

मातृदेवो भव । पितृदेवो भव ।

mAtR^idevo bhava . pitR^idevo bhava .

Meaning: Honor mother as a God. Honor father as a God.

Bhajan

Come here my dear Krishna Kanhaayee
Mene tere liye hrudaya andar building banaayee

For you my dear Krishna Kanhayee
Mene tere liye hrudaya andar building banaayee

Makhana, Mishri, Dudha, Dahi khuba milaayee
Mene tere liye hrudaya andar building banaayee

Too much delay, too much delay tumne lagaayee
Mene tere liye hrudaya andar building banaayee



Story of Krishna

Pre-Birth Background

About 5000 years ago, the King Ugrasena was ruling over the Mathura (Northern part of Bharat). The old King Ugrasena had two children, Prince Kamsa and Princess Devaki. Princess Devaki was to wed the Yadu dynasty Prince Vasudeva. Meanwhile, in the kingdom of King Ugrasena, there was internal conflict. King Ugrasena was a good king, but Prince Kamsa was a ruthless tyrant. Prince Kamsa wanted to take over his father's throne, he craved for power. Prince Kamsa was a cruel person. He threw king Ugrasena into prison and himself became the king. He started bothering his own people. Nobody was happy in his kingdom.

Though Kamsa was an evil person, he loved his sister Princess Devaki very dearly. It was a time of Devaki's wedding. Princess Devaki and Prince Vasudeva happily married together. Kamsa out of his love for his sister, decided to be the bride and the groom's charioteer for the day. While Kamsa drove the chariot bearing Devaki and Vasudeva out of the wedding hall, a voice from the heavens boomed. It was a sky prophecy, which informed Kamsa that Devaki's eighth child would be his slayer. It talked about how he was an evil and cruel person. The sky prophecy said, "Hey! Kamsa!! Devaki's eighth child would kill you and end your tyrannous rule".



Kamsa was very superstitious and did not want to take any chances. He wanted to strike down Devaki that very moment. He wanted to kill his sister Devaki who he loved very dearly. But Vasudeva intervened, and begged Kamsa not to slay Devaki and show her some mercy. Vasudeva went on to further explain that they were just newly married and it was his duty to protect Devaki. He further promised Kamsa that he would hand over any child born to them, if he would let Devaki live. Kamsa too did not want to have the blood of his beloved sister on his hands. He agreed and placed them under house arrest with strict vigil on them.

Devaki and Vasudeva were locked in their own palace. This is where they spent their time because Kamsa wouldn't allow them to leave their house. Devaki gave birth to her first child and the guards informed Kamsa. Earlier Kamsa wanted to kill only eighth child. But his associates advised him to kill all the children. Kamsa too didn't want to take any chances. So he came and took the newborn baby and killed it. Every time a child was born, the



guards would inform him and he would do the same. Six of Devaki and Vasudev's children met their death this way. Devaki and Vasudev were very sad but they were helpless. Now Kamsa was eagerly waiting for the seventh and eighth child of Devaki.

It just so happened that the seventh child of Devaki and Vasudeva was born at night. Devaki and Vasudeva saw this as the perfect opportunity to try and save their seventh child. The guards were fast asleep, so Vasudeva easily slid out of the palace undetected. He crossed the river Yamuna and went to the neighboring Gokul (a place near Mathura) and left the child with his second wife Rohini and quickly returned to the palace undetected. This child was named Balarama. In the morning Vasudeva sent word to Kamsa that the child was stillborn.





Story of Krishna

Krishna's Birth

When Kamsa learnt that the seventh child was stillborn, he was very pleased. Now he was waiting for the eighth child to be born. He knew that the next child was the one prophesized to be his slayer. Not wanting to take chances with the birth of the eighth child, Kamsa put Vasudeva and Devaki into the dungeon chained and doubled the guards. All was going according to Kamsa's plan until the night Devaki's eighth child was born.

Lord Vishnu himself had told Vasudeva that he would be taking the form of Vasudeva and Devaki's eighth child, Krishna, to free the world from much evil Kamsa. HE also told Vasudeva that the night he would take birth, Vasudeva must take him to his friend, cowherd chief Nanda's house in Gokul.

As predicted by Lord Vishnu, Krishna was born in the midnight on the 8th day of the Hindu month of Shravan (July-August). Vasudeva prepared to take Krishna to Nanda's house in Gokul. With the magic power of Lord Vishnu, the heavy chains that held Vasudeva slid right off, many guards outside of Vasudeva and Devaki's cell fell into deep sleep and Vasudeva could easily take baby Krishna (eighth child) right out of the dungeons. Now all that lay between Vasudeva and Nanda's house was the river Yamuna.

The weather was very unpleasant, with rain pouring down and the night was extremely dark and windy. But Vasudeva knew he had to cross the river to go to Nanda's house and he could not stop. So, slowly Vasudeva began



to tread his way across the stormy river. The water came up to his knees, but Vasudeva kept going. The water reached Vasudeva's waist, but he still kept going. Vasudeva held baby Krishna on top of his head and kept going forward. Soon, the water was up to Vasudeva's mouth, but he kept going.

Pleased by Vasudeva's determination and love for Lord Vishnu, baby Krishna stuck out his foot from the basket and touched the waves of bank Yamuna. Blessed with a touch from the Lord Vishnu (in form of baby Krishna) himself, the river parted itself creating a small path for Vasudeva to walk across. Vasudeva then could easily cross the river.

By the time Vasudeva arrived at Nanda's house at Gokul, it was really late at night. Everyone in the village was fast asleep other than Nanda. On the same night Yashoda, Nanda's wife, had given birth to a little girl. Vasudeva quickly placed baby Krishna beside Yashoda and took the little girl as his eighth child.

Vasudeva walked back across the river, which closed its gap as he walked towards the prison. When Vasudeva returned back to dungeon, the chains and clasps easily snapped back onto Vasudeva and the guards awoke from their slumber. Upon seeing the newborn child, the guards rushed to Kamsa to inform him.

Kamsa was delighted that after eight years of waiting he could finally kill the child that was supposed to kill him. As he grabbed the little girl and started swinging her around, the baby escaped from Kamsa's grasp and flew away. In midair the baby transformed into her true form Goddess Durga. Durga looked fiercely at Kamsa and told him to cause no more injustice to his sister Devaki. She also let him know that his slayer, Devaki's eighth child, was still alive and he would kill Kamsa one day.





Story of Krishna

Baby Krishna punishes Putana

Kamsa was surprised that he could not kill Devaki's eighth child. Quite puzzled and frightened Kamsa decided to kill all children born on that night in the Mathura.

Kamsa had a demoness named Putana as his slave. He ordered her to kill all male children born in Mathura that night. Putana killed nine of them, either by strangling them or breast-feeding them with poisoned milk. She became the most hated woman in Mathura. Her own family shunned her. Even her own new born son died as soon as she held him in her arms. But Kamsa was restless. He was somehow certain that Devaki's eighth son was still alive.

It did not take too long for Kamsa to figure out that child Krishna, his own nephew, being raised in Gokul at Nanda-Yashoda's house. He summoned the demoness Putana and instructed her to go to Gokul and kill the infant Krishna. Putana refused to do his bidding because she was really repentant for killing nine infants. Kamsa threatened to put her family to death before her very eyes. Putana had no choice. She reluctantly agreed to do this one last time.

Putana was a gigantic and hideous hag. There was no way that she could gain access to Krishna in her true form, so she transformed herself into a nice and pretty village maiden. Then, she applied poison to her nipples and set out to Gokul.

She could easily locate Nanda's house because not only was it the largest, but also it was decorated for the celebrations. Krishna was lying in a crib outside the house. She requested Yashoda to allow her to play with the infant for some time. Such requests had become common and Yashoda readily consented. Putana swung the baby in her cradled arms and tossed him lightly in the air and stared

at his radiant face, waiting for Yashoda to go indoors. At last the moment she was waiting for arrived. Yashoda went in to take care of some household work. As soon as Yashoda went in the house, Putana slithered out with Krishna.

The mischievous innocence of Krishna recalled the painful death of her son. Her maternal instincts came to fore and milk began to flow from her breasts, wetting her blouse completely. She hid behind a clump of bushes and took Krishna to her breast. Krishna was the incarnation of the omniscient Lord Vishnu and was expecting this. He sucked so hard that Putana screamed in pain. She reverted to her hideous form and flew in the air with Krishna, hoping to dislodge



him and kill him by flinging him down from a height. But Krishna clung on to her breast and sucked her life out through her nipple. The lifeless form of the huge demoness crashed down to the earth.

The heinous shriek and the thudding of the body had brought Yashoda and Nanda and the villagers to the spot where dead Putana lay. There they saw infant Krishna gleefully playing on the bare breast of the demoness. Yashoda picked up her child and showered him with kisses. The villagers were so happy to find Krishna was alive that they, for a moment, did not wonder who Putana was and why had she come to their village.



Bharatiya (Indian) Flag

The Bharatiya (Indian) flag is in tri-color; deep saffron at the top, white in the middle and dark green at the bottom in equal proportions. It is called as Tiranga (tri-color). Each color has its own significance. Saffron color stands for courage, sacrifice and the spirit of renunciation. White color stands for truth, purity where as green color stands for peace and prosperity. The Ashoka Chakra (wheel) represents the Laws of Dharma (righteousness).

Let us try to make our own Tiranga.

a) Purchase a white sheet of construction paper from any craft store. Cut it out in to a shape of horizontal rectangle.



b) Make three equal portions of the rectangle you made by drawing two horizontal lines. Using markers or crayons, color each portion of the rectangle; top portion with saffron color, middle portion with white color and bottom portion with Green color.

c) Draw a spinning wheel in the middle of the flag as shown in the picture.

d) Purchase small wood stick (similar to pipe-cleaners but little wider and longer) from a craft store. Glue that stick to the left back side of the flag as shown in the picture. Spare some portion of the stick from the bottom so that you can hold it.

Your "Tiranga" is ready!!!

-: Exercise :-

Fill up the blanks

- 1) _____ flag is tri-color.
a) American b) Indian c) British d) None of these
- 2) King _____ was ruling over the Mathura (Northern part of Bharat).
a) Nanda b) Ugrasena c) Krishna d) None of these
- 3) _____ was Krishna's mother
a) Yashoda b) Kausalya c) Devaki d) None of these
- 4) _____ was Krishna's father.
a) Nanda b) Vasudeva c) Ugrasena d) None of these
- 5) _____ was evil prince of Mathura.
a) Putana b) Kamsa c) Ugrasena d) None of these
- 6) Seventh child of Vasudeva-Devaki was _____.
a) Krishna b) Balarama c) Kamsa d) None of these
- 7) Krishna and Balarama were _____.
a) friends b) brothers c) cousins d) None of these
- 8) Vasudeva kept _____ safely and securely at Nanda's house in Gokul.
a) Krishna b) Balarama c) Kamsa d) None of these
- 9) Kamsa sent demoness _____ to kill Krishna.
a) Putana b) Hidimba c) Kaliya d) None of these
- 10) Baby _____ killed demoness _____.
a) Putana b) Krishna c) Balarama d) None of these

Questions:

1) Whom did Kamsa put in prison? Why?

2) What did sky prophecy say?

3) Describe relationship of following pairs

Vasudeva - Devaki _____

Devaki - Krishna _____

Krishna - Balarama _____

Kamsa - Krishna _____

Ugrasena - Kamsa _____

Nanda - Yashoda _____

4) On what day Krishna was born?

5) Where did Vasudeva keep Krishna to save him from Kamsa?

Unscramble sentences and words:

1) Parents Devaki Krishna's Vasudeva were and.

2) Prince tyrant Kamsa was a ruthless.

3) Brothers and Krishna were Balarama.

4) Demoness was a Putana.

5) was born on the 8th day of the Hindu month of Shravan Krishna.

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Shloka

शान्ति मंत्र (shAnti maMtra)

ॐ सह नाववतु सह नौ भुनक्तु । om saha nAvavatu saha nau bhunaktu |
 सह विर्यम् करवावहै । saha viryam karavAvahai |
 तेजस्विनावधीतमस्तु । tejasvinAvadhItamastu |
 मा विद्विषावहै । mAvidvishavahaI |
 ॐ शान्तिः शान्तिः शान्तिः ॥ om shanti shanti shanti ||

Om! May the Lord protect us; May He give us joy; May we exert together;
 May our efforts be successful; May we never be jealous of each other.

गायत्री मंत्र (gAyatrI maMtra)

ॐ भूर्भुवः स्वः om bhUrbhUvaH svaH
 तत्सवितुर्वरेण्यं । tatsaviturvareNyaM |
 भर्गोदेवस्य धीमहि bhargodevasya dhImahi
 धियो यो न प्रचोदयात् ॥ dhiyo yo na prachodayAt ||

Om! Let us meditate upon the glory of Ishwara, who has created this universe, who is worthy to be worshipped, who is the remover of all sins and ignorance. May He enlighten our intellect..

Subhashitam (Words of wisdom)

आचार्यदेवो भव । अतिथिदेवो भव ।

aachAryadevo bhava . atithidevo bhava .

Meaning: Honor Guru as a God. Honor guest as a God.

Bhajan

Come here my dear Krishna Kanhaayee
Mene tere liye hrudaya andar building banaayee

For you my dear Krishna Kanhayee
Mene tere liye hrudaya andar building banaayee

Makhana, Mishri, Dudha, Dahi khuba milaayee
Mene tere liye hrudaya andar building banaayee

Too much delay, too much delay tumne lagaayee
Mene tere liye hrudaya andar building banaayee



Story of Krishna

Krishna's Childhood

Demoness Putana could not hurt baby Krishna. Baby Krishna was happily growing up in Gokul with Yashoda and Nanda. Kamsa made another two three attempts to kill Krishna. But Krishna not only remained quite healthy and unhurt but also killed all demons that were sent by King Kamsa.

Both Nanda and Yashoda loved Krishna very much. Lovingly they used to call him as Kanha! Due to Krishna's naughty and mischievous but likable nature, he became the favorite little boy of everyone in Gokul. All women in Gokul loved him very much as if Krishna was their own child. Krishna used to mix-up and play with all other children. Due to his leadership qualities, soon he became the leader of all children in Gokul.

King Kamsa was very fond of butter, so he forced all of the people in his kingdom including Gokul to give him all their butter. Scared people would give him all their butter. This would leave nothing for them and their children. Krishna knew all of this. He did not agree that the king Kamsa should get all of their butter, while his friends and their families didn't get any. So, to stand up against Kamsa's injustice, Krishna, Balarama and their friends began stealing butter from all their houses and eating it themselves. Everyone quickly came to know of Krishna's butter stealing group and Krishna was fondly given the name of Makhan Chor (butter stealer).



Soon, Krishna's butter stealing group became

very well known in Gokul, but for all the wrong reasons. When the group would steal butter, they would also break all the earthen pots and cause much trouble to the mothers. At last, they were little children!! Frustrated, all the mothers went to Yashoda, Krishna's mother and began complaining.

Yashoda would never believe what the other women of the village were saying. She would always say that she gives Krishna plenty of butter at home and would never steal from anyone else. The women became very upset and said that Krishna was getting out of hand, but Yashoda still wouldn't listen.



Though one time, Krishna was not so lucky. Yashoda found Krishna breaking into their pots and stealing makhan. Very upset with naughty little Krishna, Yashoda decided to tie him up for punishment. This way Krishna couldn't get out and steal any more butter from anyone. So, Yashoda began chasing Krishna. She would come close and he would run further away. As hard as Yashoda might try she just couldn't catch little Krishna. Sweating and out of breath, Yashoda pleaded little Krishna to come to her. Seeing his mother's love for him, Krishna finally did as she said.

Yashoda put Krishna in a corner, in front of a pole and found a rope long enough to tie him. She began wrapping the rope around Krishna, but surprisingly there was not enough rope to make knot. So, Yashoda added another piece of rope to the first one and started wrapping it around Krishna. Once again, the rope turned out to be too small. Yashoda took her last piece of rope and tied it to the first two. Then she again began wrapping it around Krishna, who was smiling naughtily. Though, once more the rope fell way too short. Confused and discouraged, Yashoda maiya (mother) began crying and praying to god. Why couldn't she tie this little child? Krishna, the incarnation of Vishnu, was touched by the love of his mother and devotee. With her love, Yashoda convinced Krishna to stop playing with the size of the rope and Lord Krishna allowed himself to be tied up.





Story of Krishna

Universal vision

This was not the first time that young Krishna had shown his true self in such a way. Once, many neighborhood women came to Yashoda and told her that Krishna often eat dirt. Yashoda did not believe such a thing. She tried to open Krishna's mouth to see for herself. Yet, as hard as she might try, Yashoda could not open Krishna's mouth. Then, changing her tactic, Yashoda lovingly asked him, "Kanha! Come here. I have some butter for you. Open your mouth!". Clever to his mother's trick, Krishna went ahead and opened his mouth.

Surprisingly, instead of seeing teeth, tongue or even dirt, Yashoda saw something completely stunning. Inside Krishna's tiny mouth, Yashoda could see the entire universe. She could see the planets, suns, stars and moons. She could see water, wind and fire. She could see all the gods and goddesses praising Lord Vishnu. She became frightened and thought that maybe she was just imagining it. She tried convincing herself that maybe it was just illusion or Maya. However, she could clearly see that this was the work of lord himself. Seeing the Truth first hand, Yashoda began chanting Lord Vishnu's name.



Though the Lord was extremely pleased, he erased all memory of this experience from Yashoda's mind. This way Yashoda could love Krishna as her child and help fulfill the reason for which Lord Vishnu had taken Krishna's form.





Story of Krishna

Krishna's Maya (Illusion)

Everyone in Gokul wanted to spend time with Krishna. They knew of how divine he was and wished to spend every minute with him. Especially, gopis (milkmaids) wanted to dance with him. They wanted Krishna to be with them only and not with anyone else. Krishna would not disappoint anybody. So he promised everyone to fulfill their wish. Keeping his promise, one day, Krishna appeared in the forest and started playing flute. Hearing sweet and melodious voice, spellbound gopis approached him.

Seeing each gopis devotion to him, Krishna took many forms so that each gopi could dance with him. Unfortunately, soon all the gopis became very proud. They considered themselves more blessed than other women who could not dance with Krishna. They thought that they were better than everyone else.

To teach them a lesson, Krishna quickly disappeared. Confused gopis began searching for lost Krishna. They searched for him everywhere. Many of them started to become extremely devotional and even crazy in their love for Krishna. They slowly realized that maybe they were not better than the other women.



As soon as the gopis realized their mistake, they noticed Krishna's footprints on the ground. They began to follow the footprints and found where Krishna was. Here, Krishna told them that he would no longer be visiting them any more, but they will always feel close to him as long as they keep him in their hearts.



Heart Magnet

Mother is honored as God in our Hindu culture. She teaches us the very first lesson of life. She not only nurtures but also helps us in our hard times. Thus everyone should respect mother. Let us try to learn how to make a heart magnet that can be presented to mother on mother's day.

a) The heart shaped wood piece and the magnet can be bought in pieces or rolls (which can then be cut into pieces) at any craft store.

b) Decorate the heart wood with stickers/markers/crayons/glitter etc. In the center of the heart, write a message - Maatru Devo Bhava - with the marker or place readymade labels if available.

c) Put the magnet on the back of the wood and it's set to go on your fridge or any other place in your home.



-: Exercise :-

Fill up the blanks

- 1) _____ teaches us the very first lesson of life.
a) Father b) Brother c) Teacher d) Mother
- 2) _____ is honored as God in the Hindu culture.
a) Woman b) Brother c) Mother d) None of these
- 3) Krishna was happily growing up in _____ with Nanda and Yashoda.
a) Mathura b) Gokul c) Dwarka d) Ayodhya
- 4) Lovingly, Nanda and Yashoda used to call Krishna as _____.
a) Kanha b) Krishna c) Giridhar d) None of these
- 5) Krishna is an incarnation of Lord _____.
a) Brahma b) Shiva c) Vishnu d) None of these
- 6) _____ began chanting lord Vishnu's name.
a) Nanda b) Yashoda c) Kamsa d) None of these
- 7) _____ took many forms to dance with Gopis.
a) Rama b) Krishna c) Balarama d) None of these
- 8) Everyone in _____ wanted to be with Krishna all the time.
a) Ayodhya b) Mathura c) Gokul d) None of these
- 9) All _____ of Gokul wanted to dance with Krishna.
a) Cowherds b) Gopis c) Balarama d) None of these
- 10) Yashoda could see entire _____ in Krishna's mouth.
a) Gokul b) Mathura c) Universe d) Vijayadashami

Match the pairs:

- | | |
|---------------------------------|----------------------------|
| 1) Krishna | 1) Nanda-Yashoda |
| 2) Krishna's Parents (Guardian) | 2) dhiyo yo na prachodayAt |
| 3) om bhUrbhUvaH svaH | 3) saha nau bhunaktu |
| 4) bhargodevasya dhImahi | 4) atithidevo bhava . |
| 5) om saha nAvavatu | 5) Kanha |
| 6) aachAryadevo bhava . | 6) tatsaviturvareNyaM |

Questions:

- 1) Why did Krishna and his friends steal butter?

- 2) What did Yashoda see when Krishna opened his mouth?

- 3) Write down this month's subhashitam.

Unscramble sentences and words:

1) Yashoda see could entire mouth universe in Krishna's.

2) All Krishna Gopis wanted to with dance.

3) Lovingly Kanha they used to call him!

4) Krishna, Balarama their houses began stealing butter from and his friends.

5) Mother honored is in our Hindu culture as God.

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Shloka

Verse from Bhagvad-Geeta

यदा यदा हि धर्मस्य	yadA yadA hi dharmasya
ग्लानिर्भवति भारत ।	glAnirbhavati bhArata
अभ्युत्थानमधर्मस्य	abhyutthAnamadharmaSya
तदाऽऽत्मानं सृजाम्यहम् ॥	tadA.a.atmAnaM sR^iujAmyaham

Meaning: (O Arjuna !), whenever there is a decline of righteousness and predominant rise in unrighteousness, then I manifest myself. (This shloka is recited in the praise of Lord Krishna)

Verse from Bhagvad-Geeta

परित्राणाय साधूनां	paritrANaya sAdhUnAM
विनाशाय च दुष्कृताम् ।	vinAshAya cha duShkR^itAm
धर्मसंस्थापनार्थाय	dharmasaMsthApanArthAya
संभवामि युगे युगे ॥	saMbhavAmi yuge yuge

Meaning: For the protection of the virtuous, for the annihilation of the miscreants, and for reestablishing Dharma (righteousness) on a firm footing. I make Myself appear from age to age.

Subhashitam (Words of wisdom)

विद्याधनं सर्वधनप्रधानम् ।

vidyAdhanaM sarvadhanapradhAnam.

Meaning: Wealth of knowledge is the supreme wealth.

Bhajan

सदा निरन्तर हरि गुण गाओ	sadā nirantara hari guṇā gāo
प्रेम भक्तिसे भजन सुनाओ	prema bhakti se bhajana sunāo
श्याम पिया के शरण मे आओ	śyāma piyā ke śaraṇa me āo
मन मन्दिर मे दीप जलाओ	mana mandira me dīpa jalāo
जीवन नय्या पार कराओ ॥	jīvana nayyā pāra karāo

हरि हरि हरि हरि स्मरण करो	hari hari hari hari smaraṇa karo
हरि चरण कमल ध्यान करो	hari caraṇa kamala dhyāna karo
मुरली माधव सेवा करो	muralī mādharma sevā karo
मुरहर गिरिधारि भजन करो ॥	murahara giridhāri bhajana karo



Story of Krishna

Kaliya-Damana

Krishna's childhood was full of fun and frolic. He used to wear a peacock feather on his head. Krishna had many friends and he used to play with them. He loved to play tricks on friends and other people but never with bad intention. But everybody still loved him. People of Gokul were cowherds. Krishna too became a cowherd. He liked cows and the green fields in which they grazed.



Every morning, all the cowherds including Krishna use to take out the cattle to the jungle for grazing. Krishna and all his friends use to play in the jungle while the cattle were grazing. Krishna would play his flute sitting on a branch of tree or on a big rock. The cows and even the wild animals got addicted to the sweet music of Krishna's flute.

One fine day, a huge snake by the name of Kaliya came to live in the river Yamuna, the only source of safe drinking water for the cows and the cowherds! Kaliya was a poisonous snake and soon the whole river became poisonous. All the fish in the river died and other water animals including the crocodiles left the river. There was hue and cry everywhere. Krishna decided to teach the wicked Kaliya a lesson.

One day, Krishna and his friends were playing by the riverside. While playing with the ball, they got very close to the river Yamuna. Accidently, one of Krishna's friend dropped the ball in the river. All were puzzled about how to get ball back? Nobody dared to jump into the river and get it back. They thought that they lost the ball. Suddenly, Krishna said, "let me jump into the river and get the ball back". All cried, "Krishna! Don't go! There is a snake inside. It's very dangerous". But

Krishna wasn't afraid at all!

Krishna went to the river looking for Kaliya and found that Kaliya lived in the deepest part of the river. Krishna jumped into the river. Kaliya got angry at the very sight of Krishna and immediately pounced to kill Krishna. But Krishna slipped away! He rushed towards Kaliya's tail. He twisted Kaliya's tail so badly that Kaliya cried, "Ahhhh!!!!".

In a flash Krishna got hold of Kaliya's head. He stood on it. Kaliya tried to shake off Krishna but Krishna stayed on his head. Kaliya then dived deep into the river, trying to drown Krishna but Krishna could hold his breath as long as he wanted.

Meanwhile, a big crowd already gathered on the banks of Yamuna. Nanda and Yashoda also arrived there. Everyone was afraid and worried about Krishna. Yashoda was recklessly crying, "Kanha!! Oh, Kanha! Where are you? Oh! God, please save my Kanha from that poisonous snake!!"

Meanwhile, in the river, fierce battle was going on between Krishna and Kaliya. At last, Kaliya was forced to come up to save himself from Krishna. Kaliya tried to escape but could not! Krishna began kicking Kaliya left and right on his head. Soon Kaliya was badly injured and also began losing strength. Kaliya started vomiting poison and Krishna kept stamping his head until all the poison came out. Kaliya gave up the struggle and begged Krishna, "Hey Krishna! I beg you. spare me. I will not bother anyone". Krishna ordered Kaliya, "You must leave the river immediately and don't come back here again". Kaliya bowed his head and quietly left the Yamuna.

People including Nanda and Yashoda, standing on the banks of the river, were watching this battle. They were amazed and also surprised, "How can such a small child fight a poisonous snake?" But when Kaliya left the river, everyone rejoiced. Krishna became a Hero and sweet-heart of everyone!





Story of Krishna

Govardhan Pooja

As Krishna was growing up, it was pretty clear as to what the economy of Gokul was. The economy depended on agriculture. Harvest and crops and the life on the earth depended upon timely rains and healthy seasons. Lord Indra is supposed to control all these forces. Therefore, it was customary on the parts of villages to sing glories of Indra and perform yajnas (sacrifices and rituals) in the glory and honor of Indra and other deities. Each year large amounts of butter, wood, grains, and milk etc. would be collected for a week or so and offered to the deities as an act of gratitude.

Indra had become very proud due to such royal respect he received; he did not know that respect demanded out of fear and terror is not true respect. Indra started to think that he was the caretaker, sustainer, and destroyer of the worlds. He thought that he was the Supreme Lord of the universe. Indra had grown very arrogant. Krishna wanted to teach him a lesson, and show him his right place. Therefore, he suggested to the people of Gokul to worship trees, mountains, rivers, grains, and farms instead of wasting large amount of firewood, milk, and its products in the name of yajna for Indra. Krishna convinced his parents how useful and appropriate such worship of nature would be. His parents (Nanda and Yashoda) agreed to this proposal, and on experimental basis it was decided to worship mount Govardhan. The worship continued and Indra was not remembered. Joyous people celebrated the occasion of Govardhan Puja with eagerness and dedication.

Indra was furious for having been neglected at the will of a small boy! Under the infatuation of vanity, and blinded by pride, he was unaware of the real nature of the boy. He decided to take revenge. He ordered his forces to his presence and asked clouds and wind to wreck havoc on that area. Obeying their Master's order, huge clouds gathered over that area. The day turned into black night. Winds blew, tearing apart huts and houses, uprooted trees, and the people were terrified. Soon

it started raining cats and dogs. No one in their lifetime had ever seen or imagined such rain. The plains were flooded, houses collapsed. All people rushed to Nanda for safety and advice. Even Nanda had no answer to such a fury of nature.

But Krishna was not perturbed in the least. He advised all the people to



accompany him to mount Govardhan where they would be safe at the top. But it rained so much that it became impossible to stay there. Krishna decided to really teach a lesson to Indra. He lifted the mount Govardhan with one little finger and used it as an umbrella, asking all the people to take shelter under it. For seven days and seven nights Indra unleashed his fury, but nothing could hurt the people in any way under the protection of Krishna and mount Govardhan.

Seeing the most unusual thing in his life, Indra, a pious and godly person as he was, started to think about the Divine Being with such powers. Soon he realized the truth of Krishna's descent on the earth. 'Oh, what a fool I have been! I challenged the supreme Lord in my blind pride and infatuation,' he repented. Descending down to earth, he faced down before Krishna and sought pardon and forgiveness for his misdeeds. He praised Krishna and sung hymns of his glories. The all-merciful Krishna lifted Indra from his feet and pressed him to his chest in the most loving gesture of brotherhood. From that day, Krishna is also known as Giridhari or Giridhar, and Govardhandhari (one who has lifted and shouldered mount (giri) Govardhan).





Story of Krishna

Punished Dhenukasura

Balarama was Krishna's elder brother. Krishna had great respect for him. One day, Krishna, Balarama and the other cowherd friends of the Gokul took cows out to forest for grazing. That was their daily job. While the cows grazed, Krishna and Balarama walked about in the forest, blessing the land with the touch of Their lotus feet.

The forest was full of flowers, vegetables, and pasturing grass. There were chirping birds and clear water lakes with waters that could relieve one of all fatigues. Krishna, with His friends and Balarama, entered the forest and, seeing the favorable situation, enjoyed the atmosphere to the fullest extent. Krishna saw all the trees, overloaded with fruits and fresh twigs, coming down to touch the ground as if welcoming Him by touching His lotus feet. The forest animals were attracted by the sound of Krishna's flute.

While enjoying the beauty of the forest, Krishna praised Balarama, "My dear brother, You are superior to all of us, and Your lotus feet are worshipped by the demigods. Just see how these trees, full with fruits, have bent down to worship Your lotus feet."

Krishna, Balarama and his friends played various games in the forest, sometimes imitating deers and tigers. When they were tired, the boys rested under trees. Sometimes Krishna massaged Balarama's feet, while another boy fanned Him with a palm frond.

One day, three of Their dear friends came to them with a request. "Not far from here is a forest named Talavana where a terrible demon lives in the shape of a donkey," one said. Another said, "No one dares to go there for fear of being killed, and even the animals and birds have left." The third said, "There are many tala palms there, with delicious fruits on them. We are very hungry. Please let's go there, and you can kill this demon so that we can eat those fruits."

Krishna and Balarama agreed to this idea, and all the boys headed for the forest of Talavana. Upon arriving in the forest of Talavana, Balarama nonchalantly strode up to a tala tree and violently shook it so that the fruits fell to the ground. The boys looked around, expecting the demon at any moment.

The donkey demon, named Dhenukasura, heard the sound and galloped furiously to where the boys stood, to attack his challenger. First he kicked Balarama in the chest, but Balarama was undisturbed. When he kicked Him again, Balarama grabbed the demon's two hind feet and whirled him around. The force killed Dhenukasura, and Balarama then threw the dead donkey demon up into the palm trees. The heavy weight of the demon's body broke one tree which fell upon another.



Hearing the commotion, other donkeys, who were demon friends of Dhenukasura, came to attack and avenge the death of their friend. As they kicked Krishna and Balarama, the boys grabbed their hind feet and threw them up into the palm trees. The forest looked like a great windstorm had damaged it, and the dead bodies of the demons looked like various different colored clouds that had settled in the broken trees.

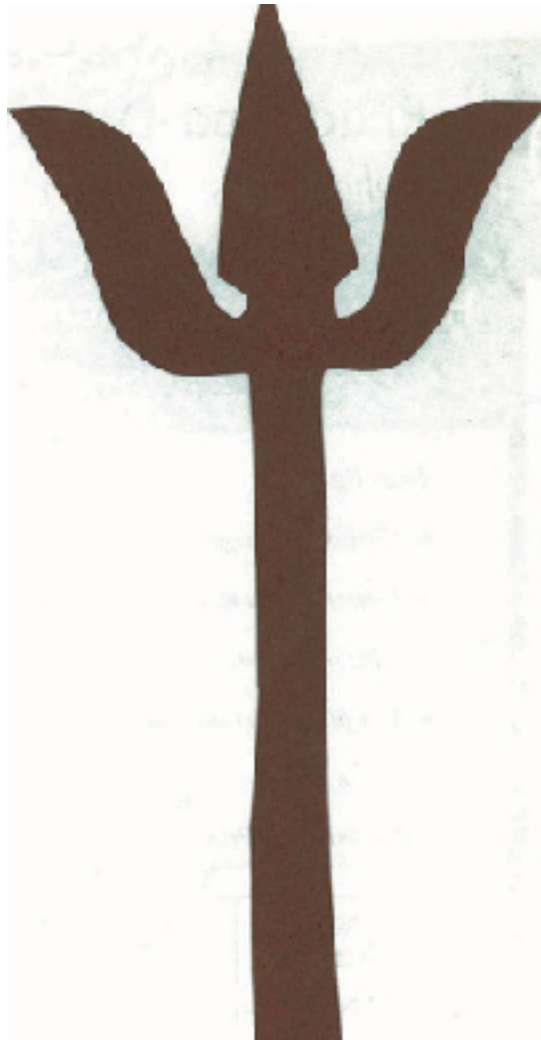
The boys returned home that evening and told the villagers all about what had happened, and everyone gazed admiringly upon Krishna and Balarama. After that people began to go to the forest of Talavana to collect fruits.



Trishul

Most of the Hindu Gods and Goddesses carry weapons with them. They use their weapons for good. Lord Shiva also carries weapons. Trishul is a favourite of Him. Let us try make a simple Trishul on a construction paper.

- a) Draw a trishul shape figure (see below picture) onto the construction paper.
- b) Cut this shape and decorate it using your imagination. You can use foil, stickers, markers to decorate it. For a sturdier trishul, you can stick the trishul-shape on a cardboard and cut it out to trishul shape and decorate it.



-: Exercise :-

Fill up the blanks

- 1) Child Krishna used to wear a _____ on his head.
a) Crown b) Turbon c) peacock feather d) None of these
- 2) _____ is a favourite weapon of lord Shiva. He used it to protect good people and punish bad people.
a) Trishul b) Sword c) Bow and Arrow d) None of these
- 3) The cows got addicted to the sweet music of Krishna's _____.
a) Sitar b) Flute c) Piano d) None of these
- 4) Krishna punished a huge snake called _____.
a) Kaliya b) Akrura c) Dhenukasura d) None of these
- 5) _____ killed a big demon Dhenukasura.
a) Krishna b) Nanda c) Balarama d) None of these
- 6) Krishna had great respect for his elder brother _____.
a) Nanda b) Balarama c) Kamsa d) None of these
- 7) Krishna suggested people of Gokul to worship _____ instead of _____.
a) Indra b) Nature c) Balarama d) None of these
- 8) Krishna lifted Mount _____ with his little finger.
a) Govardhan b) Mathura c) Gokul d) None of these
- 9) Krishna is also known as _____.
a) Rama b) Giridhari c) Balarama d) None of these

Match the pairs:

- | | |
|----------------------------|---------------------------------|
| 1) Govardhan | 1) saMbhavAmi yuge yuge |
| 2) dharmasaMsthApanArthAya | 2) sarvadhanapradhAnam. |
| 3) yadA yadA hi dharmasya | 3) vinAshAya cha duShkR^itAm |
| 4) abhyutthAnamadharmasya | 4) tadA.a.atmAnaM sR^iujAmyaham |
| 5) paritrANaya sAdhUnAM | 5) a mountain |
| 6) vidyAdhanaM | 6) glAnirbhavati bhArata |

Questions:

- 1) Why did Krishna want to teach Indra a lesson?

- 2) Why did Krishna punish the huge snake Kaliya?

- 3) Write down this month's subhashitam.

Unscramble sentences and words:

1) Most of the weapons them Hindu Gods and Goddesses carry with.

2) wanted to teach a lesson, and Krishna show him his Indra rightful place.

3) was Krishna's elder Balarama brother. Krishna respect had great for him.

4) punished a huge Krishna snake Kaliya.

5) Balarama Dhenukasura killed the demon.

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